

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

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The Memory Hub



Background

- A welcoming and vibrant community event space, collaborative workspace and training center which aims to redefine life with memory loss
- One of three key pillars of the UW Memory & Brain Wellness Center, in addition to the UW Memory & Brain Wellness Clinic and UW Alzheimer's Disease Research Center
- Partnered with 5 collaborating organizations
- Located on First Hill, in a building owned by founding partner the Frye Art Museum, in walking distance of Harborview
- Launched in March 2022; open 9 a.m. – 4 p.m. Monday through Thursday



Our 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




Elderwise
spirit-centered care

UW Medicine
UNIVERSITY of WASHINGTON

**MEMORY & BRAIN
WELLNESS CENTER**

On-Site
Collaborators

 **ALZHEIMER'S[®]
ASSOCIATION**



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!*

Memory Navigator Service

- Care Consultants from various partners
- Free 30-minute appointments offer personalized guidance
- Topics:
 - Information about memory loss or caregiving
 - Support groups
 - Educational opportunities
 - Legal or financial planning
 - Respite care
 - Home care
 - Housing / Assisted living
 - Safety concerns



Frye Art Museum: Alzheimer's Café at the Memory Hub

- 3rd Thursday of each month
- 2:30 – 4 p.m.
- Art discussion, music, conversation



Photos: Jonathan Vanderweit; Courtesy of Frye Art Museum



Elderwise: Adult Day Program

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



Kin On: Chinese Healthy Aging Programs

- Mondays, 1-3 p.m.
- Karaoke, tai chi, mahjong, workshops
- Chinese caregiver support group

UW: ADAPT Program

- Quarterly 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 for brain and body

"This program was so helpful! I think it's going to be life-changing for my mother-in-law and us, her support team" ~ADAPT Participant

UW: Memory Loss, A Guide to Next Steps

- Monthly orientation for people newly diagnosed
- Q&A with peer mentors and medical provider
- Review core resources including Living with Memory Loss Handbook

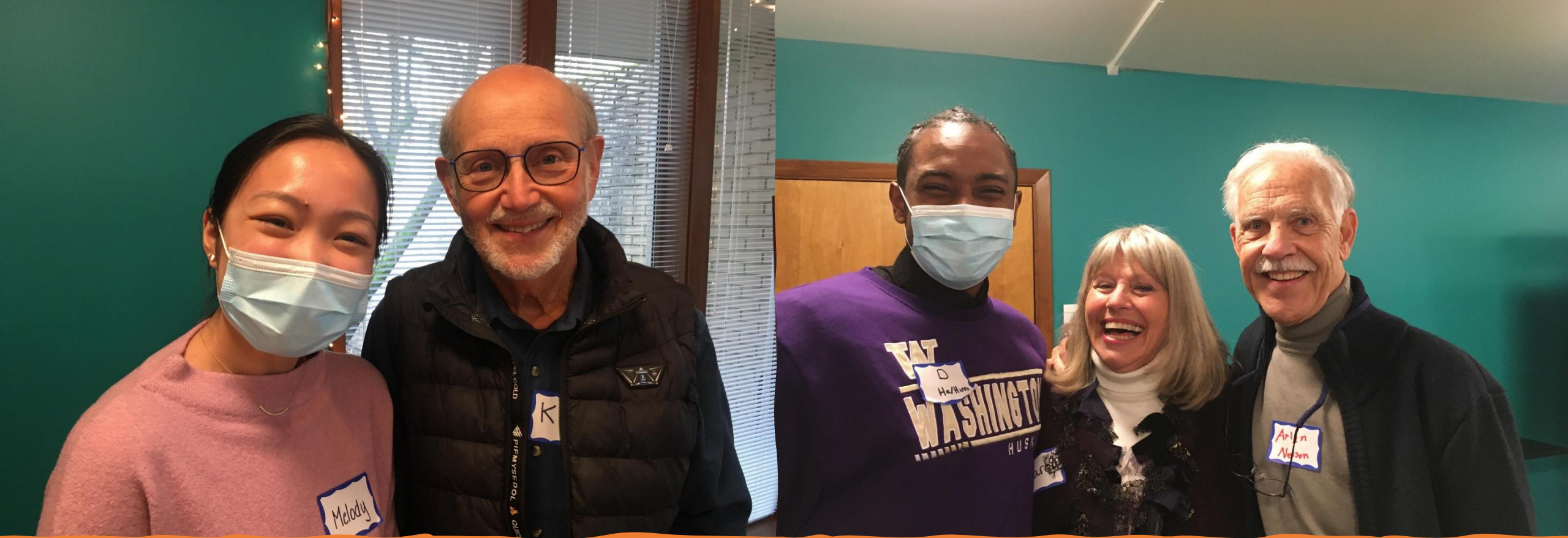


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MEMORY LOSS: A GUIDE TO NEXT STEPS

A free one-time introductory class for people diagnosed with mild cognitive impairment or dementia and their families.



