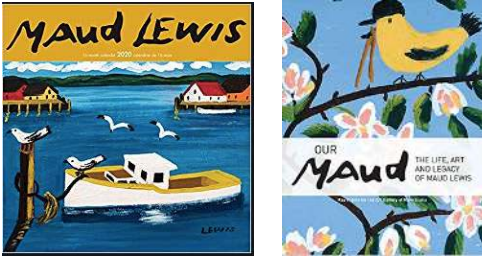


Memory Café Group Warm-ups: Using art to build connection in the room

(here are some sample scripts to open Memory Café sessions using Maud Lewis pictures from the 2020 Maud Lewis calendar)

To open each Memory Café, we start with an introduction and invitation for each of our group members to respond to an image. You could use any number of themes but the warm up should not require memory to participate. In Nova Scotia one of our most resilient and colorful folk artists is Maud Lewis, so we shared images from her art work:



The calendar and art book are available from the Nova Scotia Art Gallery (1-902-424-4303) or through the Canadian company Wyman Publishing (1-888-254-5842).

Café event #1: sample script about the seasons (theme evoking qualities of extroversion and introversion: busy action scene of summer vs quiet scene of winter)



(please speak slowly and clearly and make sure people in the back can hear!)

“Hello and welcome to the first Memory Café event here at _____. We want you to know that you all belong here. Whether you are a family member, or caregiver or a person with some memory challenges, you are all welcome here and you all belong!
What is a Memory Café you may be wondering?

A Memory Café is a place to come in the community where you are welcome to relax and unwind with others, to have a cup of something warm to drink and to experience something beautiful. Today we will have a musical artist with us _____(name) who will share some of her/his music while we are here. Thank you _____(musician's name)! Music is stored in many areas of the brain so even when our memory is poor, we can always enjoy music.

To start we will go around the room and say our names to introduce ourselves. I will also show you two paintings by one of our famous Nova Scotia artists, Maud Lewis. One painting shows a busy summer scene at a dock, and one painting shows a peaceful quiet winter scene. If you would like, please let us know which scene you would rather be in! I will start:

My name is _____(your name) .And looking at these two pictures, I would rather be in this one because _____”

Now I will hand these two paintings around and invite you to let us know your name and which painting you 'd like to be in.

After each person speaks, or simply holds the paintings, thank him or her and ask them to pass them to the next person in the group.

Memory Café Event #2: sample script about travelling and time- (boat on ocean in summer vs sleigh in winter- themes evoking play and childhood)



“Hello and welcome back to the Memory Café event here at _____. We want you to know that you all belong here. Whether you are a family member, or caregiver or a person with some memory challenges, you are all welcome here and you all belong! It's great to see you back or if you are here for the first time, a special welcome!

Today we will have a musical artist with us _____(name) who will share some of her/his music while we are here. Thank you _____(musician's name)! Music is stored in many areas of the brain so even when our memory is poor, we can always enjoy beautiful music.

To start off, we will go around the room and say our names again to introduce ourselves. I will also show you two paintings by one of our famous Nova Scotia artists, Maud Lewis. One painting shows a sleigh, and one painting shows a boat. If you would like, please let us know which scene you would rather be in! Would you rather travel by sleigh or by boat on the water? If you have an idea where you would like to travel please feel free to share that too! I will start:

My name is _____(your name) .And looking at these two pictures, I would rather travel by _____because_____. If I could travel anywhere, I would go to_____.

Now I will hand these two paintings around and invite you to let us know your name and whether you would prefer to travel by buggy or by boat”.

After each person speaks, or simply holds the paintings, say thank you and ask them to pass them to the next person in the group.

Memory Café event #3: sample script about connection/freedom (dog vs seagulls)



“Hello and welcome back to the Memory Café! We want you to know that you all belong here. Whether you are a family member, or caregiver or a person with some memory challenges, you are all welcome here and you all belong! It’s great to see you back or if you are here for the first time, a special welcome!

Today we will have a musical artist with us _____(name) who will share some of her/his music while we are here. Thank you _____(musician’s name)! Music is stored in many deep areas of the brain so even when our memory is poor, we can always enjoy beautiful music.

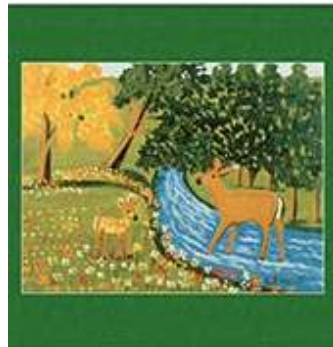
To start off, we will go around the room and say our names and I will also show you 2 paintings by one of our famous Nova Scotia artists, Maud Lewis. This painting shows some seagulls about to fly off. This other image shows a dog chasing his owner’ truck. Where do you think they are going and would you rather be one of the birds or the dog?

My name is _____(your name) .And looking at this pictures, I would rather be_(bird or dog) because_____.

