



THE GATEWAY FAMILY YMCA
WISE CENTER YMCA BRANCH
2095B Berwyn Street
Union, NJ 07083
tgfymca.org



CONNECTIONS PROUDLY SERVING . . .

Individuals in our community
diagnosed with either:

- Early-Stage dementia
- Mild Cognitive Impairment (MCI)

The Gateway Family YMCA's
Connections is an innovative
program of support to those
individuals diagnosed with
Early-Stage dementia or Mild
Cognitive Impairment (MCI).

Combining health and wellness
opportunities with mutual
support among members in the
program, the goal is to slow the
progression of the disease and
keep members engaged in the
community.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE IN THIS TOGETHER



CONNECTIONS

EARLY INTERVENTION PROGRAM
FOR INDIVIDUALS WITH
EARLY STAGE DEMENTIA OR
MILD COGNITIVE IMPAIRMENT

THE GATEWAY FAMILY YMCA
WISE Center YMCA Branch
tgfymca.org

CONNECTION... BRAIN AND BODY

Research clearly shows that individuals diagnosed with early stage dementia can slow their physical, mental, and psychological decline by actively participating in regular exercise programs. With that in mind, Connections offers the following opportunities:

- Ongoing one to one support from certified fitness specialists
- Twice weekly cardio and strength training exercises
- Weekly exercises focusing on balance and flexibility
- Opportunities to engage in Y programs such as yoga, Zumba®, Tai Chi, and meditation

CONNECTION... COGNITION AND CREATIVITY

Another important component in cognitive health and wellness is regular involvement in opportunities that use the brain, often in unique and imaginative ways. These include:

- Twice monthly arts programs provided by creative arts specialists. These include sessions on journaling, drama, poetry, painting, music, and movement
- Cognitively stimulating games, puzzles, discussions, and other activities presented at each session
- Educational events on topics including legal and financial planning, healthy living, medication use, home safety, community resources, clinical trials and advances in research
- Trips to local museums, historic locations, restaurants, outdoor centers and other cultural locales



CONNECTION... TO EACH OTHER

Possibly the most important element of the Connections program is the chance to join with others who are experiencing the same challenges. Connections provides:

- Mutual support group at each session facilitated by our Program Social Worker
- Ongoing social work services for members and care partners
- Special education and support programs for care partners
- Opportunities for socialization and just plain fun for members and care partners

HOW DO I GET "CONNECTED"?

Call 908.687.2995 and ask for
Susan Butler or Kerry Jordan.

You can also contact Kerry by email at
kjordan@tgfymca.org

CONNECTIONS IS...

- For individuals who have been diagnosed with mild cognitive impairment (MCI) or any type of dementia in the early stage who are interested in and able to be actively involved in the all the program components.
- A two day per week, four hour per day program, Tuesdays and Thursdays, 10AM to 2PM
- A proactive, multidisciplinary approach to meeting the challenges of progressive cognitive loss.
- Staffed by professional social workers, activities specialists and health and wellness coaches



REQUIREMENTS

- An initial home visit and assessment prior to participation is made by our Program Social Worker
- Participants must commit to participate in the weekly sessions on a regular basis
- There is a \$40 application fee and a per session fee of \$40. There may be additional fees for outings and special events. Financial assistance is available upon request for persons with limited income and assets
- Participants must provide their own lunch and transportation