A group of people are shown from the chest up, clapping their hands. The background is slightly blurred, focusing attention on the hands and the central text. A white circular graphic with a thin black border is centered over the image, containing the text.

**How to Stay Actively
Engaged in Your
Community
Once Diagnosed with
Memory Loss.**

Karen Miller, CTRS, CDP

Certified Therapeutic Recreation Specialist

Certified Dementia Practitioner

I have been working with seniors for 25 years

Currently, I am the Manager for Kensington Club, which is a social day club for seniors diagnosed with early-stage memory loss. We have locations in Rockville and Silver Spring.



Let's Fill Our Toolbox:

Physical

Cognitive/Mental

Social



Physically Connecting After Memory Loss: Be Active.

First thing to remember before starting any type of new exercise routine is to check with a doctor first.

- Benefits of exercise and physical activity.
- Exercise in the early to middle stages of dementia.
- What is the right amount of activity in the early to middle stages of dementia?

-Alzheimer's Society

Being active, spending more time with family and friends, and learning new skills also can help you feel better and improve your memory.

--National Institute on Aging

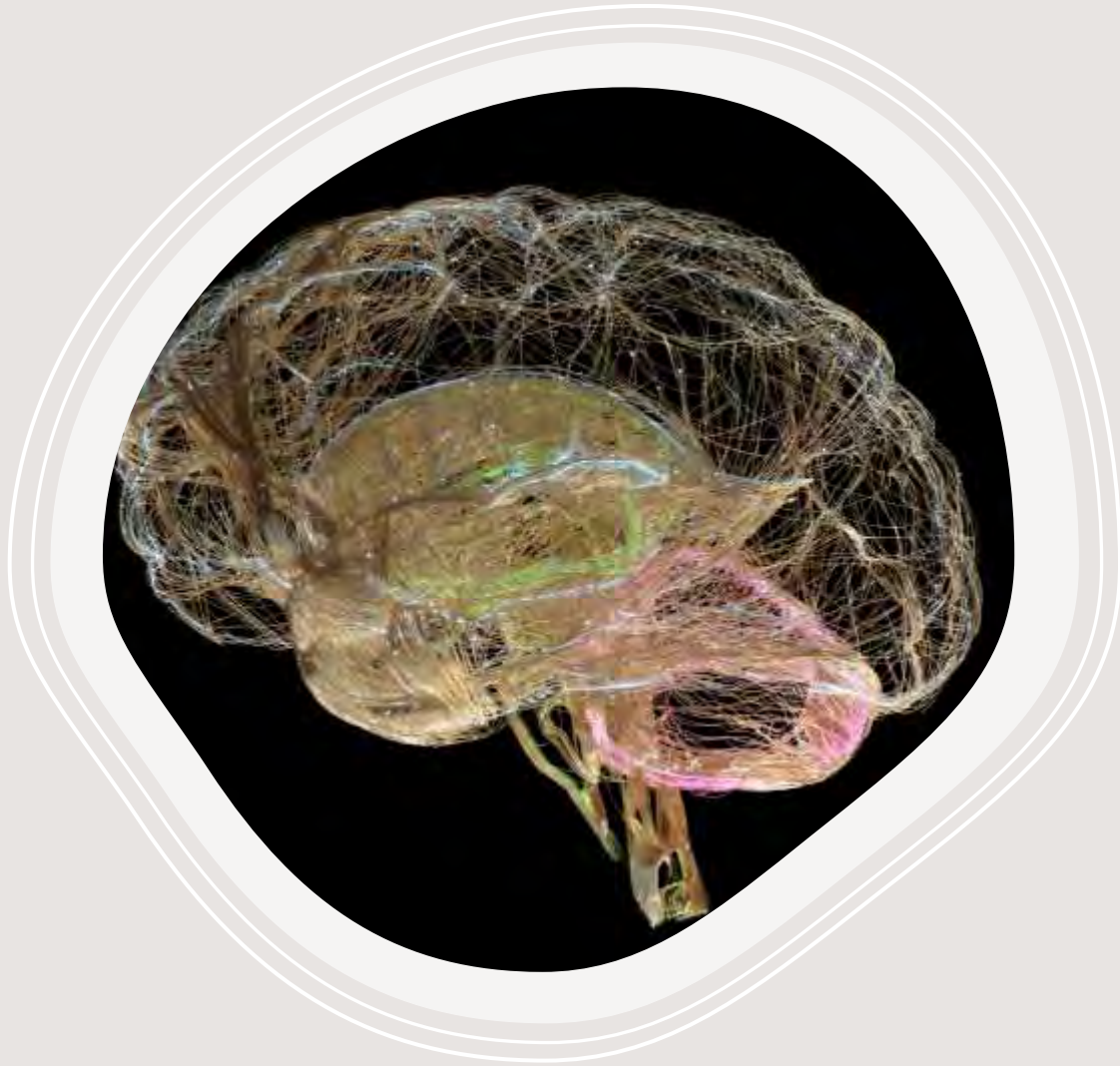


Cognition

Sample of ideas to help cognition:

1. Word Games
2. Crossword Puzzles
3. Board Games (Dominoes, Chess, Scrabble, etc.)
4. Reading
5. Gardening
6. FreeRice.com (Online Cognition Games)
7. Doing things with your non dominant hand.





