

Proposal for a Charitable Contribution

BRAIN BOOSTERS_PROGRAM DESCRIPTION

Name of Program_Brain Boosters

In addition to promoting ways to maintain healthy brains and their inner connections, the Brain Boosters program will connect people with people, people with resources and community partners with each other in order to help Delawareans to be mentally fit as they grow older.

Brief Description of Program_As the population of Delaware ages, baby boomers and older adults are increasingly concerned about their mental fitness and maintenance of brain health. The fear of developing Alzheimer's disease or other forms of dementia has raised great interest in finding ways to keep memories sharp and thinking processes clear and focused. In response to this common need and as a result of study and research, a group of professionals from the aging network has developed a three tiered approach to meeting the current and anticipated demand for programs and products that will stimulate minds and prevent memory loss.

The Brain Boosters program is designed to facilitate mental fitness for two distinct, yet interconnected segments of our aging communities: Baby Boomers, who want to remain vibrant as they get older, and senior adults (ages 65 +) who seek to maintain or improve both their memories and overall mental functioning. Opportunities to meet these interests will be offered to individuals at local senior centers and community organizations; small groups comprised of people at various ages who want basic training for achieving brain health; and statewide audiences at major events who seek cutting edge information from experts about "staying sharp".

Please note that whenever possible, volunteers recruited through RSVP and local senior centers will be engaged to plan, promote and facilitate programs.

Program for Individuals_Senior centers are ideal locations for brain fitness programs because their primary purpose is to help seniors stay healthy while aging. In addition, they currently reach a large number and a wide variety of individuals who benefit from their programs and services. Other organizations such as churches, schools with adult education, and community centers can readily adapt the program described below for their participants.

A toolkit will be developed for use in local organizations that will include: • General information about mental fitness and program purpose on laminated sheets that can be posted or readily used by group facilitators • Internet Guide to Mental Fitness – a website bibliography with descriptions of free or low cost programs that can be accessed by individuals in computer labs at the centers or at home. These sites will be researched to assure suitability for the target audience. Examples of the web-based programs are: The Brainwaves Center; Braingle; Thinks.com; puzz.com; AARP brain games. As stated on the Braingle site, these programs are intended to