



**MEMORY  
CAFÉ<sup>®</sup>  
BRASIL**

**VALORIZANDO MEMÓRIAS E PROMOVEDO A INCLUSÃO**

# Memory Café Brasil

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## Meeting schedule:

### **Meeting: December 14, 2019 - Theme: Your face, your brand!**

Place: São Paulo Lovers Café

Time: 10:30 am

Participation fee: R\$ 20.00

The activities took place in three moments:

First: Social Interaction (icebreaker activity with mnemonic strategies)

Second: Cognitive Stimulation - Face-Name Association

Third Moment: Finalization and dissemination of the next meeting (provide the next meeting place as well as the date of the event).

### **Meeting: January 25, 2020 - Theme: Get into the routine!**

Place: Julice Boulangère

Time: 10:30 am

Participation fee: R \$ 20.00

The activities took place in three moments:

First: Social Interaction (icebreaker activity with mnemonic strategies)

Second Moment: Cognitive Stimulation - Categorization, focused on activities of daily living Third: Finalization and dissemination of the next meeting (provide the next meeting place as well as the date of the event).

### **Meeting: February 15, 2020 - Theme: Attention... be calm at this time!**

Place: La Confeitaria

Time: 10:30 am

Participation fee: R\$ 20.00

The activities took place in three moments:

First: Social Interaction (icebreaker activity with mnemonic strategies)

Second: Cognitive Stimulation - Attention (4 types)

Third: Finalization and dissemination of the next meeting (provide the next meeting place as well as the date of the event).

### **Meeting - Memory Café Brasil Connect: April 11, 2020 - Theme: Reassign!**

Place: on line via Zoom platform

Time: 10:30 am

Participation fee: free

The activities took place in three moments:

First Moment: Social Interaction (icebreaker activity with mnemonic strategies and promotion of social interaction via digital platform). At first, people were asked to introduce themselves to the group. Then, asked how they are dealing with the pandemic situation, through the questions:

What are you doing to occupy your time?

What has changed in your routine?

Are you going through this moment alone or accompanied?

How is this experience of dealing with the pandemic?

What are you doing to keep your mind active?

After that moment, the explanation about the importance of maintaining executive functions in daily life was initiated and encouraged that each person rethink their days and organize them so that they can minimize symptoms such as anxiety.

Second: Cognitive Stimulation - Planning and organization.

Third moment: Finalization and dissemination of information about the next online meeting (make available the date and the platform where the meeting will be held).

Necessary material: Email, Zoom platform, electronic equipment, internet.

**Meeting: April 25, 2020 - Theme: Focus in Aging!**

Place: on line via Webex platform

Time: 10:30 am

Participation fee: free

The activity took place in three moments:

First: Social Interaction (icebreaker activity with mnemonic strategies).

At first, ask people to introduce themselves to the group. Then explain about the cognitive decline in aging and focus on the capacity for inhibition. Then actively work on games whose inhibition and working memory skills are trained, such as Genius and Sudoku games, for example.

Second: Cognitive Stimulation - Working with inhibition capacity and working memory.

Third moment: Finalization and dissemination of information about the next online meeting (make available the date and the platform where the meeting will be held).

Necessary material: Email, Webex platform, electronic equipment, internet.

**Meeting: May 9, 2020 - Theme: If the clothes talks.**

Location: On line via Webex platform

Time: 10:30 am

Participation fee: free

The activity takes place in three moments:

First: Social Interaction (icebreaker activity with mnemonic strategies). After this contact, introduce Vivian (invited) to the group and start explaining the importance of episodic memory in our lives. Then, give the floor to Vivian, who will conduct the activity.

Second: Cognitive stimulation - Episodic memory - reminiscences

Third: Finalization and dissemination of the next meeting (provide the next meeting place as well as the date of the event).

Necessary material: E-mail, Webex platform, electronic equipment, internet and a piece of clothing with symbolic representation for the participant.



### **Memory Café Brasil Connect Meeting: May 23, 2020 - Theme: Planning is Precise!**

Place: on line via Webex platform

Time: 10:30 am

Participation fee: free

The activity took place in three moments:

First: Social Interaction (icebreaker activity with mnemonic strategies). At first, ask people to introduce themselves to the group. After this contact, start explaining the importance of maintaining executive functions in daily life and encourage everyone to rethink their days and organize them so that they can minimize symptoms such as anxiety.

Second: Cognitive Stimulation - Planning and organizing daily life.

Third moment: Finalization and dissemination of information about the next online meeting (make available the date and the platform where the meeting will be held).

Necessary material: Email, Webex platform, electronic equipment, internet.