

BUTLER HOSPITAL'S MEMORY AND AGING PROGRAM MAGAZINE | JULY, 2022

MEMORY MATTERS



CARING FOR AUNT HARRIETT

The touching story of a family dedicated to caring for one another, and for others facing Alzheimer's

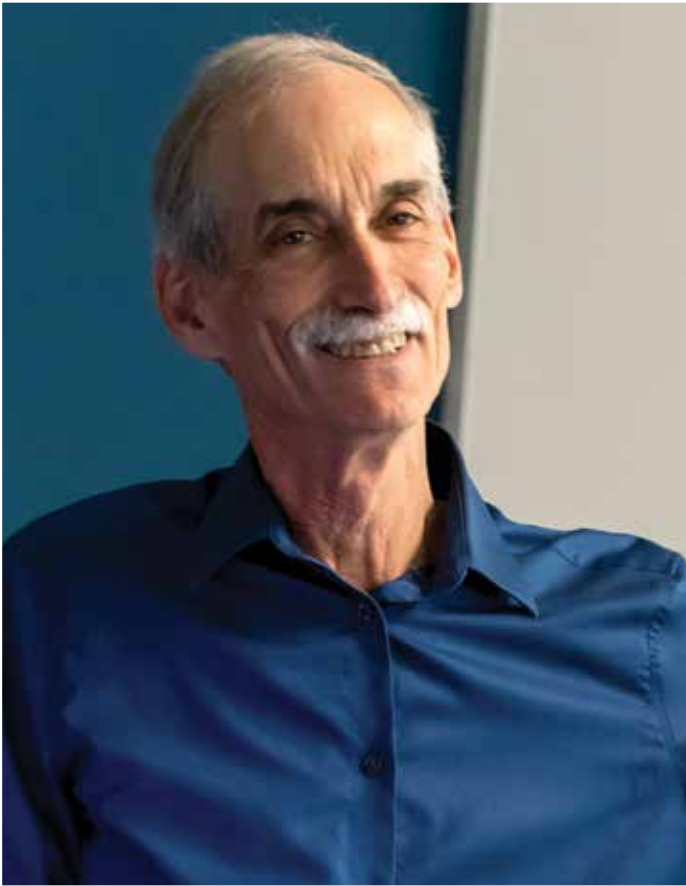
MOVING RESEARCH FORWARD FOR ALL, THROUGH FAITH

Meet Pastor Howard Jenkins

RESOURCES FOR BRAIN-HEALTHY SUMMER FUN

Pictured: "Aunt Harriett," a Memory and Aging Program study participant





MEMORY MATTERS

WELCOME

(and a very special message)

Stephen Salloway, MD, MS
Director, Memory and Aging Program
and Neurology at Butler Hospital;
Martin M. Zucker Professor of Psychiatry and
Human Behavior, Associate Director, Center for
Alzheimer's Disease Research, Brown University

This is a very bittersweet message to write. Twenty-five years ago I founded the Memory and Aging Program at Butler Hospital, and have served as its director ever since. Now, I've decided to pass the torch to a new director.

I will continue my research work in the program, and in my roles as the Martin M. Zucker Professor of Psychiatry and Human Behavior, and Professor of Neurology at The Warren Alpert Medical School of Brown University and as the Associate Director of the Brown University Center for Alzheimer's Disease Research.

Memory and Aging Program Associate Director Dr. Meghan Riddle will serve as Interim director until a new director is named; Butler Hospital is currently in the process of conducting a national search for my replacement.

It has been my honor and privilege to lead the Butler Hospital Memory and Aging Program for the past 25 years. Thanks to the dedication of our staff and contribution of thousands of study volunteers, the Memory and Aging Program has grown into a leading international center for Alzheimer's research.

Working together, we have opened the modern era for the treatment of Alzheimer's disease and I look forward to continuing to work with the program and the Brown Center for Alzheimer's Disease Research to make exciting new advances in the fight against Alzheimer's disease.

Thinking back over the years it is amazing what our team and our study participants have accomplished together. Each of you has brought your special talents, passions and commitment to make important contributions, creating a higher harmony and raising our reach and our impact. Know that we value each of you and appreciate you so much.

The partnerships with our study volunteers and their families have been so rewarding and each day I feel us making new friendships and collaborations in our community and around the world. The future is very bright indeed and I look forward to being a part of it, cheering and guiding in a new role. I feel blessed and give heartfelt thanks to all of you.



Staff Spotlight: Welcome to the Team

As our research continues to grow, so does our team! We're pleased to introduce these newest members of the Memory and Aging Program staff, whose experience, commitment and compassion will help to carry our research and our mission forward.



