

Designed to stimulate the six major cognitive areas of the brain:

- 1 REACTION TIME**
Activities targeting speed, accuracy, and automatic responses.
- 2 VISUAL-SPATIAL**
Activities targeting location, position, composition, perspective, and the participant's relationship to his or her environment.
- 3 ATTENTION & CONCENTRATION**
Exercises designed to improve skills in attention and concentration.
- 4 MEMORY**
Help move information through the memory network from short-term through to long-term.
- 5 LANGUAGE**
Activities designed to decrease the frequency of cognitive pauses and increase flexibility and fluency including word retrieval and appropriate usage.
- 6 PROBLEM SOLVING**
More complex activities, requiring the use of the other domains to understand a problem and formulate a solution.

Take the First Step – **REACH OUT!**

If you are interested in participating in the Mind Sharpener™ program:

CALL

**Andrea Korsunsky, Director of
Care Management, at 415-449-3712**

to schedule a brief screening interview to determine whether the program is right for you.

or

LEARN MORE BY VISITING:

www.seniorsathome.org/mind-sharpener



SeniorsAtHome
Better Care Starts Here

A Division of Jewish Family and Children's Services

San Francisco • Peninsula • Marin County • Sonoma County



Mind Sharpener™ Program

Help prevent cognitive loss with this award-winning, 12-week program designed to provide a comprehensive workout for your brain.

SeniorsAtHome
Better Care Starts Here

Mind Sharpener™

is an evidence-based program designed for individuals who want to exercise their brain to stay sharp.

Overview

The program is comprised of 24 one-hour sessions, held over the course of 12 weeks. Each session is comprised of fun and engaging activities designed to stimulate the six major cognitive areas of the brain. Sessions take place in-person, in small groups with trained instructors.

Award-Winning Design

The Mind Sharpener™ program, developed by the New England Cognitive Center, has been recognized by the American Society of Aging with the MindAlert award for Mental Fitness Programs.



BY FAR THE QUESTION WE GET ASKED MOST IS:

What can I do to keep my brain as healthy as possible for as long as possible?



Expert Team

The program will be taught by a team with deep experience in supporting healthy aging and helping older adults maximize their independence, led by Andrea Korsunsky, Director of Care Management at Seniors At Home.

Details and Program Fee

Dates for upcoming groups can be found at seniorsathome.org/mind-sharpener. Program fee is \$299 for the 24-session series.

This program is not for those diagnosed with dementia or cognitive impairment.