



MEMORY TRAINING CENTERS OF AMERICA

MTCA National Newsletter

March 27, 2015

MTCA provides evaluation & treatment for older adults suffering from memory loss due to Alzheimer's or other disease processes, and is the largest U.S. provider of cognitive evaluation and memory training services in Senior Living communities. We are fortunate to have an ever-growing community of professional cognitive health consultants, working together to provide the best possible care to our patients and their caregivers. We are grateful for the dedication of our clinicians who tirelessly give of themselves, committed to achieving our shared goal of helping our older adult clients who suffer from memory loss.

Please comment on any information in this newsletter by joining the discussion on our BLOG: memorytrainingcentersamerica.blogspot.com

MTCA EXPANSION UPDATES

MTCA programs are currently supported by more than 220 clinicians (with more than 10 new treating clinicians and psychologists joining our national network during the past month) and serving more than 140 Senior Living communities throughout the U.S. We will keep you posted regarding anticipated growth in your Region and newly developed Regions.

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National Headquarters: 118-35 Queens Blvd, Suite 1403

Forest Hills, New York 11375

Phone: 1-866- I-REMEMBER

Website: memorytrainingcenters.com

Blog: memorytrainingcentersamerica.blogspot.com

Please also visit and comment on our Alzheimer's Prevention Society blog:

societypreventionalzheimersdisease.blogspot.com



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***MTCA PRESENTS ON 'AGING
AND THE DEVELOPMENT OF
ALZHEIMERS DISEASE' AT THE
AMERICAN SOCIETY ON AGING
(ASA) CONFERENCE,
MARCH 24, 2015***

Dr. Brotter, MTCA's Director of Training and Clinical Services, challenged an ASA audience of impassioned professionals to reconsider the disease model of Alzheimer's. Research on the common causal hypotheses of Alzheimer's were presented, and a contrasting model of understanding Alzheimer's in the context of Aging was offered. Implications for Prevention based on a new model viewing the process of cognitive decline were discussed in relation to the Senior Living Community as well as the larger societal community. The healthcare professionals and administrators in attendance helped to make the presentation a lively and interesting dialogue, and it is hoped that new ideas for programming and research will develop from the interaction!



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MTCA ILLINOIS NEWS

Welcomes Our New Clinicians

Amy Gillespie, LSW

Maria Ochoa, LCSW

Sandra Lukshevich, LPC

Kelly Sansone, LCSW

Jennifer Ashenfelter, LPC

We are happy to have you all join the MTCA Illinois team and enable our growth to serve many more Seniors in both current and new communities.

We would also like to acknowledge and thank Nupur Sharma, Jodi Venziano and Ashley Serfillip for their contributions to building the visibility and access to our services in their respective communities!

Welcomes Our New Communities



Sunrise of Fountain Square Lombard and
Sunrise of Naperville North



Claire Oaks Senior Living Bartlett





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MTCA OHIO

Welcomes Our New Psychologists and Clinicians

Natalie Whitlow, Ph.D.
Danielle Fields, Ph.D.

Shawn Crabtree, MA, LPCC
Yanira Prokop, LPC
Julie Rowe, MSW

MTCA FLORIDA

Welcomes Our New Clinicians

Anthony Kesner, LMFT
Cindy Allen, LMHC

East and West Coast Regions of Florida will be providing "Jog Your Memory" presentations at many of our communities in April. In addition to the following, watch for upcoming dates and locations!

Monday, April 6, 2015 -- The Forum at Deer Creek - Deerfield Beach, FL
Wednesday, April 15, 2015 - Brookdale at Cypress Lake - Fort Myers, FL
Friday, April 17, 2015 - The Palms of Fort Myers

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MTCA NORTHERN WISCONSIN

Welcomes A New Community



Welcomes Our New Clinicians

Loriann Barcus LPC-IT. Loriann is providing services at Heritage Assisted Living and Heritage Court in Eau Claire. In addition to her LPC qualifications, Loriann is also a certified Alexander Technique Instructor as well as a Physical Therapist Assistant.

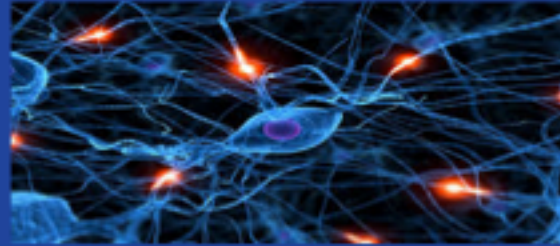
Mary Lemay LPC-IT. Mary comes to us with a strong compassion for supporting the needs of older adult population. Mary will be providing services to residents at Harmony of Wausau and will also transition to providing services in the Stevens Point area as a new area of growth for our Region. We are happy to have you join the MTCA Northern Wisconsin team!

Special Acknowledgments, Events

Judie Warren, LMFT District Manager of the Northern Region of Wisconsin would like to commend the Region's clinicians & psychologists for their strong teamwork and dedication to providing services to the patients in the Northern Region through out the tough winter months!

Judie recently participated in a **Health Fair at Bella Vista Independent and Assisted Living in Oshkosh, Wisconsin.** The Health Fair brought together a great number of providers to connect with the residents as well as with each other and become more aware of the range of services in the community to meet the needs of the local residents. Below, photo of Judie with one of the residents at the Health Fair.





The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (**FINGER**) study, published online in *The Lancet* on March 12, 2015, was the first large-scale, longer-term randomized controlled trial to assess a multi-domain intervention for improvement or maintenance of cognitive functioning and reduction in the risk of cognitive decline in elderly at-risk individuals from the general population. The study included more than 2,500 older adults, average age approximately 70, studied multiple lifestyle factors, including:

- physical activity
- diet
- vascular risk factors, and
- brain training - Individual sessions consisting of computer-based training, conducted in two periods of six months each, with each period including 72 training sessions (three times per week). The training program was a web-based developed computer program, conducted by professionals.

Participants in the intervention group evidenced significantly slowed cognitive decline among older healthy adults. The authors conclude: "The worldwide prevalence of Alzheimer's disease could be reduced by 8.3% by 2050 with relative reductions of 10% per decade in the prevalence of each of these factors. Such small changes imply large effects, and if the beneficial effects on cognition observed in FINGER will lead to even a modest delay in onset of dementia and Alzheimer's disease, it would have a huge effect on both individual and societal levels".

This most recent large-scale study re-confirms much of what the research of recent years has been telling us regarding controllable factors to decrease risk of cognitive decline with age, including new and powerful evidence for the benefits of computer-based cognitive training.

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UPCOMING DATE TO REMEMBER

May 6, 2015 - Assisted Living Federation of America Conference (ALFA)
2:30 PM- MTCA presentation- Dr. Brotter, Stephen Swartz
*"AGING AND COGNITIVE DECLINE: EVIDENCE-BASED PREVENTION
PROGRAMS FOR THE SENIOR LIVING COMMUNITY"*
Tampa Convention Center (Room, TBA) Tampa, FL

Also remember to look for the MTCA study published in the January, 2015 issue of the *Advances in Aging Research* journal. The MTCA study on the benefits of cognitive training on memory function for older adults aged 90+ will soon be followed by another study on the benefits of the MTCA program for older adults aged 70-89. Watch for further announcements!

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