

Early-Stage Social Engagement Programs 2/7/19

One of the core themes underlying the early-stage experience for those recently diagnosed with memory loss are the changes in behavior, cognition, daily routines and relationships that can often result in isolation, depression and lack of connection with those around them. Early-stage individuals benefit from opportunities that allow them to make meaningful contributions and remain involved and active in daily life, friendship and decisions for as long as possible.

Early-Stage Social Engagement Programs offer a fun and comfortable way for people living in the early stage of memory loss to get out, get active and get connected with one another through a variety of social events and community-based activities. The Alzheimer's Association Greater Maryland Chapter is pleased to work with community partners to offer the following social opportunities to individuals who are living with early-stage memory loss.

Memory Café

Memory Café is a safe and relaxed place where people with early-stage memory loss, their families, friends and health professionals come together for a unique blend of education and social interaction. It is a forum where people can share experiences and socialize. Anyone affected by early-stage memory loss is welcome to attend. Attendance is free. For more information, contact Yolanda Wright, 410.561.9099 x 208 or ywright@alz.org



Anne Arundel County

Dept. of Aging & Disabilities- Conference Room, 7320 Ritchie Hwy., Glen Burnie, MD, 21060
3rd Monday each month, 6:30-7:30 p.m.

Light dinner is provided

RSVP: Dawn Lewis, 301.338.0224 or dlewis@alz.org

Baltimore County

Atrium Village, 4730 Atrium Ct., Owings Mills, MD, 21117

4th Wednesday each month, 12n- 1:00 p.m.

Light lunch is provided

RSVP: Arlene Kleinman, 410.627.9466 or arleneklcsw@comcast.net

Carroll County

Making Connections- Social Club at the Copper Ridge Bistro

710 Obrecht Rd., Sykesville, MD 21784

2nd Tuesday each month, 6-8:00 p.m.

RSVP: Cindy Yingling, 410.970.2014 or cindyyingling@intergrace.org

Frederick County

Department of Aging, 1440 Taney Ave., Frederick, MD, 21702

3rd Friday each month, 11:30 a.m. -12:30 p.m.

Light lunch is provided. Space is limited.

RSVP: Mindy or Mary, 301.600.6001

Frederick County

Emmitsburg Senior Center, 300 S. Seton Ave., Emmitsburg, MD 21727

Last Tuesday each month, 11:30 a.m. - 1:00 p.m.

Complimentary lunch is provided. Space is limited.

RSVP: Terry Miller, 301.471.3146 or tmiller@ahcglobal.com

Frederick County

Thurmont Senior Center, 806 E. Main Street, Thurmont, MD 21788

First Thursday each month, 12 noon- 1:30 p.m.

Complimentary lunch is provided. Space is limited.

RSVP: Terry Miller, 301471.3146 or tmiller@ahcglobal.com

Harford County

Bob Evans- Bel Air, 14 Bel Air South Pkwy, Bel Air, MD 21015

2nd Tuesday each month, 12n - 1:00 p.m.

Light lunch is provided. Space is limited.

RSVP: Lois Anne Bullen, 443.313.3268 or labullen@gmail.com

Howard County

Ellicott City 50+ Center, 9401 Frederick Rd., Ellicott City, MD, 21042

1st Wednesday each month, 6:30-7:30 p.m.

Light dinner is provided

RSVP: Kathy Wehr, 410.313.5955 or kwehr@howardcountymd.gov

Talbot County

Bayleigh Chase- 2nd Dining Room, 501 Dutchman's Lane, Easton, MD 21601

2nd Tuesday each month, 11:30 a.m. -12:30 p.m.

Light lunch is provided. Space is limited.

RSVP: Tina Saddler, 410.820.5000 or tinasaddler@integrace.org

Washington County

Otterbein UMC, 108 E. Franklin St., Hagerstown, MD, 21740

4th Thursday each month, 12-1 p.m.

