

Poetic Pauses: The Anthology

Poetry and Other Collective Creativity by the Hummingbird Memory Cafe

Other publications by the Hummingbird Memory Cafe Family

Book of Joy

Brenda and Billy's Beautiful Balloon Ride

Cafe Creativity Collection
A series of creative guides and inspiration

Children's Reading List Books About Dementia

Collective Creativity
Finding joy in creating as a care team, family and community

Francine's Fun
Living Well and Finding the Magic in Everyday Engagement

Iridescence
Resources to Support Us in Living Well with Dementia

Mikey Franklin's Friendship

Poetic Pauses Series

Springer 'Spirations
Reflections on Life's Universal Themes

The Hummingbird Herald

Cafe magazine exploring how to live better with dementia and find joy in our JOurneYs

Yanceyisms
Reflections on Life's Universal Themes

Poetic Pauses: The Anthology

Poetry and Other Collective Creativity by the Hummingbird Memory Cafe



Poetic Pauses: The Anthology reflects the collective creativity, experiences, and emotions of people LIVING with and impacted by dementia. The poetry and artwork were created during Hummingbird Memory Café gatherings unless otherwise noted.

This book was created as a collaborative offering from the Hummingbird Memory Café community for creative and community inspiration. It is intended to inspire joyful expression, deepen connections, and honor the unique voices of all who participated. *Poetic Pauses: The Anthology* is not intended to replace medical or other professional advice. The creators disclaim any liability arising from the use or adaptation of the content. Please consult appropriate professionals for individual guidance and support.

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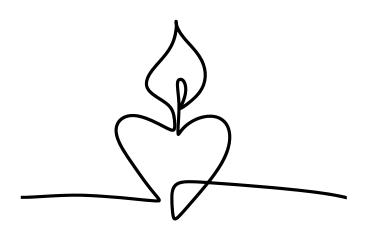
Poetry was collaboratively written during café engagements unless otherwise noted. Editing and design by Nicolette McDermott-Ketchum. Images accessed from Canva.com except where otherwise credited. This book was refined with the assistance of ChatGPT, a language model developed by OpenAI, to support tone, clarity, and accessibility.

Poetry | Inspiration | Anthology | Creativity | Community | Dementia

Poetic Pauses: The Anthology is dedicated to all of us who are reimagining a better world where we all have access to what we need to thrive and find JOY in our JOurneYs.

It means a lot to me when someone slows down, looks me in the eye, waves and genuinely and sincerely asks how I am doing.

--Hummingbird Memory Cafe Family Member





Contents

Find Joy in Your JOurneY

Acknowledgments | i

Preface | iii

An Invitation to Pause and Create | v LIVING Well with Dementia in Our Communities | 2 The Hummingbird Memory Cafe Story | 4 Why Was the Hummingbird Chosen for the Cafe? | 7 Hummingbirds Everywhere | 9

PAUSE to awaken

- The Awakening: A New Day | 12
- Today. Tomorrow. | 13
- The Day That You Were Born | 14
- Childhood | 15

PAUSE in season

- Earth's Palette | 18
- Spring | 19
- Festival of Color: Beauty of Fall | 20
- Autumn Begins | 21
- Winter | 22

PAUSE for possibilities

- Dreams: A Diamante Poem | 26
- Time is Uncertain | 27
- An Epistolary Poem | 28
- No Permission Needed | 29

PAUSE to connect

- Creative Together: A Haiku | 32
- Why Connections Matter | 33
- Because of Kindness | 34
- Kindness Shared | 35
- Time to Love | 36
- Silver Linings | 37
- What Makes Life Pleasant | 38
- Reimagine a World | 39

PAUSE to appreciate

- The Gift of You: A Hummingbird Speaks | 42
- Gratitude Attitude | 43
- Everything is Beautiful | 44
- Colors All Around Us | 45
- Freedom | 46
- GRATITUDE: An Acrostic | 47

Positive Pronouncements

- Prayer of Affirmation | 49
- I Am | 50
- Cafe Affirmations | 51

What Brings You Joy? | 53

Word Clouds | 55

PAUSE for humor

- I Once Met a Man with a Broom | 58
- There One Was a Dog from Barksville | 59

The Power of Play: Why It Matters for All of Us | 61

Reflection Prompts | 65

The Cafe's Poetic Process

- There is No One Way | 69
- The Cafe Approach to Writing a Poem | 70
- Worksheet for Creating an Original Poem | 71
- Take Your Own Poetic Pause: Create an Original Poem | 72
- Adapting Our Process to a Virtual Format | 73

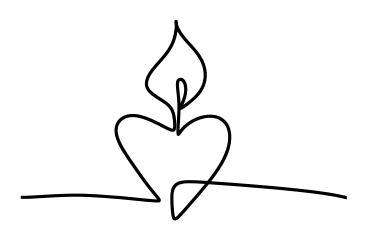
Let's Create Together | 75

Creativity Resources

- Creativity & Imagination: Think Outside the Box | 78
- Build Your Own Creativity Kit Using Supplies Around Your Home | 80
- More Ideas for Building Your Own Creativity Kit Using Supplies Around Your Home | 82

Social & Creative Connections | 85 A Final Pause | 91





Acknowledgments

Thank you to everyone who attended our cafes and contributed their words and other talents throughout our gatherings. Multiple works of art were created through a collective voice.

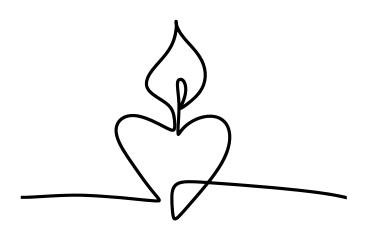
Thank you also to those who reviewed *Poetic Pauses: The Anthology* looking not just for grammatical errors, but other elements that make a book the best it can be.

Thank you to our donors who contributed space for training and gathering as well as in-kind donations that allowed us to co-create poetry and other artistic expressions.

Thank you to the cafe volunteers and experts in the community and beyond who donated their time to engage us in activities related to their specialties.

Thank you to the readers of *Poetic Pauses: The Anthology*. Your interest and support of people LIVING with dementia and their carers is necessary if we are to create communities that are safe, welcoming and inclusive of all community members.

*Nicolette McDermott-Ketchum*Facilitator, Hummingbird Memory Cafe



Preface

Take a moment to pause.

Pause to celebrate the opportunities we share and the courage it takes to try something new.

Pause to honor the challenges we face and the losses we carry.

Pause to take a deep breath and believe in the strength and resiliency within each of us as we explore new ways of engaging with the world and one another.

Poetry and other creative outlets offer meaningful ways to express ourselves on happy days or difficult ones. Creating can bring us together. It can help us heal and start again.

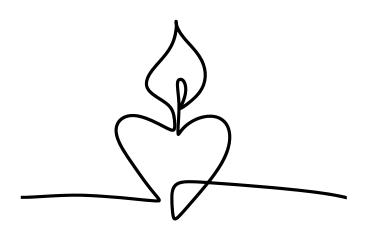
There is no right or wrong way to create. When we make something new, we make space for possibilities and moments of joy.

The poems and other art contained in this book come from times we've shared at the café both online and in person. We collectively paused to think about what matters. Many voices united honoring the unique contribution of each individual.

The Hummingbird Memory Café is thankful to everyone who joined in these creative moments. Each piece in this book reflects your ideas, your stories and your heart.

All of us are artists. We each hold the power to shape our thoughts into poetry, art, and other forms of self-expression. May you be inspired to pause and consider how creativity might help you express your joys and challenges throughout your JOurneY.

Nicolette McDermott-Ketchum Facilitator, Hummingbird Memory Café



An Invitation to Pause and Create

Poetic Pauses: The Anthology celebrates creative expression from the Hummingbird Memory Café, a social and creative connection for people LIVING with dementia, their carers, and other community members who value connection, creativity, and joy. Together, we reimagine a better world for all of us.

