



The Brain Health Community Registry Newsletter

Winter 2021



School of Nursing
UNIVERSITY OF WISCONSIN-MADISON



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Thank you for choosing to join the Brain Health Community Registry! We created this newsletter to share more information about brain health, to share educational resources and events, and to provide any updates about the Brain Health Community Registry. In the future, we will be sharing study information from researchers who would like to recruit members of the Brain Health Community Registry. In the meantime, we will continue to share events and classes that might be of interest to you.

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

Get Connected! Resources for Brain Health

The National Institute on Aging

<https://www.nia.nih.gov/>
Provides information about research and education on a variety of topics relating to healthy aging.

Aging and Disability Resource Center

<http://www.daneadrc.org/>
Offer information and resources for people interested in learning more about brain health and who may be experiencing brain health changes.

Administration for Community Living

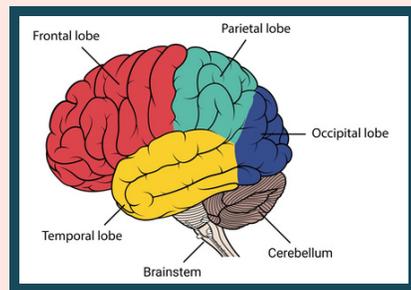
<https://acl.gov/brain-health>
Provides a variety of educational information on brain health and things we can do to protect our brains

Science Corner: Let's Understand Our Brains

The brain is a complex, three-pound organ with many parts. Our brain is in two halves called cerebral hemispheres that are responsible for many functions. These hemispheres are what we refer to as the “right” and “left” brain.

Each of our brain’s hemispheres is made up of “lobes” that can help with specific functions. The temporal and parietal lobes are involved in communication. The occipital and frontal lobe are also important areas. Our frontal lobe helps us with decision making, judgement and managing emotions. Our occipital lobe is mostly responsible for vision.

But our brain also likes teamwork – and both hemispheres and lobes are strongly connected and work together!



Deeper inside our brain, there are even more parts with other important roles – like the thalamus, which sends movement and sensory signals. The hypothalamus that controls hunger, thirst, sleep, and other roles. The amygdala that helps us process emotions. And the hippocampus which helps us both create and store memories.

In future newsletters, we will focus on things we can do to strengthen various areas of our brain and our thinking.

Brain Challenge

Find out the answer in our next newsletter!



Where will you find roads without vehicles, forests without trees, and cities without houses?



Upcoming Brain Health Events

Alzheimer’s Association Virtual Education Classes:

- Offers a variety of virtual education courses each month including a class on brain and body health
- Sign up here: <https://www.alz.org/media/wi/documents/December-virtual-education.pdf>
 - Or call to sign up at 608-203-8500

Healthy Aging: Maintaining and Maximizing Brain Health and Wellbeing (Virtual)

- The Goodman Center in Madison is hosting a discussion on healthy aging focusing on mental and physical wellbeing
- 27 Jan 2022 10:00 - 11:00am
- To register contact Diane at: (608)222-3415 or DMikelbank@ci.monona.wi.us
- <https://bit.ly/goodmancenter>

Aging and Disability Resource Center (ADRC): Brain Health Basics Virtual Class

- Feb. 22nd, 2022 3:00-3:45pm
- Sign up here: <https://www.adrc-cw.org/event/topic-tuesday-brain-health-basics-wausau-2-2/>
 - Or call to sign up at 888-486-9545

Online Brain Games - AARP:

Free, easy to use games like solitaire, bridge, backgammon, chess, and cross words to engage your brain and practice memory skills <https://games.aarp.org/>

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