



# Programs & Services

*For the Benefit of Local Alzheimer's, Dementia Patients and Caregivers*



This special class series is for those with memory loss and their primary care partner. Each week features an education component by community professionals and legal advisors.

## Early Stage Memory Loss Class

A 10 week education series with classes offered twice a year in February and September. Topics include: Brain Training Exercises, Legal & Financial Preparations, Memory Aids, Stress Management, Brain Health, Nutrition, Validation Communication Training and much more.



The Memory Activity Club provides a positive social experience that elevates and improves the mood of the participant. The sooner participants start, the better they will adapt and enjoy the classes.

## Memory Activity Club

Those with moderate dementia are the best suited for this activity group. Participants must be able to take care of bathroom needs with only standby assistance. The Activity Club is an enormous benefit to caregivers as it provides much needed respite. It is also a life-changer for those with dementia who attend.



"Good Morning Sunshine," are the words heard each morning, Monday- Friday, by many area seniors who are dealing with memory loss issues as part of Memory Matters' telephone reassurance program.

## Good Morning Sunshine . . .

This program is available to seniors who live alone, are age 55 or older and have memory loss issues due to Alzheimer's disease and dementia, or seniors with health issues caring for someone experiencing memory loss. A trained volunteer calls each day, at a predetermined time, to check on their wellbeing.

SCAN THIS QR CODE FOR MORE INFORMATION:



Memory Matters meets the growing needs of the senior population in southern Utah and Mesquite, Nevada experiencing memory loss due to Alzheimer's Disease and Dementia. Memory Matters is a 501(C)(3) local service organization operating in southern Utah and Mesquite, Nevada.

### Memory Matters Utah/Nevada

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## Memory Matters Utah/Nevada Mission:

To reduce isolation and increase wellness for individuals with dementia and their caregivers through activities, support, education, and consultations.