The Alzheimer’s Association St. Louis Chapter received funding from the St. Louis University Geriatric Education Center for the creation of this brochure and the Cardinals Reminiscence League Toolkit, designed for use by others interested in organizing Cardinals Reminiscence League® programs or in establishing similar reminiscence groups focused on other sports organizations or other topics.

Additional Cardinals Reminiscence League partners include the St. Louis Cardinals Baseball™ organization, the Cardinals Hall of Fame Museum and the Veterans Administration.

For information about other services for people with early memory loss available through the Alzheimer’s Association St. Louis Chapter, call our 24/7 Helpline at 800.272.3900 or visit our website at www.alz.org/stl.

### mission
To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health

### vision
A world without Alzheimer’s disease

REMINISCENCE TOOLKIT
A toolkit to help you start a reminiscence group for people with memory loss based on the Cardinals Reminiscence League.

St. Louis Chapter Headquarters
9370 Olive Blvd.
St. Louis, MO 63132
24/7 Helpline: 800.272.3900
alz.org/stl
WHAT IS EARLY MEMORY LOSS?

Early memory loss can cause problems with communication and ability, often leading to withdrawal from friends and family. For emotional well-being, however, it is important for people with memory loss to maintain meaningful relationships and social activities.

WHAT CAN REMINISCENCE GROUPS DO?

REMINISCENCE GROUPS CAN PROVIDE THE FOLLOWING BENEFITS:

• Enjoyment for participants, their family members, and the volunteers involved
• Cognitively stimulating, meaningful activity for people with memory loss
• Socialization for people with memory loss and their care partners
• Respite from caregiving for care partners

FOR PEOPLE WITH MEMORY LOSS, REMINISCENCE GROUPS MAY ALSO:

• Enhance mood
• Help retain communication skills
• Increase sense of social engagement
• Reduce sense of isolation

THE CARDINALS REMINISCENCE LEAGUE TOOLKIT WILL HELP YOU:

• Decide if a reminiscence group is something your group might be able to successfully organize
• Identify what resources are needed to make a group successful
• Create a reminiscence group based on the topic of your choice (i.e. sports, music, etc.)

THE TOOLKIT WILL PROVIDE:

• Sample promotional materials
• PowerPoint for training volunteers
• Supplemental volunteer training supplies
• Samples of administrative materials
• Ideas for program evaluation

The toolkit is available online at www.alz.org/stl/CRL or by calling the St. Louis chapter Early Stage Coordinator at 800.272.3900.

*All new Cardinals Reminiscence League groups must be approved through the existing partnership organizations. Groups focused on other sports/topics do not need this approval.