Gregory Brunson, Jr, BA
Diversity Outreach Coordinator

Gregory received his bachelor's degree from The University of Rhode Island in Communication Studies and has acquired a Diversity and Inclusion

certificate from both Cornell and the Greater Boston Chamber of Commerce. Gregory has over 10 years of experience in Business Development.



Brooke Huemann, BA
Research Coordinator

Brooke earned a BA in psychology from Houston Baptist University with a particular interest in working with vulnerable and at-risk populations.

Prior to joining the Memory and Aging Program, Brooke had been working with survivors of interpersonal violence in both emergency and clinical settings.



Courtney Hawes, BS
Research Coordinator

Courtney graduated from the University of Rhode Island in 2019 with a Bachelor of Science in Psychology. Prior to joining the MAP team, she focused on working

with at-risk and underserved populations within the community. She assists with coordinating various studies at MAP focusing on lifestyle interventions.



Dori Alger, BSW
Social Worker

Dori received her degree from Providence College. She spent the last 10 years as a social worker in nursing homes and assisted living facilities. She previously worked

in a residential facility for people with both developmental disabilities and mental health issues.

Study Spotlight:

Grants Helping to Diversify Alzheimer's Research

Ensuring diversity in research studies is critical to us all. Valid study results depend on sound research methods, and sound research methods require sufficient representation of all populations affected by a disease. And yet, medical research still struggles for equitable representation of race, gender, cultural background and socioeconomic status.

That's why vigorous outreach to diverse populations is critical, and why researchers across the globe are turning their attention to this issue, including our team at the Memory and Aging Program. We're proud to have received several grants to support outreach to, and participation by, diverse communities in these key Alzheimer's research studies and clinical trials.

Learn more about these studies and others at butler.org/memory/clinical-trials.



U.S. POINTER

There isn't an official grant for this study, but MAP and Butler Hospital leadership have invested funds in engaging under-represented populations to participate through a faith engagement strategy.

MAP is working with the study's Faith Engagement Director, Dr. Williams, and the President of the RI Ministers Alliance, Pastor Jenkins, to educate and train six other faith leaders about the study. Those leaders will then go into their congregations, communities and networks to encourage participation.



AHEAD Study Grant

Funding will provide for a year-long partnership with an established, dynamic, and well-known enrichment center in the Providence area that would allow for outreach to under-represented populations in a manner that makes people feel more comfortable and allows them to get to know MAP staff and clinicians.

Outreach will include monthly educational programming, on-site biomarker screening (blood draw) and an advertising campaign reaching out to 55-80 year olds.



Black Americans are

2x more likely
to develop
Alzheimer's*

Hispanic Americans
are

1.5x
more likely to
develop Alzheimer's*

Nearly

60%

of Asian American & Pacific
Islanders surveyed thought
memory loss was a normal
part of aging

*compared to white Americans



ADNI-3 Study Grant

Funding is providing a year-long partnership with Progreso Latino, an established, dynamic, and well-known community center in a predominantly Latinx neighborhood.

The partnership is facilitating educational presentations and a space for brain health discussions. The grant is also funding a community liaison to help MAP discuss the study and other elements of brain health, as well as funds for a diversity outreach coordinator to join the team.



LEADS Study Grant

This 18-month grant includes funds to implement a pop-up screening program in partnership with community clinics.

MAP clinicians do screening onsite and share the results with the doctors at that clinic. If people are eligible for a study or need additional services, MAP and site clinicians work together to facilitate appointments.

The grant also includes funds to engage diversity consultants to help with community engagement and education.



Participant & Caregiver Spotlight:

Caring for Aunt Harriet

Harriett Chamberland met her husband, Bobby, the love of her life, in high school. They married in 1965 and built a beautiful life together in their hometown of Southbridge, Massachusetts, where Harriett had a long career making eyeglasses at the American Optical Company. The couple never had children but had a full life and were active and well-loved in their community for several decades.

Sadly, eleven years ago, Bobby passed away after a three year battle with cancer. Harriett moved forward and learned to go on and live without him by her side.

She retired, she traveled. She enjoyed afternoon coffees, dinners, exercising and communing with dear and lifelong friends. She

also frequented and loved being a part of local New England Native American celebrations.

Then, in November, 2019 the Worcester police found Harriett in an unsafe situation, 22 miles from her home, sitting in her car with the door open in a state of confusion. Eventually, she was diagnosed with Alzheimer's disease.

Luckily for Harriett, she found a supportive and loving home with relatives she hadn't been strongly connected to in quite some time but who nonetheless jumped in to provide the care, help, and the companionship she needed.

