



Senior Provider Information Network

Portland Metro Area

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Presents:

Brain Games: Let's Make Them Worth Our While

Date: **January 25, 2016**

Time: **3:00-5:00pm**

Location: **[Tuality Healthcare
Education Center](#)
334 SE 8th Avenue
Hillsboro, OR 97123**

Phone: **503.681.1700**

1.0 CEU approved by [Heath Licensing Office](#) for Nursing Home Administrator

**If you plan to attend, let us know at "RSVP Now!" on the SPIN website*
www.spinportland.org
(This is important for speakers copying handouts and facilities preparing refreshments!)**

Brain Games: Let's Make Them Worth Our While - There is overwhelming evidence that staying intellectually active in later life has protective effects on brain health and mental acuity. A host of cognitive/brain training programs, often referred to as brain games, have been developed to help older adults boost their memory, attention, and focus. Such programs include computer games and phone apps, and are currently estimated to generate between \$2 and \$8 billion in revenue. But are they worth the expense and effort? Do they produce meaningful improvements?

[Claudia Jacova, PhD](#) is an Associate Professor in the School of Professional Psychology at [Pacific University](#). Her research interests are in aging, cognitive impairment and dementia; early cognitive and functional MRI-based recognition of cerebrovascular and neurodegenerative disease (e.g., Lacunar infarct, Alzheimer Disease, Frontotemporal Dementia); interventions to promote quality of life in dementia; cognitive and clinical instrument development for disease recognition and monitoring; cross-cultural considerations and human-computer interactions in the context of cognitive impairment and dementia.

[Tuality Healthcare](#) provides comprehensive healthcare services to Hillsboro and surrounding communities.

Please Forward and/or Post This Invitation for Others Who May be Interested