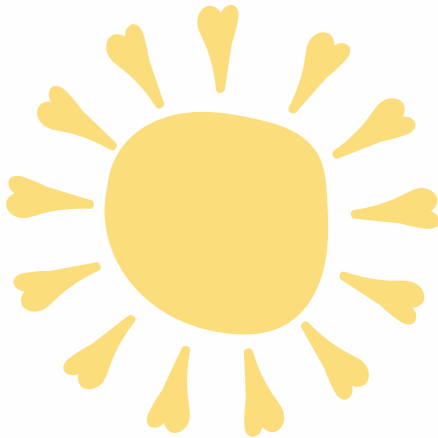


The Brain Health Community Registry Newsletter

Spring 2024



In this newsletter:

- Upcoming Events
- Research Opportunities
- Virtual Support Groups & Memory Cafes
- Learn More About Fall Prevention

Spring is on its way!

You are receiving this newsletter because you are currently enrolled in the Brain Health Community Registry!

The Brain Health Community Registry provides information about activities and current research. Participants receive education and hands-on 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.

Upcoming Events

Alzheimer's Disease

Biomarkers and New Therapies

Dr. Chin and Dr. Johnson will be providing an overview of new therapies for Alzheimer's disease and how they were developed.

- **When:** March 15th from 9:30am-11:30am CT
- **Where:** Virtual - Zoom, registration required
- **Cost:** Free
- **Website:** <https://www.adrc.wisc.edu/mci>

Dementia Conversations

Driving, Doctor Visits, Legal & Financial Planning

Learn about Alzheimer's disease, stages and risk factors, current treatment and research.

- **When:** March 16th from 10am-11am CT
- **Where:** Virtual - Webinar, registration preferred
- **Cost:** Free
- **Contact:** 800-272-3900
- **Website:** <https://shorturl.at/fABE9>

Solomon Carter Fuller Event

This annual event aims to educate the public on Alzheimer's disease in the African American Community.

- **When:** April 6th from 10am-2pm
- **Where:** TPC Wisconsin (formerly Cherokee Country Club) 5000 N Sherman Ave Madison, WI 53704
- **Cost:** Free
- **Website:** <https://www.adrc.wisc.edu/SCF2024>

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 been connected to two different 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 the University of Pennsylvania: I-MEASURED

- Researchers are trying to understand the experiences and priorities of persons living with dementia and their loved ones
- This study involves a screening questionnaire over the phone and a 30-60 minute survey over Zoom if eligible
- You are eligible if:
 - you are older than 18
 - can speak English
 - have been diagnosed with mild cognitive impairment or mild dementia
 - OR are someone who provides care for a person with mild cognitive impairment or any severity of dementia
 - social care
 - emotional care
 - physical care
- If you are interested in learning more about this study, contact IMEASURED@penmedicine.upenn.edu or call (215)-746-4921



Researchers: Drs. Catherine Auriemma, MD and Jason Karlawish, MD

Opportunity with the University of Tennessee Knoxville: Caregiving Under 42

- Researchers are trying to understand caregiver burden and stress for young caregivers
- This study involves a 15-20 minute survey and a 30-45 minute online interview
- You are eligible if you are a caregiver to an individual with dementia and are under the age of 42
- For more information contact Maria Thompson, Nursing Student at mthom152@vols.utk.edu or Joel Anderson, PhD, CHTP, FGSA at jande147@utk.edu
- For the eligibility survey scan the QR code below



Researchers: Dr. Joel Anderson, PhD, CHTP, FGSA and Maria Thomson, Nursing Student (Not pictured)

Ongoing Virtual Support Groups

Support groups can connect you with other people who share similar experiences. Support groups can provide opportunities to learn more about coping strategies which could help you in a stressful situation.

Wisconsin's Family Caregiver Support Programs

Wisconsin's Family Caregiver Support Programs has many resources for caregivers. They highlight numerous virtual support groups open to the public. There are group meeting times Monday through Friday. The link to their website is <https://wisconsincaregiver.org/virtual-events-for-caregivers>.

Visit their website to find contact information for the following support groups.

Featured Groups



More groups and meeting times can be found on their website listed above.

Mondays

- Every Monday at 10:00 am - Dementia Caregiver Coffee connect
- First Monday of the month from 7:00 - 8:00 pm - Monday D.I.S.H. (Dementia Informed Super Heroes)

Tuesdays

- Second Tuesday of the month from 9:30-11:00 am - Family Caregivers for a Loved One with Dementia in the Early Stages
- Second and Fourth Tuesday of the month from 5:30 - 7:00 pm - Grandparent Connections

Wednesdays

- Every Wednesday at 10:00 am - Support Group for Dementia Caregivers
- Every Wednesday at 2:00 pm - Weekly Wednesday Caregiver Check-In

Thursdays

- Every Thursday from 7:30 to 8:30 pm - Evening Conversations
- First Thursday of the month at Noon - Virtual Family Caregiver Lunch Bunch Support Group

Fridays

- Every Friday 9 am - 10 am - Early Stage Virtual Caregiver Support Group
- Every OTHER Friday from 10:00-11:30 am - Family Caregivers for a Loved One with Dementia Living at a Facility

Virtual Memory Cafes

What is a Memory Cafe?

