



# The Brain Health Community Registry Newsletter

## Spring 2023



### In this newsletter:

- Summary and Updates
- Brain Health Community Events
- Gut & Brain Health
- In the news

We hope that you are as excited as we are about Spring *finally* arriving! You are receiving this newsletter because you are currently enrolled in the Brain Health Community Registry! If you do not want to be part of the BHCR mailing list, please let us know by contacting us at [brainhealthresearch@medicine.wisc.edu](mailto:brainhealthresearch@medicine.wisc.edu).

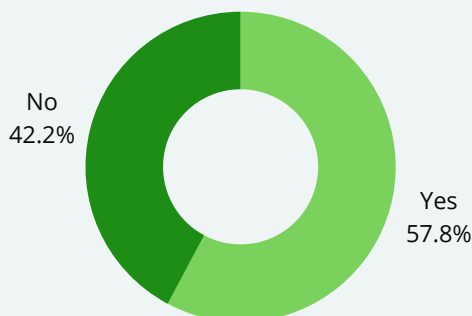
The Brain Health Community Registry newsletter provides activities and information based on current research. Participants gain access to education and tools for strengthening both physical and mental wellbeing.

We created this newsletter to share brain health resources and education, and to provide updates about the Brain Health Community Registry!

## Brain Health Community Registry: A Year in Review

As always, we are so grateful for your continued participation in the Brain Health Community Registry. As we wrapped up the year 2022, and are quickly approaching the 1.5 year mark of the Registry being active, we put together some information about the wonderful community of Registry participants:

### Participants who requested resources:



- There are **161 people** enrolled in the Registry!
- 40% of Registry participants live in Dane County
- 26% of Registry participants are caregivers
  - 71.4% of caregivers identify as female
  - 64.3% of caregivers are 60 and older
- 26.3% of Registry participants are experiencing some form of memory changes, and 13.3% are impacted daily by memory changes
- Caregiving resources were the most requested resource

To review the entire 2022 annual summary, use this link: [https://gilmorebykovskyilab.org/wp-content/uploads/2023/03/BHCR-End-of-Year-Summary\\_2022.pdf](https://gilmorebykovskyilab.org/wp-content/uploads/2023/03/BHCR-End-of-Year-Summary_2022.pdf)

## Brain Health Community Events

### Healthy Living with Mild Cognitive Impairment Classes

*Online via Zoom or in-person in Brown, Dodge/Jefferson, and Rock County from 9:30am - 11:30am*

1. Food Matters: The Gut-Brain Connection with Barbara Bendlin, PhD (June 9, 2023)
2. Manage Stress and Improve Coping Skills for a Healthier Mind with Megan Zuelsdorff, PhD (September 8, 2023)
3. Personalize Exercise to Boost Brain Health and Memory with Michelle Braun, PhD (December 8, 2023)

To learn more or register, please visit:  
<https://www.adrc.wisc.edu/mci>

### Get Movin' Exercise and Enrichment Classes

*Online via Zoom or in-person at UW South Partnership Office 2238 South Park St. Madison, WI 53713*

1. Exercise classes are held on Tuesdays and Thursdays from 1-2pm. If you complete two weeks of classes, you will receive a free Get Movin' Welcome Kit in the mail with equipment and a t-shirt.
2. Enrichment classes are held on Thursdays from 2-3pm.

To learn more or register, please visit:  
<https://www.adrc.wisc.edu/get-movin>

### Educational Webinars

*Free, virtual, educational events hosted by the Alzheimer's Association*

1. Understanding and Responding to Dementia-Related Behaviors on June 14th, 2023 9am-10am
2. 10 Warning Signs of Alzheimer's on June 22nd, 2023 10am-11am.

To learn more or register, please visit:  
<https://tinyurl.com/5ccc5ka9> and  
<https://tinyurl.com/4hkprw7h>, or call **1-800-272-3900**.

### Brain and Body Fitness

*In-person at the Monona Senior Center  
June 20 and 27, 2023 from 10-11am  
1011 Nichols Rd, Monona, WI 53716*

The UW-Madison Brain and Body Fitness program will be hosting a two-week series in collaboration with the Monona Senior Center! Learn new ways to protect and engage your mind and body through fun and educational activities.