It just so happened that at that time Anissa Zotos, Harriett's niece, had just wrapped up a four-year commitment working as the Elementary School Counselor at the United Nations International School Hanoi, Vietnam. She was on hiatus, but due to the quick onset of COVID-19, decided to stay at her parents' family home to help them weather the pandemic together, while also getting her Aunt Harriett settled and cared for.

"I've kept Aunt Harriett safe and healthy," Anissa says. "We all stayed healthy and happy, and Aunt Harriett passed time by gardening, reading, writing out holiday and birthday cards to dear old friends, spending time with our family cat and dog, and taking drives in the Plymouth County area visiting farm stands, neighborhood book exchange depots, or sitting

by the ocean. We've also been taking care of her unfinished life business, and making sure she's cared for by getting the medical care she needs so she can feel happy, settled and have closure."

The role of caretaker can be a demanding one but by all accounts, Anissa comes by it naturally.

"I've been in a caregiving role my entire adult life," she says. "I have a degree in Intensive Special Needs and was a Behavioral Specialist for Tewksbury Public Schools for five years, working with children with Autism Spectrum Disorders. Then I became an international school educator and moved to Scotland where I worked as a Learning Support teacher before moving to my last post in Vietnam."

Tom, Anissa's father and Harriett's brother-in-law, says he's proud of his daughter's compassion and commitment to her family and helping her Aunt through this stage of her life.

Tom is not only Harriett's brother-in-law, but they also went to high school together, and always have a lot to talk about, especially the good old school days, their mutual friendships, and all the old town happenings and stories they know and share together.

"It was a gallant gesture on Anissa's part to say, 'We're all going to be sheltered in place so let's do what we can for Aunt Harriett,'" he says. "My mother, her dearly loved Nana, had Alzheimer's as well, and I think that's why Anissa has such sympathy and empathy for her."

"Once she was stabilized here she was very alert, so we got to enjoy learning about her life

and vice-versa," Tom recalls. "At the time we were all stuck and on lock down because of COVID and being elderly, we weren't going out a lot to do things so we were all cooking and caring for one another and it wasn't too big a stretch."

But Tom says that over time, Harriett's condition has deteriorated.

"Now Anissa is really having to be on top of everything. In the beginning, Harriett was much more independent. She was out walking 1,000 steps a day by herself, getting exercise and enjoying the outdoors, which was really

good for her. But all that ended last winter when her Alzheimer's started progressing," he says.

"All of a sudden her Alzheimer's symptoms really increased and it's like her whole life – her thinking, ideas, movement and behaviors are all really mixed up now," Anissa says. "She used to curl her hair every morning and now she can't.

She dressed herself every morning and put on different earrings each day, with matching colored hair bands, and now she can't do that either. She needs considerable support to do her daily activities."

"All these little things mean so much, and so we're grieving that. There's a lot of grieving every day, and I think she thinks about her husband a lot, who was the love of her life. We have recently put together a special photo box of her family, and every few days I ask Aunt Harriett if she would like to look through it. Some days she excitedly says yes, some days, she sadly says no. There are lots of ups and downs. We try to focus on the ups and give little attention to the downs."

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Pictured above: Anissa Zotos (center) as a teenager, on a visit with her Aunt Harriett and Uncle Bobby.



Harriett at a recent Memory and Aging Program study appointment at Butler Hospital.

Despite the ever-increasing demands, Anissa has continued to step up to meet her Aunt Harriett's needs, including being her study partner at the Memory and Aging Program.

"We've never missed an appointment, we are so dedicated to every visit," she says. "Going down to Butler and turning onto that beautiful campus brings us joy. We love seeing all the foliage and trees as each season passes, and as we pass through and change, too. It's a very safe, kind, and settling environment while facing a very unsettling disease and unknowing future ahead."

"At some point soon she may need to go to a care home to have a higher level of care, but we're not rushing it. With my background as a special education teacher, and counselor, I know it's all about adaptation. It's not easy, but every day we wake up and say, 'How are we going to face today, what are we going to do?' and we stay positive. There are so many things you can do, you just have to be creative and remember to keep it simple," Anissa says.

"We play music on the Golden Oldies channel on TV because they show a picture of the artist and that helps Aunt Harriett to remember who sang that song. We got her a bright visual

calendar that's digital and has the date, day and time on it so she always knows what day it is. She used to love taking out all of her earrings and looking through them but they were getting lost everywhere and causing her stress, so I found fashionable ice cube trays to display her seasonal earrings, so that she can easily see and pick which pair she would like to wear that day."

"We go to CVS drive thru together so that Aunt Harriett can pick up her own prescriptions and talk to the girls that work there, and we also go to Honey Dew Donuts, jelly is her favorite. Anything we can do to keep a connection in the community. Harriett still keeps her friendships and calls or receives calls from her dear friends weekly. Staying in touch with her friends makes a big positive difference. And we also go see our Butler friends."

