

LIVEWISE WILL



Improve your quality of life



Keep you physically active



Help you be intellectually and socially active

LIVEWISE is Sponsored by:



alzheimer's association
Greater Michigan Chapter
Upper Peninsula Office



SUPERIOR
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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HELPING ALONG THE WAY LIVEWISE

An early stage Alzheimer's Disease, dementia or other memory impairment program.

MORE INFORMATION OR QUESTIONS

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WHAT IS LIVEWISE?

LIVEWISE at the YMCA is a program that builds confidence and hope for individuals who are experiencing early stage Alzheimer's Disease, dementia or other memory impairments and their care partners.

Over a twelve week period LIVEWISE at the YMCA will focus on

- Healthy Eating
- Managing Stress
- Understanding Alzheimer's & Dementia
- Care Partner Support
- Quality of Life
- Community Resources
- Understanding Grief
- Exercising



HOW TO GET STARTED

- Contact Ruth Almén at the YMCA of Marquette County at 906.227.9622 or ralmen@ymcqmqt.org
- LIVEWISE is a free twelve week program, at the YMCA of Marquette County.
- Sessions are twice a week and 90 minutes long.

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- Individuals and care partners will meet two times for one and a half hours for twelve weeks; to begin building a healthy lifestyle and to support one another.
- Individuals and care partners will learn strategies and techniques to take charge of their health.
- LIVEWISE members will connect with others who are experiencing life memory impairments.

FACTS

- 1 in 9 people over the age of 65 and 1 in 2 over the age of 85 has Alzheimer's Disease
- Every 67 seconds someone develops Alzheimer's
- Growing evidence links heart health and brain health
- Caregivers experience anxiety and depression levels at similar or higher levels than a person with Alzheimer's
- Exercise programs have been known to improve individuals daily activities as well as decrease falls, malnutrition, behavioral disturbances and depression according to [The American Geriatrics Society](#).
- Dementia is a general term for diseases like Alzheimer's that disrupts at least 2 out of 4 core mental functions:
 1. Memory
 2. Language
 3. Planning and problem solving
 4. Ability to interpret visual information

Note: Participants are encouraged to join with a care partner but is not mandatory for participation. Over the course of the program, staff will work with participants to develop care partner relationships.