

Before the pandemic, a committee consisting of, the Nahant Public Library, the Nahant Village Church, and the Nahant Council on Aging, began addressing the need to make the town a more Dementia Friendly Community. Connections: A Memory Café was a result of that work. Our committee is resuming that work and the Memory Café has begun. The café is a place where people living with dementia and their caregiver will sing, laugh, tell stories, do crafts, and find new ways to relate to one another as they make new memories. The café is held monthly on the 2nd Thursday of the month. The next café will be held on Thursday, November 10th from 10:30 – 11:30 at the Nahant Library.

The committee agreed that there is an urgent need for a Caregiver Support group. Thanks to the help of Michelle Parr, GLSS Caregiver Support Coordinator we began our support group in September. “This support group will give caregivers a 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. This group meets at the Nahant Village Church on the 3rd Tuesday of the month from 11:00 – 12:00. This support group is completely confidential. Nothing leaves the room. Already 2 months into it and we have had positive feedback.

If you are interested in finding out more information or providing us some much-needed feedback about what you need to make either the Memory Café and the Caregiver Support Group successful, please send an email to any of the following people, Mary Miner, COA mminer@nahant.org, Marrit Hastings, NVC calhast@hotmail.com, Sharon Hawkes, Library, shawkes@nahant.org, or Linda Peterson billindapeterson@gmail.com.