

My name is Katharina Klee. It's a pleasure for me to tell you about the project „5 O Clock Dance Tea“, that we the association PROMENZ, for whom I'm speaking here could realise in the summer of 2021 with strong support and in Cooperation with the Volkskundemuseum.

I am a Volunteer Supporter for PROMENZ. PROMENZ is the first supported self-help group by and for people with dementia in its first phases. It was founded seven years ago in 2015. The name PROMENZ was chosen by the Users – they don't want to be called de-ment – as the latin word means “out of mind” and they affirm that they don't feel out of mind. They prefer the term “forgetfulness”. Our Motto is: We forget we remind we help. And this help is self-help in kind of a peer system.

In the last seven years many of those PROMENZ-Users became involved in the public discussion about this neurocognitive disorder. They took part in different research projects and went as PROMENZ-Ambassadors public in many ways to fight Stigma, discrimination and exclusion.

And more than this – together with others they work on changing the image of persons with forgetfulness. They firm: “We accept our weaknesses and enhance our strengths. We learn to be careful and tolerant towards ourselves and others. For participation we need understanding and support.”

PROMENZ wants to encourage others to start self-help groups and campaigns in public for “persons with forgetfulness”. Like

other people with disabilities they say: Nothing about us without us – in German “Redet nicht über uns sondern mit uns” – I even prefer the version: “Let’s talk together!”

Demential diseases concern everyone – I am sure each one in here can remember a person with more or less Forgetfulness, Alzheimers Disease or other forms of neurocognitive disorders. And no one knows who will get it. So its important to secure the rights, the possibilities, the good live for people with the diagnosis, for elders.

When the pandemia started in March 2020 the PROMENZ-Users were used to visit their supported self-help group every two weeks. They were engaged as Ambassadors in many ways to change our social environment, in networking. Corona changed everything for all of us. And even more for them – some belong to the so called risk groups. One of the real difficult situations for people with the disease for all of us as we know now, is loneliness, no possibility to exchange ones thoughts and sorrows.

The supporting team of PROMENZ found very fast a way to accompany our Users by Phone networks – but this is also very difficult. People with dementia have to see the face, better a name tag. So we thought like many people about Zoom. But will they manage this? And will it be helpful to communicate with a tool some are afraid of. We started to try it in a playful way. We have two users – one a technician, the other a 86 years old

early adapter of a lot of technologies – from vinyl to i-Phone, i-watch.

So we started as a kind of café, bar, sbarra or beisl as we call it in Vienna. I initiated it and am die Virtin, the Hotess. At the End of march this virtual Bar exists two years, we meet three time a week for one Hour, we got a “program with thumb Yoga, a newsdesk, a lot of music and a hymn – everybody is welcome – you don’t have to be forgetful, but it helps – like in any bar.

To make a long story short – all of us share the love to good old soul and funk music, we love dancing. Helmut, one of our guests, 86, myself and some real old friends Viennese Club-Djs share the love for vinyl.

In June 2021 we had – supported by the organization “Achtsamer 8.” - the great opportunity to host a 5-O’clock-dance Tea here in the beautiful rosengarden of the Volkskundemuseum – with real vinyl, old and young, a lot of fun and even people from the park passing by and dancing. My guests and their relatives were happy.

As far as I remember Katharina Richter-Kovarik presented the event at an UNLOCK Meeting and you liked the concept and supported it – for my guests and their loved ones it was a wish come true to have another chance to meet love and dance in those strange days. And so we had a second “Five o Clock

Tea” in Alzheimer Month September - we all can still remember.
It was a wonderful afternoon, may I show some pictures?

I think it was very helpful that this event was not announced as dementia friendly Dance. I think Inclusion starts by less othering. Let's Unlock together: we learn so much from each other, from the elder, from people whose world has changed, we should open our heart and mind, care for us and others and keep them as long as possible among us.

I strongly recommend you our homepage www.promenz.at – our Users speak about living with forgetfulness there is a video with English subtitles. I am curious about your questions.

If you want another impression of our café – we have a so called hymn with screenshots from our café – it's a Schlager sung by Peter Alexander an Austrian entertainer legend – there exists also a version of Demis Roussosit's this special place where nobody asks who you are and what you have got