Anissa and her family learned of the Memory and Aging Program at Butler Hospital a short while after Aunt Harriett came to live with them and decided to try and get her involved.

"It took a while to find a study that she was eligible to participate in, but eventually there was one, so Aunt Harriett enrolled, and I accompany her as her dedicated study

partner,” Anissa says. “It’s not easy for people to decide to do a study, but because we’re doing it together and I’m Aunt Harriett’s biggest cheerleader, I think it feels more like a teamship and it’s more comfortable and fun that way. Plus, everyone there is so kind and lovely and inviting, going to Butler is like going to a caring and loving home.”

Aunt Harriett agrees.

“Going to Butler makes me feel good, because they’re taking their time to look over everyone’s cases and help with what they need. Dr. Salloway is wonderful, and his people are the best,” she says.

Anissa says that Aunt Harriett is also proud to be contributing to Alzheimer’s research as an under-represented person of color.

“Aunt Harriett came from an incredibly loving mom and dad and a multi-racial family. So her heritage and background is very unique, especially when it comes to medical conditions and research. Aunt Harriett feels so proud to be a part of the study because she knows the importance of diversity in research and she’s glad she can help others,” Anissa says.

Aunt Harriett isn’t the only one in the family helping others with Alzheimer’s. Her nephew, Anissa’s brother Daniel Zotos, spent part of his career serving as Director of Public Policy and Advocacy for the Alzheimer’s Association’s northeast region.

While in that role, he helped to create legislation in Massachusetts providing resources for better care and support of people living with Alzheimer’s.

“Fifty percent of those living with Alzheimer’s are undiagnosed,” Daniel says. “So we worked on a piece of legislation called the Alzheimer’s and Dementia Act to try and address the root of that problem. We looked at the hospital care setting experience, the lack of diagnosis and lack of information provided after diagnosis. Then we put our findings about the solutions to those problems into one big bill that passed in 2018 and now mandates that medical professionals get medical training in Alzheimer’s and dementia as part of their licensure, among other things.”

Now that he’s experiencing dementia on a personal level through Aunt Harriett, Daniel says it has become even more apparent to him that even when you’re informed about the disease you can never fully prepare yourself for what it’s going to be like.

“We’re lucky that my sister is an incredible caregiver. No one can anticipate what they’re going to be dealing with but I’m really happy we’ve been able to support my Aunt Harriett,” he says.

“It hasn’t been easy but it’s been a meaningful experience for everyone, and the hope and optimism that the Memory and Aging Program provides is really good for families. Even as they’re working toward a cure, just having a team to check in with and to have a care plan is amazing. Even if the outcome of the research doesn’t turn out to be what you were hoping for, having that support along the way really makes a difference.”

Anissa echoes Daniel’s thoughts about the experience.

“To do this meant a lot to all of us during a time when we didn’t know what to do, and all during an unprecedented pandemic,” she says. “Everyone needs hopes and dreams, so you can keep moving forward, and that’s what the Memory and Aging Program did for us.”

“Aunt Harriett has hopes and dreams for everyone and every family that is affected by Alzheimer’s. She did have a hope that there would have been a cure for her, but she knows this is not so at this time, and it is her dream through her study work and donation to the Memory and Aging Program, that she is giving hopes and dreams to many others.”

“My Aunt Harriett would like to thank everyone from Butler’s Memory and Aging Program from the most special place in her heart. It has brought her tremendous joy to travel down to visit with her friends and found solace in knowing she received the best care she could. Thank you from myself and my beloved Aunt Harriett.”

PROGRAM NEWS



Butler Hospital's Signature Event, *A Masterpiece of Hope*, Raises \$130,000 for The Memory and Aging Program

On May 24, 2022, Butler Hospital held its annual *A Masterpiece of Hope* — a night in celebration of the Memory and Aging Program and 25+ years of blazing new trails as a national leader in groundbreaking research. With the help of our sponsors, we were able to raise over \$130,000!

The money raised will help the Memory and Aging team continue our history of excellence in clinical care, training, and cutting-edge research to make important breakthroughs for treating and perhaps even preventing Alzheimer's disease.

We're deeply grateful to our contributors. Their unwavering commitment and generosity will help to make advancements in the early detection and treatment of Alzheimer's disease possible. Thank you so much to our donors, community leaders, team members, and the rest of our "Citizen Army" for taking a stand against Alzheimer's disease by supporting our program. Top sponsors included Hinckley Allen, Cox Business, Bentley Companies, LiUNA Feel the Care/New England Laborers' Health & Safety Fund, Navigant Credit Union, and Siena Restaurant Group.



