



Join us October 16th, 6:00pm
at Rini's Restaurant & Wine Bar
Elmsford, NY

Speaker: Gaby Naranjo, Senior Program Manager- Caregiver Center & Age Friendly Health System Phelps Hospital Northwell Health

Topic: Keeping Memory Alive – Memory Care

Gaby Naranjo, LMSW, is a Fordham University alumna, having studied social work with a concentration in program development and administration. Gaby joined Northwell Health Phelps Hospital in August 2022, to build the Caregivers Program. Her work on Age-Friendly Health Systems and Malnutrition has been published in the Journal of the Academy of Nutrition and Dietetics.



Venue:

Rini's Restaurant & Wine Bar
12 West Main Street
Elmsford, NY 10523
Ph: 914-592-6799



Cost: \$42.00

To reserve your seat, reply to: info@wipny.com
Marianne Calise at 914-712-4516 - MCalise@efk.com
Effie Tsoukalas at 917-747-3324 - effie0212@aol.com

Mail check in advance (payable to WIP) to:
Marianne Calise
c/o Eifert French & Ketchum
330 Fifth Avenue
Pelham, NY 10803

Where Do Memories Live?

- 1. NEOCORTEX**
General knowledge like your mother's cold remedies and the capitals of the 50 states may be stored here.
- 2. PREFRONTAL CORTEX**
Short-term memories (think what somebody just said to you, or the amount of cinnamon listed in a recipe) seem to exist here briefly, before they disappear.
- 3. AMYGDALA**
This structure attaches emotional weight to memories, which makes them harder to forget. It's also key to creating fearful memories.
- 4. BASAL GANGLIA**
Your implicit (or unconscious) memories that involve a sequence of motor activities—how to do sun salutations, for example—reside here.
- 5. HIPPOCAMPUS**
Experts believe this is where long-term memories of events and facts are formed.
- 6. CEREBELLUM**
This area plays a role in implicit memories that entail fine motor control, such as buttoning your shirt.

