

why memory friends?

Memory Friends, a program for people with moderate memory loss, offers meaningful activities built around the strengths of group members and adapted to meet each individual's special needs.

Memory Friends enhances functional independence and quality of life for each unique participant while providing respite for family care partners.

**Alzheimer's Association
South Central Wisconsin Chapter
517 N. Segoe Road Suite 301
Madison, WI 53705
608.232.3400 or 800.272.3900**

**www.alz.org/scwisc
scwisc.support@alz.org**

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517 North Segoe Road, Suite 301
Madison WI 53705

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memory friends

A meaningful activity and respite program for people with moderate memory loss



**Tuesdays and Thursdays
10:00 a.m. - 2:00 p.m.**

**Hosted by:
Coventry Village Retirement Community
7707 North Brookline Drive, Madison**

**A program of the Alzheimer's
Association, South Central Wisconsin
Chapter**

memory friends is about...

Being together.

People with moderate memory loss, like all of us, benefit from conversation, companionship and heart-to-heart friendship, and the program provides plenty of opportunities for meaningful connections through small group activities and one-to-one relationships.

Doing what works and also enjoying it.

Recent research indicates that cognitive stimulation, physical exercise, stress relief and creative expression help people with memory disorders maintain independent function longer while enjoying their lives more.

Giving care partners a breather.

The program is as good for the care partner as for the participant!



memory friends are...

Older adults with moderate memory loss. A Memory Friend likes to socialize and is able to manage personal care needs during the group but shows some of the following signs of moderate memory loss:

- Significant and consistent short term memory loss and repetitiveness
- Problems with attention and concentration
- Trouble with organizing, starting and completing tasks
- Occasional or frequent disorientation to time or place
- Occasional difficulty coping with frustration or strong emotion
- Occasional or frequent difficulty with finding the right words
- Unable to independently manage money and medicine
- Increasingly unaware of own limitations
- Occasionally or regularly needs assistance managing meals, clothing, grooming, appointments

memory friends do...

- Enjoyable physical exercise adapted for individual needs
- Cognitive stimulation activities and games
- Life-long learning
- Service projects to help others
- Conversation about what matters
- Telling of stories, reminiscences, jokes, and hopes
- Music listening, humming, singing and dancing
- Self expression, creating art in any form
- Lunch together
- Sharing of memories and friendship

memory friends program information

Calendar

Memory Friends meets on Tuesdays and Thursdays from 10:00 a.m. to 2:00 p.m. on an ongoing basis throughout most of the year. The program will be on summer break during the month of August and on holiday break during late December and early January. Monthly program calendars will be provided for participants and their families.

Cost

Only \$37 per day, including a delicious lunch. There is limited financial assistance available to eligible participants.

Participants may attend either one or two days per week, although two days per week are recommended. Attendance must be scheduled in advance. Unscheduled visits cannot be accommodated.

Call us

For an interview or for more information, please call the Alzheimer's Association Memory Friends Coordinator, Jody Curley, at 608.661.8427.