The café believes everyone has something meaningful to express. This collection invites you to slow down and discover what unfolds in the pause.

Each poem and other creative endeavors in this book come from moments we shared—laughter, reflection and storytelling. The themes reflect the rhythm of our lives: joy, memory, change, belonging, seasons, identity, love, hope, and much more.

Enjoy this book by

- reading quietly on your own
- sharing aloud with others
- letting it inspire your own creative expression

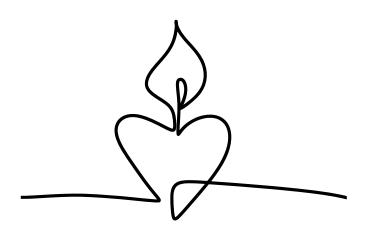
Some poems are lighthearted, others more reflective. Most were created together, each person contributing a memory, an image, or a spark of imagination. Others were shaped alone and generously offered to the group.

You do not need permission to write poetry. You do not need fancy words or special training. If you've found your voice in a poem, you are already walking the path of a poet.

This book honors every artist/creator who shares from the heart, individually or together with courage and care.

The café hopes these pages nourish your spirit and help you find joy in your JOurneY.

Nicolette McDermott-Ketchum Facilitator, Hummingbird Memory Café



Poetic Pauses: The Anthology

Poetry and Other Collective Creativity by the Hummingbird Memory Cafe

LIVING Well with Dementia in Our Communities

Helpful Vocabulary

Dementia: Cognitive changes that interfere with daily life, such as memory loss and difficulty reasoning. Alzheimer's is the most common form but not the only type.

Dementism: Prejudice against people experiencing significant cognitive changes.

Stigma: Reducing a person to their diagnosis, leading to social exclusion.

Dehumanize: Treating someone as less than fully human.

A global movement is shifting the narrative from dementia as a tragedy to one of LIVING well and finding joy in the JOurneY.

Stigma often prevents people from associating dementia with joy, yet isolation accelerates cognitive decline and affects people LIVING with dementia and carers' well-being.

While statistics predict a rise in dementia diagnoses, we can still find ways to LIVE well. Some days may have only moments of wellness, while others go smoothly. Every dementia JOurneY is unique, and there is no single "correct" path forward. Recognizing the humanity of those LIVING with dementia ensures their identity is not reduced to a diagnosis.

We can all help create a more inclusive, dementia-friendly community:

Avoid war-related language when discussing dementia to prevent fear and stigma.

Accept people across all abilities without judgment.

Dementia is often unseen. Avoid remarks like, "You don't look like you have dementia."

Focus on abilities. How can people LIVING with dementia continue contributing to the community?

Stay connected. Even if they don't remember you, your love and kindness matter.

Offer support. Reflect on your strengths—how can you contribute?

Encourage accessible businesses. Support inclusive spaces with clear signage, accessible restrooms, and safe environments.

Develop a support team early. Carers and those LIVING with dementia benefit from planning and supportive healthcare providers.

Create an activity binder with adaptable ideas, resources, and care strategies.

Consider sensory needs when planning events, including noise levels, crowd sizes, and accessibility.

Respect personal reality. Not everything needs correction.

Find humor in daily life.

Celebrate small victories and moments of joy.

By fostering connection, adaptability, and inclusion, we ensure that the path forward—no matter where it leads—is filled with purpose, dignity, and joy. The dementia-friendly and inclusive world we create now will be the world that many of us will need as we embark on our own JOurneYs in LIVING well in our communities.

Nicolette McDermott-Ketchum Facilitator, Hummingbird Memory Cafe

The Hummingbird Memory Cafe Story

Memory cafes originated in the Netherlands in the 1990s. The first memory cafe in the United States was established in Santa Fe, New Mexico, in 2008. Today, there are thousands of memory cafes worldwide, providing a valuable space for connection and creativity.

Planning for the Hummingbird Memory Cafe in Farmington, New Mexico, began in 2019. It started with gatherings of community members who had either a personal and/or professional connection to dementia. They recognized the immense value that memory cafes could bring by fostering social and creative connections for people LIVING with dementia and their carers. Dr. Jytte Lokvig, the founder of memory cafes in the United States, provided valuable training. She offered insights into improving communication with people LIVING with dementia and shared ideas for cocreativity within the cafe setting.

The Hummingbird Memory Cafe adapted to COVID-19 restrictions by transitioning from in-person gatherings to an online platform. This shift allowed us the incredible opportunity to virtually connect with others across the country and around the world who are reimagining dementia and celebrating joy in their JOurneYs. Today, the cafe serves as a repository of resources to support the experience of LIVING with dementia—whether as a person who has ben diagnosed, a carer, or a supportive community member.

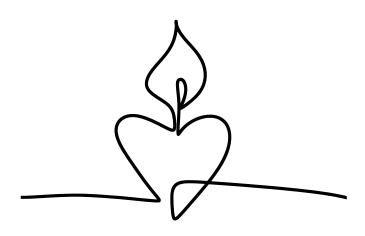
The cafe operates with a voluntary leadership model, ensuring that its mission, values, and vision remain uncompromised. We are deeply grateful to the individuals and organizations that have provided spaces for training and gatherings, contributed in-kind donations, and volunteered their time and energy. We are especially thankful to the dedicated volunteers who stayed engaged through our virtual format and continue to keep in touch via social media and email.

Every individual who has been, and continues to be, part of the cafe brings something truly special to our community your ideas, your humor, your stories, and so much more. To everyone who has contributed to this incredible JOurneY, thank you. We are so fortunate to have one another, especially during a time when the world around us is changing in profound ways.



the arts, laughter and social connection

photo: Nicolette McDermott-Ketchum



Why was the Hummingbird chosen for the cafe?

The hummingbird is revered by multiple cultures for its positivity. We can learn so much from the wisdom of these beautiful creatures.

Look for beauty in life.

Hummingbirds look for flowers that are brightly colored as a source of nutrition.

Be flexible.

Hummingbirds are able to fly in all directions and change directions as needed very quickly. They float free of time and symbolize the power of the spirit to rise above difficulties and challenges.

Appreciate life's wonder.

Hummingbirds are known for getting up close to new things. While they are usually looking to make sure they are safe and if there is a food source, we can adapt the spirit of being curious about new things as well.

Small things can bring joy and happiness.

Hummingbirds drink nectar from flowers. Where can we find the sweetness in our lives?

Expect love and joy.

Hummingbirds look for brightly colored flowers expecting that they will find sweet nectar.

What symbol represents strength and positivity in your life?

