

FINAL REPORT – January 14, 2018

## 2018 LECK GRANT FINAL REPORT: DEVELOPMENT OF TWO MEMORY CAFES IN DANE COUNTY IN AFRICAN AMERICAN CHURCHES

“Embrace the person with Alzheimer’s with dignity and respect. Encourage congregation members to directly engage the person. Talking only to the family can leave the person feeling left out and isolated”. (African American Clergy Guide: “Lighting the path for people affected by Alzheimer’s.

May 8, 2018, the Alzheimer’s & Dementia Alliance of Wisconsin was awarded a 2018 Leck Grant in the amount of \$3,500 for the Development of Two New Memory Cafes in Dane County in African American Churches.

### PURPOSE FOR FUNDING THE GRANT

The grant was particularly of value in the Alzheimer’s & Dementia Alliance efforts to ensure that all members of our community have access to our programs and services. The target population for the grant was African American – addressing outreach to African American churches. Alzheimer’s and dementia is identified as the silent disease in the African American community. When it comes to knowledge about the warning signs of Alzheimer’s disease, African Americans have been called the silent partners.

#### Why Address Outreach and Care for African Americans with Dementia?

Alzheimer’s disease is a devastating degenerate disease that causes memory loss, challenging behavior problems and severe functional limitations. African Americans experience higher rates of high blood pressure, high cholesterol and diabetes, which places them at greater risk of developing dementia.

Caring for persons with dementia poses special challenges, especially the challenge of a prolonged caregiver role. More African Americans than Caucasians care for relatives with dementia ,and are less likely to ask for support. Caring for a loved one is considered a responsibility and not a burden; thus the impact may be greater for this population.

Many barriers in African American communities prevent early diagnosis and treatment. Lack of awareness and cultural barriers. The general mistrust of traditional medical institutions, culturally insensitive medical professionals and dissatisfaction with health care systems. Limited services that are culturally proficient in the African American communities is the cause for funding this grant.

To best serve African American Families, it is important to recognize the following:

- (1) Immediate families are the primary source of support.

- (2) Families make different choices based on cultural perspectives.
- (3) Understanding and acceptance of cultural viewpoints are essential to adapting services to communities of color.
- (4) Provide culturally appropriate information through increased awareness, community outreach, education and relationships built through networking.
- (5) Develop new materials to incorporate the cultural beliefs and practices of the targeted population throughout the planning process.
- (6) Build a presence in the community. Families respond to community leaders and organizations they know and trust. Trust is extremely important when delivering services to African American communities and helpful in overcoming cultural barriers.
- (7) Locating services physically within the community, forming advisory boards and working with faith-based and service organizations.
- (8) **Before embarking on a partnership within the African American faith-based community, one must take into consideration their many obligations, respect their priorities and be prepared to adjust arrangements when necessary.**

(Promising Practices: Serving African American Families: Home and Community-Based Services for People with Dementia and Their Caregivers.)

## WHAT IS A MEMORY CAFÉ?

A memory Café' is a gathering place for people with mild memory loss, mild cognitive impairment, early Alzheimer's or other dementias along with their family and friends in a relaxed environment to visit, share common interests and enjoy refreshments.

The two Memory Café's planned for the two African American churches (Fountain of Life, Rev. Alex Gee, 633 W. Badger Road, Madison and Faith, Hope and Love Worship Center, Bishop Harold Rayford, 211 Linnerud Drive, Sun Prairie) are the first that are culturally specific in Dane County to include activities that are culturally specific where individuals feel welcomed to participate and have their cultural needs met.

GOAL #1: Open Memory Café' in African American Church: Fountain of Life Church, 633 W. Badger Road, Madison, WI 53713 (South Madison).

GOAL MET: No

PERCENTAGE TO GOAL: 75%

## OUTCOME RESULTS:

Fountain of Life Memory Café launched September 21, 2018. The Café' meets monthly, the third Friday, from 9:30 a.m. – Noon. The building permit for Fountain of Life was delayed and not officially approved by the scheduled Café launch date of September 21. The UW Partnership office, located on the south side, less than 5 minutes from the church was secured as the temporary opening site to avoid additional delay. Marketing pieces had been designed and opening date published. The decision was made to locate the Fountain of Life Café in the UW

Partnership office until the official move in April 2019. The Fountain of Life Memory Café opened at the alternate site on Friday, September 21, 2018.

GOAL #2. Open Memory Café in an African American Church. Faith, Hope and Love Worship Center, 211 Linnerud Drive, Sun Prairie, WI 53713.

GOAL MET: No

PERCENTAGE TO GOAL: 25%

#### OUTCOME RESULTS

Bishop Rayford has agreed to have the Memory Café located at Faith, Hope and Love Worship Center. A Holy Week Worship Service was hosted at the Church. The Alliance was invited to an impressive display in the lobby: literature table, full display of Alliance banners and distributed materials announcing the Faith, Hope & Love Memory Café opening in April 2019. We will be coordinating the schedule for opening both Memory Café's in April 2019 with a planned worship service.

GOAL #3. Approximately 25 individuals with memory loss, mild cognitive impairment, early Alzheimer's or other dementias will be directly involved in the development of the two Memory Café.

GOAL MET: Yes. Attendance sheets

GOAL #3. Approximately 100 individuals will be indirectly involved in the development of the two Memory Café's.

GOAL MET: Yes. Surveys, Sign-in Sheets from community events.

GOAL #4. Which peer-to-peer activity focus will the project address.

The project met (1) Cultural Diversity (2) Socialization (3) Health & Wellness (4) Nutrition

GOAL MET: Yes. The project focus was cultural diversity. Socialization, exercise and healthy food also was modeled successfully.

GOAL #5. Why this project was need and the impact of Alzheimer's disease in the African American community was addressed in the introduction:

- (1) Silent Epidemic
- (2) Under Reported
- (3) Rate of African American vs Caucasians/Whites diagnosed with the disease significantly higher.
- (4) Diagnosed later in life.

- (5) In Dane County there are limited direct culturally responsive for African American communities.
- (6) Rationale for locating the Memory Café in the faith community: People who have Alzheimer's disease, especially those raised in religious households are uplifted by worship services and pastoral presence. They often take part in age-old rituals and enjoy hearing favorite hymns and scripture.
- (7) Individuals also expressed the desire to organize planned activities outside of the church.
- (8) Social Isolation

The Diversity Coordinator will continue to compile community evaluations and feed-back by engaging in community outreach and collaborations with the African American faith community, health and wellness, education and connecting the African American community to available resources through the Alliance.

#### LESSONS LEARNED

Survey results were completed by individuals throughout the project. Participants wanted education, information, and access to resources. Topics of discussion included isolation, socialization, family discussion and culturally specific activities.

Survey form attached. Adjustments to the traditional structure of the Memory Café will need to happen and intentional inclusion of family education, information, support groups. Strongly expressed was supporting programs that would reduce the stigma associated with the disease..

#### ATTACHMENTS TO FOLLOW:

EVALUATION SURVEY

ACTIVITY LOG: RESEARCH/ORGANIZATION/TRAINING/

PICTURES OF ACTIVITIES – 2018 FOUNTAIN OF LIFE MEMORY CAFÉ

MARKETING/FLYERS FOR 2018 FOUNTAIN OF LIFE MEMORY CAFÉ.