See more news and resources at: butler.org/memoryandaging



MAP Associate Director Dr. Meghan Riddle Selected to Join Inaugural Class of AAGP Future Leaders Fellows

The American Association of Geriatric Psychiatrists has awarded its Future Leaders Fellowship to MAP Associate Director Dr. Meghan Riddle.

The fellowships are bestowed upon full members of AAGP who have provided evidence for active participation at the AAGP and are making exemplary contributions to the field of geriatric psychiatry as clinicians, educators, scholars, researchers, and/or as administrators.



Dr. Matthew Howe Awarded Outstanding Resident Award by National Institute of Mental Health

Matthew Howe, MD, PhD, Brown University Psychiatry Fellow and MAP clinical provider, was selected by the National Institute of Mental Health as the 2022 recipient of its Outstanding Resident Award. The award is intended to honor psychiatry residents with outstanding research and academic potential, with the overall goal to identify the next generation of researchers in psychiatry. About a dozen residents are selected to receive the award each year.



CMS Limits Coverage for Aduhelm and Other Monoclonal Antibodies Directed Against Amyloid Plaques

On April 7, the Centers for Medicare & Medicaid Services (CMS) announced a National Coverage Determination limiting coverage for monoclonal antibodies directed against amyloid (such as Aduhelm) to patients enrolled in a randomized controlled trial. The Memory and Aging Program at Butler Hospital is disappointed in this decision. Aducanumab (Aduhelm), and medicines like it, lower the build-up of amyloid plaques in the brain and may slow down the disease process, allowing patients the opportunity to remain independent longer with better quality of life. With this decision, many patients with early Alzheimer's disease will not have access to treatment. Read more at butler.org/memoryandaging.

Volunteer Spotlight:

Pastor Howard Jenkins & Reverend Dr. Lamonte Williams

Moving Research Forward Through Faith

When Pastor Howard Jenkins was contacted about getting involved in the Memory and Aging Program (MAP) at Butler Hospital, he hadn't even heard of the program despite the fact that he himself was caring for a parent living with Alzheimer's – and that's just the challenge he was being called upon to change.

Now, under the direction of U.S. POINTER Study Director of Faith Engagement Rev. Dr. Lamonte Williams, he's leading a critical effort in the Rhode Island area to educate and engage populations who are under-represented in Alzheimer's research by reaching out through communities of faith.

Pastor Jenkins is President of the RI Ministers Alliance and Pastor for Bethel AME Church in Providence, RI. He also serves on MAP's Community Advisory Board, and as the faith leader liaison for the national U.S. POINTER study here in Providence.

The POINTER study is evaluating whether changing to a healthier lifestyle can help older adults maintain brain health. But as

with virtually all other Alzheimer's research studies to date, BIPOC (Black, Indigenous, and People of Color) individuals are currently under-represented among the study's volunteers. That puts them at a disadvantage when it comes to developing methods for prevention and treatment that will be equitable and effective for all. And that's where the faith engagement model is becoming a game-changer.

Dr. Lamonte Williams Develops a Faith Engagement Model Built on Trust and Transparency

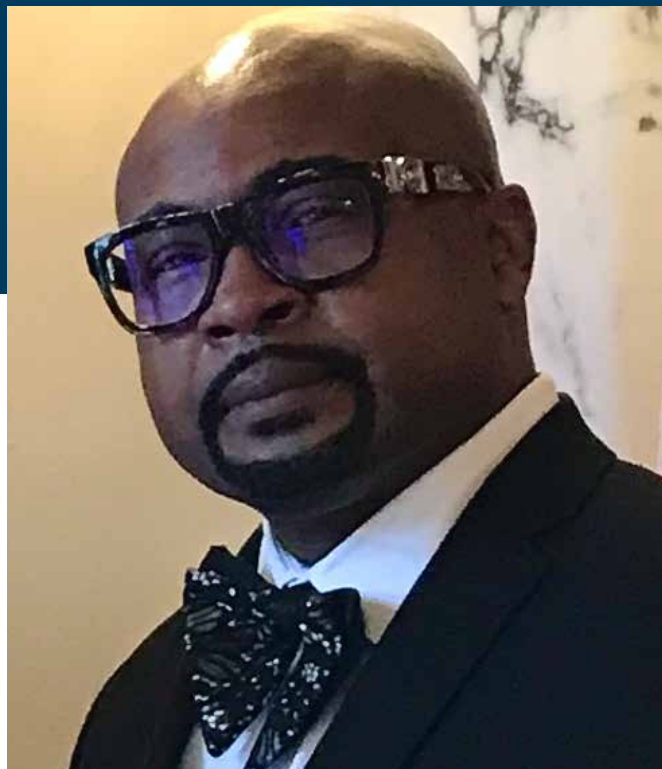
To help solve this problem, Dr. Lamonte Williams worked with the POINTER study's national coordinators at Wake Forest University in North Carolina to develop a faith engagement model that would be effective in connecting with BIPOC communities.

