

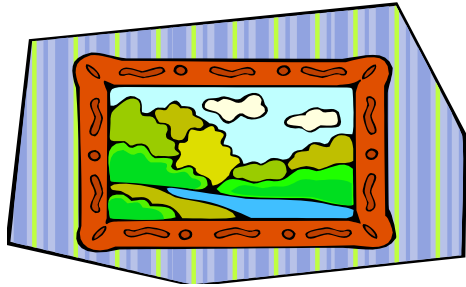


# “Memories in the Making”

A National Alzheimer's  
Association program offered  
in collaboration with the  
YMCA of Greater Westfield



YMCA of Greater Westfield  
67 Court Street  
Westfield, MA 01085



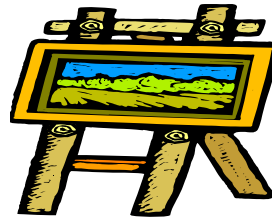
*“Since the earliest days of human existence, the urge to say “I was here; I have something to say” has been a primal part of our being. The language of pictures, as in the cave paintings of thousands of years ago, is universal—and, through the “Memories” program, we have found that a person with diminished verbal and organizational skills can still communicate through creating a drawing or a picture.”*

*From: “Memories in the Making” A program of Creative Art Expression for Alzheimer Patients” by Selly Jenny with Marilyn Oropeza, 1993*





## “Memories in the Making”



### Program Details:

This program is a unique approach to art expression for dementia patients. The goal of the “Memories Method” is to allow self-expression through art, focusing on the process of creating. Many benefits are reaped for the individual participants as they experience a feeling of accomplishment; of having done something on their own. Additionally they will have the tangible reward for their efforts in the form of a drawing, a painting - to look at and to show others. As they participate in the activity of painting, participants gain self-confidence and often have a greater sense of control in their lives.

The “Memories in the Making” program takes place at the Mercy Adult Day Center located at 24 Clifton Street in Westfield. Any individuals who attend the Day Program and who have a confirmed diagnosis of Alzheimer’s disease or dementia are welcome to participate in the program. Due to the nature of the program, class size is limited. Interested participants are accommodated by rotating into the class on a periodic basis.

#### Sponsoring Organizations:

Alzheimer’s Association  
Western Regional Office  
264 Cottage Street  
Springfield, MA 01104  
Phone: 413-787-1113

YMCA of Greater Westfield  
67 Court Street  
Westfield, MA 01085

### Program Details continued:

The “Memories in the Making” Class requires a limited program membership, though there is no charge for the class:

Limited YMCA Program Membership:  
Adult = \$30.00/year  
Senior = \$25.00/year

**Dates:** On-going

**Day:** Fridays


**Time:** 10:00AM-11:30 AM

**Location:** Mercy Adult Day Center  
24 Clifton Street  
Westfield, MA 01085

YMCA of Greater Westfield  
67 Court Street  
Westfield, MA 01085  
413-568-8631  
[www.westfieldymca.org](http://www.westfieldymca.org)

For more information, please contact  
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Director at the YMCA of  
Greater Westfield.  
Email: [rscalise@westfieldymca.org](mailto:rscalise@westfieldymca.org)



alzheimer's  association  
the compassion to care, the leadership to conquer