

Keeping minds active, together.

Structured, research-backed group workshops informed by Cognitive Stimulation Therapy (CST), delivered to residents of assisted living and nursing homes on a schedule they can count on.



OUR MISSION

Protect cognitive health. Reduce isolation. Strengthen memory.

Thoughts in Mind delivers research-backed workshops incorporating CST-informed activities to seniors in assisted living and nursing homes. Every session stimulates several cognitive domains at once while making room for reminiscence, meaningful conversation, and laughter.

Not therapy or treatment

These workshops are evidence-based cognitive stimulation designed for prevention and enrichment. We work to keep brains active, support mental health, and build community.

Cognitive health

Memory, attention, language, and executive function.

Connection

Small groups, familiar faces, a regular rhythm.

Sharpness

Person-centered games and reminiscence.

THE WORKSHOPS

Six themes, each built to stimulate several cognitive domains



Colors & Hands

Creative making & collaboration



Words, Wit & Wonder

Language games & word creation



Money, Time & Decision-Making

Planning & choices



Places & Journeys

Local maps & world travel



From Memory Lane

Childhood games & storytelling



Music in Motion

Songs, choreography & memory

And more that we continue to design and develop every week. Ask us for the full breakdown of each workshop.

Why cognitive stimulation

37

randomized controlled trials reviewed in the 2023 Cochrane review of cognitive stimulation for dementia (Woods et al.)

Current medications for dementia may provide modest improvements for some individuals, but they do not stop or reverse the disease. Clinical guidelines increasingly recommend combining medication with evidence-based, non-pharmacological interventions that support cognitive function, communication, emotional well-being, and social engagement.

- **Improves cognition and communication.** Multiple randomized trials and systematic reviews show structured group cognitive stimulation can improve cognitive functioning, communication, quality of life, and social engagement.
- **Works best as a group.** Pairing cognitive exercises with enjoyable, person-centered group activities improves engagement and helps maintain psychosocial functioning.
- **Consistency matters.** Regular, scheduled sessions produce stronger cognitive outcomes than occasional ones. Our program is built around that finding.

Aguirre et al. (2013), *Ageing Research Reviews* · Cove et al. (2014), *Clinical Interventions in Aging* · Holden et al. (2020), *International Journal of Geriatric Psychiatry* · Woods et al. (2023), *Cochrane Database of Systematic Reviews*



HOW IT WORKS

From first email to first session

- 1 **Reach out**
Email or call. We send a full breakdown of each workshop and answer questions about your residents' needs.
- 2 **Build a schedule**
Together we set a consistent cadence, group size, and room, planning alongside care staff for residents with limited verbal communication or language barriers.
- 3 **Sessions begin**
Our trained facilitators run each workshop in a consistent, structured format and keep you informed on how residents are engaging.

What we ask of you: a point of contact on your activities team, a quiet room with a table and seating for a small group, and guidance on residents who would benefit.

OUR FACILITATORS

Trained and certified

- N** **Noor Dharni**
Certified Nursing Assistant (CDPH). Senior at UC Berkeley, B.A. in Neuroscience and Public Health.
- S** **Sehej Dharni**
Certified in Introduction to Caregiving and Introduction to Dementia Care and Management.
- Y** **Yashita Vijay**
Certified in Introduction to Caregiving and Introduction to Dementia Care and Management.

Before working with residents, every facilitator completes Introduction to Caregiving and Dementia Care and Management training, so they understand how to pace a session, redirect gently, encourage participation without pressure, and recognize signs of fatigue or distress.

Bring Thoughts in Mind to your community.

Email or call us and we will send a full breakdown of each workshop and build a schedule around your residents.

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thoughtsinmind.org

Serving the Tri-Valley and East Bay · Dublin, California