



## FREQUENTLY ASKED QUESTIONS

### **What is Stories in the Moment™?**

It is a program for and with people living with dementia that is designed to stimulate creativity and imagination.

It is a methodology that uses dance, movement and storytelling to develop and enhance modes of expression and communication.

It builds tools that allow people living with dementia more effective and robust connections to the people and spaces around them.

### **How does Stories in the Moment™ work?**

Stories in the Moment was developed by Magda Kaczmarek, dance artist and Atlantic Fellow for Equity in Brain Health, to support building meaningful creative community for and with people living with dementia.

The approach was created incorporating an evidence-informed understanding of the progressive and diverse nature of dementia, gold standards in person-centered support and experience in community building through co-creative movement practices and ally-ship.

People living with dementia inevitably experience shifts in their modes and capacities for expression which influence their ability to express and feel connected to the communities around them. As a result their social networks and spaces for meaningful connections shrink.

Stories in the Moment targets these areas of concern in turn supporting communication, growing community and helping develop stronger connections between mind and body.

Most basically, Stories in the Moment is a program that makes connections between movement and meaning.

### **Where can I join Stories in the Moment™ classes?**

Stories in the Moment classes are being offered virtually and in person year-round. All programs are FREE to families impacted by dementia.

To learn about classes being offered in your area, or to get support in registering, call Magda at 917.336.9018 or email us at: [magda@dancestreamprojects.com](mailto:magda@dancestreamprojects.com)



## What is a Stories in the Moment™ class like?

The Stories in the Moment program is built on the foundational belief that:

Engaging in meaningful connection is vital to a sense of belonging and community

Each of us possesses the ability to support a range of communication and expression through our minds and our bodies.

Together, we can harness this potential to support building creative community.

Participants in the Stories in the Moment program engage in facilitated “conversations” that grow their communication resources by activating the body in the creative process of “speaking” and “listening”.

Every Stories in the Moment class is organized around a theme that unites the class in discovery and co-creation. The theme provides a structure that facilitates focus and builds resources for connection. Through a series of iterative interactive explorations, the theme guides shared experiences that build confidence in communication, exploration, and play.

Stories in the Moment gives people space, freedom and tools to find their voice.

Everyone, regardless of “ability” is able to fully participate in the group process, be seen and be heard by the group, and is an essential and valuable contributor to the space.

## How can we bring Stories in the Moment™ to our community?

We are always looking to partner with new communities. We partner with community organizations, day centers, nursing and assisted living facilities to deliver Stories in the Moment programs. Our aim is to ensure that this program is open and accessible to anyone wishing to join.

Contact us at: [magda@dancestreamprojects.com](mailto:magda@dancestreamprojects.com) to tell us more about your community and how we can work with you! **We look forward to hearing from you!**



*Our residents thoroughly enjoy their time with you, however I think it's the personalization that makes the experience extra special.”*

– JAN BAYS, DIRECTOR OF PROGRAM DEVELOPMENT & EDUCATION AT JILL’S HOUSE MEMORY CARE