

Even as we begin 2021 with optimism as the COVID-19 vaccine begins to give us hope for the resumption of life as we once lived it, we know that unwinding from the many challenges of the pandemic will take considerable time and resources.

Thanks to the **CARES Act funding**, organizations have had expanded opportunities to bring innovative programming and caregiver support and education to our new virtual environment.

[AGE-u-cate<sup>®</sup> Training Institute](#) partners with community-based organizations, including Area Agencies on Aging, in bringing evidence-informed, effective programs for older adults, their care partners and families. Our experiential programs have been expanded to include virtual learning to address the COVID environment and to carry us into the 2021 COVID recovery phase.

### AGE-u-cate<sup>®</sup> Program Options

[Reading2Connect<sup>®</sup>](#) facilitates independent reading for persons living with cognitive impairment. The specialized, dementia friendly books are available as easy to hold books with washable pages, as audio books and e-books, and can also be shared through video platforms. Coach training prepares a facilitator to reach people virtually during COVID, and then to offer cutting-edge, in-person reading experiences post-pandemic.

*“The name says it all. ‘Reading2Connect’ makes connections in the present moment. These books provide words that can no longer be pulled out in an abstract way; they provide concrete text and pictures to aid expression, with no pressure, no expectation. It sounds so simple, but this program, this philosophy, is unique and of immeasurable value to individuals with memory loss and their families.”*

*Kathy Cogswell, Volunteer*

[Flashback<sup>™</sup>](#) Life Engagement Activity draws on the power of everyday items from the past to ignite the senses, evoke memories and change relationships. Flashback brings smiles, laughter, engagement, and joy to people of all ages and is especially meaningful for those who are living with dementia. Flashback promotes interaction and gives care partners new ways to connect with their care recipient.

*“As an Activity Director, I was very encouraged to see how the activity enabled my less verbal group members to come alive and participate.”*

*Pam P.- Barrington Area Council on Aging*

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Ageless Grace® Brain Health is a Brain & Body Exercise Program based on the science of neuroplasticity. It is a fun, playful, and creative movement program using 21 simple exercise Tools based on everyday movements that are natural and organic. Educator Training allows the Educator to lead Ageless Grace classes in a variety of settings, including Memory Cafes and Caregiver support groups, in-person and virtually. The program is very visual and easy to follow removing any language barriers to non-English speaking groups.

“Eastern Carolina Council Area Agency on Aging is so excited to utilize the Ageless Grace program with our virtual caregiver support groups and caregiver educational events. It is a great program to meet the needs we now have of providing support in a virtual format, and we can transition it to in-person when we are able. It easily adapts to any group size and is great for both caregivers and their care recipients – and our groups really enjoy it.”

January B.-ECC Area Agency on Aging

The Dementia Live® experience immerses participants into what life might be like living with dementia. **Dementia Live – the Virtual Experience** was introduced in fall 2020 to provide an alternative experience that can simply and effectively be offered virtually. Coach training for this impactful program can be taken online and *The Virtual Experience* implemented immediately. When COVID restrictions lift, Coaches are then fully prepared to take this experience into their communities.

“There are many helpful dementia training programs, but I have found no other training has the impact of Dementia Live.”

Mary C.- Anne Arundel County, MD Department of Aging and Disabilities Services

“We have used the Dementia Live program at education events and the feedback has been outstanding! It is an eye-opening experience for families as it helps them realize how hard everything is for their family member and helps them want to try harder to have more patience and improve their communication skills.”

Michelle B.- AAA of NW Arkansas

## How to Reach Us

We are eager to further explore these programs with you and discuss how other AAAs are utilizing programs provided by AGE-u-cate to effectively reach their communities. We look forward to partnering with you, please contact us at [info@ageucate.com](mailto:info@ageucate.com) or reach out to me directly using my contact info below.

Warm regards,  
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