Resources:

mybackyardlife.com/?s=hummingbirds

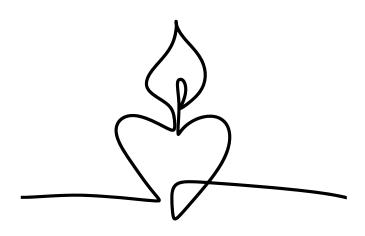
https://worldbirds.com/hummingbird-symbolism-meaning/

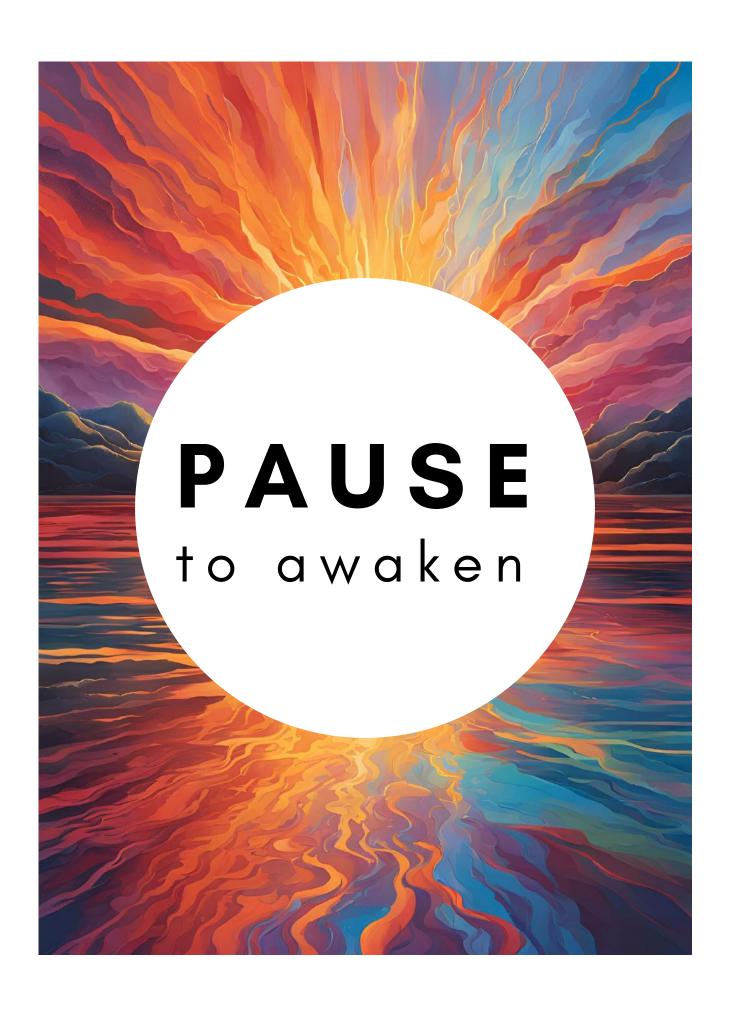
Hummingbirds Everywhere

Nicolette McDermott-Ketchum

Flit and fly without a care.
Hummingbirds, hummingbirds everywhere.
Making the world a beautiful place to be.
How I hope to be able to see
Hummingbirds, hummingbirds everywhere.







The Awakening: A New Day

Collectively created by the Cafe Family

The fog is lifting.
The sun is shining.
My eyes are opened.

We will awaken to a new world. With a new beginning every day. We see that God is good.

Today. Tomorrow.

Collectively created by the Cafe Family

Raining. Sunshine.

Things to do. No pressure. Full of possibilities.

Нарру.

Hopeful.

I hope my memory is better tomorrow than today.

Something.

Puppy.

Joy.

Desserts spelled backwards=stressed. Ice cream eases anxiety.

I was outside. We painted colors. Use all colors.

New friends.

Do it today. Don't worry about tomorrow.

The Day That You Were Born

Collectively created by the Cafe Family

On the day that you were born All the flowers were born.

The gift of you was celebrated by your family With love and encouragement To follow your dreams.

When your family celebrated birthdays
Grandmas and Grandpas used to come
For every child's birthday.
Sometimes it seemed like a lot of birthday parties
But your family continued to celebrate them.

One year you were disappointed as a child And then determined that you would always Celebrate your own children's birthdays.

On your 21st birthday You received 21 silver dollars That are now in a safety deposit box Waiting to be given to a grandchild.

When you first moved to Farmington
You joined a neighbor's birthday party of another culture
And ate fried bread for the first time
Listened to music and drums
And watched a large outdoor fire.

Your family sings "Las Mananitas" early in the morning You drink refreshing fruit water And smash the first bite of cake in each other's face.

You have always prepared a big meal with burnt sugar cake for others And now

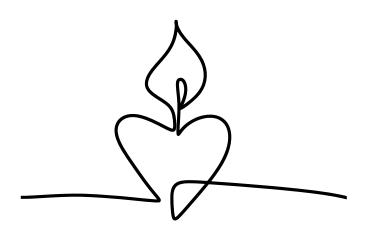
Your daughters make the cake for you as well.

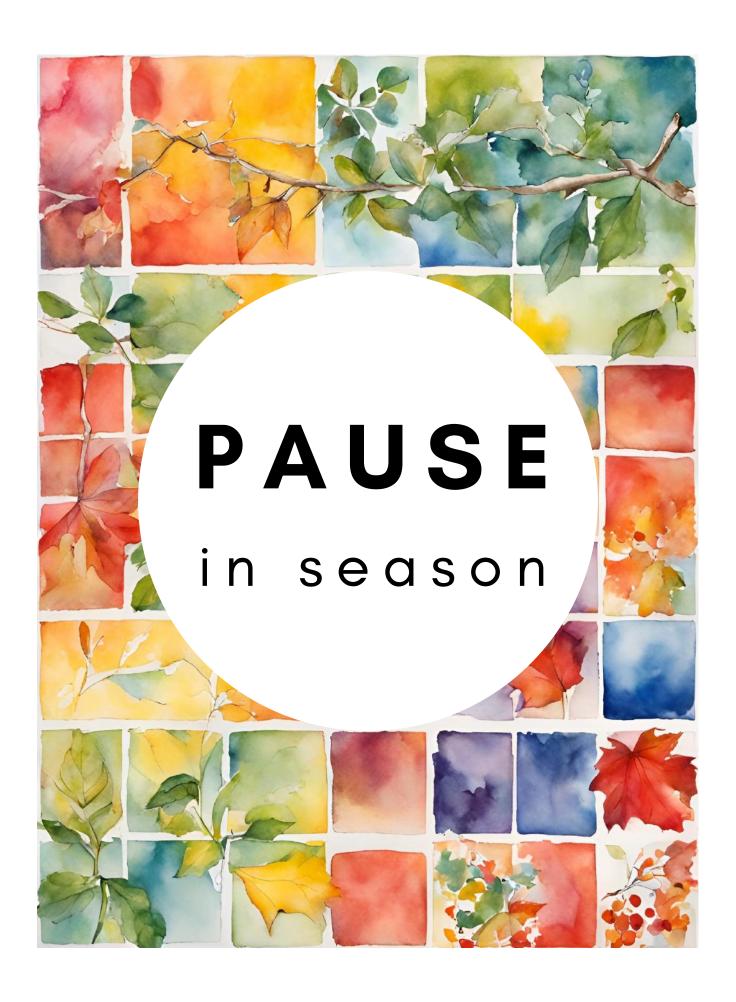
Childhood

Collectively created by the Cafe Family

As children we felt carefree.
Beauty was found in everything we see.
Our play was innocent.
Happiness outweighed sorrow.
Our joy was rampant.
We didn't worry about tomorrow.

Remember when like a rollin' stone We travelled and never left our home. We wandered and wondered About where we should go With family and other people we know.





Earth's Palette

Collectively created by the Cafe Family

Giant eye of God—sun rising

The music of spring
Birdsongs
The morning hello of Robin Red Breast
Chirping baby chicks and ducks

The smell of hyacinths, daffodils and lilacs Dark, dark soil Seeds sprouting and taking root Strawberry rows as far as the eye could see

The tree outside my window
Saw my first hummingbird yesterday
I love the colors of monarchs
Remember the red, black and yellow snake,
But they were okay

Rolling in the dirt
The grass is cool to my skin
Fingers became sore and wet cotton was hard to pull
Weeds around the cotton
Enjoyed picking strawberries and making strawberry desserts

Giant eye of God—sun setting



Collectively created by the Cafe Family

Spring is a time of renewal. A time to start again. Maybe even start over.

Spring is sunshine, rainbows & lollipops. Butterflies and change.

Spring is a time to come out in the fresh air and just have fun.

Spring is a time when other flowers grow in spite of wild rose thorns all around them.

Spring is a time for daffy-dils and two-lips to bud and bloom.

Spring is a time to take a new full breath.

