

## Curative Senior Services

Curative Care Network's Senior Services provides programs that enrich the lives and support the independence of older adults who have dementia, health concerns and/or disabilities.

Curative's Senior Services staff members have received significant training in geriatrics, early memory loss and dementia care from regional and national leaders in the field.

Other programs provided by Curative's Senior Services include a state-certified Adult Day Care Center in Waukesha and Supportive Home Care for older adults in Southeast Wisconsin.

*Curative Care Network improves the function and quality of life for individuals with disabilities and/or limiting conditions.*

**Curative**  
CARE  
NETWORK®

1000 N. 92nd Street  
Milwaukee, WI 53226

[www.Curative.org](http://www.Curative.org)

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# The Curative Memory Program

## To Enhance Memory Function



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## The Curative Memory Program

Curative Care Network is now offering a program designed to enhance memory function in older adults.

This program is beneficial for adults experiencing memory loss not typically associated with the normal aging process. For example, persons who:

- Have suffered a stroke
- Are in the early stages of Alzheimer's disease or other forms of dementia
- Have been diagnosed with Parkinson's disease or Mild Cognitive Impairment.

Participants meet twice weekly for four-hour sessions. A nutritious lunch is included.

Participation is limited to 12 people to assure opportunities for meaningful interaction.

## The Memory Program Facilities

The Curative Memory Program is located at W187 N8661 Maple Road in Menomonee Falls. The Memory Program is housed in a quaint "clubhouse" nestled between tree-lined walking trails and a nature-themed mini golf course.



**To learn more or to enroll in the  
Curative Memory Program, contact:  
Curative Senior Services  
262-574-9147**

## Program Features

Research indicates that adults participating in a memory enhancement program may experience improved memory and/or a slower progression in memory loss. Curative's comprehensive program incorporates memory training, physical exercise, proper nutrition, relaxation and peer support.

- **Memory Training** – Brainteaser worksheets, memory exercises and creative projects that emphasize verbal skills and sensory stimulation are offered throughout the day to keep the brain focused. Helpful advice on organizational habits that may improve memory also will be offered.
- **Physical Fitness Activities** – Activities include guided walks along nature trails, a mini golf course, interactive video games and low impact exercises.
- **A Nutritious Lunch** – Program participants will be served foods rich in antioxidants, whole grains, omega-3 fats and other nutrients shown to promote a healthy body and mind.
- **Stress Reduction** – Participants will learn simple, effective relaxation techniques.
- **Peer Support** – There will be opportunities to share issues related to memory loss and possible solutions.
- **Community Resources** – Learn more about resources available to persons experiencing memory loss.

