

**Michelle Papka, Ph.D.**, is the Director and Founder of CRCNJ. She has nearly 25 years combined experience as a researcher and clinician specializing in the field of aging, Alzheimer's disease, and dementia. She is the Principal Investigator of numerous clinical trials at CRCNJ and is a practicing neuropsychologist and psychotherapist. Dr. Papka has had numerous publications of her work and is an active public speaker in the field. She is an invited editor, grant reviewer, consultant, and committee member of multiple specialized organizations and publications in the field of aging and Alzheimer's Disease.



(New Jersey License # SI 03813,  
New York License # 013144-1)

**The CRCNJ Staff**

Our staff members include:

- Psychologists
- Physicians
- Clinical Research Coordinators
- Other professionals with expertise in the neurosciences
- Health Coaching

Please visit our website at [www.thecrcnj.com](http://www.thecrcnj.com) for a list of our current staff, along with detailed background information.

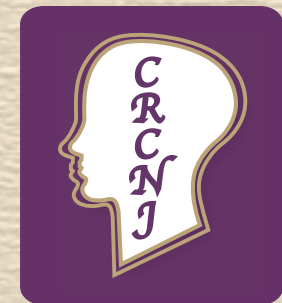
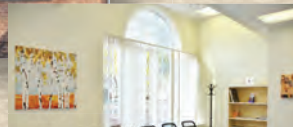
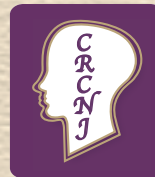
[www.thecrcnj.com](http://www.thecrcnj.com)

**The Cognitive and Research Center of New Jersey**

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We are located in the lot directly across from the Springfield Fire Department, which is a large red brick building. Turn into the lot by the dance studio. We are the 3rd building back from the road.



**THE COGNITIVE AND RESEARCH CENTER OF NEW JERSEY, LLC**

A Complete Memory and Dementia Center

*Directed by  
Michelle Papka, Ph.D.*

## Neuropsychological Evaluations

### Why have one?

Are you concerned about changes in:

- Memory?
- Thinking skills?
- Mood?
- Behavior?

*Are things not quite right, or the way they "used to be"?*



If so, a neuropsychological evaluation may be helpful in determining:

- Whether current signs/symptoms are "normal," and if, not:
  - Diagnosis
  - Treatment plan

### What to expect

We are interested in all of the details, and will provide a comprehensive evaluation including:

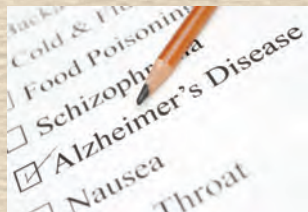
- A review of past medical records
- An interview of the patient/family
- Standardized cognitive assessment
- Evaluation of mood and psychological symptoms

After careful review of all available information, we will provide individualized feedback regarding:

- Results
- Impressions
- Recommendations

### Benefits

Neuropsychological assessments may yield findings not observable using other techniques. Results of the evaluation may be used for clinical, planning, application, or other processes. The information obtained by a neuropsychological evaluation can be instrumental in helping the patient and family understand and cope better with existing behaviors and symptoms.



## Clinical Trials For Memory Impairment

A clinical trial is a research study in which qualifying volunteers participate in a protocol where experimental treatments are tested. At CRCNJ, we are conducting numerous trials, sponsored by different pharmaceutical companies, aimed at treating memory impairment and Alzheimer's disease. For more information about trials for which we are currently enrolling, please call us or visit our website. Each trial is unique in terms of eligibility for enrollment, study drug, time commitment, and schedule of assessments. We would be happy to help you find a trial that would be appropriate for you.

### Why Participate in Clinical Trials?

- It is an opportunity to take a more active role in your own health care.
- You will access and receive routine monitoring and evaluation by a team of specialists, at no cost.
- Research shows that patients enrolled in trials do better than those who are not.
- Participation provides a sense of hope to the patient and family.
- We need a cure!

**The biggest obstacle to finding a cure for Alzheimer's disease is a lack of participants in research. All trials, even ones that do not yield significant results, contribute to our knowledge and bring us a step closer to finding a cure.**



## Psychotherapy

Before you decide whether or not psychotherapy is for you, get the facts. Here are just some of the advantages and outcomes of psychotherapy:

- Improved relationships
- Increased self-esteem and self-confidence
- Sense of empowerment
- Improved problem-solving
- Reduced stress
- Increased healthfulness
- Better understanding of oneself
- Clarity of past, present, and future
- Development of tolerance for self and others
- Increased awareness and control of behaviors
- Recognition of all possibilities
- Increased realization of opportunities
- Sense of peacefulness



### Is this what you need?

You don't need to have a diagnosis or crisis to seek psychotherapy. Everyone benefits from the opportunity to talk, be heard, and understood. We invite you to work with one of our trained professionals at CRCNJ.

### Can patients with dementia be engaged in psychotherapy?

Yes, and this process is often helpful to patients and to their family members. At CRCNJ, we have a team of experts who can help you and your family cope with the symptoms and feelings that arise as a result of dementia, including the experience of isolation. We can also assist in developing goals and plans for the present and future.

### Healthy Brain Aging Programs:

- Educational Series
- Health Coaching