Festival of Color: Beauty of Fall

Collectively created by the Cafe Family

I love fall.

Harvesting pumpkins and corn.

Apple scent.

Oven baking.

Window sill ripening.

No spring or summer can match the beauty of one fall day's face. All different colors.

Fall festival.

Garden of eating.

Mums indoors and outdoors.

There's colors all around and suddenly they're gone.

Prelude to Thanksgiving and then it's winter.

Every day should be thanks giving.

Autumn Begins

Summer ends. Autumn begins.

Leaves start to fall.

And it is loved by all.

Cool breeze is blowing.

Green chile is growing.

Colors are changing.
Pies are baking.
Neighbors are grilling.
Nights are chilling.

Mosquitoes aren't flying. The grass is dying. Summer comes to a close. We smell our last rose.

Autumn ends. Winter begins.

This poem was collectively written at the Hummingbird Memory Cafe and received the distinguished honor of being selected as the winner of the 2021 poetry contest sponsored by the New Mexico Aging and Long-Term Services Department's Annual Conference on Aging.

Winter

Collectively created by the Cafe Family

Wonders of nature Snow is falling Rivers frozen over Friends are calling

Nose and cheeks Rosy and sweet Santa will be here In only one week

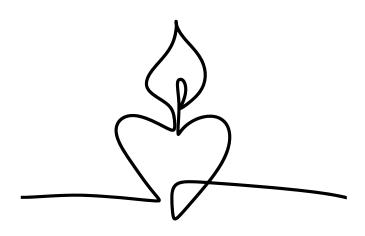
Up at the North Pole Elves are busy workin' I'm eating cookie dough And Grandma's a'cookin'

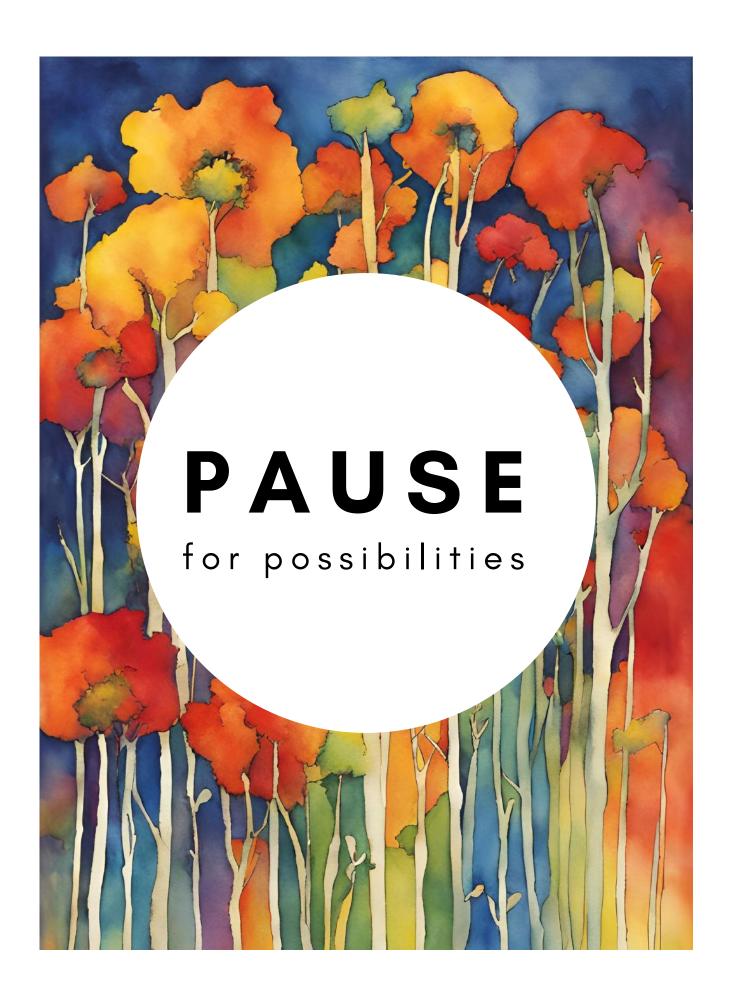
Wrapped up in a blanket Warm by the fire Great holiday tunes Sung by a choir Diamond-like icicles
Drip and shine
Presents wrapped
Just in time

Time for holiday cheer Family and friends are near

Time to reflect Time to unwind Santa is watchin' So let's all be kind

Visit https://bit.ly/3QSNhPE to listen to the original song "Let's All Be Kind," collectively created by cafe participants based on the "Winter" poem.







Collectively created by the Cafe Family

dreams
free,easy
relaxing, laughing, reading
vision, quest, images, tears
foreseeing, dreaming, following
beautiful, powerful
dreams

Time is Uncertain

Reflections on Bob Dylan's "The Times They Are A-Changin"

Collectively created by the Cafe Family

Don't just stand by Come let's get involved Change is everywhere

Be kind to all Let's get started with happiness Open your heart to change

The world is waiting for a change Be prepared and willing The future is coming The past is gone

An Epistolary Poem

To the Next Generation: What Matters Most

Collectively created by the Cafe Family

Did you know?

- to love and be loved is the greatest gift?
- that you have to work for what you want?
- that success is not always measured in dollars, but rather in joy and love?
- that words can hurt and words can heal?
- that true happiness comes from within and not from with out?

No Permission Needed

Collectively created by the Cafe Family

We don't need permission to wear red lipstick.

We don't need permission to listen to music.

We don't need permission to dance in the rain.

We don't need permission to go out and soak up the sunshine.

We don't need permission to watch tv or take a nap.

We don't need permission to choose our friends.

We don't need permission to go somewhere.

We don't need permission to do what we want to.

We don't need permission to be happy.

We don't need permission to love our spouse.

We don't need permission to love our family.

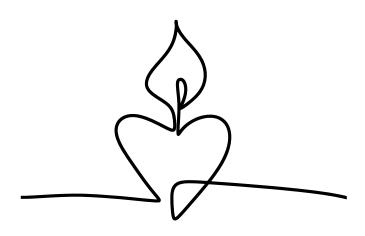
We don't need permission to choose joy or sadness.

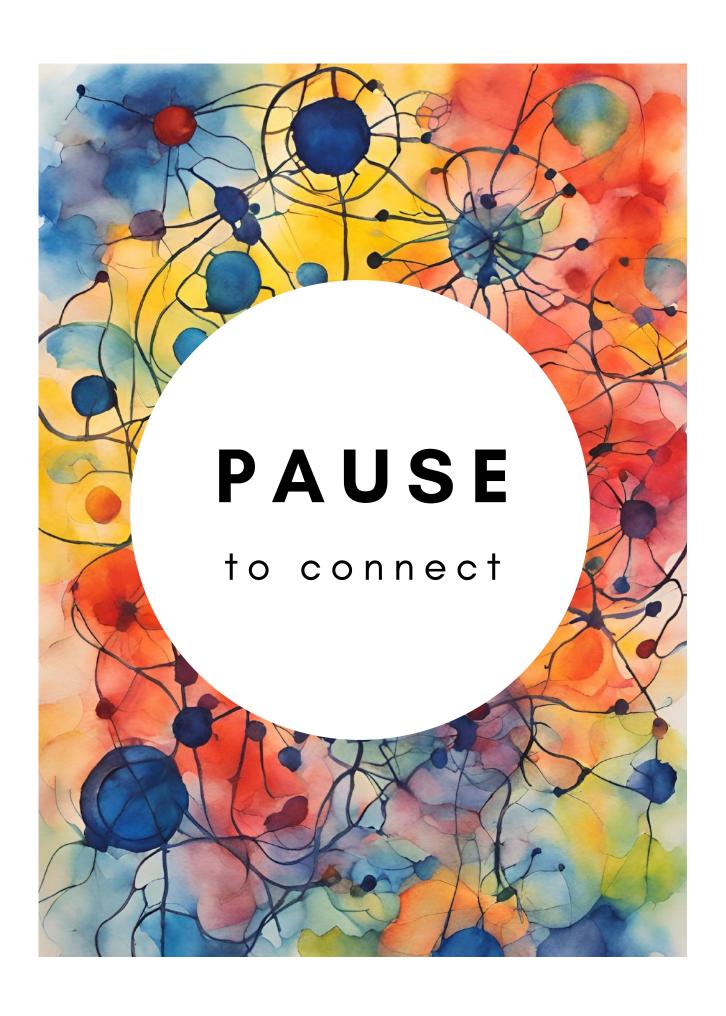
We don't need permission to have alone time.

