



master's level
H a r t f o r d P r o j e c t

Memory Cafe
@ t h e J C C

A m a n d a , B e l l a , E m m a , H a y l e y ,
H i l l a r y & M i g u e l

Dementia Statistics

- 10.9% of American adults ages 65 and older are living with Alzheimer's type dementia (Alzheimer's Association, 2024).
- Over 11 million Americans are unpaid care partners for people with Alzheimer's or other dementias (Alzheimer's Association, 2024).
- These unpaid care partners provided an estimated 18.4 billion hours of care in 2023 (Alzheimer's Association, 2024).
- 11.5% of Pennsylvania adults over the age of 65 are living with Alzheimer's type dementia (Alzheimer's Association, 2024).
- Allegheny County has a higher population of older adults ages 60 and older (27%) than the national average (23%) (Area Agency on Aging, 2023).



What is r e m i n i s c e n c e t h e r a p y ?

HELPS INDIVIDUALS
WITH DEMENTIA
STIMULATE MEMORIES
THROUGH THE USE OF
THE FIVE SENSES



FACILITATED IN:
CARE SETTINGS
COMMUNITY CENTERS
SENIOR PROGRAMS

Benefits of Reminiscence Therapy

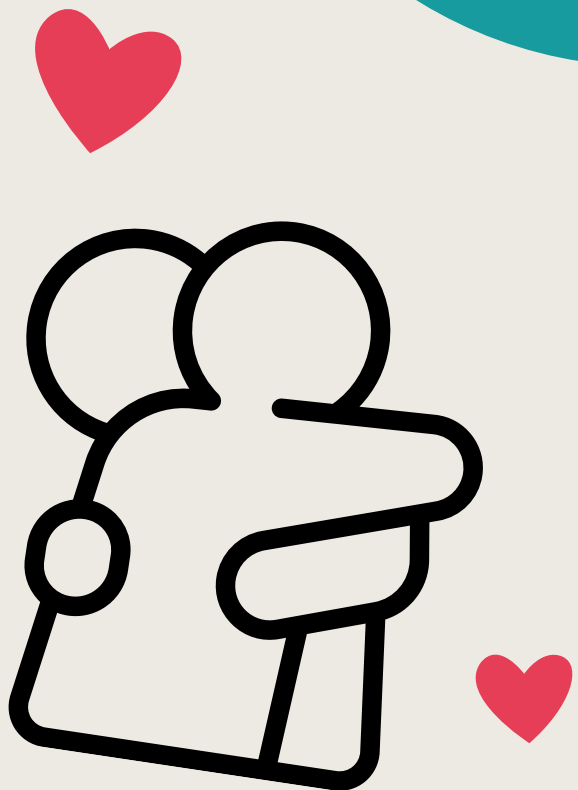
Promotes
Emotional
Well-Being

Strengthens
interpersonal
relationships

Socialization

Reduces
Behavioral
Symptoms

Stimulates
memory
&
cognitive
functioning



Project Funding



Collaboration with AgeWell at the JCC

“**Memory Cafes**” are dedicated times where individuals living with dementia and their care partners interact socially in a supportive environment.

Participants can engage as much or as little as they like.

Cafes often feature food, music, storytelling, movement & visuals that engage as many senses as possible to stimulate memory & connection.

