



Media Contact:

Matt Vijayan
President & CEO
905-337-1200
mvijayan@homecareassistance.com

Home Care Assistance Oakville to Host Educational Series on Boosting Brain Health

Home Care Assistance's three-part Mind Fit Series at three Revera locations in Oakville will focus on enhancing brain health through various lifestyle factors including cognitive activities used in the company's proprietary Cognitive Therapeutics Method™

(Oakville, Ontario – September 16, 2018)- [Home Care Assistance Oakville](#), a leading provider of in-home care for seniors, is excited to announce that it will be hosting a fun and informative three-part series in partnership with three prominent facilities by [Revera](#). Led by Home Care Assistance's brain fitness expert and Cognitive Therapeutics Interventionist, Myriam Hamidi, The Mind Fit Series: Activities to Boost Brain Health will cover proactive ways to enhance cognitive functioning, including activities used in the [Cognitive Therapeutics Method™](#), a science-based cognitive stimulation program. The series was kicked off on 9th September, 2018 with subsequent sessions running every week from through 23rd September at [Churchill Place](#), [Trafalgar Lodge](#) and [The Kensington](#). This event is open to all residents, prospective residents and family members, free of charge.

"I am really looking forward to launching the Mind Fit Series at Revera in [Revera](#)" said Myriam Hamidi, Cognitive Therapeutics Interventionist at Home Care Assistance. "Feedback from series attendees in other parts of the country has been overwhelming positive with individuals reporting that they not only thoroughly enjoyed doing the activities but also felt the activities positively challenged their minds."

Just like the body, the brain experiences changes in structure and function as a result of aging. While this is typical for everyone, there are positive lifestyle changes you can make to keep your mind sharper for longer. The Mind Fit Series, based on Home Care Assistance's Cognitive Therapeutics Method, draws upon existing research on enhancing mental acuity throughout the lifespan and introduces activities in a fun and engaging group format.

Below are the different sessions that make up the three part series:

September 9: Memory domain exercise – helps to retain information & utilize later

September 16: Attention domain training - ability to focus on specific information for a long period of time while ignoring distractions

September 23: Executive functioning workshop - includes reasoning, problem solving, judgment, & thought flexibility

With a mission to change the way the world ages, Home Care Assistance helps seniors live well at home through innovative offerings such as its proprietary [Balanced Care Method™](#), which emphasizes scientifically-studied

lifestyle behaviors of the longest-living people on Earth, and the [Cognitive Therapeutics Method™](#), an activities-based program designed to boost mental acuity as well as delay the onset and progression of cognitive decline. Committed to community education on topics related to healthy longevity, the company has also authored an award-winning senior wellness book series, which is comprised of seven books, including *The Brain Boost: A Practical Guide to Brain Health*, *Mind Over Gray Matter: A New Approach to Dementia Care* and *Hospital to Home Care: A Step by Step Guide to Providing Care to Patients Post Hospitalization*, among others.

To learn more about Home Care Assistance and how they are changing the way the world ages, please visit www.homecareassistanceoakville.ca or call 905-337-1200. Home Care Assistance Oakville is located at 2525 Old Bronte Rd, Suite 212, Oakville, ON, L6M 4J2.

ABOUT HOME CARE ASSISTANCE

[Home Care Assistance](#) is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in daily care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2018 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2017, Home Care Assistance has received numerous industry awards including Entrepreneur's Fastest-Growing Franchises and Franchise Business Review's Top 50. The company was recognized as a [2018 Endorsed National Provider](#) by the home care industry's leading research firm, Home Care Pulse. Home Care Assistance CEO Lily Sarafan was also named Health Care Executives' [2016 Woman of the Year](#). For more information about Home Care Assistance, our services and franchise opportunities, visit <http://www.homecareassistance.com>.

ABOUT COGNITIVE THERAPEUTICS METHOD

Cognitive Therapeutics Method is a program designed to keep aging minds sharp, and was developed by a team of researchers led by a neuropsychologist at Home Care Assistance. The goal of the Cognitive Therapeutics Method is to improve quality of life through a holistic approach that includes cognitive engagement, stress management, physical exercise, social interaction, recreation, sensory stimulation and a healthy diet. Home Care Assistance caregivers are trained to incorporate healthy lifestyle choices advocated through Cognitive Therapeutics Method and Balanced Care Method to help our clients lead enriched and purposeful lives. For more information about the Cognitive Therapeutics Method, visit homecareassistanceoakville.ca/cognitive-therapeutics-method.