



Act Now Foundation

PROGRAMS & SERVICES 2026



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Building Awareness One Mind at a Time

ABOUT US

Since 2012, Act Now Foundation, a grass roots 501(c)(3) non-profit, has worked tirelessly to raise awareness, advocate, and educate New Jersey about Alzheimer's disease, prevention, and early detection.

Our vision is to create a dementia-friendly New Jersey. By partnering with senior centers, community centers, public housing facilities, and other venues, we are able to reach older individuals with the greatest economic or social needs.

Please note that our services are completely **free** for **Hudson and Bergen County** residents because our programs are funded in part by the Hudson County Office on Aging, the Hudson County Office of Inclusion and Accessibility, and the Bergen County Division of Senior Services,

We have also been funded by the **Essex County** Division of Senior Services to provide free educational seminars to its residents.

You can learn more about us at actnowfoundation.org.

MEET OUR TEAM



Kristine Allen
President &
Co-Founder



Cary Lopez
Executive
Director &
Co-Founder



Jessica Vega
Program
Manager



Katia Suttile
Program
Manager

Memory Screenings

Because Memories Should Last Forever

Medicare recommends people over the age of 60 to get a memory screening every year.

WHY GET A MEMORY SCREENING?

Early diagnosis of dementia allows individuals to better prepare for their future care, make treatment and end-of-life decisions, and establish legal and financial plans while cognitively capable.

Memory screenings are used as a first step indicator of whether a person might benefit from an extensive medical exam with a health care professional.

HOW LONG DOES IT TAKE?

A memory screening consists of a 30-minute personal interview and assessments. The client will have the results right away and discuss them with our Certified Dementia Practitioner.

Memory screening group events coordinated with senior centers and other venues usually have a duration of 4 hours in which we see up to 8 people individually.



Educational Seminars

It's Never Too Late in Life for Dementia Prevention



TAILORED FOR OLDER ADULTS

Our seminars are 1-hour long and focus on Alzheimer's disease and related dementias, their prevention, and other topics related to healthy aging.

AVAILABLE TOPICS



Let's Talk Memory

You will learn about dementia and the different types that exist, the first signs and changes of the disease, causes and risk factors, the 3 stages of Alzheimer's, the first steps in treatment and planning, and what Act Now Foundation can do to help, and more!

Reducing Your Risk of Memory Loss

This seminar is an introduction to healthy lifestyle choices you can implement to help lower your risk of developing dementia. These include diet, exercise, mental health and stimulation, socialization, and sleep.



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Healthy Eating for a Healthy Mind

This seminar talks about the effects of a poor diet, reversible dementia from vitamin deficiencies, non-reversible dementia from poor diet choices, the MIND diet (slashes your risk of dementia by 35%), and the relationship between dementia and diabetes.

Preventing Falls. Strong Steps = Strong Mind

We talk about the types of traumatic brain injuries, the consequences of falling, risk factors, preventive lifestyle changes, home safety measures, how to get up from a fall, and the ways in which you can call for help when injured.



The Link Between Sleep and Memory

This seminar talks about the relationship between a lack of sleep and dementia, the 5 stages of sleep and what affects them, sleep disorders, signs you should seek medical advice, and safe sleep tips for older adults.



Educational Seminars

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Preventing Depression and Loneliness

This seminar talks about the warning signs of depression and its most common types, risk factors, the roles of social isolation and loneliness, how this disease affects minorities, action steps to prevent depression, and treatment options.

When Memory Changes: What's Normal and What's Not

Learn the difference between mild forgetfulness and more serious memory problems, the causes of memory problems and how they can be treated or managed, and how to cope with serious memory problems.



The Art of Aging Well

Learn how memories are made, the primary memory types, the difference between learning and memory, what brain plasticity is and how to keep your brain active as you age, strategies to help you learn and remember, and more.



Educational Seminars

It's Never Too Late in Life for Dementia Prevention



How to Stay Sharp with Age

This seminar talks about false brain-aging myths and how to keep your brain sharp as you age by exercising, challenging your brain, socializing, managing stress, reducing vascular and diabetes risk, sleeping well, and more.

Understanding Senior Bullying

This presentation explores bullying in senior communities—what it is, why it happens, and how it impacts others. It covers common behaviors, who bullies and who gets targeted, warning signs, and how to respond.



Doctor Conversations Made Easy

This seminar guides older adults on how to navigate healthcare more confidently by choosing the right doctor, preparing for appointments, understanding medications and treatments, coordinating with specialists, and more.



Educational Seminars

*It's Never Too Late
in Life for Dementia
Prevention*

SOME CENTERS WE PARTNERED WITH LAST YEAR...

- Joseph Connors Senior Center
- East Newark Senior Center
- Catherine Todd Senior Center
- Wally Choice Community Center
- Fairlawn Senior Center
- United Senior Activity Center
- Elmwood Park Senior Activity Center
- East Orange Senior Center
- Maureen Collier Senior Center

To book an event with us, please contact our Program Manager, Katia Suttile at ksuttile@actnowfoundation.org or call **201-721-6721**.

