



9151 West Loomis Rd
Franklin, Wisconsin 53132
414.425.8214 FAX: 414.425.9498
www.FranklinPublicLibrary.org

news release

June 17, 2016

Memory Café to Come to Franklin Public Library

FRANKLIN, WI – Franklin Public Library, in partnership with the Alzheimer’s Association, will host two Memory Cafés on July 19 and August 16 from 2 to 3:30pm for individuals and their care partners who are living with Mild Cognitive Impairment (MCI), early-stage Alzheimer’s, or other dementia.

Memory Cafés offer participants a safe and fun way to share their stories and socialize with others who have concerns about their memory. Come meet and mingle and create new friendships with others who have similar experiences. Learn how staying physically, socially, and mentally active is good for the brain.

On July 19 participants will make Mindfulness Jars, also known as Calm Down Jars, and share in an ice cream social. Mindfulness Jars, made with water and glitter, are used to calm one’s emotions and clear one’s mind during difficult times. When shaken, the glitter represents turbulent thoughts and emotions. As it settles, so does the mind. Clear water is eventually all that remains, mimicking a clearer mind.

On August 16 participants will join in the fun as accomplished musician, Tim Southwick Johnson, strikes a chord and engages the crowd. His original music runs the gamut from fun story songs to romping fingerstyle instrumentals. Check out his repertoire at timsouthwickjohnson.com.

Coffee and cookies will be served during both programs. There is no charge to attend, but registration is required. If you would like more information about the program or if you would like to register, please contact Wendy Betley of the Alzheimer’s Association at 1-800-272-3900.

About Franklin Public Library

Franklin Public Library is open six days a week: Monday thru Thursday, 10 a.m. to 8:30 p.m.; Friday, 10 a.m. to 6 p.m.; and Saturday, 10 a.m. to 5 p.m. Programs at Franklin Public Library are open to all members of the public, and all Milwaukee County residents are eligible to receive a Franklin Public Library card. For more information about Franklin Public Library’s programs and services, visit the library at 9151 W. Loomis Rd., call 414-425-8214, or log on to FranklinPublicLibrary.org.

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