To register, please call the Monona Senior Center at **(608) 222-3415**

## Brain Health Challenge

*The answer to our last Brain Challenge is... Igloos it together. Stay tuned for our Summer Newsletter to find out the answer for this edition's challenge:*

***Why is the letter 'A' like a flower?***



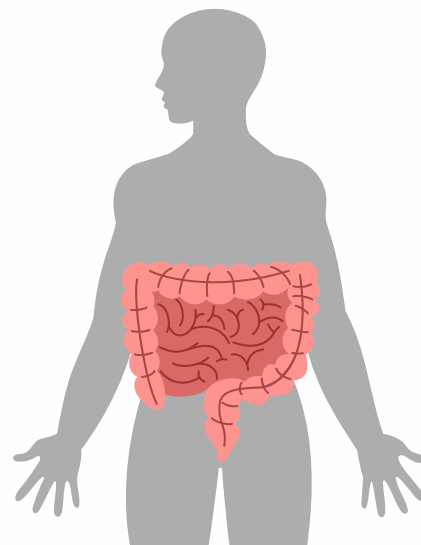
# Gut Health that Supports Brain Health

## What is gut health?

Your gut microbiome, or a combination of helpful bacteria and other microbes in your gastrointestinal tract, help you break down a variety of food during digestion. Your gut microbiome also sends messages to your central nervous system to change the way that you think, feel, or act. In addition, your gut microbiome communicates with your immune system to fight off infections and illnesses. Scientists believe that the health of your gut microbiome impacts the health of your brain. Improving your gut microbiome includes taking a probiotic supplement and eating fermented foods.

## What nutrients are essential for our gut and brain health?

Fermented beverages and foods are produced through controlled microbial growth. Foods can be fermented naturally where microorganisms are present naturally, or foods can be fermented via the addition of starter cultures. Fermented foods are good for your gut microbiome because they contain probiotics, which increases the diversity of bacteria in your gut. Fermented beverages and foods include yogurt, sauerkraut, kimchi, kombucha, cultured cottage cheese, water/dairy kefir, pickles, and some cheeses such as gouda or mozzarella.



# Nutrition to Support Brain Health

## What should you know about diets?

Different people thrive on different diets, but there are some general recommendations that can help you eat better to improve your overall health, including your brain health. No matter what healthy diet you choose to follow, it is important to choose your portion sizes wisely, eat on a regular and sustainable schedule, and limit the amount of highly-processed foods you eat.

### Heart Healthy Diet

The Heart Healthy Diet recommends you eat:

- Whole grains
- Fresh fruit
- Vegetables
- Leans protein

Limit

- Saturated fat
- Trans fat
- Refined sugar
- Sodium consumption

### MIND Diet

Includes plant-based foods with minimal animal products such as:

- Green, leafy vegetables
- Berries and nuts
- Lean proteins such as fish
- Whole grains

Limit

- Butter and cheese
- Red meat
- Pastries and sweets
- Fried foods

### SMASH Diet

This diet is an acronym that stands for great sources of omega-3 fatty acids/proteins, which are low in mercury which can cause build-up:

- Sardines
- Mackerel
- Anchovies
- Salmon
- Herring

## In the News...

### Alzheimer's & Dementia Alliance of Wisconsin Closing...

The Alzheimer's & Dementia Alliance of Wisconsin (ADAW) has recently announced their decision to close and discontinue all their programs and services effective June 30th. ADAW has provided immense support in the Alzheimer's and related dementia communities since 1985. ADAW's closing impacts their support groups, care consultations and family meeting services, respite support, all social programs hosted by ADAW, Memory Cafes, and their educational programs. ADAW will assist its current clients make the transition to other services and supports so that their needs are still being met. In addition, ADAW is referring all other individuals to their local Aging and Disability Resource Centers (ADRC), the Alzheimer's Association, and Alzheimer's Foundation of America which all offer helplines. If you have questions about how the closing of the Alzheimer's & Dementia Alliance of Wisconsin (ADAW) may impact you, please contact Jeff Hamm at (608) 232-3400 ext. 112.

### AAA Farmers' Market Vouchers

The Agency on Aging (AAA) is distributing farmers' market vouchers to older adults who are 60 years of age or older, live in Dane County, and have a gross income under \$26,973 per year for a one-person household or under \$36,973 for a two-person household. For questions or to learn how you can apply, please email [gabriel.shannon@countyofdane.com](mailto:gabriel.shannon@countyofdane.com) or call Gabriel at (608) 261-5678.

### The Health and Resource Fair

A date was listed for the Health and Resource Fair at the Madison Senior Center. This event will be held on October 17th, 2023. This is a one-stop shopping experience for information about health, safety, and aging independently. Features include a vendor fair, health screenings, presentations, and more! Stay tuned for more information...

### Creating a Dementia-Friendly Home

The Alzheimer's Foundation of America has created a guide for creating a dementia-friendly home. This guide discusses key features that can play a role in improving the quality of life for someone living with a dementia-related illness such as paint color, lighting, decorations, door handles and locks, furniture, and more. Visit this link, <https://alzfdn.org/theapartment/> to view the guide or request a hard copy.

### Pet Therapy and Alzheimer's Disease

Animal therapy has been shown to provide a wide variety of behavioral and emotional benefits for people living with dementia such as improving mood, facilitating social interactions, create a calming effect with dementia-related behavioral problems, and increase physical activity in people living with dementia. Learn more about pet therapy using this link: <https://www.alz.org/news/2023/pet-power>.