We don't need permission to be different.

We don't need permission to experience our spirituality.

We don't need permission to do anything.





Creative Together: A Haiku

Collectively created by the Cafe Family

We are creative.
We sing. We play. We connect.
Grateful for friendship.

Why Connections Matter

Collectively created by the Cafe Family

Connections matter
They give us purpose and meaning
Inspire creativity and build friendships
Keeping us tethered to whom and what is important
Drawn together by memories as we pass through life

Friends and people give us warm feelings in our life Connections validate our humanity
They are part of human nature
We need to feel connections
So we do not feel alone

Because of Kindness

Collectively created by the Cafe Family

We are friends.

Your smile brightens an otherwise dark day. Friends don't isolate and provide a listening ear. I've been brought to happy tears.

I can breathe.

I am strong.

I am blessed.

I feel safe.

I am not alone because you see me.

We are here.

There is hope.

We move forward.

Because of kindness I can face another day.

Kindness Shared

Collectively created by the Cafe Family

Looked out the window and it was snowing Joy seeing the neighbor shovel the snow

Scraping

Chiseling

Sweeping

Brushing

Huffing

Puffing

Neighbor is there for us We are so thankful

We can repay others by paying it forward and Reciprocate the kindness received Shoveling the walk and putting out trash cans Clanging

Loading up the truck with recyclables for another

Crushing cans

Teaching children

Exciting and joyful

Baking pie

Tart and fluffy

Frying potatoes

Crispy on the outside

Talking to others who are alone Listening, laughing and having great fun

Do unto others as you would have them do unto you.

Neighbors, friends, family.

Kindness shared.

Pass it on.

Hummingbird Memory Cafe | 35

Time to Love

Collectively created by the Cafe Family

How do you spell love? T-I-M-E Making time for others Brings joy to me.

Boys and girls having a happy time The little children at play Bring warm and fuzzy feelings To a dreary day.

Spending time on yourself
Can be a joyful time
And doing things with people we love
Is a wonderful feeling of mine.

How do you spell love? T-I-M-E Trusting and caring for one another That's love to me.

There's a time for everything. Love one another.

Silver Linings

Collectively created by the Cafe Family

What is a silver lining?
A silver lining is hope, love and laughter.
Everything's going to be okay ever after.
Look closely at the negative to find the positive.

Someone comes along when you are feeling low. They may be a stranger or someone you know. Come out of the dark into the light. Happiness and rainbows will make it all right.

We are silver linings when we say hello. It brings happiness and joy to make our day glow. Random acts of kindness make our day a little better. Wave and smile at each other and even write a letter.

This poem was selected as one of the winners of the 2022 New Mexico Conference on Aging Poetry Contest!

What Makes Life Pleasant Collectively created by the Cafe Family

Warm weather
Sunshine
Smile on my face
Love in my heart
Reconnecting with others

What makes your life pleasant?

Reimagine a World

Nicolette McDermott-Ketchum

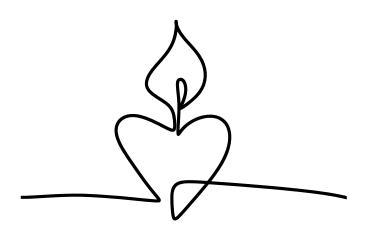
Reimagine a world where we are all accepted Accepted for the unique person we are Accepted for what makes us different Accepted for what makes us similar Accepted for just being human

Reimagine a world where it is enough to just be
To be ourselves with all of our needs
To be ourselves with all of our gifts we have to offer
To be ourselves with family and friends
To be ourselves when we are alone

Reimagine a world where we encourage each other
We encourage each other to collectively create
We encourage each other to communicate with each other
We encourage each other to reach out
We encourage each other to love one another

Reimagine a world where love is shared Love is shared with people who agree with us Love is shared with people who disagree with us Love is shared with people in our community who are friends Love is shared with people we've yet to meet

Reimagine a better world for all of us Filled with love, joy and acceptance.





The Gift of You: A Hummingbird Speaks

Nicolette McDermott-Ketchum

You are special.

One of a kind.

There is no one else like you.

We are grateful you are here.



Be just you.

Share your gifts, talents and love with others.

Let no one hold you back.

Not even yourself.

Embrace the moment.

Be joyful.

Fly free.

Your beauty radiates amongst all of us.

Keep shining!

Gratitude Attitude

Collectively created by the Cafe Family

"The" net gathers us together from around the world. A net to catch you if you fall. Connecting and communicating with others. Reaching out so you don't flounder alone.

Watch the birds on the feeder. Smell the fresh mountain air. Relish the changing seasons.

Some time to rest can sometimes be the best. The best is yet to come.

Be the reason someone smiles today. Reciprocate the small kindnesses.

We don't miss our water until the well runs dry. Remember not to take others for granted.

Attitudes are contagious. Will ours be worth catching?

Everything Is BEAUTIFUL

Collectively created by the Cafe Family

Applique and Art Garfunkel and Simon Sounds of Silence

Unique

Sunshine Seasons

Carnival Rides Cotton Candy

Wizard of Oz Kansas Animals

Colors All Around Us

Collectively created by the Cafe Family

Beautiful green leaves Restful to my eyes Bluebirds gliding Over land and skies

Sun sets and rises O'er the ocean blue Making for a Beautiful hue

This land of wheat And golden grain Thirsts for sunshine And for rain

Tie a yellow ribbon
'Round the golden hair
Looking at colors
Seen everywhere

Freedom

Collectively created by the Cafe Family

Freedom is choice
And yet
Sometimes we give up freedom
By making a choice

Freedom is the luxury of being able
To do whatever you want within reason
It is a happy feeling
Like being out in the sunshine and breathing fresh air

We are proud to be American
Living in a great country
Though freedom comes at a price
Freedom is not free

We respect freedom

And do not take it lightly

GRATITUDE: An Acrostic

Collectively created by the Cafe Family



orgeous sunsets, Grand Canyon, grace, God, goals



ain, rainbows, romance, ranunculus



maryllis, Airstream, art



omorrow, travel, trust, tiramisu, time



ce cream, island, igloo



imothy, tone, telephone



nity, umbrella, unconditional love, us



aylight, dog, delight, deliver



arly, extraordinary, excited

Pronouncements

Prayer of Affirmation

Nicolette McDermott-Ketchum

May I be filled with PEACE.

May I APPRECIATE the good in my life.

May PROTECTION surround me.

May I be fueled by PURPOSE.

May I experience PLEASURE.

May I maintain PRESENCE with people.

May you be filled with PEACE.

May you APPRECIATE the good in your life.

May PROTECTION surround you.

May you be fueled by PURPOSE.

May you experience PLEASURE.

May you maintain PRESENCE with people.

May we be filled with PEACE.

May we APPRECIATE the good in our lives.

May PROTECTION surround us.

May we be fueled by PURPOSE.

May we experience PLEASURE.

May we maintain PRESENCE with one another.

Weaving Words of Wisdom: Gleaned Inspirations

Collectively created by the Cafe Family

I am good enough.