The model enables and empowers faith leaders to connect with their congregations and communities about Alzheimer's disease and engage them in participating in the study.

"I have over four decades of faith engagement experience, so I was doing faith engagement before I even got involved in research with Wake Forest," Dr. Williams says. "I've been very fortunate to have had some very successful lessons learned as a result, and I've learned that there are some things that just won't work. I kept a record of those things that worked and what didn't in a journal, and that compilation



Pastor Howard Jenkins



Reverend Dr. Lamonte Williams

has turned into the faith engagement model.”

Dr. Williams explains that the faith engagement model works by leveraging existing relationships, trust and transparency. Those three things, he says, are essential to gaining participation from communities that have been marginalized.

“Know the community you’re trying to recruit,” Dr. Williams says. “As a Black person I know that the Black church is the center of the community, and to not know that is a misstep. Leveraging the trusted voice of a faith leader allows people to open their minds more easily to a topic like Alzheimer’s that has such a stigma attached to it.”

“In order to do that though, it’s also important to be totally transparent and acknowledge past atrocities that communities of color have

experienced. The faith engagement model is about acknowledging those past atrocities. Don’t dwell on it, but don’t go in and act like it doesn’t exist or you’ll lose their trust.”

“Also don’t try to over-talk people, or degrade them about their long-held opinions, but give them space to express themselves. Then what I do is pivot to explain that with regard to this study, there is staff that I work with personally that I would recommend to anyone.”

Using the faith engagement model, Dr. Williams was able to increase the percentage of BIPOC participants at the Wake Forest POINTER Study site from 9 percent to 29 percent.

“The national standard for research study participation by BIPOC individuals is 23 percent, but my personal goal is 30 percent,” he says.

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Pastor Jenkins Brings the Faith Engagement Model to The Providence, Rhode Island Area

With Dr. Williams' guidance, Pastor Jenkins has now launched the faith engagement model here in Providence.

“As faith leaders, it’s important that we’re able to help our community in many different ways and this is one particular way,” Pastor Jenkins says. “When you look at the statistics you see that the black community is two to three times more likely to develop Alzheimer’s than whites, and those in the Hispanic community are one-and-a-half times more likely. And yet they’re less likely to be aware of the disease or participate in research. And if we don’t know and don’t participate, we’re putting ourselves at a disadvantage.”

That’s why, Pastor Jenkins says, he’s so glad to have had the opportunity to meet and work with Dr. Williams and the MAP Outreach team.

“Dr. Williams and I had a number of conversations about the U.S. POINTER Study and the faith engagement model. What he has put together is a grassroots, faith-based initiative that works.”

Pastor Jenkins and the MAP Outreach team now have “Chat and Chew” lunches with other faith leaders from around the region to help them learn about U.S. POINTER and ways to educate and encourage their own congregations and communities about Alzheimer’s disease and the U.S. POINTER study.

Together, Dr. Williams and Pastor Jenkins Are Now Working Tirelessly Against The Clock to Achieve Equitable Representation for the U.S. POINTER Study

“We’re just getting started here in Rhode Island. In the last three months we’ve trained seven community and faith leaders on how to speak about POINTER within their congregations and organizations which is wonderful, but the window is short,” Pastor Jenkins says.

“The Memory and Aging Program has to recruit a total of 400 participants for the POINTER study and we really want to have a minimum of 14 BIPOC individuals recruited each month in order to ensure equitable representation.”

“That means we need to talk to at least 150 people per month in order to get those 14, because not everyone will be interested or willing, and of those that are, not everyone will qualify to participate. So the more people we’re able to talk to, the better. Our goal is for each of our trained faith and community leaders talk to at least two organizations per week.”

While there aren’t any magic words that can compel people to participate, Dr. Williams says there are a few powerful points that make a meaningful impact.

“Dr. Laura Baker once told me, ‘When I go to the pharmacy, I want to make sure the medicine on the counter is going to work for me, and the only way to do that is to participate in research.’ That idea applies to Alzheimer’s disease research as well,” Dr. Williams says. “The first people to get an Alzheimer’s cure will be people in an Alzheimer’s research study.”

“So first, I argue passionately with the Black community that times are different now,” he continues. “It’s imperative that African



Americans and other minorities know that this is not the times of the Tuskegee experiment, where treatment for syphilis was purposefully withheld from Black study participants without their knowledge. Studies today are very tightly regulated and supervised by a variety of organizations.”

