



The Brain Health Community Registry Newsletter

Fall 2022



In this newsletter:

1. Upcoming Events
2. Brain Health Education
3. Brain Health Research Study Updates
4. Brain Health Challenge

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

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

We are excited to share with you that the Brain Health Registry has officially turned one! We are so happy to have you as part of our registry. As we celebrate our first year together, it is time for us to reconnect with some of you. For those who have been apart of this community for a while, we will be reaching out to say hi and update your information. Stay tuned to read more about updates to the registry and what you can expect to come in the future.



Upcoming Brain Health Events



Understanding Alzheimer's and Dementia

- **When?** Saturday, November 5th, 10:00am - 11:00am CDT
- **Where?** A virtual webinar
- **How?** Call (800) 272 - 3900 to register
- **Learn more at**
<https://tinyurl.com/4bkayfny>

Emory BrainTalk Live Webinar Series

- **When?** Tuesdays, 2:00pm EST
- **Where?** Virtual Series
- **How?** Register at
<https://tinyurl.com/58twd2kb>
- **Learn more at**
<https://tinyurl.com/37f4esus>

If you have any suggestions, feedback or general questions about participating in research studies, feel free to reach out to the Team at brainhealthresearch@medicine.wisc.edu or call us at 608-800-2899.

Ways to stay ahead while everything else is FALLing back

Fall has officially arrived! Before we know it, we will be turning back our clocks to "fall behind" an hour. While our routines will be set back an hour, this does not have to pertain to our brain health routine. Here are some ways in which we can stay ahead this fall:

1. Prioritize physical health. Discuss with healthcare provider about recommended health screenings, management of chronic health problems (i.e., high cholesterol, diabetes, depression), discuss ways to limit use of alcohol, nicotine, and chewing tobacco, and discuss the appropriate number of hours of sleep each night for optimal health.

2. Incorporate healthier foods into our diet. A healthy diet consists of fruits and vegetables, whole grains, lean meats, fish and poultry; and low-fat or nonfat dairy products. Be sure to control portion sizes and monitor water intake to ensure hydration. Western diet may possibly lead to faster brain aging. Learn more about diets that may slow brain aging here: <https://tinyurl.com/yckxwdem>



3. Find ways to be physically active. Engage in regular exercise such as walking or aerobics. We can also find other ways to move our bodies such as engaging in household chores, putting on our favorite tunes and dancing around, parking further away from the store entrance, or even choosing the stairs instead of the elevator.

4. Keep our minds active. Find ways to engage in activities that are meaningful such as volunteering or making time to enjoy personal hobbies. Create time in our schedules to read, play games, take a class, or even learn a new skill or hobby.

5. Stay connected. Connecting with others through social activities or within our communities can improve well-being. Make time to visit friends or family. Check our local Area Agency on Aging, senior center, or other community organizations to learn about events.

6. Prioritize mental health. Finding ways to alleviate anxiety, depression, or stress. Consider journaling, relaxation techniques such as mindfulness, breathing exercises, and documenting times we feel stressed, depressed, or anxious to discover what may be a cause to these feelings.



For more information, tips, or changes that we can make to prioritize brain health visit <https://tinyurl.com/yskd3y9r>

Brain Health Community Registry Updates

Important Transitions

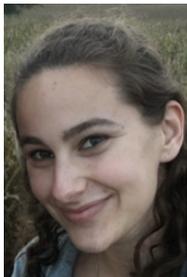


In July 2022, **Dr. Andrea Gilmore-Bykovskyi**, the lead researcher for the Brain Health Community Registry, transitioned into a new role as an Associate Professor and Associate Vice Chair of Research in the BerbeeWalsh Department of Emergency Medicine at the University of Wisconsin-Madison. This is a very exciting transition for our team, but it does not change anything about the nature of your participation in the Brain Health Community Registry! All Registry participants will receive a formal notice of this transition via mail or email.

New Brain Health Team Members



Meghan Haas is a second year PhD student in the Sandra Rosenbaum School of Social Work at UW-Madison. Meghan's research interests are disability and aging. She graduated in 2020 with her Masters in Social Work, and is licensed as an advanced practice social worker. Meghan helps with enrolling participants in the registry and resource matching.



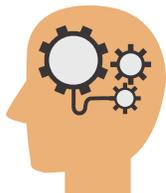
Lilli Kay is a Masters in Social Work candidate in the Sandra Rosenbaum School of Social Work at UW-Madison. Lilli graduated in 2020 with a Bachelors of Arts in Psychology and double minors in Spanish and Anthropology. While Lilli is the project coordinator for the Brain and Body Fitness Groups, she is also a support to the registry as well.



Juliet Chang is an undergraduate student studying education and social welfare at UW-Madison. They have helped to support a qualitative study examining perspectives on crisis among dementia caregivers who identify as African American. Currently, Juliet is transitioning to support the brain health community registry.

Brain Challenge

*The answer to our last Brain Challenge is... **A Turtle***



What is something that you can hold without ever touching?

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