

## CAREGIVER RESPITE

Family members appreciate respite time while knowing their loved one is cared for in a safe, supportive and stimulating social day setting.

*“My Mom is motivated to get herself up and ready to attend Memory Minders, where she feels excited about the day to come. Knowing she is in good hands gives me great peace of mind.”*

*- Janice*



Founded in 1951 by a handful of dedicated community volunteers, **The Dale Association** began with the belief that as people age, they need to be involved with life to remain active and fulfilled.

**The Dale Association**, now a comprehensive human services agency is named in honor of Elizabeth “Bette” Dale, the first paid Senior Centre Director. “The Dale” now offers a variety of specialized programs and services for adults of all ages.

The Dale Association, Inc.

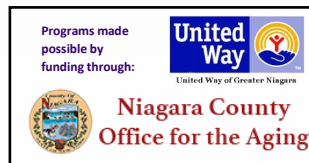
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Lockport, NY 14094

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*This program is supported and receives funding from the Niagara County Office for the Aging*



## Memory Minders....

*.....an adult, social day program for people with*

*mild memory/  
cognitive  
impairment...*

*...and Caregiver  
RESPITE too!*

## Memory Minders

A Social Day Program for people with early memory/cognitive impairment. Participants learn techniques to deal with the problems related to memory loss. They enjoy educational activities, stimulation and socialization designed to slow the further deterioration of mild memory loss.

Group activities include:

- ◆ Memory stimulation
- ◆ Art
- ◆ Music
- ◆ Games
- ◆ Physical and mental exercises
- ◆ Outings
- ◆ Peer support
- ◆ Guest speakers
- ◆ Group dining
- ◆ Thematic curriculum



**Sara Costello**  
Memory Minders Coordinator

33 Ontario St. (716) 433-1886 ext. 110  
Lockport, NY 14094 Fax (716) 433-1223  
www.daleassociation.com sara.costello@daleassociation.com

**Memory Minders** meet  
on Mondays, Wednesdays &  
Fridays from 10 am - 2 pm at:

**The Dale Association,**  
Lockport Senior Centre  
33 Ontario Street,  
Lockport, New York

The cost of each session is **\$40**.  
Lunch & transportation are  
available at an extra cost

To schedule a memory screen-  
ing assessment, please call: Sara  
Costello, Program Coordinator:

716-433-1886, Ext. 110

(or) e-mail:

[sara.costello@daleassociation.com](mailto:sara.costello@daleassociation.com)

## Participant Information

(Check One):  Participant  Volunteer

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Referring Physician: (If Participant)

\_\_\_\_\_

Referring Physician Phone:

\_\_\_\_\_

(Check Box) if you would like further  
information



*Crafting, May, 2023*