

Join us for a six week program

Memory Café

The Memory Café is a six week program that provides educational information and a support group for residents with newly diagnosed dementia or mild cognitive impairment. The focus of the group is to help residents with dementia learn strategies that maximize their independence while collaborating with others to share coping skills and build relationships.

Memory Cafe Meets on

Tuesdays & Thursdays
from 11:00am-12:00pm
Charlestown Square
Creative Arts Studio

Please contact
Lisa Roeder, LCSW-C
at 410-737-8838 ext.
601 8057 or
lisa.roeder@erickson.com
for more information

Meeting Dates:

March 07, Tuesday	Introduction
March 09 Thursday	Memory Tools
March 14, Tuesday	Brain Aerobics
March 16, Thursday	Physical Fitness & Nutrition
March 21, Tuesday	Communication Skills
March 23, Thursday	Medical Care
March 28, Tuesday	Mental Health Issues
March 30, Thursday	Socialization
April 04, Tuesday	Home Support
April 06, Thursday	Advance Planning
April 11, Tuesday	Summary

