



# North of 50



Making libraries fun, welcoming, and enriching places  
for older adults

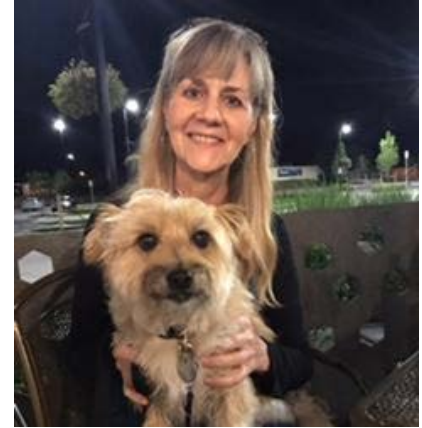
# Introductions



Tara Bannon Williamson  
Senior Librarian



Amy DelPo  
Reference Librarian



Stephanie Two Eagles  
Shelver

Inspirations



Stephanie

“I’m inspired by my mother, Mary.”



Amy

“I’m inspired by my mother, Eleanor.”



Tara

“I’m inspired by my grandmother, Willa”

Who inspires you?

Successes!



# Memory Cafe

A social group for people experiencing memory loss, along with their friends, family members, and caregivers



# Memory Cafe Programs

Singing and Dancing



Planting



Learning the ukulele



# Memory Cafe Programs

Improv



Croquet



Art





## North of 50

What programs are you doing for this population?

If you are already doing programs, what do you call them? Did you name the series?



# Getting Started & What's in a Name?

2015

- Origami for Seniors (May and November)
- No Strings Attached Book Chat
- Voice of the Wood Chamber Players

2016 (Jan-June)

- Parkinson's Disease
- Navigating Assisted Living Options
- Bell Policy Center
- Nutrition and Brain Health
- Simple Techniques for Pain Management
- \$ecure Colorado



# Picking up Steam

2016 (July-December)

- This is Your Brain on Dance
- Plant Based Diet with Dr. Freeman
- The Basics: Memory Loss, Dementia and Alzheimer's
- AARP: Plan Well to Live Well
- Two Raging Grannies film and discussion
- No Dumb Questions: You and Your Phone
- Celebration and Brainstorming

# Our Year So Far

Grief and Loss with Denver Hospice  
Autumn Romance with C. Ruthy Denker  
Colorado Talking Book Library  
Caregiving in the 21st Century with AARP  
Life Reimagined with AARP  
Bridge Time: The Consequences of Change  
Cross-Country Cycling over 60  
Financial Resilience with AARP  
Advanced Directives  
Compassion Fatigue with AARP  
Reaching Older Adult Drivers – Transpo Fair  
Origami for Seniors  
Choir for the Tone Deaf  
Laughter Yoga\*  
Holiday Blues\*



# AARP®

LETTING GO  WITH DIGNITY

walk2connect 



# Using Data

## Data Points

- Cookbooks High Circulation Rate
- Demographics
- Requests from Customers

## Results

- Cooking for #1

## Customer Quotes

*“I have Chronic Fatigue Syndrome and have scaled back on all of my activities, even quitting choir. The only thing I still attend is this book club anymore.”*

*“I recently took time off of work as a nurse for a hip replacement. The drugs make it too hard to read but I have been coming to 2-3 programs all over the system each week. As a traveling nurse, I travel all over the country, and am always going to libraries and love this one so much that I would like to retire in Denver.”*

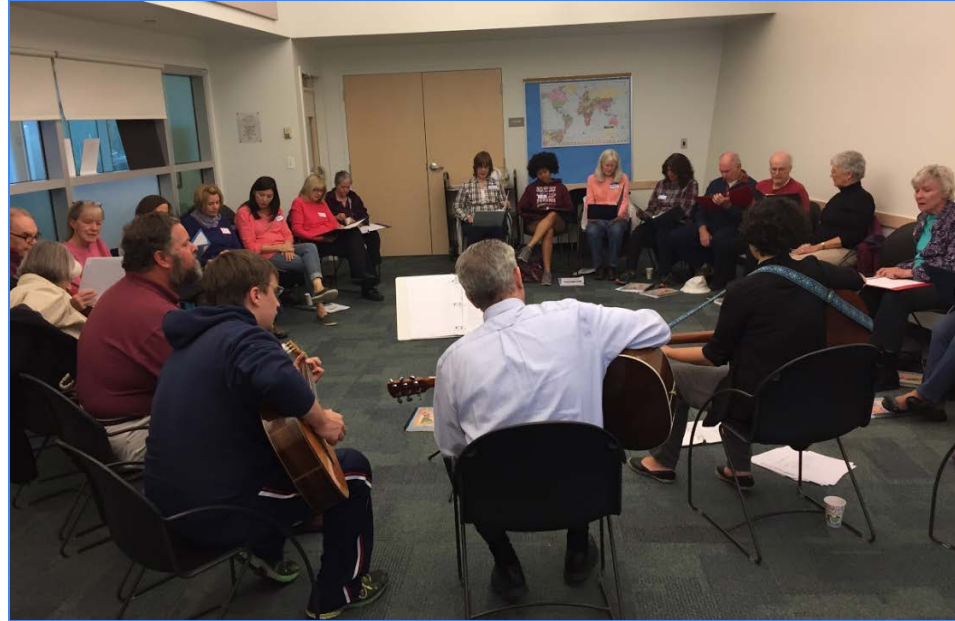


A grandpa who regularly attended my baby storytime stopped me in the hall to let me know that he was so inspired by seeing me play the ukulele in baby storytime that he decided to attend the ukulele classes offered at Park Hill. He found that he loved the ukulele so much that he has now joined the Rocky Mountain Ukulele Orchestra, and says he owes it all to us.



# Community Singers

A singing group for anyone who loves to sing -- on key or off!



# Conscious Aging

An eight-week series about embracing aging and living a passionate and fulfilling mature life



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# Lessons Learned

- **Intergenerational** means fun for everyone!
- People crave **information**
- Think about the **physical space**
- The more **relationships** you build, the more successful you will be
- **Great ideas** are everywhere, if you keep your eyes and ears and mind open
- Don't be afraid to **experiment**... and sometimes even **fail**

- **Train** your staff in age friendly and dementia friendly practices
- Find **partners** in your community
- Seniors are busy! Use **consistent** timing
- Everyone loves **snacks**!
- **Details** are appreciated
- Reject **stereotypes**
- Have **FUN**!



Do now (or kind of  
soon-ish)!

1. Make a **commitment** to serve this population

1. Make a **list of ideas** of programs you can offer and services you can provide

1. Pay attention to who your **customers** are

1. Dig into **demographics**

Questions? Comments?  
Please share!