



A World Where Aging is Honored CVCOA Helpline 1-800-642-5119

FOR IMMEDIATE RELEASE

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Central Vermont Council on Aging Launching “Memorable Times Café” in Partnership with ABLE Library

October 3, 2018 Barre, VT Central Vermont Council on Aging (CVCOA), in partnership with the State of Vermont ABLE Library, will begin offering a community program for those with memory loss and their care partners as part of its Family Caregiver Support Program. This effort advances CVCOA’s goal of supporting dementia-friendly communities where people with dementia are understood, respected and supported. The first “Memorable Times Café” gathering will be held on October 17, 2018 from 1:30-3 pm at the Vermont History Center in Barre City. “Memorable Times Café” is presently set for the third Wednesdays of October through March, at the same time and location, with an ongoing schedule in development.

“Memorable Times Café” is an outgrowth of “Montpelier Memory Café”, a monthly program that was held at the Montpelier Senior Activity Center from January 2014 through May 2018. The ABLE Library is part of Vermont’s Department of Libraries and offers users access to literature through a variety of modalities. ABLE is an acronym standing for Audio, Braille, Large-Print and Electronic-Books.

“Like Montpelier Memory Café, this new iteration grew out of a small group of dedicated volunteers who wanted to provide a community-based, friendly, social opportunity for those with memory loss and their care partners,” said Janna Clar, Director of the Montpelier Senior Activity Center. “With CVCOA absorbing this valuable program into its Family Caregiver Support Program, Memorable Times Café’ will carry on with the important mission of providing a venue for socialization for many community members living with memory loss.”

The Memory Cafe program model is part of a national and international movement to provide an inviting and relaxed atmosphere with opportunities for structured activities and participatory arts for those with memory loss. Central Vermont Council on Aging’s “Memorable Times Café” will be social in nature, featuring opportunities to share and enjoy stories, memories, music and more. “The purpose is to support individuals with early to middle-stage memory loss to continue to participate in social activities that give pleasure and nurture social ties. Research bears out that Memory Cafes also help family members and friends of such individuals to stay connected in community and gain support for their roles in memory care, improving outcomes for both,” stated Barb Asen,

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CVCOA's Family Caregiver Support Director. The new partnership with the ABLE Library brings additional dimensions and resources of benefit to participants. "Vermont's ABLE Library is thrilled to partner with CVCOA in offering this vital program. Some of our most impactful and long-lasting memories come from the books we encounter across the lifespan. We are proud to help our populations keep connected to their communities through reading and sharing stories," says Dr. Vincent Livoti, ABLE Library Director.

For more information, please contact Barb Asen, Central Vermont Council on Aging's Family Caregiver Support Director, at basen@cvcoa.org or call 802-476-2681.

Central Vermont Council on Aging (CVCOA) supports Central Vermonters to age with dignity and choice. We serve 54 Central Vermont towns, from our main offices located at 59 N. Main Street, Suite 200 in Barre with other regional offices located in Morrisville, Randolph, South Royalton, and Rochester. For assistance, visit the CVCOA website at www.cvcoa.org or call the CVCOA Helpline at 1-800-642-5119. ABLE Library is part of the State of Vermont Department of Library and provides services to the visually impaired and print disabled as well as state supported institutions. The ABLE Library is the host of all Barre-Based Memorable Times Café events and is also a service provider for families dealing with dementia, Alzheimer's and/or cognitive impairments.