

A “brain exercise” program for seniors

Do you want to practice your word finding, attention, memory and/or organization skills?

Consider signing up for the BU CogWell Program!

This weekly group with Boston University College of Health & Rehabilitation Sciences: Sargent College and Hearth,

All meetings happen at Olmsted Green.

The Academic Speech, Language and Hearing Center is committed to maintaining an environment that is welcoming and respectful to all including students, faculty, staff and clients. We are committed to Boston University's Equal Opportunity/Affirmative Action policy which prohibits discrimination against any individual on the basis of race, color, religion, sex, age, national origin, physical or mental disability, sexual orientation, gender identity, genetic information, military service, pregnancy or pregnancy-related condition, or because of marital, parental, or veteran status, in all our programs. In addition, the Sargent College Clinical Centers adhere to the Code of Ethics of the American Speech, Language and Hearing Association (ASHA) which states, “Individuals shall not discriminate in the delivery of professional services or in the conduct of research and scholarly activities on the basis of age; citizenship; disability; ethnicity; gender; gender expression; gender identity; genetic information; national origin, including culture, language, dialect, and accent; race; religion; sex; sexual orientation; or veteran status.”

Interested or have questions?

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BU'S COGWELL PROGRAM

**AN INTERGENERATIONAL
DIALOGUE & COLLABORATION
FOR COGNITIVE WELLNESS**

**IN COLLABORATION WITH
HEARTH**

**BOSTON
UNIVERSITY**

WHAT IS THE COGWELL PROGRAM?

CogWell meets weekly and includes residents from Hearth, a clinical supervisor (Maggie), and graduate students from Boston University Sargent College of Health Sciences. Group activities use functional tasks, like listening to news stories, reading a current event article, or managing upcoming appointments, to practice language, attention, memory, and organization skills.

WHEN DOES THE COGWELL PROGRAM?

CogWell meets for 9-10 weeks each semester (September-December & February-April) on Thursdays 12:45pm-2pm at Olmsted Green. Residents from any Hearth location are welcome to join.

COGWELL IS A VOLUNTARY PROGRAM TO EXERCISE THINKING SKILLS IN A FUN, ENGAGING AND DISCUSSION-BASED FORMAT.

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One of our members renamed our group: **An Intergenerational Dialogue and Collaboration for Cognitive Wellness** (CogWell). We embraced this new name because it captures the **valuable information that residents at Hearth share with students and vice versa**. Student clinicians from BU will prepare **cognitive/thinking activities** each week. They will also demonstrate **memory and attention strategies**. In exchange, Hearth residents are welcome (although not required!) to **share any life advice** they have with the BU students.

