

An Amazing Place for Those with Mild to Moderate Dementia *and* their Caregivers

At Amazing Place, Houston's only day center exclusively for adults with mild to moderate dementia, we believe those living with dementia can live full, meaningful lives. Our participants, ranging in age from their 50s to 90s, benefit from an invigorating and stimulating program in addition to wellness care. Families, in turn, receive well-deserved respite as well as the opportunity to take advantage of a variety of support groups and classes.

Research has shown that individuals with dementia benefit from daily structure and engaging in cognitive, physical, creative and social activities. Each day, we provide a wide variety of programs including:

Cognitive - word games, book club, history, science, geography and current event discussions, computer games

Physical - Tai Chi, Pilates,

Zumba®, yoga, stretching, strength and resistance exercises

Creative - painting, woodworking, creative writing, culinary, dance and music classes

Cultural arts - on-site performances and attending performing arts and visual art exhibits

Spiritual - daily Bible study and monthly chapel service

Social - community outings, intergenerational collaborations with high school and college students

Leisure - billiards, shuffleboard, basketball, putting, board games

The care team—Program, Health Services, Family Services and Nutrition—coordinate to support the health and wellness of each participant. An on-site RN provides daily medication administration and monthly assessments. Our Family Services team provides care conferences, cognitive assessment checks, and transition planning for the next phase. Finally, our Culinary Director follows the guidelines of the Memory Preservation Nutrition® Program, providing brain healthy nutrition that has been shown to help slow the progression

of dementia.

The day program allows those with dementia to live at home

longer. In a recent caregiver survey, 97% of our caregivers reported

See Amazing page 10

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Amazing Place participants enjoy friendships and activities in a wide variety of programs.



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**"I'm so grateful for how Amazing Place
nurtures my mother's talents and soul."**



**AMAZING
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Amazing Place participant Huguette Vigeant—
Trilingual, former Pan Am flight attendant
and artist with her daughter and caregiver,
Michele Stelljes

Dementia Day Program.
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Customer Service lines:

1 (800) 331-0500

1 (800) 288-2020

Property Appraisal & Info.

Property owners can access key information and submit homestead exemption applications through the Harris County Appraisal District's Information & Exemption App. Residents can also reach HCAD at (713) 957-7800 or email help@hcad.org.

Education

The Houston Independent School District offers nationally-recognized programs (Magnet, Gifted and Talented, Dual Language, career high schools). Its goals include increasing student achievement, providing a safe learning environment and creating a positive district culture that will help attract and retain the best teachers.

Houston ISD
Information Services
4400 W. 18th Street
Houston, TX 77092
Phone: (713) 556-6000

"School Profiles," a school-by-school breakdown of test scores, class size, special programs and campus organizations, can be downloaded on the HISD website at www.houstonisd.org/

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Civic Clubs

Houston's hundreds of civic clubs attest to our commitment to our neighborhoods.

Houston's civic clubs have "grit." In the recent past, civic clubs have cleaned out drug-infested apartments, successfully fought to have abandoned buildings razed, and bought vacant lots and turned them into parks.

Westbury Civic Club

The Westbury Civic Club was instrumental in setting up two recycling programs for 5,100 homes in southwest Houston. President Becky Edmondson keeps the club's hand in most area activities, and the community is kept in touch via a monthly newsletter, *The Westbury Crier*. The club serves an area roughly bounded by Willowbend on the north, South Post Oak and partly Chimney Rock on the east, S. Main on the south and Braewick on the west.

The club's website, www.westburycrier.com, offers useful information and links for homeowners on recycling, greenspaces and more.

Westbury Civic Club

(713) 723-5437
5322 W. Bellfort
Suite 100
Houston, TX 77035

Westwood Civic Club

The Westwood Civic

Club has a dedicated mission to improve all areas of its community. Visit westwoodcivicclub.com to learn more about the group's activities and committees. The club publishes a seasonal newsletter, *The Babbler*. To join the online mailing list, email westwoodcc@outlook.com.

