

**TALLAHASSEE SENIOR CENTER  
SENIOR RESOURCE INFORMATION**

**MEMORY CARE**

While there are no guarantees when it comes to preventing memory loss or dementia, certain activities might help delay or prevent the onset:

- **Get plenty of physical activity** – Exercise increases blood flow to your whole body, including your brain. This may help keep your memory sharp.
- **Stay mentally active** – Do crossword puzzles, play cards or other games, volunteer with a local organization, or participate in lifelong learning classes.
- **Socialize regularly** – Social interaction helps ward off depression and stress, both of which can contribute to memory loss.
- **Keep yourself organized** – Try to limit distractions and multi-tasking. If you focus on the information that you're trying to retain, you're more likely to recall it later.
- **Get enough sleep** – Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road.
- **Choose a healthy diet** – Healthy foods are as good for your brain as they are for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, beans and skinless poultry. Limit alcohol and drug use.
- **Manage chronic conditions** – The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can affect memory.

**If you're worried about memory loss — especially if memory loss affects your ability to complete your usual daily activities or if you notice your memory getting worse — talk to your doctor. He or she will likely do a physical exam, as well as check your memory and problem-solving skills.**

[mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518](https://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/memory-loss/art-20046518)

**Local Memory Care Resources**

**TMH Memory Disorder Clinic**      [tmh.org/services/neuroscience/memory-disorders](https://tmh.org/services/neuroscience/memory-disorders)      **850-431-1155**

The Memory Disorder Clinic provides a variety of services to assist those experiencing memory loss and their caregivers. Referrals may be made on an individual basis or through physicians or family members. Third-party insurance, Medicare and Medicaid are accepted. You may also need a referral from your insurance provider.

**Services include:**

- Support groups
- Referral to community resources
- Educational library
- Training and educational opportunities for caregivers and professionals
- The opportunity to participate in research studies
- Caregiver counseling

**Diagnostics:**

- Neurological evaluation
- Blood work and other testing (CT, MRI, EEG)
- Medication review
- Neuropsychological testing
- Psychosocial assessment
- Summary evaluation conference
- Creation of a suggested plan of care

**Alzheimer's Project**      [alzheimersproject.org](https://alzheimersproject.org)      **850-386-2778**

The Alzheimer's Project works to support caregivers as they care for their loved one, and to provide a comfortable, dignified existence for people living with dementia, often allowing caregivers to keep their loved ones in the comfort of their own home. Additionally, **support groups are offered for caregivers** which provide a place to share with each other important knowledge, strategies and techniques on caring for a loved one with memory disorder.

## Additional Resources

<b>Alzheimer's Association</b> <b>Central &amp; North Florida Chapter</b>	<a href="http://alz.org/cnfl?set=1">alz.org/cnfl?set=1</a>	<b>800-272-3900</b> <b>850-408-9984</b>
Education and support for those facing dementia throughout our community, including those living with the disease, caregivers, health care professionals and families. The Alzheimer's Association's <b>Connection Café</b> offers a local support group located at <b>Bagel Market &amp; Bistro, 6267 Old Water Oak Rd</b> , 2:00 – 4:00 PM, on the 1st Thursday of each month ( <b>currently meeting virtually</b> ). Contact <b>850-583-8758</b> for more information.		
<b>Dementia Friendly America</b>	<a href="http://dfamerica.org">dfamerica.org</a>	
National network of communities, organizations and individuals ensuring communities are equipped to support people living with dementia and their caregivers. Resources and toolkits are available at the website above.		
<b>Alzheimer's Foundation of America</b>	<a href="http://alzfdn.org">alzfdn.org</a>	<b>866-232-8484</b>
Provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide, and fund research for better treatment and a cure.		
<b>U.S. Department of Veteran Affairs</b>	<a href="http://va.gov/GERIATRICS/pages/Alzheimers_and_Dementia_Care.asp">va.gov/GERIATRICS/pages/Alzheimers_and_Dementia_Care.asp</a>	<b>800-698-2411</b>
Care for Veterans with Alzheimer's or dementia is provided throughout the full range of VA health care services.		
<b>HealthStreet</b>	<a href="http://MyHealthStreet.org/">MyHealthStreet.org/</a>	
HealthStreet, is a community engagement program at the University of Florida and provides <b>free health assessments/memory screenings online and via phone</b> for adults 60 years or older in Florida. Interested individuals can call <b>352-294-4880</b> or visit <a href="http://bit.ly/UFMemoryScreening">bit.ly/UFMemoryScreening</a> to schedule a screening.		
<b>Resources &amp; Education for Aging, Community and Health (REACH)</b>	<a href="http://reach.med.fsu.edu/">reach.med.fsu.edu/</a>	<b>850-644-1506</b>
Provides education about aging-related healthcare and social topics, highlighting available programs and services.		

## Assisted Living Facilities

The Tallahassee area has several Assisted Living facilities with specialized memory care programing including: guided activities, assistance with activities of daily living, skilled nursing, support groups and structured schedules and routines designed to minimize frustration.

**Tallahassee Area Assisted Living Facilities** include:

- Azalea Gardens Assisted Living | [sunshineretirementliving.com](http://sunshineretirementliving.com) | 850-583-4909
- Brookdale Centre Point Boulevard | [brookdale.com](http://brookdale.com) | 850-296-0633
- Canterfield of Tallahassee | [canterfieldoftallahassee.com](http://canterfieldoftallahassee.com) | 850-900-5500
- Your Life of Tallahassee | [yourlifesl.com](http://yourlifesl.com) | 850-347-0993
- Consulate Health Care of Tallahassee | [centers.consulatehealthcare.com](http://centers.consulatehealthcare.com) | 850-942-9868
- HarborChase of Tallahassee | [harborchase.com](http://harborchase.com) | 850-753-0453
- Pacifica Senior Living Woodmont | [pacificaseniorliving.com](http://pacificaseniorliving.com) | 850-462-5728
- St. Augustine Plantation | [elegance-living.com](http://elegance-living.com) | 561-303-0088
- Tallahassee Memory Care | [elmcroft.com](http://elmcroft.com) | 850-816-0817
- Tapestry Senior Living Tallahassee | [tapestrysenior.com](http://tapestrysenior.com) | 850-536-8600
- Tapestry Walden | [tapestrysenior.com](http://tapestrysenior.com) | 850-688-1234
- Westminster Oaks | [westminsteroaksfl.org](http://westminsteroaksfl.org) | 850-878-1136
- The Grove at Canopy | [starlingliving.com](http://starlingliving.com) | 850-219-2196
- Villas at Killlearn Lakes | [villasatkilllearnlakes.com](http://villasatkilllearnlakes.com) | 850-391-1754

For caregivers who prefer online interactions or those who don't have the time or ability to attend in-person meetings, [ALZConnected](#) and [Caregiver Nation](#) are online support communities available 24/7.