



Enroll today!

M-Power U Arts & Minds Community — A Creative Learning Community for Early Memory Loss.

Led by SJFS's clinical staff, the MPU Arts & Minds community emphasizes creative self-expression, skill building, memory enhancement, emotional processing, and communication through the arts. It is uniquely tailored to the needs of individuals experiencing *mild memory loss*, *mild cognitive impairment* or *early stage dementia*. The goal of MPU is to empower people to take charge of their emotional, cognitive, and physical health to achieve overall wellness. No experience in the arts necessary!

Through a stimulating, fun, and comfortable environment, MPU's state-of-the-art programming provides the opportunity to:

- Develop a supportive network with others experiencing similar changes
- Learn strategies to strengthen or compensate for memory loss
- Learn about new and interesting topics
- Explore media and methods of viewing and making art
- Unlock your creativity in a supportive environment
- Develop confidence and a sense of optimism about your future
- Disrupt ageism: transform your self-concept into that of an artist in discovery

Participants learn about and discuss interesting topics about wellness and the arts and use their new thinking to engage in art making themselves. The art forms and mediums used vary each week and include creative writing, painting, mixed media, drama, poetry, music, sculpture, movement, and more!

MPU Arts & Minds is offered at Menorah Park every Thursday from 9:30 AM – 1:30 PM. **Daily fee is \$55**, which includes lunch. A discounted price is available by purchasing multiple sessions at one time; a need-based sliding fee scale is available on a limited basis.

Although the program activities are specifically for persons with early memory loss, supportive services such as information and referral, case management, and counseling can also be provided to families and other caregivers.

For more information, or to schedule an enrollment assessment, please contact SJFS Assistant Director Ellen Somers, LMHC, at 315-446-9111, ext. 225, or at SomersE@sifs.org.



-----**About Syracuse Jewish Family Service**-----
SJFS is a multi-faceted human services agency dedicated to promoting, strengthening and preserving individual, family, and community well-being in a manner consistent with Jewish values and beliefs. Services include counseling and psychotherapy, aging life care management (including financial case management and assistance with personal finances), cognitive services and support, Kosher Meals on Wheels, advocacy, psychosocial education and training, transportation and errand services, the Magen Center elder shelter, and more. SJFS is a member of the continuum of care community of Menorah Park of CNY and is grateful for funding from the Jewish Federation of CNY, the Alzheimer's Foundation of America, and many generous local and national donors.