



Chairperson
Randy K. Jones, Esq.

President and CEO
Rudolph A. Johnson, III

PRESS RELEASE

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Contact: Luis Gonzalez
858.244.8182
858.518.8958

FOR IMMEDIATE RELEASE

Neighborhood House Association Uses Technology to Help Seniors Stay Mentally Stimulated

SAN DIEGO- Senior citizens participating in Neighborhood House Association's (NHA) Adult Day Health Care (ADHC) program can add cognitive stimulation to the list of services they receive from San Diego's largest multi-purpose human services agency. The Adult Day Health Care Center recently purchased two Dakim (M) Power Cognitive Fitness Systems through a \$20,000 grant.

The (M) power systems, produced by brain fitness company Dakim, Inc. utilizes computer technology to provide ADHC participants with fun, challenging and cognitively-stimulating exercises designed to help maintain brain health and mental acuity. NHA's Adult Day Health Care Center is the first adult day facility in San Diego to provide this system to its clients.

"Acquiring these new, cutting-edge systems is one way NHA is striving to give our clients access to the most advanced methods available to improve individual quality of life and wellness," said Rudolph A. Johnson, III, NHA President and CEO. "This new system is innovative and unique to the NHA ADHC program."

The system offers 20-minute, individualized sessions that self-adjusts to user abilities and is designed for use by seniors with brain function ranging from normal brain activity to moderate dementia. The system features activities ranging from math problems to memory and word games all aimed at maintaining mental health.

"We are proud to offer our Adult Day Health Care participants another resource that provides an enjoyable way for them to spend their time and offers a method of increasing their health and well-being," said Johnson. "Our goal is to continue developing innovative solutions for our communities and this new system aligns NHA in fulfilling our mission."

The NHA ADHC has been providing a variety of client services to local communities for over 25 years. Participants of the NHA ADHC receive nursing, psycho-social and therapeutic services.

Further information on NHA and the ADHC program is available online at www.neighborhoodhouse.org or by calling 619-233-6691.

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The Neighborhood House Association (NHA) is San Diego County's largest multi-purpose human services agency. NHA helps thousands of individuals and families improve their quality of life by providing vital social services including employment, healthcare, child, family and senior services. For more information, visit www.neighborhoodhouse.org.