

# The Team



## Weill Cornell Medicine Brain & Spine Center



**Dr. Jessica Spat-Lemus** is a clinical neuropsychologist experienced in conducting neurocognitive assessments and cognitive remediation with individuals of all ages who have medical and neurological disorders. She has focused her research and published on the cross-cultural aspects of neuropsychological testing, neurocognitive performance in patients with neurological disorders, and cognitive remediation in older adults.

**Dr. Amanda Sacks-Zimmerman** is a board-certified clinical neuropsychologist with extensive experience in treating neurological disorders with cognitive remediation as well as researching the cognitive impact of stroke and brain injury. Dr. Sacks-Zimmerman treats a variety of patients who suffer from cognitive and emotional difficulties that may be the result of normal aging as well as from menopause, stroke, or chemotherapy.

Call 212-746-3356

[weillcornellbrainandspine.org/cognitive-remediation](http://weillcornellbrainandspine.org/cognitive-remediation)

Weill Cornell Medicine Brain and Spine Center

525 East 68th Street, Box 99, New York, NY 10065

[weillcornellbrainandspine.org](http://weillcornellbrainandspine.org)

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## 13 Weeks to a Healthier Brain

A unique group program  
designed to help you maximize  
your memory and cognition.

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# What Happens to Your Brain As You Age?

**A lot—and it's normal.**

It's a simple fact that your brain changes as you get older, just as the rest of your body does. The brain literally gets smaller, and the number of neurotransmitters decreases. Your processing speed slows down, which may affect your memory, attention, and focus. As the process continues, you may start to notice changes in your thinking, your behavior, and your emotions. You may start to feel slower, less "sharp."

These processes can be worrisome, even though they are normal, and they may interfere with your daily life. And although no one can stop the clock on the aging process, you can learn how to maintain your best brain function.

## The Weekly Program

1. Introduction and Overview
2. Neuropsychological Functioning
3. Simple and Sustained Attention
4. Executive Function: Sequencing, Planning, Organization
5. Executive Function: Abstract Reasoning, Problem Solving
6. Processing Speed
7. Verbal Memory
8. Visual Memory
9. Language
10. Visuospatial Functioning
11. Coping Strategies
12. Cognitive Remediation Skills Summary
13. Skills for Spouses and Caregivers

Weekly group sessions will help you learn how your brain works, and how to strengthen your skills

# What Is Neuropsychology—and How Can It Help?

Neuropsychology is a branch of psychology that aims to understand the relationship between the structure and function of the brain and the neurocognitive and behavioral processes that affect everyday life. It also seeks to understand the ways that aging may influence neurocognitive functioning.

**"At my age, I can't afford to lose a step! Thanks to this program I have a new clarity about how my brain works and new insights into my abilities."**

## About Cognitive Remediation

Cognitive remediation is a treatment developed to help people who have impairments in their thinking, feeling, or behavior. The treatment was originally developed for those whose impairments were due to stroke, brain injury, or even cancer treatments, but it can help anyone—even those who are experiencing the effects of aging.

Cognitive remediation teaches you to strengthen the skills you have and compensate for areas in which you may have weakness. Learning the strategies in a group setting, where you can provide and receive support from others, has been shown to be particularly beneficial and effective.

**FOR MORE INFORMATION**

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**or visit**

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