Love is patient. Love is kind.

Love makes the world go round.

Never allow someone to be your priority while allowing yourself to be their opinion. If at first you don't succeed, try try again.

Time was a gift you gave to other people. If you think you can or you think you can't, you are right.

Go with the flow. Sooner or later it will work out.

Mind over matter.

Happiness is wanting what you have.

Cafe Affirmations

Collectively created by the Cafe Family

I am grateful and blessed.

I am happy.

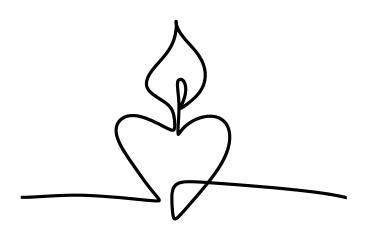
I choose joy.

I am open to new adventures.

I am excited to have a new day.

My dog brings joy to my life.

I need a nap.



What Brings You Joy?

Book of Joy provides opportunities for readers to reflect on joy in their lives and consider how joy can be shared with others.

The Hummingbird Memory Cafe family artists share their thoughts about finding joy in this easy-to-read book appropriate for all ages.

Read the full book at https://heyzine.com/flip-book/170a1eda41.html.

Joy makes you happy. It puts a smile on your face.

Joy must be found within yourself to share with others. Shout for joy!

Joy comes with faith. Joy is a wonderful feeling.

Joy to the world! Getting together during holidays can bring joy.

Cooking together as a family is very joyful. Share childhood memories.

He was a good friend of mine. Joy to the world!

Joyful to wake in the morning.

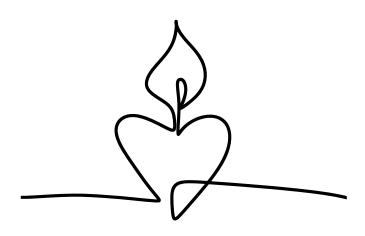
Joy is a purring kitty when I come home at night.

Joy is when the football team you are rooting for wins.

Joy can come from success, good fortune or a sense of well-being.

Joy makes you happy. It puts a smile on your face.





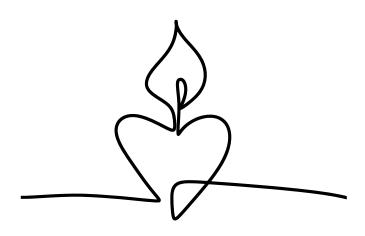
Word Clouds

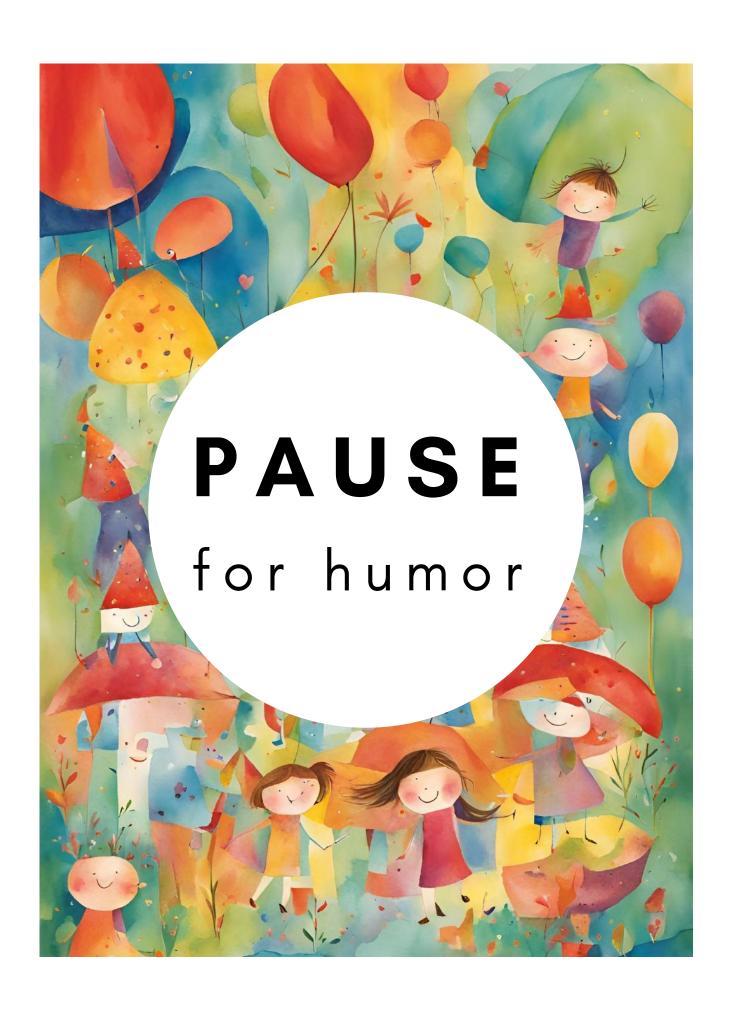
A creative representation of cafe conversation

We experience joy in many ways as depicted by this word cloud based on our conversation at the joy-themed Cafe.



Free word cloud generators are available online with a variety of shapes, colors and fonts.





A Hummingbird Memory Cafe Limerick I Once Met a Man with a Broom Collectively created by the Cafe Family

I once met a man with a broom.

Every day he would swoon.

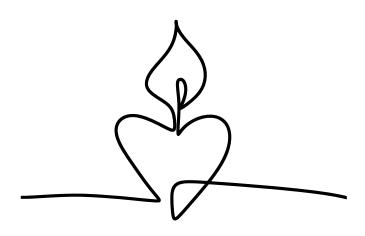
But whenever he looked at the sky

The ladies would cry

That strange man with a broom.

A Hummingbird Memory Cafe Limerick There Once Was a Dog from Barksville Collectively created by the Cafe Family

There once was a dog from Barksville.
All the while she hoped it was Sparksville.
So she jumped over the gate
And landed on a skate
That silly 'ol dog from Barksville.



The Power of Play: Why It Matters for All of Us

by Nicolette McDermott-Ketchum, PA-C, BS Ed



Play is for everyone.

Play can be "described as a voluntary activity that functions as a source of joy and amusement, which consists of five domains: humor, physical spontaneity, cognitive spontaneity, social spontaneity, and manifestations of joy." (Nicholson, Roscoe). Unfortunately, play more often tends to be associated with children and childhood and is often seen as something that is frivolous and a luxury for us as we get older.

Adults often engage in play after all other responsibilities are met, and yet play has its own benefits beyond just having fun. For example, "finding a sense of freedom, lightness and 'flow' while playing has been found to have cognitive benefits, helping us maintain memory skills and mental sharpness as we age, and of course allowing us to beat isolation and socialize" (Rolland, Rebecca Givens). Play also provides a foundation for problem-solving in that we "think from multiple perspectives, try out possible solutions and be willing to have our initial solutions fail" (Rolland).

The benefits of play can be measured by assessing how individuals perceive their immediate environment as enriched —finding practical ways to engage in activities that bring them joy (The National Institute for Play).

In a study of two participatory arts programs, researchers identified three key insights about the importance of play for people living with dementia: individuals relearned how to play, the collective experience of play was powerful, and "play often led to expressions of joy" (Swinnen, Aagje, and de Medeiros, Kate).

Research indicates that "play is as basic as sleep" (The National Institute for Play). There are countless ways to engage in play, whether individually or in groups. Regardless of how one chooses to play, we should begin to view play as an activity that can be incorporated into everyday life (Rolland).

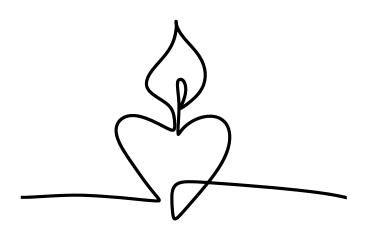
References

The National Institute for Play. www.nifplay.org.