ALL ABOUT Pittsburgh

Photo Prompts of Famous
Pittsburgh People, Places, and
Things

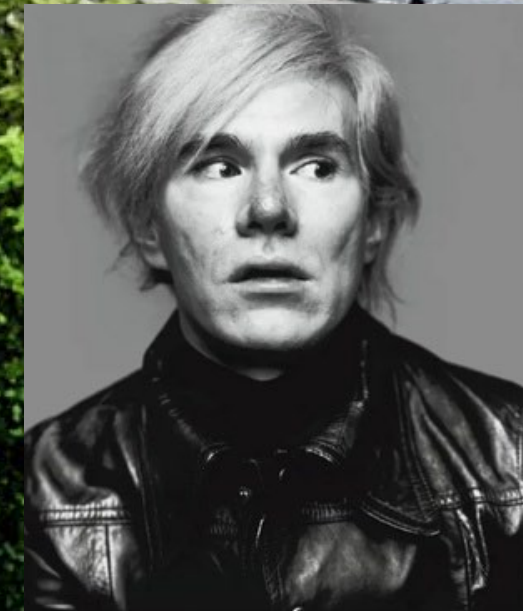
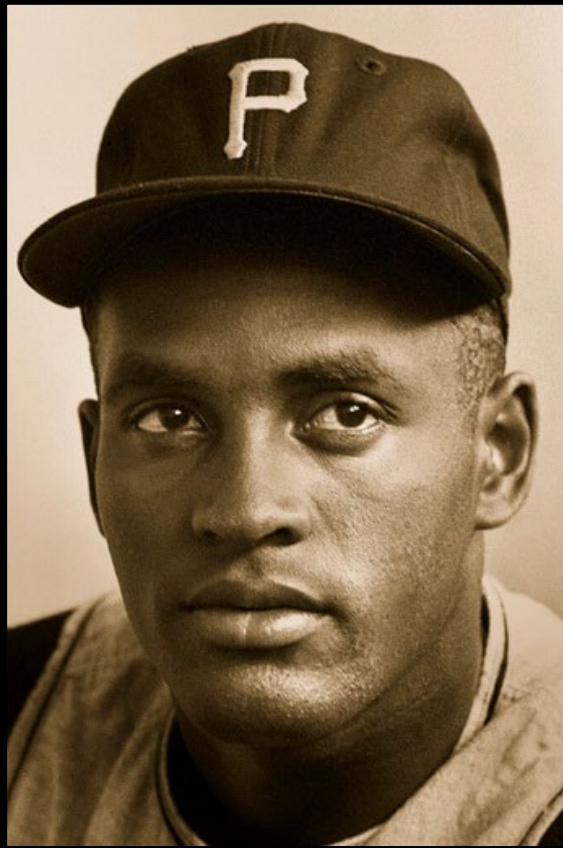
Pittsburgh Quiz
(One “Team” Working Collectively)





Did you grow up in
pittsburgh?

How have things changed?



what are
your
favorite
memories of
pittsburgh?



