

Vibrant Living Discussion Group

- Put together a team or focus group of local seniors interested in getting a discussion group on “Aging Well” started
- Began as a series for discussion on aging well in 2008 and four years of a variety of series and grassroots efforts
- Blossomed into a monthly discussion group held at the Glencoe Public Library
- In April 2020, transitioned to a virtual discussion group that met bi-weekly via Zoom
- Some topics include intergenerational politics, getting along with your adult children, pearls of wisdom, mindfulness, grandparenting, living well, living legacy for our families
- Goals: sense of fulfillment, living well, leave a legacy, lead by example, learn from others

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Supporting a Dementia Friendly Community during a Pandemic

- Started a Virtual Memory Café:
 - A Memory Café is a safe and comfortable space for PLWD and their care partners to come together for a unique experience.
- PLWD and their care partners participated for 1 hour each month on Zoom (Oct, Nov, and Dec)
- Each session focused on a different topic: poetry, movement and music
- Goals: Enjoy the moment, socialize, reconnect, create a non-judgmental space and forget about the disease

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