

The Memory Hub:
A Place for Dementia-Friendly
Community, Collaboration and Impact

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UW Memory and Brain Wellness Center



The Memory Hub



Background on the Memory Hub

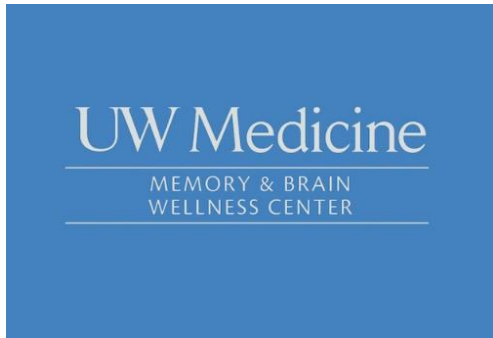
- A welcoming and vibrant community event space, collaborative workspace and training center which aims to redefine life with memory loss
- Operated by the UW Memory & Brain Wellness Center on behalf of the wider memory loss community and aligned professionals
- Located on Seattle's First Hill, in a building owned by founding partner the Frye Art Museum, in walking distance of Harborview Medical Center
- Established through a generous leading gift from the Richard and Maude Ferry Foundation, with additional philanthropic and institutional support
- Reinforcing themes of dementia-friendly community and strengths-based approach to living with memory loss
- Opened in March 2022; over 3500 people served in our third year



Project Goals

1. Enhance the local community of support for people with memory loss and their families
2. Accelerate collaboration and innovation among local organizations that serve people with memory loss and their families
3. Drive statewide impact in community-based solutions for living well with memory loss





FRYE
/ Art Museum



On-Site
Collaborators





Photo: UW Medicine – Hand Crank Films

Memory Hub Programs & Resources - Overview

- Support groups
- Caregiver education
- Creative Engagement
- Library & Resource Room
- Art Gallery
- Memory Garden
- Elderwise Adult Day Program
- Memory Navigator
- ADAPT Brain & Body Wellness Program
- Public Lectures
- Networking & Professional Development Events
- Chinese-language Healthy Aging Programs
- Project ECHO-Dementia
- *And more!*

Caregiver Support and Education – Full Life Care

- Dementia Training for Family Caregivers
 - 5 hour-long modules
 - Individualized coaching
- Care Teams
 - Teams of community volunteers that support family caregivers
- www.fulllifecare.org



Memory Navigator Service

- Alzheimer's Association Care Consultant
- Free 30-minute appointments
- Topics:
 - Information about memory loss or caregiving
 - Support groups
 - Educational opportunities
 - Legal or financial planning
 - Respite care
 - Home care
 - Housing / Assisted living
 - Safety concerns



Caregiver Support & Education Programs Presented by the Alzheimer's Association

- Caregiver Support Group
 - Every 2nd Monday of the month
 - 1-2:30 p.m.
- Education Programs
 - Quarterly on various topics



Elderwise Adult Day Program

- 10 a.m. – 2 p.m.
- Monday, Tuesday, Wednesday, Thursday
- “Spirit-Centered Care”
- Conversation, creative arts, light exercise and more
- www.elderwise.org

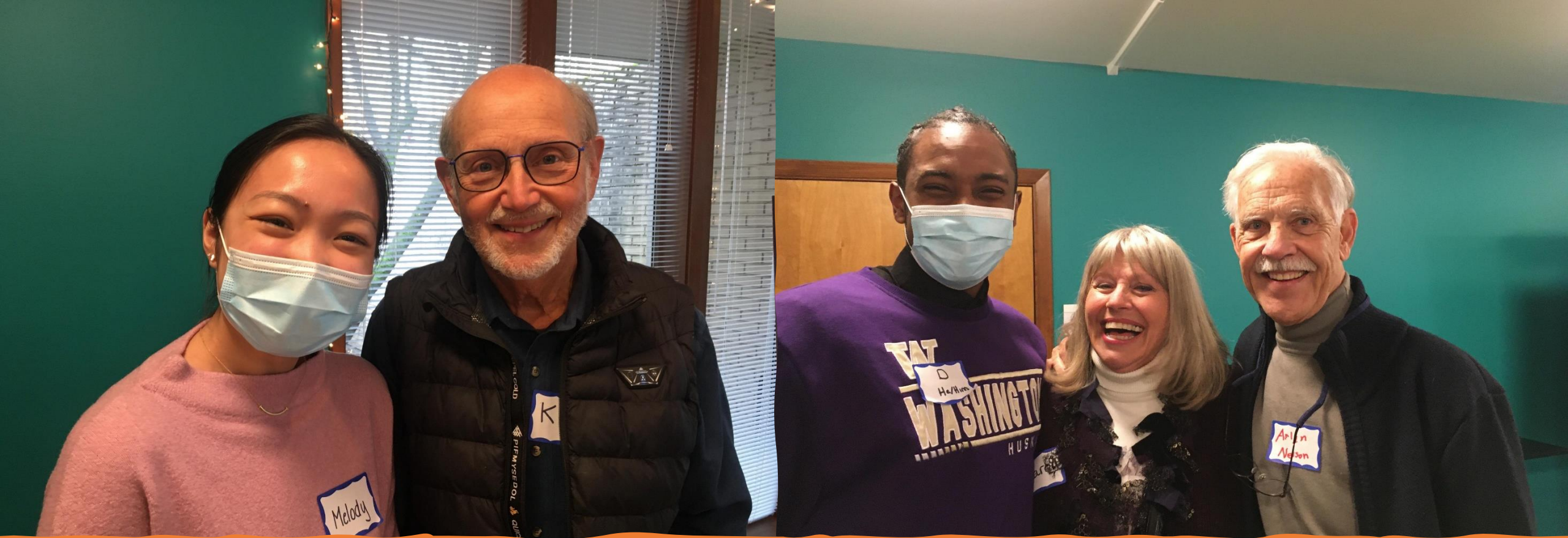


Alzheimer's Café at the Memory Hub

- Offered by the Frye Art Museum with the UW Memory and Brain Wellness Center
- 2nd Tuesday of each month
- 2:30 – 4 p.m.
- Art discussion, music, conversation

