

“This is the place to be. We feel supported and gain confidence in ourselves. We share each others’ stories, give support and receive the blessings of friendship.” —Helene



“Mom (Helene) treks across town by bus almost every weekday to the GSC. She is especially fond of the weekly ‘Gathering Place,’ where folks with memory issues can share and discuss their experiences. She has attended for more than three years now!

Living with memory loss is a difficult challenge for any family. The GSC provides such caring support and enriches all of our lives. We are so very grateful to have the Gathering Place and other Greenwood Senior Center programs as a family resource.” —Kevin and Diane

“The Gathering Place has the elements that research has shown to be good for brain health: physical exercise, brain exercises, and socialization. Furthermore, the art and music portion of the program accesses parts of the brain not often utilized by people with memory loss. This program is clearly geared toward fully engaging people with early stage memory loss.”

Jane B. Tornatore, PHD
Counselor and Brain Health
Speaker
Seattle, WA

The Greenwood Senior Center
525 N 85th ST, Seattle, WA 98103
(206) 297-0875
www.phinneycenter.org/gsc



The Gathering Place

An Early Stage Memory Loss Enrichment Program

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The Greenwood Senior Center (GSC) is committed to providing support and enrichment opportunities for persons living with memory loss and their care partners. This includes individuals experiencing cognitive changes due to a variety of different neurological conditions.

The Gathering Place is a weekly afternoon enrichment program for people living with early stage memory loss (ESML). The four pillars of our program are:

- cognitive stimulation
- cultural enrichment
- physical movement
- social engagement

All of these elements have been shown to provide cognitive enhancement for ESML.



The Gathering Place follows guidelines established by respected ESML programs throughout the country.

Research shows that these programs benefit people living with ESML in the following ways:

- Improved quality of life
- Strengthened brain function through learning opportunities
- Enhanced confidence and improved self-esteem
- Increased meaning, purpose and social connection



Additional information about The Gathering Place:

- Thursday afternoons, 1-4pm.
- The group is facilitated by Cayce Cheairs, GSC Memory Loss Programs Coordinator, and a trained volunteer.
- The cost is \$35 a day. Billing is twice a quarter and scholarships are available.
- Registration is required, no drop-ins.

How to Register:

Schedule a pre-registration meeting with Carin Mack, MSW. During this evaluation Carin will provide information about all of the programs and support groups for families and individuals living with memory loss.

Contact Carin at:
(206) 297-0875, (206)-230-0166,
or socialwkr@comcast.net