A memory cafe is a place where individuals living with dementia and their caregivers are able to socialize and meet other people. This is a friendly environment where caregivers and their loved ones are able to relax and enjoy various activities together.



Wisconsin's Family Caregiver Support Programs

- Wisconsin's Family Caregiver Support Programs also shares information about virtual memory cafés. The link to their website is <https://wisconsincaregiver.org/virtual-events-for-caregivers>. **Visit their website to find contact information for the following virtual memory cafés.**



Featured Groups

- Tuesdays at 11:00 am - Fox Valley Memory Project Zoom Memory Café
- First and third Tuesday of the month from 9 am-10:30 am - Caregiver Virtual Café
- Second Tuesday of the month from 10:00-11:30 pm - Chippewa Valley Memory Café - 2021 Virtual Time Travelers Series
- Second Wednesday of the month at 10:30 am - Virtual Memory Café
- Every Thursday at 11:00 am - Think Cap Cafe
- Every Thursday at 1:30 pm - Fox Valley Memory Project Zoom Memory Cafe

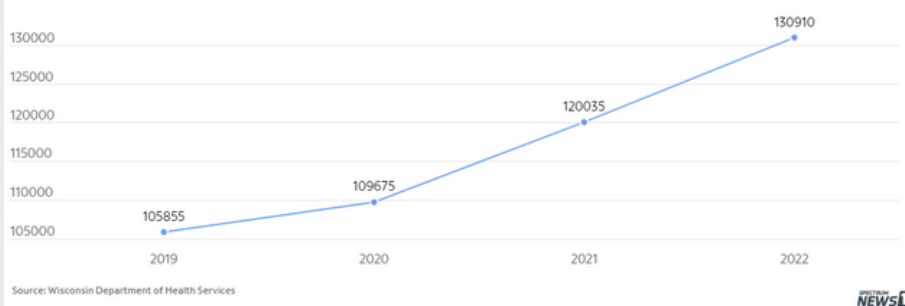
Learn More About Fall Prevention

Wisconsin Fall Statistics

According to the Wisconsin Department of Health Services, in 2021, there were more than 118,000 falls that resulted in a visit to the emergency room, 13,000 falls that required a hospitalization for injury, and 1,700 falls that resulted in death. Wisconsin ranks as one of the states with the highest rates of death due to a fall. And our number of falls are increasing each year, as the figure below on Emergency Medical Services (EMS) or ambulance responses by year depicts. This trend is concerning, but also provides us with an opportunity to learn and talk about falls and fall prevention.

Falls that EMS responded to in Wisconsin

EMS responded to 25,055 more falls in 2022 than in 2019. The number of falls that EMS responds to are increasing nearly 10,000 a year statewide.



Falls prevention survey for family caregivers

Falls are the leading cause of injury and death of older adults in Wisconsin. Caregivers are in a unique position - you provide care for individuals that may be at risk of falling while you yourself may also be at risk. Prevention can make all the difference to help you and the person you care for stay safe and avoid injuries. The Wisconsin Institute for **Healthy Aging (WIHA)** and **Falls Free® Wisconsin** are surveying family caregivers to learn more about your thoughts on falls risk and prevention. WIHA has created a survey for folks to fill out. If you are interested please take 3-5 minutes to complete the survey below. <https://bit.ly/3SF5Vfp>



Tips

Participate in physical activity

- Physical activity can help build strength and balance.

Wear good shoes

- Ditch the high heels and flip flops for flat shoes with good soles.

Remove potential walking hazards

- Move items from the floor and make sure furniture is not in inconvenient walking places.

Use adequate lighting

- Make sure to have the necessary lighting on in the area you are walking.

Fall Prevention Programs

Walk with Ease

Walk with Ease is geared toward adults who have arthritis. This program has been shown to help reduce pain and increase strength. These types of programs also help increase overall balance. This program can be done in-person or on your own. If you want to find an in-person program visit <https://wihealthyaging.org/programs/find-a-workshop/>. Click the drop-down curriculum menu and select Walk with Ease. A list of locations will appear.

Stepping On

Stepping On is a 7 week fall prevention program geared toward adults. Participants learn how to build strength and balance so that falls are less likely to occur. If you want to learn more or sign up for the program visit <https://wihealthyaging.org/programs/falls-prevention-programs/stepping-on/>.

