



بيت الحكمة
House of Wisdom



INTERNATIONAL TABLE TOP DAY 2022

GAME ON GRANDPARENTS

House of Wisdom, Rashid Hall
04th June 2022, 10am-12:30pm



BOARD GAMES FOR SENIORS & CAREGIVERS

And 4get-me-not Side Conference





House of Wisdom to host first ever “Game for Grandparents” for International Table Top Day

4getme not in partnership with the House of Wisdom in Sharjah celebrate the international Table Top Day on 4th June 2022

Dubai, 2nd June 2022 – International Tabletop Day is an annual event, held every first Saturday in June, which lands on 04 June this year.

For the first time in the UAE, 4get-me-not in collaboration with House of Wisdom Sharjah celebrates this special day by bringing together 40 senior residents (60years+) and caregivers to come together and participate in a 2-hour tabletop gaming event.

Desiree Vlekken – Founder of 4get-me-not Alzheimer’s says *“Since 4get-me-not has been learning chess (every other Tuesdays since 2021) at the **Sharjah Chess and Cultural Club**, our senior group consider themselves now as “Gamers” who are now hooked with the battle of strategy and wit. We’ve also witnessed there’s connectedness when seniors are face to face or they’re teaming up to solve a problem. While they’re playing, they’re also learning and doing so has been known to help with memory retention.”*

Every time seniors play a card or any board game, they’re staying sharp—stimulating their brains and staving off the onset of dementia or even Alzheimer's disease. This conclusion comes from long-time and recent studies that found that seniors who engage in mentally demanding leisure activities lowered their risk of developing Alzheimer's disease and other dementia by as much as 75 percent.

Expert Game Gurus from **The Six Board Game Café** will be on-site to help facilitate and guide participants. Popular and age-friendly board games will be organized namely **Jenga, Sequence and Connect 4** and expected to make seniors and caregivers very competitive.

Ahmad Javaheri – Owner of The Six Café says *“We are excited to be part of this 4get-me—not initiative. This social event can create collective, long-lasting memories, strengthen relationships, and promote healthy life balance, especially for the senior population. Today, society is full of media distractions, it’s our mission to bring people back together, and create a space that would allow them to socialize, integrate and engage in activities where they can elevate leisure time through fun interaction with other people, while improving their physical and mental well-being.”*

International Table Top Day is an opportunity for 4get-me-not to formally recognize the movement and healthy sense of competition and sportspersonship that it brings. The idea is mainly to provide entertainment and quality companionship—to help prolong seniors' sharpness of mind and quality of life.

About 4get-me-not:

4get-me-not, the only Social Enterprise in the United Arab Emirates and the Middle East which focuses on seniors (60 years old and above) as part of its mission to address Alzheimer's Disease (AD), was launched in 2013. It's Founder - Desirée Vlekken, belongs to a community touched by AD where both her father and father-in-law drew inspiration to create a social platform for families and caregivers of Alzheimer's patients.

4get-me-not creates a positive impact to the society, particularly the senior community by creating awareness on the importance of giving proper attention to their wellbeing and quality of life as one of the means to prevent AD. Positive lifestyle approaches are considered to help seniors cope with physical and cognitive changes.

AD is a growing global health issue that affects a large majority of the senior community with one person in every three seconds reported to have it. 4get-me-not has been working with various International organizations such as the Alzheimer's Disease International (ADI) London office, Dementia Friends of Alzheimer's Society UK and World Health Organization (WHO) through its Eastern Mediterranean Office, to build a vibrant community that addresses Alzheimer's in a preventive, holistic and innovative way.

<https://linktr.ee/4getmenotalzheimers>

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