



PARKER

Are You or A Loved One Concerned About Memory Loss?



Tips for a Healthy Brain

Stress Management
Mental Exercise
Social Relationships

Healthy Diet
Physical Activity
Regular Checkups

Join us for a day full of brain-building activities and education

FREE

Memory Health Fair

Sunday, November 10th – 11am-3:30pm

443 River Road, Highland Park



Tours of Parker Home Available on Request

Educational Sessions & Support
Feed Your Brain: Demos & Recipes
Healthy Relaxation Techniques
Memory-Building Games

Complete schedule & details on back



Register by Nov. 1
for FREE LUNCH and GIFT

Additional support from:



RUTGERS

alzheimer's association



Registration Required
Call 732-565-2426

Information and directions:
www.FrancisEParker.com

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PARKER

Memory Health Fair

presented by Parker Adult Day Center

Sunday, November 10th
11 am-3:30 pm
443 River Road, Highland Park

Complimentary Lunch

11:00 am -12:30 pm

Receive Your
Lunch Voucher
At Registration
(One Per Guest)

Café & Adult
Day Center



Memory Loss: Evaluation & Diagnosis

Dr. Moondra, DO Geriatrician
Saint Peter's Healthcare System

12:30 -1:15 pm
Classroom A/B



Take The Brain Tour: Dementia & Our Most Powerful Organ

Karen Hidalgo, MSW, MPH
BrightStar Homecare

12:30 -1:15 pm
Parker Theater



Tours Available on Request

Visit Parker Assisted Living,
Nursing Care, and Memory Care
Residences & Adult Day Center

Brain Food Cooking Demonstration I

Parker Chef de Cuisine

1:00 -1:45 pm
Adult Day Center Great Room

Mind & Body Exercise I

Lori Morell, CMP, BA, PT

1:00 -1:30 pm
Wellness Studio

The Shriver Report: A Woman's Nation Takes On Alzheimer's

Rose Berger, MSW
Alzheimer's Association

1:30 -2:15 pm
Classroom A/B

BrightBrainer™: Integrative Cognitive Exercising

Grigore (Greg) Burdea, PhD

1:30 -2:15 pm
Parker Theater

Mind & Body Exercise II

Kari VanderHorn, PT

1:45 -2:15 pm
Wellness Studio

Brain Food Cooking Demonstration II

Parker Chef de Cuisine

2:00 -2:45 pm
Adult Day Center Great Room

Challenging Behaviors: Life Of A Caregiver

Jordan Feldman, MSW, LCSW
Memory Disorders Clinics
COPSA

2:30 -3:15 pm
Classroom A/B

Keeping Your Mind Sharp

Amy Lewis, MPH, MCHES
NCADD

2:30 -3:15 pm
Parker Theater

Meditation & Relaxation

Tamsin Metzler,
BSW, CSW, CDP
Parker Social Worker

2:30 -3:15 pm
Wellness Studio



Event schedule subject to change

11:00 am-3:00 pm
Drop in throughout the day

BrightBrainer™ Interactive Games

Gregory House, PhD,
Kevin Polistico and
Amalan Krishnamoorthy
Social Club Room

Games For The Brain

Dr. Nicole Robell
Rutgers Exercise Science
Fitness Center

Free Hearing Screenings

Michael Gordon
Total Hearing Care
Healthy Aging Suites

To Register Call **732-565-2426**

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