

## what participants say about meeting of minds

"There is thinking that happens here that would not have otherwise occurred — and my wife says I'm less argumentative at home, too!"

"The non-judging environment and acceptance of who we are, even with our limitations, is very important to me."

"I want to do everything I can to maintain my function and independence, and this is part of it."

"I am always surprised by something that happens here, and that's good for me!"

## from care partners of participants

"My husband has become more inquisitive, like he used to be."

"My father is much more responsive in conversation, he initiates more, and his wonderfully witty sense of humor has returned. I feel that this program has given back to me a part of my father that I thought was gone forever."

*And Jody Curley, the Meeting of Minds creator and program facilitator, states, "Having the opportunity to facilitate this program is a great and humbling gift."*

## about jody s. curley, m.a.

Jody S. Curley is a Family Support Specialist at the Alzheimer's Association, South Central Wisconsin Chapter. She developed the Wisconsin Meeting of Minds program and has been the sole facilitator of the program since its inception.



Jody has worked in aging services and dementia care for almost 40 years. She has experience with nursing home care, hospital care, home care, adult day services, and community based programs designed to help people live as independently as possible for as long as possible. She has also worked extensively with family and friend care partners of people with memory loss. She has published in her field and has presented at numerous conferences, seminars and workshops. She holds an Associate Degree in occupational therapy, a Bachelor's Degree in social work and a Master's Degree in counseling psychology and creative writing.

Jody is also a certified tai chi teacher, a certified meditation instructor and an ordained interfaith minister. Her primary interest at this stage of her professional and her personal life is the healing potential of the authentic meeting of minds – AND hearts.

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*Professionals, empower your clients with mild memory loss by offering them this engaging new program*



## facilitator training for meeting of minds

A program for people with mild memory loss

**Thursday, January 28, 2010**  
**9:00am - 4:00pm**  
**Madison Senior Center**  
**330 W. Mifflin St., Madison**

## what is meeting of minds and why should i be trained?

**Meeting of Minds** is a two-hour memory enhancement program for people with mild memory loss, including individuals diagnosed with Mild Cognitive Impairment (MCI) or the early stage of a progressing memory disorder such as Alzheimer's disease, vascular dementia or Lewy Body dementia.

The goals of Meeting of Minds include:

- Maintaining memory and cognitive functioning by harnessing the brain's ability to learn and connect in new ways
- Encouraging a regular exercise and stress management practice through involvement in tai chi, other exercise options, and meditation
- Helping participants to positively impact their lives through creative expression, sharing talents, and helping one another with life issues

The program was originally developed by and offered for three years exclusively through the South Central Wisconsin Chapter of the Alzheimer's Association.

We are excited now to share it with others by training additional facilitators within senior centers, retirement communities and other organizations serving older adults.

Meeting of Minds is an economical, portable and popular program for people with mild memory loss. It easily travels from senior center, to community center, to nutrition site, to wherever people over 50 gather ... making it cost-effective and easily administered in even small communities.

### Program Agenda

- **Registration (8:30 – 9:00 am)**
- **Overview of dementia and early stage memory loss (9:00 – 10:00 am)**
- **Principles of programming for people with early stage memory loss (10:00 – 11:00 am)**
- **The Meeting of Minds program: Concept and implementation (11:00 – 12 noon)**
- **Lunch on your own (Noon – 1:30 pm)**
- **Participate in a Meeting of Minds session (1:30 – 3:30 pm)**
- **Resources and reflections (3:30 – 4:00 pm)**

## registration

Name

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Organization and position

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Address, city, state, zip

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Phone and email address

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**Fee: \$50 per person**

*Make checks payable to: Alzheimer's Association-South Central Wisconsin Chapter*

Mail registration along with your check to: Alzheimer's Association, 517 N. Segoe Rd., Suite 301, Madison, WI 53705. Please register separately; photocopies OK.

Enrollment is limited, so register early. **Registration deadline is January 15, 2010.** Certificate of Attendance provided.

For additional information, contact Jody Curley at [jody.curley@alz.org](mailto:jody.curley@alz.org) or 608.661.8427.

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