



# The Brain Health Community Registry Newsletter

Spring 2022



School of Nursing  
UNIVERSITY OF WISCONSIN-MADISON



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You are receiving this newsletter because of your participation in the Brain Health Community Registry!

In each quarterly newsletter, we share information about brain health including new research and tips, educational resources and events, and updates about the Brain Health Community Registry.

One of our more exciting updates this Spring is that the Brain Health Community Registry team is working with researchers across the UW-Madison campus to build connections to studies that may be of interest to you. We are very excited to begin sharing information about these studies with you in the coming months. As always, joining any research study we share with you is voluntary and up to you! For more information, see page 3.



## Upcoming Brain Health Events



### "Healthy Living for Your Brain and Body: Tips from the Latest Research" by the Alzheimer's Association

- **When?** Saturday, April 30th, 9:30 - 10:30 AM
- **Where?** A virtual webinar
- **How?** Call (800) 272 - 3900 to register
- **Learn more at**  
<https://bit.ly/TipsFromBrainResearch>

### "Topic Tuesday: Dementia Basics" by the Aging & Disability Resource Center

- **When?** Tuesday, May 17th 3:00 - 3:45PM
- **Where?** Virtual Workshop
- **How?** Call (888) 486 - 9545 to register
- **Learn more at**  
<https://bit.ly/DementiaBasics1>

If there's anything you'd like to see in a future newsletter, please reach out to us at [bhcregistry@nursing.wisc.edu](mailto:bhcregistry@nursing.wisc.edu) or call us at **608-800-2899**

## Spring Cleaning: Safe Disposal of Medications

Over time, it can be so easy to accumulate medications that you stopped taking or did never use. Extending spring cleaning to your medication cabinet reduces the risk of medication accidents for you and those around you. Here are some tips on how to approach this:

**1. Call your health care provider and ask for an updated, reconciled medication list. Ask questions about any medications you are not sure about.** While not everyone has a primary health care provider, connecting to a health care provider can help you manage your health and keep your medications up to date. Need help connecting to a health care provider? We would be happy to assist you! Contact the BHCR team for more information!

**2. Look for incorrect, unwanted or expired medications around the house.** Compare the medications on your updated list to the ones in your home. Make sure the medication name **AND** dose (strength) are correct in comparison to the list. Also remove any unwanted or expired medications. If you are unsure of whether or not to dispose of something, contact your local pharmacist.



**3. Check to see if there is a drug take-back option or authorized collection site available** by checking with your local drugstore or police station for drug take back locations to safely turn in prescription medications. This helps protect the environment through safe disposal of medication.

**4. If there is not a drug take-back option, check if the medication is on the FDA flush list by visiting <https://bit.ly/FDAFlushList>.**

**5. If the medication is on the FDA flush list,** flush the medication and be sure to scratch out all personal information on the bottle and throw it away.

**6. If the medication is not on the flush list,** mix the medications with unappealing substances (ex. dirt, cat litter, coffee grounds) and seal the mixture in a container. Then throw away the container. Ensure all personal information has been removed from the label on the medication bottle and dispose of the bottle.



**7. Enjoy having an up-to-date and safer medication supply. Continue taking your medications as prescribed and let your provider know of any issues.**

For more information about how to safely dispose of unused or expired medications, visit <https://bit.ly/FDASafeMedDisposal>

## Brain Health Research Study Updates

In the upcoming months, we will be sharing research study information from researchers that would like to recruit members from the Brain Health Community Registry (BHCR). Here are a few reminders about participating in these studies:

### What to Expect

BHCR team members will send you information about upcoming research opportunities that you may be eligible for through your preferred contact method. If you are interested and want to contact the study directly, BHCR team members will provide you with instructions on how to contact the research team. Researchers leading the studies may also reach out to you about participating in the study and may follow up with you if you indicate that you are interested in participating.

### What to Look for

Look for messages from the BHCR team with the subject "Seeking participants for UW-Madison Research Studies." If your preferred method of contact is phone, you will receive a phone call instead with the same information. After going through the description of the study, we encourage you to take the time you need to decide if you would like to participate. We will also provide a list of current studies and their descriptions in future newsletters!

### Participation

Participation in the BHCR as well as any additional research studies is **completely voluntary!** You may change your mind at any time if you no longer wish to participate in any study. You can choose to participate in any of the studies that you are eligible for.

### We want to hear from you!

We want to get your input on what types of brain health research topics you are interested in! We would also love to get feedback on how you would prefer to be contacted by research studies and how often you would like to be contacted for follow up purposes.



**If you have any suggestions, feedback or general questions** about participating in research studies, feel free to reach out to the BHCR Team at [bhcregistry@nursing.wisc.edu](mailto:bhcregistry@nursing.wisc.edu) or call us at **608-800-2899**.

## Brain Challenge

*The answer to our Winter Brain Challenge is... **A Map**  
Check out our Spring Brain Challenge Below!*

**What rows quickly with four oars but never comes out from under its roof?**

*Each newsletter will also include a brain challenge, and the answers to any questions or puzzles will be included in the next newsletter.*