Nicholson, Roscoe. "Play It Again: The Benefits of Introducing Play to People With Dementia." Mather Institute, 30 January 2017. https://www.matherinstitute.com/2017/01/30/play-benefits-introducing-play-people-dementia/

Rolland, Rebecca Givens. "Why Play Matters—No Matter How Old You Are." Cognoscenti, 11 May 2016. https://www.wbur.org/cognoscenti/2016/05/11/adult-recess-rebecca-givens-rolland

Swinnen, Aagje, and de Medeiros, Kate. "Play and People Living with Dementia: A Humanities-Based Inquiry of TimeSlips and the Alzheimer's Poetry Project." The Gerontologist, April 2018. https://doi.org/10.1093/geront/gnw196.

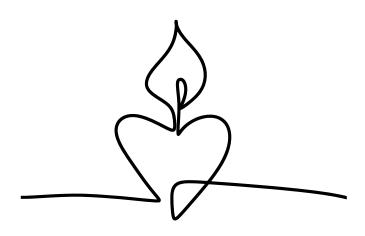




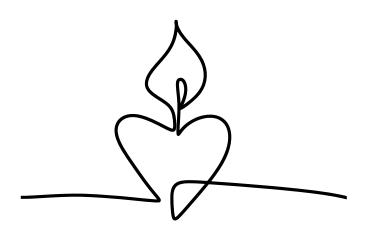
Reflection Prompts

(Use words, pictures or other objects to share your answers.)

- What surprised you today?
- What is your favorite season and why?
- What sounds or scents remind you of a certain time of year?
- What is something new that you would like to try?
- How do you connect with others?
- What are some ways that you can show appreciation to others in your life?
- What makes you laugh or smile?



The Cafe's Poetic Process



There Is No One Way

Nicolette McDermott-Ketchum

What I love about poetry
Is that there is no right or wrong
There is no one way
To write our song

The letters may be TALL
Or the letters may be small
There may be a rhyme
Or there may not

The words may be solo
Or the phrases may be 1 o n g
There may be stanzas
Or one 1 o n g song

So it doesn't really matter
How you get those words down
Just write down your feelings
Whether with a smile or a frown

The Cafe Approach to Writing Poetry

Creating poems collaboratively allows all cafe voices to be heard.

- Consider a theme.

 A theme can provide a springboard for poem ideas.
- 2 Brainstorm words and ideas related to the theme.

There is no right or wrong in this process. What words or ideas come to mind when you consider the theme you have chosen?

Consider relationships between suggested words and ideas.

How are individual words and ideas related to each other? Are they similar or opposite, for example?

Arrange words and ideas.

The arrangement of your poem will depend on how you would like words and ideas to flow. For instance, will your poem rhyme or not? Will your poem be a listing of the words or ideas that were shared? Will your poem be arranged into stanzas?

- Title your poem if you like.

 Again, no right or wrong. What title would capture the spirit of your poem?
- Read your poem.

 One person may choose to read the poem and/or the poem can be read aloud together.
- 7 Share your poem.
 Celebrate the beauty of your creation with others.

70 | Poetic Pauses: The Anthology

Worksheet for Creating an Original Poem

1	Consider a theme.
2	Brainstorm words and ideas related to the theme.
3	Consider relationships between suggested words and ideas.
4	Arrange your words and ideas.
5	Title your poem if you like.
6	Read your poem.
7	Share your poem.



Take Your Own Poetic Pause:

Create an original poem.

After exploring the café's collection of poetry and reflectin on our approach to writing, what emotions or thoughts ar you inspired to express through this art form? Use the spac below to further develop and refine the ideas yo	E
brainstormed on the previous page.	

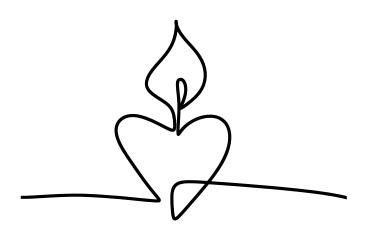
Contact the cafe if you would like to share your work.

72 | Poetic Pauses: The Anthology

Adapting Our Process to a Virtual Format



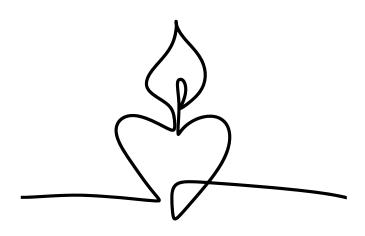
The whiteboard function of Zoom was used online to record and organize the poets' words in real time.



Let's Create Together



Hummingbird Memory Cafe | 75



Creativity Resources

Creativity & Imagination Think Outside the Box

Creativity: the production or use of original ideas

Thinking Outside the Box: the production or use of original ideas in ways no one else but you has yet imagined

Suggestions for a creativity kit are found on the following pages and include many supplies that can be utilized to engage in meaningful interactions with others or enjoy in moments of quiet alone.

A creativity kit also provides opportunities to find solutions to new challenges by co-creating with others or in our own solitude. What are other strategies you use to solve everyday problems?

Finding solutions to challenges during the day may include

- improvising (going with the flow)
- pausing and sitting in quiet
- asking others who have been in similar situations
- consulting professionals as needed
- doodling (or engaging in other art) while you reflect on the situation
- brainstorming the possibilities
- listening to music that inspires you
- exercising

Explore and personalize creative approaches to life's shifts in ways that are appropriate for your situation.

Build Your Own Creativity Kit using supplies around your home

Looking for a quick creative idea, but lacking "official" art supplies? Enjoy these suggestions for creating from supplies you may likely have in your home right now.

Basic Supplies

- Glue
- Coffee filters
- Cloth scraps
- Magazines
- Writing & drawing tools
- Tissue paper

Painting Surfaces

- Wood
- Paper
- Cardboard
- Paper bags
- Paper plates

Painting Tools

- Q-tips
- Sponges (can cut into shapes)
- Toothbrushes
- Plants
- Yarn
- Fruits and vegetables
- · Crumpled paper towels
- · Silverware and kitchen utensils

80 | Poetic Pauses: The Anthology



Sources of Paint

- A mixture of flour, water, and food coloring
- Food coloring mixed with water
- Ketchup, mustard, and other condiments with vibrant colors
- Used coffee grounds can be mixed with water or white glue
- Colorful spices can be mixed with water or glue
- Colored yogurt can be used for finger painting
- A mixture of cornstarch, water, and food coloring
- Watercolor paint can be made by placing the tip of a washable marker in water.

Always test a small area first when using unconventional materials as paint to ensure they work as expected and won't damage the surface you're painting on. Additionally, be mindful of the safety and toxicity of the materials to the artists using the materials.

How to Use

- painting with supplies on various materials
- collage with magazines and scrap cloth
- wreath with scrap cloth
- doodling
- drawing circles

No Special Supplies Needed

- Photography with cell phone
- Singing
- Storytelling
- Dancing or moving in ways you like and can engage safely

More Ideas for Building Your Own Creativity Kit using supplies around your home



Explore the stories & pictures of a variety of reading materials. Magazine pages can be used for collaging or creating puzzles. Ask friends and family for magazines they are finished reading. Check out local discount stores for inexpensive magazines as well.



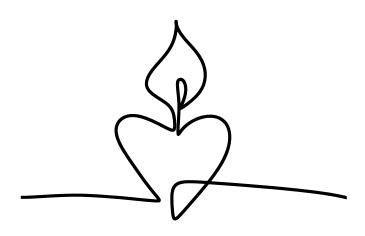
Include something that reminds you to take time to relax such as a decorative napkin or a special cup. Local discount stores have inexpensive items like napkins and other household items that may provide inspiration for creating special moments in your home.



