

**StrongerMemory** offers a non-pharmacological approach to improving mild cognitive impairment.

### The 3 R's Work!

Reading  
wRiting  
aRithmetic

**Reading:** Read something you enjoy! Novels, newspapers, magazines, stories and more. Consider reading with a partner or reading aloud to a friend, spouse, or child.

**wRiting:** Provide cues: If you could go on a trip tomorrow, where would you go, who would you go with, and why that location? Write about what you like to do for fun on a sunny day. What did you do with your first paycheck?

**aRithmetic:** Complete simple math questions as quickly as possible.

### How much does it cost?

All materials are provided at no cost or charge to the facility! Goodwin Living was awarded grant funding from the Centers for Medicare & Medicaid Services (CMS) Civil Monetary Penalties (CMP) Reinvestment Program to extend Stronger Memory to residents in 100 nursing homes across Virginia. Goodwin Living and HQI have partnered together to implement the StrongerMemory program.

### Who is eligible?

Ideally long-term residents with mild cognitive decline. Residents should be able to participate in at least 2 out of the 3 categories—reading out loud, writing by hand, and/or doing simple math.

### How will HQI support you?

We will provide technical assistance including materials, observation, and feedback. We will also offer peer support with other participating facilities.



Strengthen your memory by spending just 20-30 minutes a day:



Reading  
aloud



Writing  
by hand



Doing  
simple math

### How long is the program?

For 12 weeks (at least 4 days a week), participating residents will spend 20-30 minutes a day engaged in simple reading, writing, and math activities, facilitated by a trained staff member or volunteer. At least 1 time a week, the group will meet. The daily sessions may also be done in a group setting.

### How can your facility participate?

- Let Health Quality Innovators know you are interested!
- Identify 10-15 residents to participate in the 12-week program.
- Designate a staff member or volunteer to be the facilitator.



Goodwin Living |  
StrongerMemory



Engagement Form

For more  
information:

Call  
877.731.4746

or email  
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