Music can help to awaken, stimulate and improve cognitive functioning. Families' songs help to unlock memories and are able to penetrate areas of the brain that are often affected.

We will program iPods personalized with songs that seniors enjoy and provide positive memories from their past.

This is not a cure for Alzheimer's/dementia, but an aid to improve the lives of people suffering from this disease and can be combined with other therapeutic activities to enhance the lives of those affected by dementia.

• We help prevent premature nursing home placement.
• Statistics have shown improved sleep at night for both caregiver and loved one engaged in our programs.
• Our caregivers are 62% less apt to experience negative health issues associated with caregiver burden.
• Our programs provide purpose, structure and self worth—a better quality of life for the whole family.
• Staff are Certified Alzheimer's and Related Dementia Care Specialists.

Easterseals New Hampshire
555 Auburn Street | Manchester, NH 03103
603.621.3550
easterseals.com/nh
If you are experiencing early memory loss, join our . . .

**Your Brain Matters Program**

This weekly program provides social, educational, and supportive community opportunities for individuals experiencing mild cognitive impairment or early memory loss.

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If you need a specialized program during the day while you work or take a break . . .

**Medical Adult Day Services**

Monday-Friday; 7:30 am-5:30 pm

We have **TWO** Adult Day Programs specifically-designed for people living with Alzheimer’s or related dementia. The **Daybreak Program** is designed for people experiencing mild to moderate stages of Alzheimer’s or related dementia.

The **Atrium Program** serves those benefitting from a secure environment with a need for increased individual supports. Both programs are active and engaging with Dementia Certified Specialists leading the way.

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If you need in-home support . . .

**AlzBetter In Home Program**

7 days a week, 24-hours a day

Services include: **housekeeping, meal preparation, transportation, personal care, companionship, and medication reminders.** For consistency purposes, we make every effort to provide the same dementia trained worker every time. We assist in keeping your loved one safe, independent, and engaged with a sense of purpose at home and in the community.

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If you are a caregiver needing guidance and support, join our . . .

**Monthly Caregiver Group or Weekly Educational Group**

Relax, share, gain insight, gather solutions.

If needed, care is provided free of charge for your loved one in our facility during group time.

**Powerful Tools for Caregivers** is an evidenced based, powerful journey through developing a wealth of self care tools: to reduce personal stress; recognize and deal with difficult emotions; and make tough caregiving decisions.

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If you need a program for early morning, during the day and evening all in one day . . .

**Rise & Shine/Evening Program**

Our services can assist someone out of bed and with their morning routine, provide a breakfast meal, and transport your loved one to our Medical Adult Day Program. At the conclusion of their day, a ride home, evening meal preparation, medication reminders, companionship and evening care all ensure an ending to an active and purposeful day.