

WISE News

ADVOCACY, LEADERSHIP & INNOVATIVE SERVICES FOR OLDER ADULTS & CAREGIVERS



Greetings!

May is Older Americans Month and what better time to share the latest edition of WISE News! If you have feedback or any news that you would like to share, please drop us an email at wise-news@wiseandhealthyaging.org.

As a program within WISE & Healthy Aging's Adult Day Service Center, **WISE Minds** offers activities that help stimulate our clients both mentally and physically, which research shows helps to slow memory loss and stave off the anxiety and depression that too often goes along with it.



WISE Minds meets in-person at our Santa Monica location. Classes are also offered to clients at home via Zoom that meet three times weekly.

[Learn more](#)

May is Older Americans Month: Interview with Miriam Caiden, MSG PhD



As an Educational Gerontologist, Miriam Caiden, MSG PhD, has worked to support, train and educate older adults for more than 25 years. At WISE & Healthy Aging, Dr. Caiden's work focuses on creating and teaching curriculum and facilitating learning activities with older adults in the early stages of memory loss as part of our **WISE Minds** program.

"We can't cure, prevent or make memory loss or dementia better, but we do know that a person's symptoms can get worse without social interaction and being cognitively challenged," Dr. Caiden explains.

[Read the Full Interview](#)

Age Your Way with Club WISE Programming



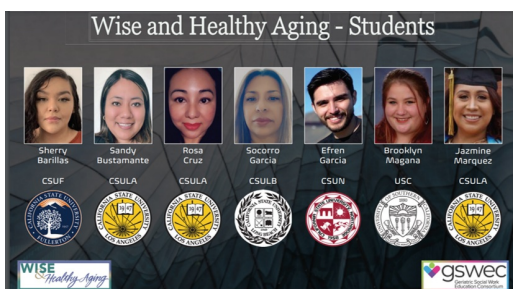
When it comes to helping older adults age their way (this year's theme for Aging Americans Month), **Club WISE** hosted two "Coming Together Information Sessions," at our Santa Monica (Ken Edwards Center) and Baldwin Hills (Macy's) locations.

All in, more than 150 people showed up to learn about our in-person and virtual classes, find out if they qualified for a free phone through California Telephone, how to get low-cost Lyft rides - and much more! And for International Dance Day on April 29, four of the Laker Girls stopped by to sign autographs and greet guests in Santa Monica!

[Join Club WISE](#)

Congratulations GSWEC Graduates!

As one of 12 Centers of Excellence in the Geriatric Social Work Field Education Consortium (GSWEC), we congratulate our seven graduate student interns who interned at WISE & Healthy Aging and completed their eight month internships. As part of their internships, each chose a macro project that they worked on in our **Long Term Care Ombudsman**, **Elder Abuse Prevention Programs** and/or **Adult Day Service Center**. Their macro projects were presented via poster at the GSWEC End of Year Event and focused on: fraud prevention; educating residents of long-term care facilities about their rights; language barriers in care; advanced healthcare directives for vulnerable populations; barriers for Latino caregivers that can result in underutilization of Adult Day Care Services; and the effectiveness of mindful breathing in older adults experiencing cognitive decline.



From Left to Right: Sherry Barillas, Sandy Bustamante, Rosa Cruz, Socorro Garcia, Efrén Garcia, Brooklyn Magana and Jazmine Marquez.

We're also excited that Brooklyn Magana and Socorro "Coco" Garcia will join our staff later this month, with Brooklyn as an Enrichment Programming Specialist in our

Adult Day Services Center and Coco as a Care Coordinator in our Care Management Program.

[Learn More](#)

Join Us for the 2022 Celebration of Caring, June 20!



To purchase tickets or find out about sponsorships, underwriting opportunities and Tribute placements, click the button below.

[Information and Tickets](#)



WISE & Healthy Aging, a non-profit, community-based social service organization, advances the dignity and quality of life of older adults through leadership, advocacy and high-quality, innovative services.

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