Lunch is provided

RSVP: David Kukor, 301.631.3166 or dkukor@ahcglobal.com

ACAC Fitness and Wellness Center

110 West Timonium Rd., Timonium, MD 21093

ACAC PREP Program (Physical Referred Exercise Program) welcomes individuals with early stage memory loss and their care partners for a 60 day membership for \$60. The program includes 2 training sessions per week in small groups with medical fitness experts. These training sessions are available Monday through Friday 8:30-11:30 am or Thursdays 5-7pm. The program also includes nutrition education, and full indoor club access. ACAC will assist in getting the physician referral. For more information, contact Maria Yanson, 410.453.9111 or mariay@acac.com

Possible grant funding available to help with cost

Art Moment at the Walters

Walters Art Museum provides guided tours and discussion for early- stage people with memory loss and their care partners, which are led by a trained docent. This is an opportunity for fun, social interaction, to enjoy art and overall improve the lives of all who participate. Space is limited to the first 15 people that RSVP.

Parking: \$15 at the Centre Street and Cathedral Street lot, \$8 for museum members with validation available at front desk. Parking can be reserved via Walters' website. Meet at the Centre Street entrance.

4th Friday each month, 1:30- 3 p.m.

RSVP: Lois Anne Bullen, 443.313.3268 or labullen@gmail.com

Possible grant funding available to help with cost

Books & Beyond

Books and Beyond provides a safe and relaxed place where people with early-stage memory loss, their family and friends come together to share conversation and creative expression in the exploration of all forms of literature.

Harford County Public Library, 100 E. Pennsylvania Ave. Bel Air, MD 21014

2nd Wednesday each month, 6:30-7:30 p.m.

RSVP: Yolanda Wright, 410.561.9099 x 208 or ywright@alz.org

Drumming Circle

A unique rhythmic activity that uses drums and other percussion instruments. Participants join in to relieve stress and form new bonds. It's a fun social interaction that inspires creativity and relaxation. Free to attend but RSVP is required.

For more information: Yolanda Wright, 410.561.9099 x 208 or ywright@alz.org

Opening Minds Through Art

This is a nationally recognized art-making program specifically for individuals with early stage memory loss and their care partners. The activities are designed to provide fun and relaxing opportunities for self-expression and shared socialization, while producing lovely results. The project will involve a mixture of painting and collage. Participants do not need any prior artistic experience.

For more information: Yolanda Wright, 410.561.9099 x 208 or ywright@alz.org

Partners in the Arts in Frederick

This program provides an opportunity for people in the early stages of Alzheimer's or related dementia to participate in activities that focus on the enjoyment of the arts. Classes are offered in a supportive format for people to learn and reap the therapeutic benefits of working with clay or painting under the guidance of an instructor. Anyone affected by early-stage dementia, including caregivers, are welcome to attend.

Contact Mary or Mindy at Dept. of Aging, 301.600.6001 for more information.

Keswick Wise & Well Petite Retreat

A relaxing and reassuring retreat for those with early stage memory loss. Care partners are also welcome to attend. Gain skills, thoughts and ideas to re-frame your daily experiences based on your own choices, strengths and values.

Series: 8 sessions over 4 months- Thursdays- 10 a.m. - 12 noon

Keswick's campus

700 West 40th Street, Baltimore, MD 21211

To register or for more information, call: 410.662.4363 or

CommunityHealth@Keswick-Multicare.org

Walks on the Wild Side

The Maryland Zoo in Baltimore has partnered with the Alzheimer's Association to provide a guided tour for early stage people with memory loss and their care partners. This is an opportunity for fun, social interaction, to enjoy the animals, nature and overall improve the lives of all who participate. This time will consist of a 45 minute walking tour and 15 minutes of classroom in seeing some animals closer.

Maryland Zoo in Baltimore 1 Safari Place, Baltimore, MD 21217.

3rd Wednesday each month, 2-3 p.m. April - October

Feel free to enjoy the zoo after program until zoo closes at 4 p.m.

Admission is a reduced rate of \$16.00 per person and is paid at the front gate.

Space is limited to the first 20 people that RSVP.

RSVP: Erica Rome, 410.537.0700 or erica@ericarome.com

Possible grant funding available to help with cost