

DMCDL Patient Pointers...

April 2011



RX REFILL REQUESTS

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prescription refills online

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TEAM

AUTISM SOLUTIONS

Walk with Dr. Ricki Robinson and others in [WALK NOW FOR AUTISM SPEAKS](#)—to raise awareness and funds for autism.

Saturday, April 23 10 a.m.

Rose Bowl Pasadena

Registration opens 8:00

Opening Ceremony 9:30

To join TEAM AUTISM SOLUTIONS go to the [Autism Walk website](#).

(<http://www.walknowforautismspeaks.org/faf/home/deault.asp?ievent=442586>)

Select **Join a Team** (team name Autism Solutions) and sign up to walk.

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Working Memory - It can be improved!

What may appear to be forgetfulness, distraction or an inability to follow directions or retain information may be directly related to working memory capacity. Working memory is the search engine of the mind. It is the cognitive function responsible for keeping information online, manipulating it, and using it in your thinking. It is the way that you delegate the things you encounter to the parts of your brain that can take action and is necessary for staying focused on a task, blocking out distractions, and keeping you updated and aware about what's going on around you. We use our working memory constantly in daily life helping us to perform efficiently and effectively in academic, professional and social settings. **Working memory can be improved!**

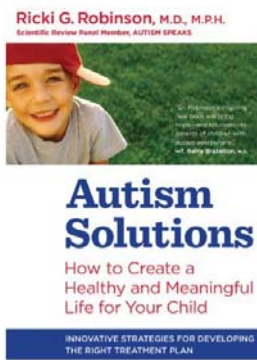
Descanso Medical Center for Development and Learning offers Cogmed Working Memory Training - the only evidence-based program for improved attention. [See our website](#) for more information or to sign up for a free Webinar about this home-based five week program that helps improve attention by training and increasing working memory capacity. Schedule your summer session now. Contact Bonnie at bdelaney@dmcdl.com.

Preparing for a Disaster—A 3-Step Plan

The recent disaster in Japan is a stark reminder that we live in an earthquake zone.

This is a good time to review your emergency preparedness plan with your children—or if you don't yet have one, to put one into place. A free 2-page download with helpful checklists is available from ADDitude magazine at <http://www.additudemag.com/RCLP/sub/2777.html> And remember—**running out of medicine during a disaster is NOT a good idea!**

Autism Solutions — April 28 Book Signing



AUTISM SOLUTIONS

Book Signing with Dr. Ricki

Flintridge Bookstore—La Canada

April 28, 2011

7:30 p.m.

For more information about the book please visit

www.DrRickiRobinson.com