



The Brain Health Community Registry Newsletter

Fall 2023



In this newsletter:

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- Good Sleep and Sleep Hygiene

We hope that you are as excited as we are about Fall *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.

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 Updates

The Brain Health Community Registry is growing! We are excited to share that we are collaborating with Dr. Mora Pinzon and her research team to expand the access of the Brain Health Community Registry to the Latinx community. Dr. Mora Pinzon's research is focused on improving access to care for Alzheimer's Disease and other related dementias for Latinx individuals. Her research team will oversee a Latinx cohort of the Brain Health Community Registry. Learn more about Dr. Mora Pinzon's research using this link: <https://wai.wisc.edu/staff/mora-pinzon-maria/>.



Research Opportunities

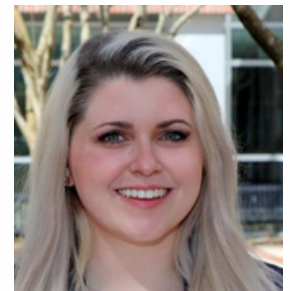
A goal of the Brain Health Community Registry is to share research opportunities related to aging, brain health, and caregiving. Our study team has met with two separate research teams who are conducting relevant studies and invite you to participate. Please review the opportunities below. If you are interested or have questions, reach out to the research teams using the contact information listed.

Opportunity with University of Illinois-Urbana Champaign:

- Researchers are exploring challenges encountered in daily activities by adults
- The study is completed via Zoom and involves interviews and questionnaires
- You are eligible if you are aged 60+, do not have a history of significant psychological illness or a diagnosis of Alzheimer's or other dementia, and if you or someone you know are experiencing recent changes in thinking, memory, or concentration or has persistent cognitive difficulties due to stroke, traumatic brain injury, or mild cognitive impairment
- For more information contact 217-265-0885 or email KCH-HFA-ENACT@illinois.edu



Dr. Wendy Rodgers



Dr. Carolyn Ellison-Keeler



WASHINGTON STATE
UNIVERSITY



Dr. Maureen Schmitter-Edgecombe



Maggie Dines

Opportunity with Washington State University

- Researchers are examining how individuals complete important daily activities from their own homes and what sort of strategies or aids people may use to support successful task completion
- The study is two weeks long, with two 3-hour Zoom testing sessions at the beginning and end of the two weeks. You will also complete questionnaires and wear a smart watch. Participants will receive payment and a brief neuropsychological report
- You are eligible if you are aged 50+, fluent in English and have access to a computer or tablet with a webcam and microphone, as well as WIFI, to participate via Zoom
- For more information contact (509) 335-4033

Brain Health Community Events

Get Movin'

In-person on Tuesdays and Thursdays at the UW South Madison Partnership, 2238 S. Park St. or on Zoom from 1:00pm to 2:00pm

1. FREE and open to the public
2. Gentle exercise program for every fitness level
3. Following Get Movin', on Thursdays from 2:00pm - 3:00pm join Mrs. Lytonia Floyd for her Nutrition Enrichment Course

To learn more or register, call 608-235-4745 or you can visit:

https://docs.google.com/forms/d/e/1FAIpQLSe8iE_1dZJOluwSwZHYPwq-Ibah7WNH_WKT48dgryxjOSSGug/viewform

Alcohol and Dementia

Online via Zoom on Wednesday, November 15, 2023 from 8:00am to 9:00am

1. FREE webinar, but registration is required
2. Learn about modifiable risk factors, understand the link between alcohol and dementia, learn strategies and interventions to address alcohol use

To learn more or register, call 1-800-537-9728 or you can visit: <https://www.asaging.org/web-seminars/alcohol-and-dementia>

Understanding the Legal Needs of Aging

Online via Zoom on Wednesday, December 6, 2023 from 8:00am to 9:00am

1. FREE webinar, but registration is required
2. Understand the importance of planning for aging, learn what documents are important, learn about Medicaid planning, and learn the benefits of using a legal resources

