



PROGRAMS

We offer a **monthly dinner and activities**, at no cost to these families who are living with early stages of dementia. The dinner provides a safe, comfortable environment where people with memory loss and their care partners can play games, laugh, learn, and remain socially engaged with others traveling the same journey.

In addition, when adequate funds are available, Kingwood Memory Café assists these caregivers with **respite care costs** so that they can have a break from the stress of constant caregiving. Without this kind of assistance, dementia caregivers often have little social time for themselves. The isolation and stress depletes them physically and emotionally, making their caregiving responsibilities even more difficult.

HISTORY

Kingwood Memory Café started in July 2014. The first meetings were held in a community classroom at Lone Star College – Kingwood. At that time, attendance was typically about 12 people. In January 2015 the group re-located to Christopher’s Italian Restaurant on Atascocita Road, where we occupied a large private room located behind the main dining area. Attendance doubled in the new space. Christopher’s closed in September 2017, and we began meeting in the parish hall at Christ the King Episcopal Church, Atascocita.

Those first meetings at Lone Star College taught us that a shared meal was important to the group, so we realized that it would be essential to meet where we could have dinner. In the early meetings we also learned that playing games allowed the group to truly enjoy the time together. Conversation is difficult for some attendees, but when playing a game a brief exclamation (“Bingo!”) or a short comment are all that’s needed. We usually play a few rounds of Bingo, and music (sometimes karaoke) plays an important role in our meetings as well.

FUNDING

We (Donna Composto and Barbara Hemphill) jointly funded Kingwood Memory Café for almost two years. As the group grew, so did our desire to support these families. We decided to create a public charity in order to pay for the monthly dinners, and in 2017 we raised enough funds to offer our respite care cost assistance program for the first time, in addition to the dinner program.

PROGRAM EXPENSES

Monthly Dinner:	\$15	game prizes for bingo each month
	\$25	dinner for one person with dementia and their family caregiver
	\$350	typical monthly cost of dinner and game night
Respite Care Assistance:	\$85	one day of respite care at an adult day care center
	\$100	4 hours of in-home respite care