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Home Care Assistance Palm Desert, Jewish Family Service of the Desert, and the Joslyn Center to Conduct Educational Series on Boosting Brain Health

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

(Palm Desert, CA – June 15, 2016) [Home Care Assistance Palm Desert](#), a leading provider of in-home care for seniors, is excited to announce that it will be hosting a fun and informative six-part series in partnership with Jewish Family Service of the Desert (JFS) and the Joslyn Center. Led by Home Care Assistance's brain fitness experts and Cognitive Therapeutics Interventionists Joyce White and Janetta Rhoades, 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 will kick-off on Tuesday, May 21st with subsequent sessions on the 1st and 3rd Tuesday of the month from 11:00 am – 12:00 pm through Tuesday, September 6th. This event is open to members of the JFS/Joslyn Center Let's Do Lunch group and is free of charge. Registration for the Let's Do Lunch program is free; interested seniors should contact Kraig Johnson at 760-325-4088 ext. 101 for a brief intake.

"We are really looking forward to conducting the Mind Fit Series at the Joslyn Center in Palm Desert" said Nikhil Mehta, Chief Executive Officer at Home Care Assistance. "Feedback from series attendees in other facilities 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.

"This program represents an opportunity to provide programming for our local seniors that improves cognitive function in a fun, interactive setting. JFS wishes to thank Home Care Assistance Palm Desert and the Joslyn Center for making these events possible." Kraig Johnson, JFS Community Programs Coordinator.

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

June 21: Social reminiscence, Current Events, Chair Stretches, Create a Healthy Snack

July 5: Family Feud, Pictionary, Advice Column

July 19: Trivia, Name that Tune, Logo Identification, Geographical Recall

August 2: Writing, Scrambled Sentences, Word Bingo, Alphabet Soup

August 16: Take Away, Letter Counting, Design Recreation

September 6: Magnify, Entangled Figures, Visual Puzzles

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 HomeCareAssistancePalmDesert.com or call 760-345-0001. Home Care Assistance Palm Desert is located at 39620 Washington Street, Suite D, Palm Desert, CA 92211.

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 2016 Franchise500®, Inc. 5000 Company and one of the [50 fastest](#) growing women-owned companies worldwide in 2016, 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 [2016 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 www.homecareassistance.com.

ABOUT JEWISH FAMILY SERVICE OF THE DESERT (JFS)

For over 30 years, JFS of the Desert has provided services throughout the Coachella Valley to those in need, regardless of religion, age, income, ethnicity or lifestyle. JFS services and programs are made possible through the financial support of Jewish Federation of the Desert, Desert Healthcare District, Kaiser Permanente, United Way of the Desert, other grants and the generous support of donors. Most of the nearly 4,500 men, women and children served are from low-income households. They rely on JFS for low cost mental health counseling, crisis intervention and food support. JFS provides isolated, homebound seniors with care, transportation and enrichment activities. JFS also offers counseling and substance abuse education in local elementary schools.