Lutheran Social Services
of Wisconsin and Upper Michigan

MindWorks: A Proactive Approach in Maintaining Brain Health

Concerned with early memory loss? Consider joining the Lutheran Social Services MindWorks class! With our Tuesday and Thursday class at capacity, we are now expanding the program to Mondays and Wednesdays from 10:00 am to 2:00 pm at Lutheran Social Services, 2000 Bluemound Road in Waukesha.

Guided by evidenced-based curriculum, MindWorks provides a proactive approach for those concerned about their memory loss and exercises the brain through various cognitive, creative, and physical activities. Techniques are shared, including ways to improve memory and coping skills. Members look forward to attending each session; laughs are often shared and camaraderie is evident. A warm, nutritious lunch is also provided during class.

Family members benefit from the class as well. It provides respite; support from the program facilitator and other family members; and gives satisfaction in knowing their loved one is involved in an independent, meaningful activity.

Intervening early with memory loss often provides better quality of life. Various research indicates that mental, physical, and social involvement benefits the memory. Recent studies show that the brain continually rewires and adapts, growing new brain cells and developing new neurons. Participating in mind-bending activities, learning something new, and developing new relationships can aid in new brain activity. Physical activity is critical in brain health as well, increasing the blood flow and oxygen through the brain. Proper nutrition, complete with antioxidants and omega 3 fatty acids also benefit brain health. The MindWorks program offers all these aspects two days a week.

Interested in joining? Please contact Melissa Meier, Program Manager for Aging Services at Lutheran Social Services, at 262-719-2193.