To learn more or register, call 1-800-537-9728 or you can visit: <https://www.asaging.org/web-seminars/understanding-legal-needs-aging-0>

Healthy Living with Mild Cognitive Impairment Education Series - Personalize Exercise to Boost Brain Health and Memory

Online via Zoom or in-person in Brown, Dodge/Jefferson, and Rock County on Friday, December 8, 2023 from 9:30am to 11:30am

1. FREE program.
2. Michelle Braun, PhD will be giving a talk on personal exercise and how it can help boost your brain's health and memory.

To learn more or register, call 608-265-0407 or you can visit: <https://www.adrc.wisc.edu/mci>

Brain Health Challenge

The answer to our last Brain Challenge is... Because the "B" is after it! . Stay tuned for our Winter Newsletter to find out the answer for this edition's challenge:

How do you fix a broken jack-o'-lantern?



Good Sleep Supports Brain Health

What does good sleep look like?

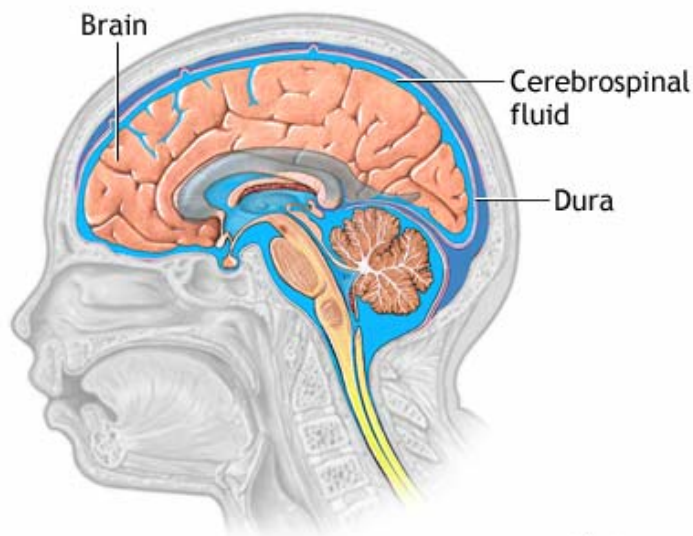
The average adult should try to get 7 hours of sleep each night. Good sleep will cycle through light sleep, deep sleep, and rapid eye movement (REM). You should feel refreshed after sleep. Good sleep will help with cellular growth, muscle recovery, memory function, cognitive processing, etc.

How does sleep replenish the brain?

Research has shown that sleep helps detox the brain. Cerebrospinal fluid can help remove beta-amyloid from our brain. This process, called glymphatic flow, has been shown to work better and faster during sleep.

How does lack of sleep affect you?

Sleep loss can lead to mood changes, poor memory, and a decline in concentration. Poor sleep can also affect your balance and overall coordination. The body's immune system can also be greatly impacted.



ADAM.

What is sleep hygiene and how can I practice it?

Sleep hygiene is also known as good sleep habits. These habits can pertain to self behaviors and management of the environment. Start out with gradual adjustments to your lifestyle. Don't try to rush your changes, as you will be less likely to stick with it. On average it takes about 66 days to form a new habit. Some examples of changes you can make include:

Make a Nightly Routine

Follow a particular set of steps each night. Get used to a bedtime rhythm.

- Brush your teeth
- Floss your teeth
- Wash your face
- Put your pajamas on
- Etc.

Make Time for Winding Down

Take about 30 min to calm down before bed. Some relaxing activities include:

- Listening to music
- Reading a book
- Breathing exercises
- Light yoga stretches
- Tai Chi

Take a Break from Electronics

Blue light can reduce the amount of melatonin your body produces. Plan to stop using electronics 30-60 min before bedtime.

- Phones
- Tablets
- Computers
- TVs