“If you want to boost your brain, you have to focus your attention on good self-care,”

-David Alter, Ph.D

Socially Connecting After Memory Loss: Be Proactive.

- Community Centers and Senior Centers
- Church, Mosque, Temple or Synagogue
- Volunteer
- 1:1's are #1
- Alzheimer's Association Memory Café or Support Group
- Social Day Clubs for Early-Stage Memory Loss



**“IT’S HARD ENOUGH
LOSING YOUR MEMORY AND
ABILITIES WITHOUT
LOSING YOUR FRIENDS AS
WELL.”**

**-A PERSON LIVING WITH
DEMENTIA**

SOCIAL ADULT DAY PROGRAMS FOR EARLY-STAGE MEMORY LOSS

JCA Gorlitz Kensington Clubs

The JCA Kensington Clubs are specially designed to serve older men and women with diagnosed early-stage dementia or mild cognitive impairment. Since 2008, the Clubs have offered a unique opportunity for socialization with peers in a relaxed and accepting environment. Operated by the Jewish Council for the Aging, the Kensington Clubs serve people of all faiths and from all walks of life in Rockville and at the White Oak Senior Center in Silver Spring. Fees. Contact Colleen Kemp, ckemp@accessjca.org
301-255-4204

Friends Club of Bethesda

Friends Club is a therapeutic social program designed to enhance the lives of men living with Alzheimer's disease and other forms of dementia. We bring together active gentlemen in the early-to-mid-stages of dementia in a caring, safe environment. Currently meeting in-person at the Bradley Hills Presbyterian Church in Bethesda. Fees. Contact Ken Silverstein, Executive Director, 301-469-0070, Ken@Friendsclubbethesda.org

Club Memory®

Club Memory is a stigma-free supportive social group for people with mild cognitive impairment or Alzheimer's disease and related dementias and their care partners. Club Memory began with a small group of people coming together in Sibley's cafeteria in September 2011. Since its inception, Club Memory has continued to grow exponentially, in response to members' and community needs. Free. Club Memory is currently meeting virtually but will return to Metropolitan Methodist Church. 3401 Nebraska Ave NW very soon. Until then, call 202-364-7602 to talk to someone about participating in Club Memory.

Virtual Art Talks..

National
Gallery of Art

Just Us; Every Monday from 2:00-3:15 p.m. through the end of May. Just Us at the National Gallery of Art provides interactive, discussion-based experiences for people with memory loss and their care partners.

To Register: access@nga.gov

ACCESS
Smithsonian
Our future is inclusive.

See Me; 1st and 3rd Wednesday from 2:00-3:00 p.m. See Me at the Smithsonian is an interactive program for adults with dementia and their care partners.

To Register: access@si.edu

SOCIAL ENGAGEMENT PROGRAMS FOR EARLY-STAGE MEMORY LOSS

“Memory Cafes”

Alzheimer’s Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Pre-registration is required, please contact Sheila Griffith at 240.844.3608 or sagriffith@alz.org FREE!


Rockville Senior Center Memory Cafe - 1st and 3rd Monday of each month at 12:00 pm and will transition to in-person on April 4!

White Oak Recreation Center Memory Cafe - 2nd Thursday of each month at 10:00 am and will transition to in-person on April 14!

Leisure World Last Thursday, 2:00-3:00 pm - will transition to in-person later in May!

Oasis Memory Cafe- 1st Friday of each month at 2:00 pm

VIRTUAL Olney Library Memory Cafe- 4th Wednesday of each month at 3:30 pm VIRTUAL Call for information on Café Latino, a Memory Café in Spanish Questions: please call Sheila Griffith, Program Manager, Montgomery County-240-844-3608 or email: sagriffith@alz.org Interested in volunteering

A wooden lounge chair with a black cushion is positioned on a ship's deck. The deck is made of light-colored wood. In the background, there is a white railing and the ocean under a warm, orange sky, suggesting a sunset or sunrise. A large, light blue circular graphic is overlaid on the left side of the image, containing the text.

**“The beginning is the
most important part of the
work.”**

Plato

Contact Information:

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JCA Kensington Club

301-255-4221

karen.miller@accessjca.org