



## Social Engagement Program Fosters Creativity through Art

The Alzheimer's Association early-stage social engagement programs offer a comfortable way to get out, get active and get connected to others who are living with memory loss, mild cognitive impairment (MCI), early-stage Alzheimer's or dementia, and their care partners. **Memories in the Making®** is a signature art program that allows individuals to express themselves through art and supports creativity in an encouraging environment. The program fosters story sharing, being in community and helping individuals continue to live their best lives.

Memories in the Making offers a supportive and "safe" environment where participants can interact, share opinions and express themselves without judgment.

### Program Benefits

- Stimulates the brain and increases the level of concentration and sustained attention.
- Fosters family communication to share about the art and the story behind it.
- Preserves distant memories or captures the "spirit of the moment."
- Validates and focuses on what remains rather than what's lost.
- Allows persons with diminished verbal and organizational skills to communicate through art.
- Increases self-esteem through the creation of something of value.

### How it Works

Memories in the Making is delivered through community social engagements, long-term care communities and Memory Cafe's throughout Wisconsin. Care partners and those living with Alzheimer's or dementia join in an instructor-led art session. Art supplies are provided and virtual programs are available upon request.



### For More Information, contact:

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