

WFWP of Westchester, NY, USA: Journey to Cognitive Enhancement

Kathy Ross
March 10, 2024



WFWP of Westchester, NY, together with the Belvedere Community Care Committee, hosted a luncheon and educational program titled "Journey to Cognitive Enhancement and Wellness" on Sunday March 10th, 2024. The event began with remarks from the sponsors. Kathryn Ross welcomed all with a wish for a happy Women's History Month of March, a beautiful quote from WFWP founder Dr. Hak Ja Han Moon, and a brief overview of the Women's Federation for World Peace. Phillip Clark, a representative from the Care Committee, followed with an introduction to the service work happening in the local Westchester area.

Kathryn, the Chairwoman of the Westchester WFWP chapter, introduced the speaker, Mrs. Christina Tadin and shared her bio. Christina is a leader in the memory care field with over twenty years of experience. She is an integral part of the founding team of Memcara, an online memory care platform that provides therapy-based programs to support individuals with memory loss and their caregivers.

She is enthusiastic about memory care and encouraged us to know our value in all stages of life. "Aging is a beautiful process not to be sad about but an opportunity to enrich our lives."

One topic covered in her talk was an explanation of memory and the several types and locations of memory in the brain. She went on to explain the various kinds of memory loss and revealed the latest scientific understanding of memory loss. The research, she explained, has provided insight into prevention of memory loss and ways we can promote our own wellness.

During the program ways to improve and maintain memory were introduced. Participants had a chance to practice memory enhancement exercises using music and movement.

Christina concluded the presentation with an offer to answer questions from the audience. Almost all in the crowded room had been touched by dementia either in their lives or the lives of their loved ones.

Quote

"The longer I live the more beautiful life becomes."

Frank Lloyd Wright, architect, designer, author