



# SANTA MARIA WISDOM CENTER

LIFE STEPS FOUNDATION, INC.

## **Santa Maria Wisdom Center to Launch Dedicated Alzheimer's Program Start Up Grant from the Henry Mayo Newhall Foundation**

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**FOR IMMEDIATE RELEASE**

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**SANTA MARIA, CA** - The Life Steps Foundation was awarded a grant of \$20,000.00 from the Henry Mayo Newhall Foundation to launch a Dedicated Alzheimer's Program at the Santa Maria Wisdom Center (SMWC).

The need for low-cost, innovative Adult Day Healthcare and Alzheimer's Day Care Resource Centers programming is growing dramatically on the Central Coast. The Santa Maria Wisdom Center strives to accommodate the growing demand for services among this demographic. "The majority of our daily participants, roughly 75%, are the cognitively impaired elderly who have a diagnosis of Alzheimer's disease or moderate to severe dementia," said Linda Gadbois, Program Director. "As the only licensed Community Based Adult Services program within Santa Barbara and San Luis Obispo Counties, the development of our Dedicated Alzheimer's Program really adds to the continuum of care we provide and will be a vital resource for our community."

The grant will make it possible for the SMWC to formulate this program, train staff members, and purchase much needed materials to get it off the ground and into its first phase. The Dedicated Alzheimer's Program will consist of two primary cognitive therapies - Music and Memory™ and Memories in the Making® - as well as host multiple Caregiver Support Groups each month.

Music and Memory™ is grounded in extensive neuroscience research about how our brains respond to music. This personalized music system has helped thousands of residents, clients, patients, and the staff who care for them. Musical favorites replace confusing environmental stimuli with something interpretable and distract from boredom or distress with a soothing, familiar experience. Individuals are more cooperative, attentive, and willing to accept care

Memories in the Making® is a fine arts program for people with dementia. It was introduced in 1988 as the signature art program of the Alzheimer's Association. The benefits of Memories in the Making® can include improved self-esteem, a productive outlet for emotions, increased attention span and focus, an opportunity to socialize, thus reducing isolation, recollection and expression of past memories, and a way to reconnect with loved ones.

### **About the SMWC**

The mission of the SMWC is to prevent, delay and reduce the premature institutionalization of low income, frail elderly and adults with disabilities allowing them to remain at home long as possible. The SMWC provides comprehensive adult day health care services including on-site nursing care and medication management, physical and occupational therapy and rehabilitation, recreational activities, breakfast and a hot noon meal daily.

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