

# First Link® Memory Café at Mosaic

Share your stories and socialize with others.

Being active  
physically,  
socially, and  
mentally is  
good for the  
brain.



Are you interested in memory related issues? Individuals who have been diagnosed with Early Alzheimer's disease and/or related dementias, their Care Partners as well as those who worry about memory problems are welcome for Socialization and Information Networking for Care Partners. First Link® Memory Café at Mosaic is run as a partnership between Alzheimer Society York Region and Mosaic Home Care, facilitated by Jonathan from Alzheimer Society York Region.

**Dates:** Last Tuesday of every month, on **January 29<sup>th</sup>**, **February 26<sup>th</sup>** and **March 26<sup>th</sup>**, 2019. (Program resumes April 2019 to May 2019)

**Time:** 1:00 p.m. to 2:30 p.m.

**Location:** Mosaic Home Care & Community Resource Centre

The Shops on Steeles and 404

2900 Steeles Avenue East, Thornhill, ON L3T 4X1

Located on the Lower Level by Centre Court

**To Register please phone 905.597.7000 ext. 242 – No charge for event.**

**Alzheimer Society**  
Y O R K R E G I O N



# All around the world – Welcome to the Memory Café/ Alzheimer's Café

**A**nd so, the buzz is spreading, from Europe, the United States, and now across Canada: welcome to a cafe style environment geared towards people diagnosed with Early Alzheimer's disease and/or related dementias, their Care Partners as well as those who worry about memory problems. The cafes provide a friendly atmosphere where people can socialize and share experiences over a cup of coffee or tea/refreshments.

The "café environment" idea was pioneered by Dr. Bére Miesen, a Dutch clinical psychologist in 1997, with his key message:

**"Do not hide away – come and participate with us, in this safe [AC] space, and in society and life as much as you can. You did not ask to get dementia, and it could happen to any of us. Here we understand - and want to talk about it and learn to live with it."**<sup>1</sup>

According to Dr. Marco Blom "an AC is much more than a social gathering. Its purpose is to reduce the stigma surrounding dementia by facilitating social contact and providing education about dementia, for everyone affected by and interested in all types of dementia... topics relating to dementia are presented and discussed knowledgeably, sensitively and openly with people with dementia their carers/caregivers."

These programs can be held in community/senior centres, clubhouses or any place with a relaxed atmosphere where individuals can socialize, play games, listen to guest speakers, and ask questions in a non-threatening environment. Support staff from the Alzheimer's Society, social workers and other professionals are there to provide support and guidance.

To find out more information on The First Link® Memory Café in York Region contact [www.alzheimer-york.com](http://www.alzheimer-york.com) or call 888.414.5550 and ask for Jonathan.

First Link® Memory Café at Mosaic will run the last Tuesday of each month from 1:00 p.m. to 2:30 p.m. call 905.597.7000 for more information. This program is organized by the Alzheimer Society York Region and partnered with Mosaic Home Care Services & Community Resource Centre.

To find an Alzheimer's Café in your area: Contact your local Alzheimer Society for Services and information. Alzheimer Society in your area at [www.alzheimer.ca/on](http://www.alzheimer.ca/on) or call **800.879.4226**

*Jane Teasdale*

Director of Business Development & Community Relations

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<sup>1</sup> <http://www.alzheimercafe.co.uk/Media/TAD1.pdf>