The Front Porch offers opportunity for:

- A sense of purpose & belonging

- Enjoying companionship in a secure, welcoming environment

- Increasing self-esteem & self-expression

- Community involvement

- Educational & fulfilling group & individual activities

- Development of skills for living with memory loss

- Mental & physical fitness workshops

- Respite, education, & support for caregivers

- Assistance navigating community support & resources

Take charge of your memory. . .

Join us on

The Front Porch

Modern Maturity Center, Inc.

Welcome to The Front Porch

**For more information or
to schedule a visit to
The Front Porch
Call
Amanda Harris
302-734-1200 x173**

1121 Forrest Avenue Dover, Delaware 19904

**. . . a caring program for
those experiencing
Early Memory Loss**

The Front Porch

Memory Enhancement Program for persons with Early Memory Loss

Early intervention <u>can</u> help. The Front Porch program at the Modern Maturity Center is designed specifically for individuals with Mild Cognitive Impairment, Early Alzheimer's disease, or other memory-related disorders. The first of its kind in Delaware, the Front Porch focuses on engaging and encouraging persons who need social, perceptive and physical stimulation in a warm, welcoming environment.

If you are concerned about memory and life changes and desire opportunity for personal and peer support - this is <u>your</u> program. It is designed to include <u>your</u> input, strengths and abilities. Discover new memory exercises and cueing techniques. Join with affirming and receptive staff and volunteers who will focus on your well-being, comfort and enjoyment

Meet with us on *The Front Porch*

Monday - Friday
10 a.m. to 2 p.m.
at the Modern Maturity Center

Program Schedule includes:

- Memory Enhancement
- Exercise
- Creative Expression
- Social Club
- Education/Workshops/Speakers
- Noon Meal
- P.M. Transportation
- Community Outings
- Cooking/Crafts/Woodworking

The Front Porch is financially supported by the Palmer Home Foundation, and a nominal fee from participants.