Memory Maintenance Program

An exclusive concierge program tailored to each individual and designed to empower and educate

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Led by a pioneer in the field of Alzheimer’s disease and memory disorders, Dr. Gary Small, he and his team of experts will review medical factors and develop a customized plan for better memory and brain health. This program is beneficial to all participants from those with and without cognitive complaints.

**WHAT PARTICIPANTS OBTAIN:**

1. Comprehensive evaluation by leading UCLA neuropsychologists specializing in brain aging
2. Private consultation with memory expert Dr. Gary Small
3. Necessary tests to determine brain function and potential
4. Brain Boot Camp session
5. Program review and medication management
6. Follow-up evaluation with expert to address any ongoing concerns
Program Road Map

- Comprehensive Evaluation and action plan by UCLA neuropsychologist
- Consultation with Dr. Gary Small and development of brain health goals
- Brain Boot Camp
- Wellness check-ins and brain health goal maintenance

If deemed necessary, our team of experts will facilitate the following evaluations:

- Medication Management
- Neuropsychological testing
- Brain Scanning
Program Benefits

1. Early Detection
2. Mental Stimulation
3. Wellness Coaching
4. Stress Management & Goal Setting
5. Brain Boot Camp
6. Physical Exercise Evaluation
Brain Boot Camp

Background

Brain Boot Camp is an interactive, research-based training experience that provides participants with tools and lifestyle tips to keep their brains vital and healthy. The 3-hour program is designed for people who wish to improve or maintain their memory ability.

The goals of Brain Boot Camp are to help participants develop good memory habits and to teach techniques to improve memory. The course provides the following:

1. Didactics on optimal brain health: proper nutrition, stress management, exercise, memory training
2. Baseline measurements of memory, stress, and fitness level
3. Customized healthy lifestyle program
4. Mentoring of various techniques for learning and recalling names and faces
5. Improvement tracking
6. Take home strategies, exercises, and assignments to continue improving memory on a daily basis

Program Goals
Brain Boot Camp – Per Hour Breakdown

**Hour 1**
- Learn what memory is and how it works
- 45 minute didactics on improving brain health by the Big Four staples:
- Take the memory, stress, and physical fitness questionnaires
- Learn three general strategies for improving memory

**Hour 2**
- Learn the new memory techniques of Look-Snap-Connect and Word Pairs
- Practice the method and apply it to everyday situations
- Learn the new memory technique of Story Method

**Hour 3**
- Learn the new memory technique of Method of Loci
- Learn Face-Name Memory techniques
- Face-Name Skill Building through practice and repetition
- Discuss helpful everyday memory techniques
About Our Memory Experts

Dr. Gary Small. Dr. Small’s team developed brain-imaging technologies that detect the first signs of brain aging and Alzheimer’s disease. Dr. Small has made the headlines of The New York Times, The Wall Street Journal, Time, and Newsweek, and he is a frequent guest on the Today show, Good Morning America, NPR, CNN, and PBS.

Director of the UCLA Longevity Center
Professor of Psychiatry and Biobehavioral Sciences
Director of the UCLA Geriatric Psychiatry Division at the Jane & Terry Semel Institute for Neuroscience and Human Behavior
Scientific American magazine named him one of the world’s top 50 innovators in science and technology

Dr. Linda Ercoli. Dr. Ercoli is a clinical psychologist with a specialty in geropsychology-neuropsychology and cognitive training. Her research background is in the neuroimaging and neuropsychology of age-related cognitive disorders, as well as in clinical trials testing the effects of healthy lifestyle interventions and cognitive stimulation on cognition and brain function.

Health Sciences Associate Clinical Professor in the Department of Psychiatry and Biobehavioral Sciences at the Semel Institute, in the UCLA David Geffen School of Medicine
Director of Geriatric Psychology, in the Division of Geriatric Psychiatry
Developed a peer-based manualized cognitive rehabilitation and remediation interventions for community residing middle-aged and older adults with cognitive difficulties associated with aging

Dr. Karen Miller. Dr. Miller has been part of Dr. Gary Small’s research team at the Longevity Center for the past 21 years. Her clinical and research career has focused on early detection of Alzheimer’s disease, mild cognitive impairment, and memory enhancement for age-related memory decline.

Associate Clinical Professor and Clinical Neuropsychologist at Ronald Reagan UCLA Medical Center
Author of: The Estrogen-Depression-Connection
Co-author of the curriculum and workbook for the Memory Fitness Program
Director of UCLA’s Memory Care program and the lead presenter for UCLA’s Brain Boot Camp and Memory Fitness programs
About Our Memory Experts

**Dr. David Merrill.** Dr. Merrill began his research career within the realm of basic science and animal models while completing his PhD in neuroscience at UCSD on mechanisms underlying brain-derived neurotrophic factor (BDNF) induced neuroplasticity in aging. Dr. Merrill’s research to date at UCLA has focused on reviewing and researching the impact of brain health-related factors, traumatic brain injury included, on mood and cognition in middle aged and older adults at risk for developing dementia.

Clinical research scientist and psychiatrist at UCLA  
Clinical psychiatrist at UCLA  
Neuroscience Background

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**Dr. Kathleen Van Dyk.** Dr. Van Dyk is a clinical neuropsychologist with extensive training in cognitive aging and dementia evaluation and care. She obtained her PhD clinical psychology with specialty in neuropsychology from the City University of New York, and completed internship and post-doctoral training in neuropsychology in the Department of Psychiatry at UCLA. Her past and current research has been in the fields cognitive aging, Alzheimer’s disease and other cognitive disorders, and cancer-related cognitive impairment.

Health Sciences Clinical Instructor, Department of Psychiatry and Biobehavioral Sciences in the David Geffen School of Medicine at UCLA

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**Dr. Jason Jalil.** Dr. Jalil is a Geriatric Psychiatrist who completed his general psychiatry training and geriatric psychiatry training in the Department of Psychiatry at the David Geffen School of Medicine at UCLA. His clinical and research interests include cognitive, affective and psychotic disorders

Health Sciences Clinical Instructor in the Department of Psychiatry and Biobehavioral Sciences in the David Geffen School of Medicine at UCLA  
Assistant Director of the Memory Maintenance Program