“But because of that history it’s important to also let people know that the POINTER study has no medicinal requirements at all, it just focuses on improving your exercise and your diet. And that works well because it demystifies the study for people who want to get involved but are concerned about taking shots or pills.”

Lastly, Dr. Williams says that after removing the most common barriers for participation, it’s also important to provide inspiration as well.

“The reason for my involvement was a lady named Esther Sanders. She was my Sunday school teacher when I was in grade school. By the time I graduated with my bachelor’s degree she had severe Alzheimer’s disease. I wanted so badly for her to attend my graduation, but she had no cognitive awareness at all and shortly thereafter lost her battle to Alzheimer’s.”

“It was a very life changing experience. And so I decided that I would get involved in raising Alzheimer’s awareness in honor of her. For me, it was Esther Mae Sanders, but for you who will it be? Who will you get involved on behalf of in order to help make them an icon?”

INTERESTED IN
TWO FREE
MEMORY
CHECKS
PER YEAR?



JOIN
U.S. POINTER
alzheimer's association

AND HELP US SEE IF
CHANGING TO A
HEALTHY LIFESTYLE CAN
PROTECT YOUR MEMORY

☎ 401-POINTER

👉 butler.org/POINTER

IN THE COMMUNITY



From Presentations to Celebrations, We're Glad to Be Back Out and About, Spreading The Word About Brain Health

With many COVID restrictions lifted and life beginning to get back to normal, it's been wonderful for our Outreach Team to get back out into the community. In addition to some great virtual presentations, this spring we were thrilled to also take part in some live events and celebrations.

A few highlights include: the Community Health Celebration Night hosted by the Cranston Senior Enrichment Center on March 29; a presentation about Healthy Living for Your Brain & Body at The Leon Mathieu Senior Center on April 29; and brain health and Alzheimer's research presentations at the Barrington Women's Club, East Providence Senior Center, Renaissance Day Center and other locations.

We've got lots more fun and informative events to come this summer. Stay up to date with all the latest event details by following us on Facebook: facebook.com/memoryandaging.

***Want to arrange an in-person or online presentation
for your organization or community group?***

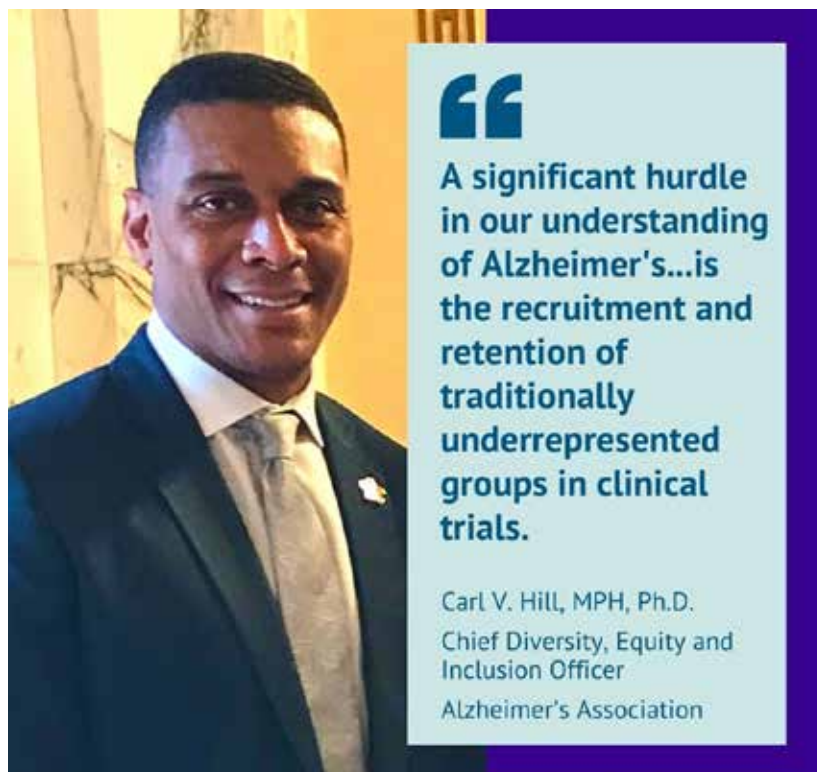
**Contact us:
(401) 455-6402 or memory@butler.org.**

Memory Sunday

Memory Sunday is held on the second Sunday in June to bring national attention to the tremendous burden that Alzheimer's and other dementias are having on the African American community.

The celebration utilizes the power and influence of the African American pulpit to bring awareness through education and information-sharing about Alzheimer's disease, raise awareness about ways to reduce the risk of developing dementia, and support persons living with Alzheimer's and their caregivers.