Love Memory Cafe



“love” word cloud

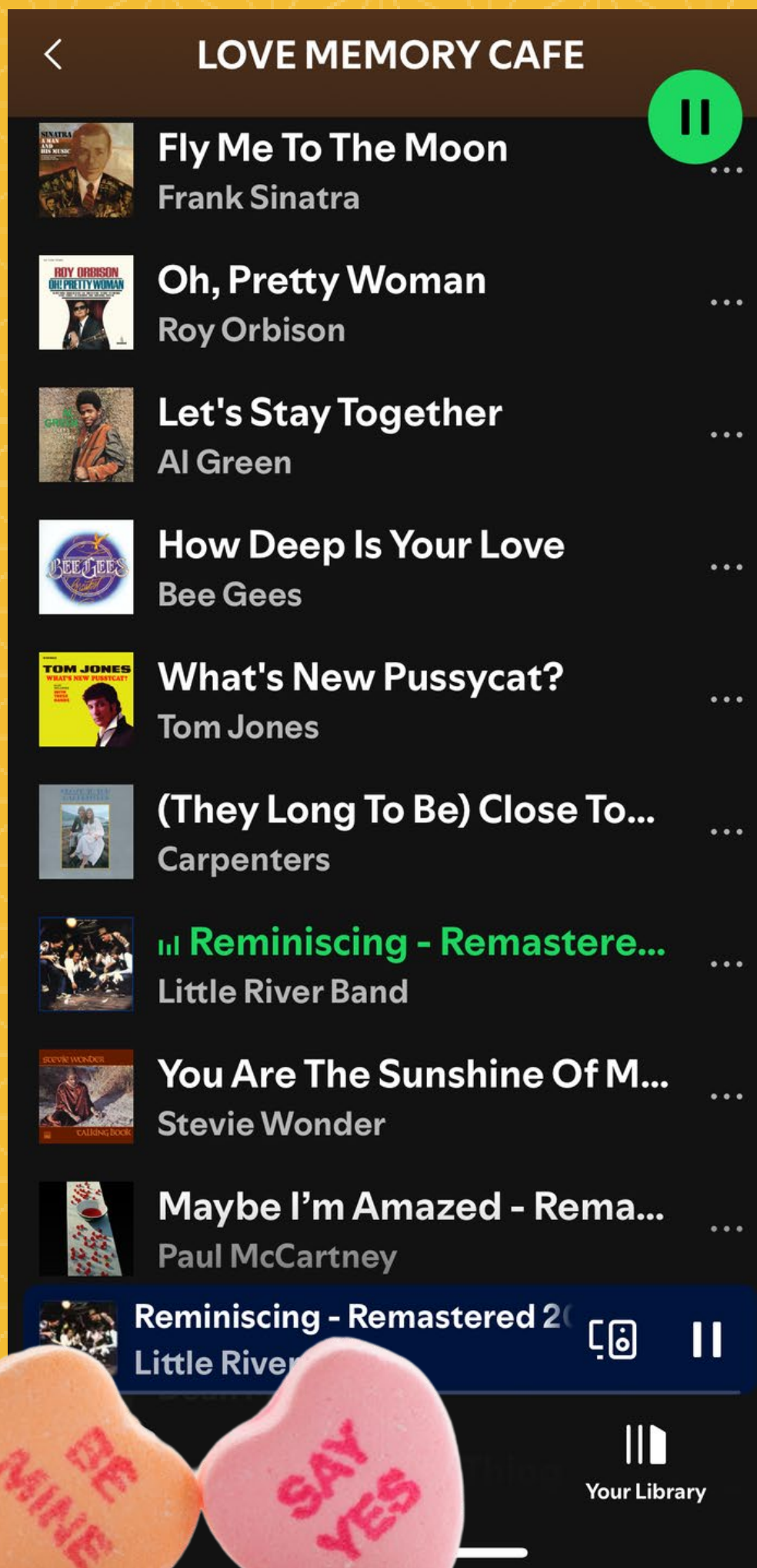
without using the word love, give a word
that makes you think of love
(cognition/caregiver insight)

decorate a frame

photo that makes you think of love
(partner, child, friend, pet, place)

visual prompt for
storytelling/Dexterity





music is
extraordinarily
evocative

“incites memory” &
helps lay down
new ones

Music spanning
decades

different kinds of
love





OR



Take A Guess
(Cognition &
Long Term Memory)

Raise Your Hand
(Movement
& Coordination)



Love interest:
Marilyn or Liz





Future of Memory Cafe at the JCC

- Continued program development based on participant needs & interests
- Plans to expand to a second location



THANK
YOU



Reference

Alzheimer's Disease Facts and Figures Alzheimer's Association. (2024).
[https://www.alz.org/alzheimers -dementia/facts-figures](https://www.alz.org/alzheimers-dementia/facts-figures)

Dementia Friendly PA - Memory Café Guide. (2022). Dementiafriendlypa.org.
[https://www.dementiafriendlypa.org/resources/memory -cafe-guide](https://www.dementiafriendlypa.org/resources/memory-cafe-guide)

Frantz, A. (2025, January 20). *Pittsburgh-area black families shoulder dementia care burden*. PublicSource. [https://www.publicsource.org/pittsburgh -seniors-black-dementia-alzheimers-caregiver-respite/#:~:text=Around%2020%25%20of%20Allegheny%20County's,battle%20other%20forms%20of%20dementia.](https://www.publicsource.org/pittsburgh-seniors-black-dementia-alzheimers-caregiver-respite/#:~:text=Around%2020%25%20of%20Allegheny%20County's,battle%20other%20forms%20of%20dementia.)