



## **Parker Promotes Cognitive Health at Annual Memory Fair**

**HIGHLAND PARK, N.J.** — The Parker Adult Day Center opened its doors to the community on Sunday, November 10<sup>th</sup> for Parker Home’s annual free Memory Health Fair. This year, almost 200 people attended the unique event designed to generate awareness and provide education on Alzheimer’s Disease and other forms of Dementia.

The well-rounded program included interactive brain games, mind/body exercise classes, cooking demonstrations and educational lectures by health care leaders in the field. Free memory screenings using the Montreal Cognitive Assessment (MOCA) method were administered by Parker social workers in private one-on-one sessions. The screenings, one of the most popular activities year after year, were limited to assure each individual a thorough evaluation. It’s this quality of care and range of activities offered that keep people like Louise Gurgui coming back to the free event every year. “This event is unlike any other and is just one of so many wonderful Parker offerings,” said Gurgui. “Before my mother came to Parker, she was just existing - Now she is thriving! I recommend this place to everyone I meet.”

Chef de Cuisine, Domenic Buzzerio, led two highly attended cooking demonstrations, recreating the nutritious gourmet meal served for lunch earlier in the day. “The cooking demos were my favorite part,” said attendee Joan Brennan. “I love that they give us the recipes and show us exactly how to make these delicious dishes.”

Another very popular activity at the fair was the BrightBrainer™ Interactive Cognitive Exercising. The engaging computer-based games are meant to strengthen brain function in an enjoyable way, while also increasing blood flow in the upper body. Attendee Carol Piekarski couldn’t agree more, “The BrightBrainer games were phenomenal,” she stated. “They stimulated my mind so learning was more like a game than a chore.” Fellow attendee, Mary Joyce Senior, echoed Piekarski’s sentiment by adding “Breakout was my favorite of the games. What fun!”

Additional activities included “Games for the Brain,” interactively presented by Rutgers University Exercise Science students and free hearing screenings provided by Total Hearing Care. As always, tours of Parker at Stonegate Assisted Living and the Parker at River Road Nursing Home were conducted upon request.

Parker Home would like to thank Rutgers University, Saint Peter’s University Hospital, The Alzheimer’s Association and BrightStar Homecare for their support, as well as the many compassionate volunteers and industry vendors who contributed to the successful event.

For those who would like to learn more about Parker Home’s diverse services, or to schedule a personalized tour, we invite you to contact us at 732-565-2426 or [www.FrancisEParker.com](http://www.FrancisEParker.com).

**The Francis E. Parker Memorial Home (PARKER Home)** a not-for-profit long-term care provider serving seniors since 1907 in Central New Jersey. For more information, visit [www.FrancisEParker.com](http://www.FrancisEParker.com) or call 732-565-2400.



Chef de Cuisine, Domenic Buzzerio, leads an interactive cooking demonstration.



Attendee, Mary Joyce Senior, plays the BrightBrainer cognitive exercising games with the assistance of a trainer.