Learn more, watch videos and access tools and resources to join the cause at www.madrc.org/memory-sunday.



Thank You

Thank you to the following individuals and organizations that have recently partnered with us to help raise awareness about Alzheimer's disease and research opportunities:

Age Friendly RI
Alzheimer's Association Rhode Island Chapter
Alzheimer's Association Massachusetts/New Hampshire Chapter
Barrington Women's Club
Carney Institute of Brain Health
Consulate General of Mexico in Boston
Cranston Senior Enrichment Center
Daughters of Naomi
East Providence Senior Center

Leon Mathieu Senior Center
MLK Center, Newport, RI
Progreso Latino
RI Ministers Alliance
Renaissance Day Center
Senior Soundings
Tockwotten on the Waterfront
The Village Common of Rhode Island
Weaver Farmer's Market

RESOURCES



Summer Fun That's Good For Your Health, Happiness - And Brain!

Summer is finally here! There's so much to do and enjoy, from physical activities to individual outdoor hobbies, to social gatherings – and all of those things are great for maintaining your brain health! Need some ideas on what to do?

Visit our blog at butler.org/memoryandaging to get a peek at what a few of our team here at the Memory and Aging Program will be doing to enjoy the summer season, along with some links to great ideas and resources for brain-healthy summer fun, including MIND diet inspired summer dishes, a list of southern New England's best walking trails, DIY garden art crafts and more!



Carney Conversation:

How Do Health Disparities Affect Brain Health, And What Can Be Done?

Brown University's Carney Institute for Brain Science recently hosted a virtual "Carney Conversation" about health disparities in brain-related disorders featuring two renowned researchers in the field.

Tune in to hear from Monica Rivera-Mindt, Ph.D., president of the Hispanic Neuropsychological Society, a professor of psychology at Fordham University and a board-certified

neuropsychologist and Diana Grigsby, Ph.D., an associate professor of behavioral and social sciences and of epidemiology at Brown University.

Watch on our blog at butler.org/memoryandaging.

New Video Resources from Alzheimer's Association Rhode Island

Realizing Hope Through Alzheimer's Research: Rhode Island on The Front Line

Get insights from local experts, along with information on how you can get involved in the fight to end Alzheimer's locally, with these videos: *Fact or Fiction: The Golden Age of Alzheimer's Research; Infusions, Lifestyle Changes, Observations, and Eyes*; and *A Practical Guide to Study Evaluations and the Vital Role They Play in Finding a Treatment for Alzheimer's Disease*. View the videos on-demand at: www.alz.org/ri/events/realizing-hope-through-alzheimers-research-rhode-i

Presentations from the Caregiver's Journey Conference

Watch presentations from this spring's conference online at cjcalzri.com/presenters-1. Presenters and topics include:

- Amy Goyer, AARP Family & Caregiving Expert on practical, actionable tips for caregivers;
- Kate Hawley, Shri Senior and Hospital Project Leader and Outreach Instructor on yoga therapy;
- Dana McCants Derisier, Director of Community Living at the RI Office of Healthy Aging, on programs and services that offer supports, social and educational opportunities, and healthcare options to older adults;
- Laurie G. Mantz, ADPI Grant Manager at Carelink and founder of the non-profit Rhode Island Memory Cafes, on therapy approaches to coordinated care for people with dementia.
- and much more!



On-Demand MIND Diet Cooking Demo

On April 14, MAP Outreach Coordinator Athena Lavoie teamed up with Nutrition and Culinary Arts Educator, Kathi Masi, to present a MIND Diet cooking demonstration on Facebook Live.

Kathi has been an educator for over 30 years and has worked as a nutrition and culinary arts educator with Farm Fresh RI, Oak Street Health, Blue Cross Blue Shield RI, and other organizations.

Missed the live demonstration? No problem - tune in on our blog to see how to make an easy-to-manage but hard-to-resist brain-healthy recipe! You'll also hear from Memory and Aging Program Outreach Coordinator Athena Lavoie about some Alzheimer's disease prevention study opportunities that focus on a healthy lifestyle. Watch the demonstration on-demand at butler.org/memoryandaging.

MEMORY MATTERS

Thank you!

Without our participants, their families, and caregivers, Alzheimer's research would not advance. The Memory and Aging Program staff is continually inspired by the families who decide to join clinical research studies. We would like to express our deepest gratitude to all of our registry participants and their families for their contribution to the science that will lead to the end of Alzheimer's disease.

*You are receiving **Memory Matters Magazine** because of your current or past relationship with Butler Hospital's Memory and Aging Program or with the patients and family members we serve. If you would like to be removed from the mailing list and not receive future editions, please contact us at memory@butler.org or (401) 455-6402.*

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