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Thirty years providing services to help older people remain safely in their own homes and community for as long as they choose through four unique programs:

Memory Center:
A dual-language memory loss program

Social Services:
Assistance for frail and isolated seniors

Open Door:
For developmentally disabled older adults

Senior Center:
Nutritional hot lunches, educational and social programs, casework assistance

Testimonial for Excel Alive Inside

I am grateful that our Memory Center Seniors were given the opportunity to participate in the Excel Alive Inside program, and I believe that the intergenerational engagement and socialization made possible by the program is very beneficial to both our seniors and the youth.

I observed joyful and enthusiastic engagement and interaction between our seniors and the program's youth and saw faces come alive through music and song. Our seniors sang and danced, remembering the good feelings brought on by their favorite songs and shared their feelings with the program's youth, who were warm and receptive throughout their interactions.

The Excel Alive Inside program is important and beneficial because it creates joy and positive feelings and brings seniors together with youth, enhancing the lives of both seniors and youth through music, song, engagement, and interaction.

Alexandra Mendes
Memory Center Social Worker