



Enroll today!

M-Power U Brain Power Community — A Learning Community for Early Memory Loss.

Supported by seed funding from the Brookdale Foundation, MPU is the only program of its kind in Central New York. 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.

Through a stimulating, fun, and comfortable environment, MPU's state-of-the-art programming addresses the following topics through education and practice:

- **Memory and Cognitive training:** Effective memory strategies and cognitive exercises to maintain, improve, or compensate for affected skills
- **Coping strategies:** Relaxation, stress reduction, and resilience training
- **Lifestyle Choices:** The role of diet, physical exercise, socialization, and stress reduction on memory ability and how to make simple lifestyle changes to create a more brain healthy lifestyle
- **Physical Exercise:** Tai Chi, Chi Kung, and other exercises that have potential to impact brain health

MPU Brain Power Community is offered at Menorah Park every Monday from 9:30 AM – 1:30 PM. MPU's daily fee is \$55, which includes lunch.

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.

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