Braeswood Place

The Braeswood Place Homeowners Association distributes information to its 2,200 residences through a monthly newsletter titled "The Sentinel." The Association interacts with city officials and reports those results back to the residents. BPHA offers an American Flag program, a Mom's Club, a Garden Club, and organizes a Fourth of July Carnival.

For more details on the organization's projects and committees helping to better the community and the neighborhood, visit www.braeswoodplace.org or call the BPHA at (713) 666-7248.

Meyerland Community Improvement Association

The Meyerland Community Improvement Association serves 2,300 homes in the Meyerland area. Members can expect a vital, effective civic club that has grown since its beginning in 1969.

Meyerland Community Improvement Association

(713) 729-2167
4999 W. Bellfort Ave.
Houston, TX 77035

Costa Brava from p. 4

You'll want to make sure you have reservations!

Costa Brava Bistro is located at 5115 Bellaire Blvd. (at South Rice.). To make reservations, call (713) 839-1005 or visit OpenTable.com. They're open for lunch from 11 a.m.-2:30 p.m. Monday thru Friday and for dinner from 5-9 p.m. Monday thru Thursday, 5-10 p.m. Friday thru Saturday (closed Sundays).

Construction Update for Bellaire Town Center

The project, planned in three phases, includes Phase One which is the construction of a new, two-story building located on the westernmost side of the existing property, next door to Bank of America. Once this first building is completed and move-in ready, Costa Brava Bistro will permanently relocate. Angeles and Kitty expect the relocation transition time to be short, limiting the operating downtime to only a few days. Costa Brava Bistro will continue regular service until the new space is move-in ready.

The new space will be slightly larger, allowing the owners to include a small private room.

Projected finish date of Phase One—November 2018.

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Shakespeare scholar, author, director, lecturer. Prof. Pogue will give a short talk about Shakespeare and his friends: how we know who his friends were and what

they were like. Free.

• Sept. 30, a post-discussion with Dr. Elizabeth Klett, Shakespeare scholar, Associate Professor of Literature, University of Houston—Clear Lake. Dr. Klett will give a short talk about the creation of Shakespeare's First Folio and the many unanswered questions that remain today.

• Sunday, October 7, a post-show discussion with Jon Evans, Chief of the Library & Archives at the Museum of Fine Arts, Houston. Evans will give a short talk about Shakespeare's Second Folio (1632), a groundbreaking anthology and an object that connects us directly to the Bard today. Free.

• Free Beer Friday: Following regular Friday performances sponsored by Buffalo Bayou Brewing Co. in The Liberty Group lobby (previews excluded).

• After-parties following all Saturday performances, including a special reception on Opening Night, in The Liberty Group lobby.

Amazing from page 6

they have an easier time managing their loved one at home because of Amazing Place. A majority also noted that their loved one's anxiety, depression and withdrawal had improved after coming to Amazing Place. In addition, compared to in-home care, the cost to attend Amazing Place is less while providing more stimulation and wellness care.

The best way to see how Amazing Place can benefit your loved one and family is to schedule a visit. Contact Carol Cooper, Family Services Director at (713) 552-0420 or ccooper@amazingplacehouston.org or www.amazingplacehouston.org for more information.

E-Mail your news
and photos to:
MyNews@Village-Southwest-News.com

Mod from page 4

Intexture Architects and Context Homes

• A brand-new modern home by Design DCA, located in Upper Kirby, currently on the market for \$2.1M.

Joining the tour as first-time non-profit partner is University of Houston's American Institute of Architect Student chapter. Students will help staff the event, in

return for a donation to the school's program and the opportunity to use the tour as a fundraising vehicle, while also contributing volunteer hours and making connections in their field.

Tickets to see all homes are \$40 in advance and \$50 on the day of the tour. Ages 12 and up are invited to attend. Details can be found at www.houstonmodernhometour.com.