Now I will hand these two paintings around and invite you to let us know your name and whether you would prefer to be one of the birds flying away or the dog”.

After each person speaks, or simply holds the paintings, thank him or her and ask them to pass them to the next person in the group.

Memory Café event #4: sample script about themes of sharing and nurturance. (Images of parent bird feeding babies and deer pair at a river)



“Hello and welcome back to the Memory Café! We want you to know that you all belong here. Whether you are a family member, or caregiver or a person with some memory challenges, you are all welcome here and you all belong! It’s great to see you back or if you are here for the first time, a special welcome!

Today we will have a musical artist with us _____(name) who will share some of her/his music while we are here. Thank you _____(musician’s name)! Music is stored in many deep areas of the brain so even when our memory is poor, we can always enjoy beautiful music.

To start off, we will go around the room and say our names and I will also show you 2 paintings by one of our famous Nova Scotia artists, Maud Lewis. One painting shows a parent bird offering a worm to the 2 babies. Looks like one worm that they are going to share and then maybe fly off? The other painting shows 2 deer- maybe a parent and a child by a stream. Actually the parent is in the stream! Which painting would you rather be in and who would you be? Are there people in your life that these paintings make you think about?

My name is _____(your name) .And looking at this pictures, I would rather be in _____painting because_____.This painting makes me think about_____

Now I will hand these two paintings around and invite you to let us know your name and whether you would prefer to be in this picture or this one”.

After each person speaks, or simply holds the paintings, thank him or her and ask them to pass them to the next person in the group.

Memory Café Event #5: sample script about themes of protection and being solitary. (Images of parent cat with children and a deer walking alone.)



“Hello and welcome back to the Memory Café! This is our 5th session and we will have one more event after this one in two weeks time. We hope you have been enjoying coming here and before you leave today, we will give you each some feedback forms to take home and invite you to bring them back for next time so we can know what your experience has been, and how we can make Memory Café experiences even better I future. As always, whether you are a family member, or caregiver or a person with some memory challenges, you are all welcome here and you all belong! It’s great to see you back and if you are visiting the Memory Café for the first time, welcome!

Today we will have a musical artist with us _____(name) who will share some of her/his music while we are here. Thank you _____(musician’s name)! Music is stored in many deep areas of the brain so even when our memory is poor, we can always enjoy beautiful music.

To start off, we will go around the room and say our names and I will also show you 2 paintings by one of our famous Nova Scotia artists, Maud Lewis. One painting shows an adult cat and two little ones..it could be a family looks like out in a field in Spring..looks like the apple blossoms are out.The other is a deer or a stag out on his or her own by a stream. Which painting would you rather be in? If you were one of the animals, who would you like to be and where would you like to go?

I’ll start off! My name is _____(your name) .And looking at this pictures, I would rather be in _____painting because_____. If I were one of the animals I’d like to be _____because _____and I’d like to be going_____.This painting also makes me think about_____.

Now I will hand these two paintings around and invite you to let us know your name and whether you would prefer to be in this picture or this one” .

After each person speaks, or simply holds the paintings, thank him or her and ask them to pass them to the next person in the group.

Memory Café Event #6: sample script about themes of leaving and new beginnings. (Images of two deer travelling together in early morning or twilight and a group of butterflies on a Spring day)



“Hello and welcome back to the Memory Café! This is our 6th and final event of our Memory Café series. Thank you all for coming and sharing this experience and we hope it has been a good experience for you. Last week we gave each of you feedback forms so if you have brought those back, please hand them to our co-ordinator. If you have not had a chance to fill out a feedback form, we will make sure there is time to do that today so we can know your feedback and learn how to make Memory Cafes even better in future. As always, whether you are a family member, or caregiver or a person with some memory challenges, you are all welcome here and you all belong! It’s great to see you back and if you are visiting the Memory Café for the first time, welcome!

Today we will have a musical artist with us _____(name) who will share some of her/his music while we are here. Thank you _____(musician’s name)! Music is stored in many deep areas of the brain so even when our memory is poor, we can always enjoy beautiful music.

To start off, we will go around the room and say our names and I will also show you 2 paintings by one of our famous Nova Scotia artists, Maud Lewis. One painting shows 2 deer, or maybe a deer and a stag looking out over a quiet town in fresh snow. The sky looks like early morning or twilight as the sun is going down. The other painting shows some butterflies all together but each individual. The apple blossoms are out so it looks like Spring. Which painting would you rather be in? If you were one of the animals, who would you like to be and where would you like to go?

I’ll start off! My name is _____(your name) .And looking at this pictures, I would rather be in _____painting because_____. If I were one of the animals I’d like

to be _____ because _____ and I'd like to be
going_____.This painting also makes me think
about_____.

Now I will hand these two paintings around and invite you to let us know your name and
whether you would prefer to be in this picture or this one”.

After each person speaks, or simply holds the paintings, thank him or her and ask them to pass
them to the next person in the group.