

IS IT FOR ME?

We invite persons with early to moderate Alzheimer's or other dementias and their care partners, as well as those who worry about memory problems.



What Does It Provide?

- ◆ Socializing
- ◆ Information
- ◆ Networking for Care Partners
- ◆ Activities

Share your stories and socialize with others who have concerns about memory and dementia.



Koochiching Aging Options is supported with funds from individuals, Koochiching County, the Otto Bremer Foundation, the Northland Foundation, the United Way of Northeastern Minnesota, the Marshall N. Knudson Family Community Fund, corporate giving, civic groups, and the Arrowhead Area Agency on Aging through a grant from the Federal Older Americans Act.

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Koochiching Aging Options is a 501(c)3 nonprofit organization and your donation may be tax deductible.

The services of this program are for the use of all people regardless of age, race, color, gender, gender-identity, sexual orientation, creed, religion, disability or national origin.

**KOOCHICHING AGING OPTIONS
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56649**

**Email: KoochichingAgingOptions@gmail.com
Visit us at : KoochichingAgingOptions.org
Telephone: 218-283-7030**

Upon request, this information will be made available in alternative formats such as Braille, audiotape, computer disk and large print.



*Koochiching
Memory
Café*

**A gathering for those
with dementia and
their care partners**

**Telephone: 218-283-7030
Or toll-free 1-800-950-4630**

www.KoochichingAgingOptions.org

Welcome to the Koochiching Memory Café

Persons with memory loss and their care partners are invited to get together in a safe, supportive and engaging environment at the Koochiching Memory Café.



Connect and interact with your peers. The café encourages acceptance, support and friendship while offering light refreshments and engaging activities.

WHEN:

**2nd and 4th Wednesday
of every Month**

TIME:

from 1 to 3 p.m.

WHERE:

**Fireside Room
Faith United Church
1001 Fifth Street
International Falls**

FOR MORE INFORMATION CONTACT:

**KOOCHICHING AGING OPTIONS
218-283-7030
1-800-950-4630**

EMAIL: KOOCHICHINGAGINGOPTIONS@GMAIL.COM

Purpose

This café is a result of priorities set in 2015 by the Greater International Falls ACT on Alzheimer's initiative to help establish a "dementia friendly community." It is based on models developed in the United Kingdom and across the United States.



Cognitive impairment, commonly referred to as "dementia," can upset the fabric of families and support networks. Those who have been close may shy away. Memory Cafés are designed to bring a sense of "normal" back into the lives of those dealing with the disease. A Memory Café provides a time and place to have fun and where laughter is welcome.