Photos: Jonathan Vanderweit; Courtesy of Frye Art Museum





Partners in Dementia - Northwest

- Mentorship program pairing people with early memory loss with 1st year medical students
- 1:1 meetups throughout the school year

Dementia Friends

- State-funded public awareness program
- Community volunteers trained to offer 60-minute dementia information session
- Over 4000 people in Washington have attended a session
- More info: www.dementiafriendswa.uw.edu



ADAPT Program

- Group strengths-based behavioral intervention for people with mild memory loss and a partner
 - Intensive structure
 - Evidence-informed
 - Multimodal (exercise, meditation, support, cognitive training)
- Promoting behavior change
- Community based
- Modifiable/adaptable
- Offered quarterly to people referred from MBWC clinic



Chinese-language Healthy Aging Programs

- Mondays, 1-3 p.m.
- Offered by Kin On Health Care Center
- Karaoke, tai chi, mahjong, workshops

Project ECHO-Dementia

- State-funded virtual network of primary care providers throughout Washington
- Focus on equipping for dementia care
- Expert panel, case consultations and didactics
- Meets twice monthly



Library and Resource Room

- 150+ books about memory loss, caregiving, healthy aging
- Take-home brochures and resources





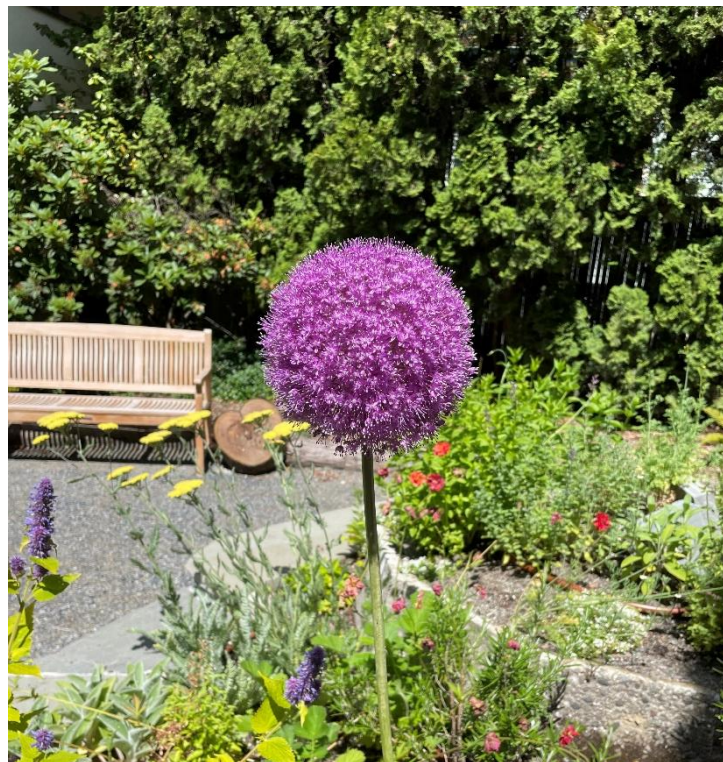
Frame of Mind Art Gallery

Artist in Residence



- Julia Becke, MD
- *Dancing Together: A community dance-making project*
- Fall 2024

Maude's Garden



“The community being created through the Memory Hub is the MOST life-giving space in our lives right now. We are SO grateful for what you are doing.”

~Caregiver

“The resources and services that we've received from the Memory Hub are invaluable for both of us!” – Bill and Inez

“Being introduced to the Memory Hub has been a life changing find for me”

– Trish Rogers, caregiver



Photo: Elderwise




Come for a
Visit!

- **Public Hours:**

- 9 a.m. – 4 p.m.
- Monday, Tuesday, Wednesday and Thursday

- **Tours:**

- 11-11:30 a.m. every first Thursday
 - 1021 Columbia St, Seattle WA 98104
 - RSVP on the online calendar:
www.thememoryhub.org
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Upcoming Events

- **6-7:30 p.m. Thursday 5/1**

Lecture & Reception: *Dancing
with Dementia*

A recap of the Artist in
Residence project with Dr. Julia
Becke

Frye Art Museum

Get Involved

Volunteer

- Dementia Friends program
- Front desk
- Elderwise adult day program
- Special events

Spread the Word

- Tell others about this valuable community resource

Lend your Support

- Donate online to the Memory Hub fund with University of Washington

Learn More

Contact:

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www.thememoryhub.org

KUOW Soundside podcast:

<https://www.kuow.org/stories/Amid-the-isolation-of-dementia-UW-center-creates-community>