Board and card games can play a significant role in enhancing the lives of individuals with dementia. Consider cognitive abilities, interests, and preferences when selecting games and adapt or modify how the game is played to suit the specific needs and abilities of the players. Consider games with clear rules, simple instructions, and manageable time frames.



Include a variety of resources in your personalized creativity kit. Enhance the dementia JOurneY within the comfort of your own home and community by connecting with organizations and initiatives dedicated to reimagining dementia and fostering innovative approaches while empowering people LIVING with and impacted by dementia to find joy in their JOurneYs.



SOCIAL & CREATIVE CONNECTIONS

A JOurneY of Love & Learning: Children's Books About Dementia https://heyzine.com/flip-book/ca4a346942.html

Alzheimer's Authors www.alzauthors.com

Alzheimer's Association https://www.alz.org/event-search?
category=Social+Engagement+Programs

Alzheimer's Foundation of America www.alzfdn.org

Alzheimer's Poetry Project www.alzpoetry.com

Alzheimer's Speaks https://alzheimersspeaks.com/dementia-and-the-arts/

Arts for Dementia https://artsfordementia.org

ARTZ Philly https://www.artzphilly.org/

Association Montessori Internationale https://montessoridementia.org/

Boosters for Joy: A Guide on Ways to Connect by AARP https://bit.ly/3QA1Zvl

Bridgetown Music Therapy https://www.bridgetownmt.com/

Compassionate Clowning https://www.magdalenaschamberger.com/compassionate-clowning/

86 | Poetic Pauses: The Anthology

Connecting in the Land of Dementia: Creative Activities to Explore Together by Deborah Shouse https://deborahshousewrites.wordpress.com/

Cooking Our Way: A Cookbook by and for People Living with Dementia" by Dementia Action Alliance https://bit.ly/3sdqJ3k

Dangle and Dot https://dangledot.com/

Dementia Alliance International https://dementiaallianceinternational.org/

Dementia Arts: Celebrating Creativity in Elder Care https://www.dementiaarts.com/

Dementia Disco https://www.dementiadisco.org/

Dementia Friendly America Memory Cafe Directory https://dfamerica.org/memory-cafe-directory/

Dementia Map https://www.dementiamap.com/

Dementia Possibilities https://bit.ly/3Qhcl27

Dementia Self-Management Guidebook https://deerprogram.org/dementia-self-management

Expressive Art Workshops https://www.expressiveartworkshops.com/

Google Arts and Culture https://artsandculture.google.com/

Hogewyek Dementia Village https://hogeweyk.dementiavillage.com/

Hummingbird Memory Café www.hummingbirdmemorycafe.com

Ibasho Elder Care www.ibasho.org

International Association for Indigenous Aging https://iasquared.org/brain-health/

In the Moment www.in-themoment.com

M4D Radio https://m4dradio.com/

Momentia Seattle https://www.momentiaseattle.org/

Frye Art Museum Arts Engagement for Adults Living with Dementia https://bit.ly/43ldwye

Music and Memory https://musicandmemory.org/

"Pathways to Well-Being with Dementia" Manual by Dementia Action Alliance https://daanow.org/pathways-to-well-being-with-dementia/

88 | Poetic Pauses: The Anthology

Positive Approach to Care www.teepasnow.com

Reimagining Dementia: A Creative Coalition for Justice www.reimaginingdementia.com

Songwriting Works https://songwritingworks.org/

The Alzheimer's and Memory Cafe: How to Start and Succeed With Your Own Cafe by Jytte Lokvig https://amzn.to/43IlZ4A

The Alzheimer's Creativity Project 2 by Jytte Lokvig https://amzn.to/3FEKQ0U

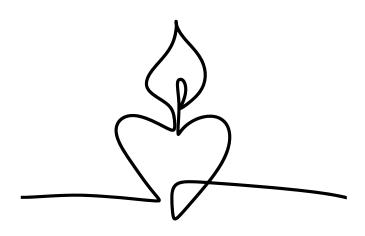
The Creative Aging Resource https://creativeagingresource.lifetimearts.org/

Time Slips https://www.timeslips.org/

Us Against Alzheimer's https://www.usagainstalzheimers.org/programs

University of California San Francisco Art & Creativity https://memory.ucsf.edu/symptoms/art-creativity

Youth in Action: A Toolkit for Young Dementia Supporters bit.ly/441JIOE



A Final Pause

Thank you for taking this creative JOurneY with us.

Poetic Pauses: The Anthology is a conversation, a celebration, and a collective pause to notice what is beautiful and meaningful in our lives. Whether you read a single poem or explored cover to cover, you have joined us in honoring creativity, dignity, and connection.

The hallmark of the Hummingbird Memory Café is not only the art we create, but the way we create it: together. Through shared storytelling, listening, laughter, and reflection, we weave joy into our JOurneYs, even amid uncertainty.

We invite you to continue the creative ripple:

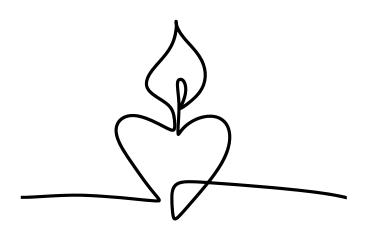
- Share this book with someone else.
- Write your own poem or indulge in another form of creative expression.
- · Join a memory café.

Take a moment to acknowledge and thank the hummingbirds who surround you allowing you to pause and savor the sweetness in life.

Together, we are reimagining what it means to live fully—with love, joy, and purpose—no matter where the JOurneY takes us.

Sending peace, love and joy,

Nicolette McDermott-Ketchum
Facilitator, Hummingbird Memory Cafe



HUMMING BIRD MEMORY & STATE OF THE STATE OF

Gather. Celebrate. Connect.

A social & creative connection for people LIVING with dementia and their carers

Like, Share and Follow @HummingbirdMemoryCafe

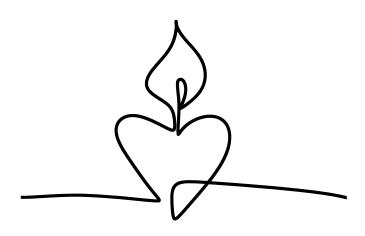
- Facebook
- Instagram
- Threads
- YouTube
- Pinterest
- Spotify
- Linktree
- Swellcast



Contact the Cafe

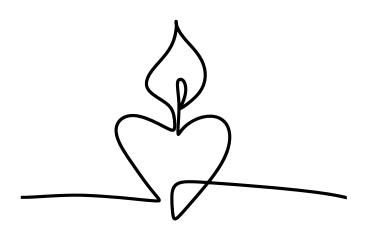
Phone/Text: <u>505-787-6322</u>

Email: <u>hummingbirdmemorycafe@gmail.com</u>



So many wonderful things have happened to me [throughout my life].

--Hummingbird Memory Cafe Family Member



Collective Cafe Creativity:

The heART of LIVING Better with Dementia

The hallmark of the Hummingbird Memory Cafe has always been to create beautiful things together. Whether crafting group collages in person or writing original poems online, our focus has consistently been on the shared experience of engagement, rather than the final product. While we certainly produced beautiful artwork and words along the way, it was the process of coming together that mattered most. We also shared personal stories and composed new narratives as a community.

Collaborative creation fosters innovation, promotes learning and personal growth, strengthens our bonds, and helps us navigate the complexities of cognitive change more effectively. By drawing on the collective wisdom and diverse perspectives of our group, we achieve meaningful outcomes in both our individual and shared JOurneYs.

Over nearly four years, the cafe collectively produced 50+ original poems, prose, and other artistic works. *Poetic Pauses: The Anthology* showcases our collective creativity, exploring various themes and offering an invitation to weave creativity into the fabric of our daily lives.

