



## Curriculum Based Programming To Preserve the Brain

Enhancing Cognitive Health Thru Education

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## Why Brain Preservation Matters

- Cognitive decline is a growing concern with the aging population. Especially dementia.
- Dementia impairs memory, reasoning & daily function.
- Education & mental stimulation can slow brain deterioration.
- Curriculum based programs offer structured ways to maintain brain health.

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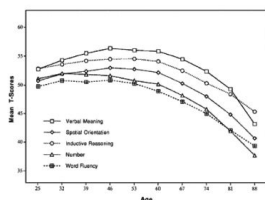
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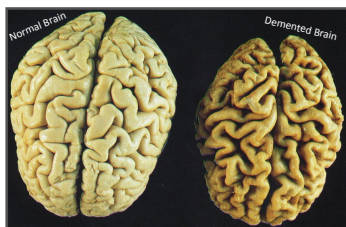
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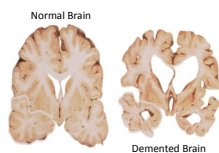
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How Learning Protects the Brain

- Neuroplasticity: The brain adapts & forms new connections through learning.
- Learning strengthens neural pathways, even in aging brains.
- Cognitive Reserve: Education reduces dementia risk by building brain resilience.
- Research: Studies show lifelong learning improves memory & problem solving.
- Lifelong learning is linked to 30% lower dementia incidence.

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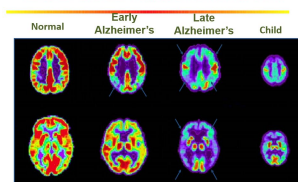
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Positron Emission Tomography (PET)  
Alzheimer's Disease Progression vs. Normal Brains



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#### What is Curriculum Based Programming

- Structured educational activities designed to engage the brain and combat dementia progression.
- Examples: Memory Exercises, problem solving tasks, language learning & logic puzzles.
- Dementia specific focus: Repetition and familiarity to reinforce neural connections.
- Tailored to different age groups or cognitive needs.



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There are many computer-based memory enhancement programs that are fun, challenging & beneficial, however they do not provide the social support, interaction & individualized attention that a classroom session provides.

This class should be unique in that it focuses on addressing the mind/body connection of everyone. This approach is based on the principle that the mind & emotions affect physical health and vice versa. These classes are not linked to a specific time limit.

Curriculum should be ongoing sustained intervention therefore participants who are functioning independently are welcome to remain in the class for an unlimited amount of time.

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#### Impact & Practical Steps

- Benefits: Improved focus, delayed cognitive decline, enhanced quality of life. Slows Dementia Progression
- Implementation: Senior Centers, Memory Care Communities, Libraries.
- Case Study: Brain Games can delay dementia symptoms by 6-9 months in trials.



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There are numerous significant landmark studies from highly regarded institutions substantiate not just the effectiveness of memory enhancement programs, but the crucial need for them. Five major studies are listed below in chronological order.

- Mayo Clinic Study - 2009 - People who engaged in mentally challenging activities in their 50's and 60's were 40% less likely to suffer memory problems.
- Rush University - 2010 - People who engage in complex tasks have improved cognition and lower risk of dementia
- Time Online - 2011 - Friends With Benefits: Being Highly Social Cuts Dementia Risk by 70%.
- UCLA Longevity Center - 2012 - People with a high amount of cognitive reserve can compensate for the brain damage caused by disease and old age, being less likely to manifest symptoms of dementia.
- Johns Hopkins - 2013 - Performing basic reading and math tasks maintains and improves cognitive function in healthy seniors and in those with dementia.
- ACTIVE study - 2014 - Brain training helped older adults stay sharp for 10 years after training program was completed.

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#### A Future with Healthier Minds

- Curriculum based programming is a proactive approach to brain health. Offers hope against rise in dementia patients
- Start Small: Incorporate brain boosting activities into daily life. Daily brain exercise can make a difference.
- Call to Action: Support or join programs for cognitive preservation.
- Advocate for dementia focused educational initiatives



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