

## **Wayne County Nursing Home Installs [m]Power Brain Fitness System, a New Way for Senior Communities to Provide Mental Stimulation**

*Combats Memory Loss, Dementia & Alzheimer's Disease*

**LYONS, NY (2/20/08)** — Wayne County Nursing Home, a local county-owned facility, has recently incorporated the new [m]Power brain fitness system from Dakim Inc. as part of its mental wellness program. The fully automated system supplies a constantly changing menu of challenging activities that are scientifically designed to maintain brain health as well as combat the onset and effects of dementia and Alzheimer's disease.

Wayne County Nursing Home and Rehab Center is one of the third organizations in New York State currently offering the [m]Power system to its residents. With two units, obtained through a grant, each resident can now receive one 20-minute session a day.

“Senior living facilities have an obligation to do everything they can to maximize their residents’ quality of life, and a big part of that involves providing mental stimulation to help keep brains agile,” said Margaret T. Haroff, Administrator, of Wayne County NursingHome. “Dakim’s [m]Power system combines decades of brain health research aimed at preventing or delaying memory loss with enjoyable activities that encourage the consistent use necessary for maximum effect, and we believe it will make a big difference in keeping our residents happy, productive and mentally fit.”

The [m]Power system is the result of six years of development in consultation with top senior care providers and brain health researchers, inspired by studies indicating that regular cognitive stimulation can help fight memory loss and related ailments. One 21-year study published in the *New England Journal of Medicine*, for example, linked a 63% decreased risk of dementia to frequent participation in stimulating mental activities.

Each [m]Power unit presents thousands of games, puzzles and other brain-building activities on a user-friendly 17” touch screen appliance with no mouse or keyboard, enabling use by individuals with no computer skills. Activities incorporate the most current neuroscientific and gerontological knowledge about maintaining brain wellness with colorful screen images, stories, voiceovers, and age-appropriate film and music clips to keep users engaged. Exercises range from anagrams and name-that-tune challenges to TV-style scenes and narrated literary passages complete with special effects that include follow-up questions requiring use of short-term memory and deductive reasoning.

The system recognizes users individually with a simple log-on process and self-adjusts for ability levels ranging from active seniors to early-stage Alzheimer's patients, enabling most seniors to use [m]Power without caregiver assistance. Content is updated automatically every 24 to 48 hours to ensure that users don't see the same activity twice, and users are given positive verbal feedback even when they give the wrong answers to prevent discouragement and build self-esteem.

**The Wayne County Nursing Home, 192 bed facility, is one of the leading-edge, long-term care facilities in New York State. Since 1830, Wayne County Nursing Home has provided services to residents in need. That commitment has continued over the last 175 years. We provide Long Term Care Services and Comprehensive Rehabilitation Services, such as Physical Therapy, Occupational Therapy, Speech Therapy, and Short-term stays for in-patient rehabilitation.**