

University of Central Florida

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Memory and Community through Brain Wellness

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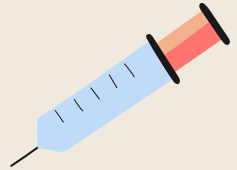
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Brain Wellness and Fitness

Exploring how to slow down dementia

Joshua Borenstein, Jack Gilbride,
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Ariah Todriff



Brain Wellness

"The Brain Wellness group maximizes the health and well-being of individuals experiencing memory loss, mild cognitive impairment, or early stage dementia by providing a therapeutic environment where members can engage in brain-healthy activities and learn lifestyle adaptations"

Brain Wellness meets every
Monday and Thursday from 10-2

Volunteers are assigned to 1-2
attendants and help with
activities and assignments

Volunteers also help set up for
activities, lunch, and helping
attendants leave with their
family or guardians safely



Community Impact

Attendants come from the community close to the church or even an hour away. There's no cure for dementia or any other memory ailments, however having a routine and community is incredibly important in maintaining these attendants health. Being able to communicate, engage, and learn from them helps them keep whatever is left of their memory and exercise their mind. Creating a safe space for the elderly members of our society, even if they no longer are contributing, is incredibly important not only for the individual, but for their families.



Civic Responsibility

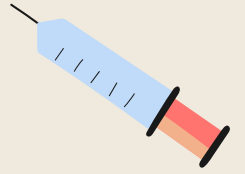


Being able to give back to our local community and assist families and the elderly by helping them exercise their mind and build community is one of our civic responsibilities. If we have the time, patience, and ability to stimulate their growth and community, it's only right we do so and learn from the attendants.





Course Connections



A large part of the Brain Wellness group is the sense of community and belonging. One thing the people who run it do incredibly well is making everyone feel like they fit in. Even when the people coming in are new, they are met with kindness and acceptance.. Everyone is welcome and always reminded that they are there for their benefit. They are reminded how important it is to stimulate our brains. Brain Fitness shows a great example of strong leadership. The people who run it are able to make a transactional plan work well. They guide clients through what they do and the volunteers are there to help make sure that the clients understand what they are doing. Everyone there knows that there is a reason to listen to the people who run it and believe that they will always do right by them. They are genuine leaders.



Reflection

The time we spent with all of the people who went to Brain Wellness was always a good time. It was also important to learn about what troubled them. We did our best to comfort people when we could. Sometimes the conversations we had were hard, so learning to comfort someone who was emotional was a skill that was mandatory going in and we feel like we improved that skill. Learning to listen to people was really important for our project. If a client was not understanding what to do, we had to find a way to explain it that made sense to them. Really learning to hear what they had to say is one of the biggest takeaways we had.



References and Acknowledgments

<https://universitycarillon.net/brain-wellness/>
Susan Karpinski
Professor Edgar

