

FOR IMMEDIATE RELEASE, 9/2/22

WHAT: Dementia support programs to begin this fall

WHEN: Caregiver support group to begin Sept. 20, 11:00-12:00
Memory Café to begin Oct. 13, 10:30-11:30

WHERE: Support Group, Nahant Village Church, 27 Cliff Street
Memory Café, Nahant Public Library, 15 Pleasant Street

CONTACT: Mary Miner, Nahant Council on Aging, mminer@nahant.org , (781) 581-7557

Dementia Caregiver Support Launches in Nahant

Nahant has long recognized the need to support the family members of those who live with cognitive decline. Family members are often caregivers, coping with few resources and a sense of isolation from the rest of the community.

The Nahant Council on Aging, Nahant Public Library and Nahant Village Church all wanted to help, so they formed a committee to make Nahant a Dementia Friendly Community. A registry was set up at the police station, in case a loved one became disoriented while out alone. A Memory Café was started in 2019, giving people with dementia and their caregivers a place to enjoy activities together. But after a year and a half, COVID forced the Café to a screeching halt.

The committee members reconvened recently, and they agreed it was time to begin again. First up will be a Caregiver Support Group on Tuesday, September 20, 11:00-12:00 at the Village Church. “We would like to reach out to caregivers so they can share experiences with one another,” said Linda Peterson, a committee member. “This will be their monthly chance to touch base with others who understand what they are going through. Dementia affects everyone in a family, and we hope to make the challenge a little easier.”

The group also plans on returning to holding Connections: A Memory Café on the second Thursday of the month, beginning October 13, 10:30-11:30. People living with dementia and their caregiver will sing, laugh, tell stories, do crafts, and find new ways to relate to one another.

If you are interested in attending either of these or finding out more information, please send an email to Mary Miner, Council on Aging, at mminer@nahant.org or call (781) 581-7557.

###