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Home Care Assistance of Ft. Lauderdale Hosts Educational Series on Boosting Brain Health

Home Care Assistance's six-part Mind Fit Series Atria Willow Wood focused on enhancing brain health through various lifestyle factors including cognitive activities used in the company's proprietary Cognitive Therapeutics Method™

(Fort Lauderdale, FL – September 24, 2019) [Home Care Assistance of Ft. Lauderdale](#), the leading provider of in-home senior care, recently concluded a fun and informative six-part series in partnership with Atria Willow Wood in Fort Lauderdale. Led by Home Care Assistance's expert and Business Development Manager, Chris Cascio, The Mind Fit Series: Activities to Boost Brain Health covered proactive ways to enhance cognitive functioning, including activities used in the [Cognitive Therapeutics Method™](#), a science-based cognitive stimulation program. The series ran from July 15th through August 19th, 2019. This event was open to all residents free of charge.

Just like the body, the brain experiences changes in structure and function as a result of aging. While this is typical for everyone, there are positive lifestyle changes you can make to keep your mind sharper for longer. The Mind Fit Series, based on Home Care Assistance's Cognitive Therapeutics Method, draws upon existing research on enhancing mental acuity throughout the lifespan and introduces activities in a fun and engaging group format.

Below were the different sessions of the series:

July 15: Social reminiscence, Current Events, Chair Stretches, Create a Healthy Snack

July 22: Family Feud, Pictionary, Advice Column

July 29: Trivia, Name that Tune, Logo Identification, Geographical Recall

August 5: Writing, Scrambled Sentences, Word Bingo, Alphabet Soup

August 12: Take Away, Letter Counting, Design Recreation

August 19: Magnify, Entangled Figures, Visual Puzzles

"It was such a pleasure conducting the Mind Fit Series over the past couple of months at the Atria Willow Wood," said Chris Cascio, Business Development Manager at Home Care Assistance. "Feedback from series attendees was overwhelmingly positive, residents stating how much they enjoyed the activities but also felt challenged by them as well."

With a mission to change the way the world ages, Home Care Assistance helps seniors live well at home through innovative offerings such as its proprietary [Balanced Care Method™](#), which emphasizes scientifically-studied lifestyle behaviors of the longest-living people on Earth, and the [Cognitive Therapeutics Method™](#), an activities-based program designed to boost mental acuity as well as delay the onset and progression of cognitive decline.

For more information on Home Care Assistance of Ft. Lauderdale, please visit www.HomeCareAssistanceFTLauderdale.com or call 954-909-0370 at any time. Home Care Assistance of Fort Lauderdale is located at 5975 N Federal Highway, Ste 124 in Fort Lauderdale, FL.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading consumer health company in the in-home care industry with nearly 10,000 champions of aging well serving older adults across North America. The Company is recognized for its precision wellness and cognitive health platform and integrated partnerships with premier healthcare organizations. HCA is the official caregiving partner of the Women's Alzheimer's Movement and producer of an award-winning healthy longevity book series. For more information, visit homecareassistance.com.

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ABOUT COGNITIVE THERAPEUTICS METHOD

Cognitive Therapeutics Method is a program designed to keep aging minds sharp, and was developed by a team of researchers led by a neuropsychologist at Home Care Assistance. The goal of the Cognitive Therapeutics Method is to improve quality of life through a holistic approach that includes cognitive engagement, stress management, physical exercise, social interaction, recreation, sensory stimulation and a healthy diet. Home Care Assistance caregivers are trained to incorporate healthy lifestyle choices advocated through Cognitive Therapeutics Method and Balanced Care Method to help our clients lead enriched and purposeful lives. For more information about the Cognitive Therapeutics Method, visit <https://www.homecareassistanceftlauderdale.com/cognitive-therapeutics-method/>.