

# DEMENTIA FRIENDLY WORCESTER

## JANUARY 2019 NEWSLETTER: NEW YEAR, NEW GOALS



*Dementia Friendly Worcester brings diverse sectors of the community together to increase awareness and education, to make the city more inclusive and supportive of people living with dementia.*

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## Welcome Back and Happy New Year!

**The next DFW Action Team Meeting will be held on Wednesday, February 5, 2:00-3:30pm** at the Worcester Senior Center in room 200. In addition, the March meeting will be on the 11th, even though we usually meet on the first Wednesday of the month.

If you are interested in being a guest speaker at one of our Action Team meetings to discuss a relevant program, initiative, or event, please email Julia at [jschroeder@clarku.edu](mailto:jschroeder@clarku.edu).

## Dementia Friends Updates

Some important people in Worcester have become Dementia Friends! They include Elder Services of Worcester Area (ESWA) nutrition program staff (who work at the Worcester Senior Center), ESWA Meals on Wheels drivers, staff at Bobby M's Diner (located inside the Worcester Senior Center), WRTA bus drivers, UMass Memorial geriatric medicine staff, and staff at Colony Retirement Homes. This is just the beginning!

## Movie Theaters: The Next Business to Become Dementia Friendly?

An increasingly popular trend in the UK is dementia friendly movie theaters and cinema events, and DFW is feeling inspired. Movies theaters have great potential for being dementia friendly, as movies are one way to re-create experiences and memories that people living with dementia may have had earlier in their lives. Musicals are especially popular, as music often remains a means of communication even when conversation becomes difficult. Plus, movies are an enjoyable experience for individual living with dementias and loved ones to share. There are many steps that a movie theater can take to be dementia friendly, including:

- Keeping the house lights on a low setting, and reducing the volume of the movie.
- Adding additional, clear signage for bathrooms, entrances and exits, ticket points, and the theater in which the screening will be held.
- Opening the theater early so people can find seats, get settled, and mingle.
- Not showing advertisements or trailers before the main feature.
- Having an intermission half way through the movie.
- Relaxing typical movie theater rules in order to allowing singing, dancing, and talking during the film.

Learn more about dementia friendly cinemas [here!](#)

## DFW Internship Announcement

DFW is seeking an intern to help continue move the initiative forward. Please feel free to share the following posting with your networks: "Based out of the Worcester Senior Center, DFW is made up of a group of community organizations and individuals. As part of the international dementia friendly community movement, the mission of Dementia Friendly Worcester (DFW) is to bring diverse sectors of the community together to increase awareness and education, to make the city more inclusive and supportive of people living with dementia.

Intern responsibilities include:

- Participate in monthly Action Team meetings, manage minutes.
- Assist in coordinating activities of Action Team members in raising awareness of dementia across various sectors of the city.
- Conduct outreach to businesses and organizations.
- Maintain mailing lists and contribute to monthly e-newsletters.
- Work with City officials to advance dementia friendly efforts.
- Be trained to co-lead programs such as Dementia Friends information sessions.
- Assist in planning and organizing events.
- Create media content such as flyers and videos.
- Update the Dementia Friendly Worcester website.
- Attend relevant events in the region, such as MCOA Idea Exchanges.

Intern applicants must apply through the City of Worcester. For more information, email Patty Hainsworth ([hainsworthp@worcesterma.gov](mailto:hainsworthp@worcesterma.gov)).

## Upcoming Events

**Savvy Caregiver Program:** Saint Vincent Hospital is hosting a free six-week program for caregivers! Sessions are every Friday from March 6 through April 10, 1-3pm. Whether you give care as a family member or friend, this program can help you better care for your own health and more effectively manage the unique challenges of dementia care. Classes are facilitated by Saint Vincent Occupational and Speech Therapists. Please register by calling 833-239-5447. Click [here](#) to view and download the flyer.

## Dementia Friendly Communities Around the Globe

Our friends at MCOA recently shared the story of The Restaurant of Mistaken Orders, a restaurant in Tokyo where all the servers are people living with dementia. As the restaurant's website says, the servers may or may not get your order right. However, even if your order is mistaken, your meal is sure to be enjoyable because everything on the menu is delicious. In this way, the restaurant aims to spread openness and understanding. This business model is even more impressive considering the standards to which Japanese restaurants hold themselves. Usually, mistakes are simply not tolerated, and proprietors go to great lengths to remedy even trivial mistakes. Given that Japan has a high proportion of elderly citizens and is projected to have the fastest-growing prevalence of Alzheimer's, creating a more relaxed and forgiving restaurant scene is the right direction to go in.



## Volunteer Opportunities

**Be a translator** — We are looking for volunteers fluent in languages other than English, especially Spanish and Vietnamese, who can translate our flyers and newsletters. **Conduct business outreach** — Visit local businesses to let them know how they can partner with DFW. The DFW website now has a streamlined form for getting involved! The link can be found on the home page (or by clicking [here](#)), and you can let us know how you would like to contribute to this effort.

Do you know someone who would enjoy this newsletter? Send them the link to [this form](#) and they can sign up in a flash!

Visit the DFW website at [www.tinyurl.com/DFWorchester](http://www.tinyurl.com/DFWorchester)