UW: Partners in Dementia - Northwest

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

UW: PPA Together

- Monthly social/educational group for people with Primary Progressive Aphasia
- Topics related to living well with communication challenges
- Offered in partnership with UW Memory and Brain Wellness Center, UW Alzheimer's Disease Research Center, UW Speech & Hearing Sciences Department



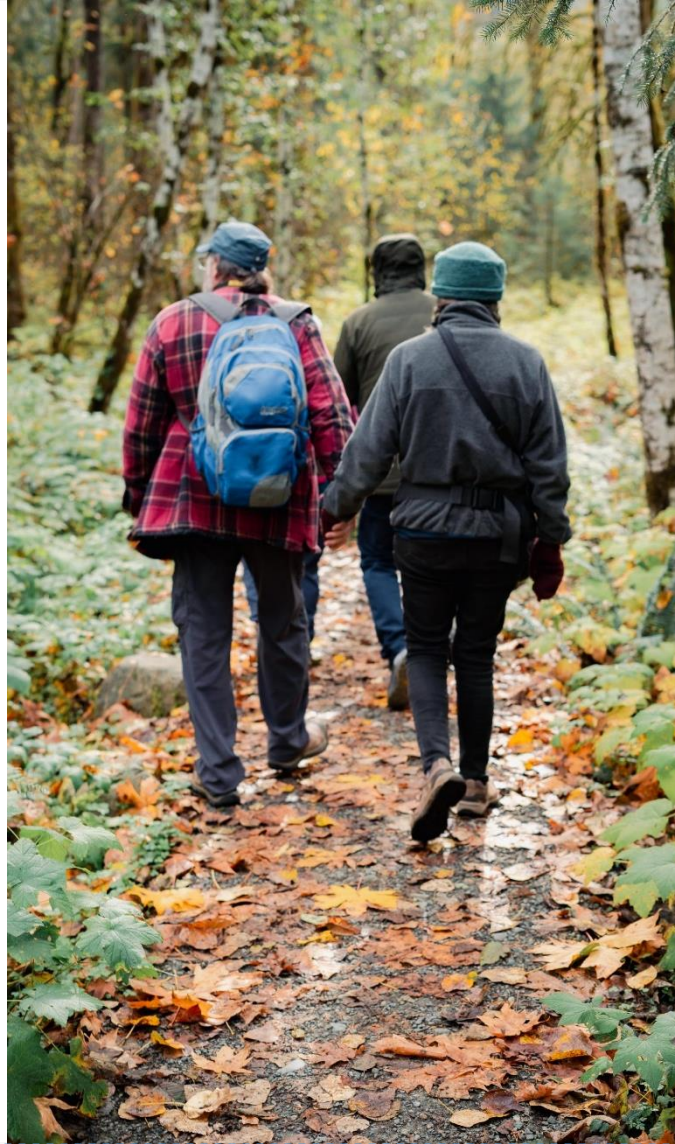
Books & Beats

- Monthly caregiver book club and concurrent memory loss music therapy group
- Offered in partnership with UW Memory and Brain Wellness Center and Seattle Public Library



UW: SOAR Outdoor Adventure Program

- Monthly hiking program for people diagnosed with Alzheimer's before age 65
- Physical activity and social connection among a peer group
- Offered in partnership with UW and Seattle Parks and Recreation
- Launched with a national Innovation Grant from the I'm Still Here Foundation



Garden Discovery Program

- Monthly nature engagement program for people with memory loss and their care partners
- Takes place in Maude's Garden, with a horticultural therapy inspired activity and garden tour
- Offered in partnership with UW Memory and Brain Wellness Center and Seattle Parks and Recreation



UW: Virtual Support Programs

Weekly “Virtual Coffee Chat” for people with memory loss and “Virtual Caregiver Forum” for caregivers

8-week “early stage memory loss” caregiver group

Monthly FTD caregiver support group in partnership with the AFTD



UW: 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



UW: Dementia Friends

- State-funded public awareness program offered by UW Memory and Brain Wellness Center
- Community volunteers trained to offer 60-minute dementia information session
- 6000+ people in Washington have attended a session
- Active in 24 counties



UW: Memory Café Expansion Project

- New project training people to start a Memory Café in their community
- Memory Cafes are informal social gatherings that take place in public spaces like libraries, coffee shops, restaurants, faith communities
- Goal to train 200 people, with 100 new Memory Cafes opening in WA

Start a Memory Café
in Your Community

FREE TRAINING • WASHINGTON STATE • LAUNCHING 2026



Upcoming Event: Brain Health Block Party!

Friday June 26

11 a.m. – 2 p.m.

Brain-healthy activity stations
spread throughout First Hill,
Seattle



FAQ's:

- **Who comes to the Memory Hub?**
 - People living with memory loss (especially people with MCI and early to mid-stage dementia), family/caregivers, and the general public
 - No referral needed, no UW affiliation needed, no membership required
- **How much does it cost?**
 - 99.9% of programs are free. The Elderwise adult day program has a fee.
- **Where do people park?**
 - Free valet parking (as space allows) at Murano Senior Living
- **How do you refer people to the Memory Hub?**
 - Share the website (www.thememoryhub.org) or phone 206.616.6035.

“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



Thank you so much for your attention!

