

Healthy Brains Together

The Community Newsletter of the Duke-UNC Alzheimer's Disease Research Center



Mission

Duke-UNC Alzheimer's Disease Research Center (ADRC)

Our mission is to engage with our community to promote awareness and community advocacy for brain health and encourage participation in research for Alzheimer's disease and other dementias. We need people like you to identify effective tools for prevention and early treatments for these diseases. We want to thank you for your continued support this year. We wish you joy and happiness as you celebrate this holiday season!

Walk to End Alzheimer's Disease

The Duke-UNC ADRC participated in the Alzheimer's Association's Walk to End Alzheimer's event in October. We raised awareness for people living with this disease and our team raised \$2,445 for research and support of the Alzheimer's Association.



Duke & UNC basketball coaches support brain health

Basketball coach legends, Coach "K" Michael Krzyzewski and Coach Roy Williams, show their support for the Duke-UNC ADRC in videos. To watch the videos please visit our ADRC website: Dukeuncadrc.org and click on News (in the top row).



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Community Spotlight



Fall Health Fair at the Durham Center for Senior Life

Join us at the Fall Health Fair at the Durham Center for Senior Life on Wednesday, December 7th from 8:30am-11:00am. The Center is located at 406 Rigsbee Avenue in Durham. Call 919-688-8247 for more information.

Places We Can No Longer Go

On December 11 at 3pm in Baldwin Auditorium at Duke University's East campus, the Durham Medical Orchestra will perform the premiere of "Places We Can No Longer Go" by world-renowned composer John Mackey. This piece is a musical exploration of Mackey's experience with his mother's journey through Alzheimer's disease.

Admission is free and no tickets are needed. To livestream link, please visit the Durham Medical Orchestra events page: <http://dmomusic.org/events/>

How Alzheimer's Disease is Diagnosed

Dr. Andrea Bozoki, Division Chief of Memory and Cognitive Disorders at UNC Chapel Hill will discuss steps that are taken and evaluation tools used for a physician to make a diagnosis of Alzheimer's disease. Attend this free virtual presentation with Q & A on Jan 19th, 6:00pm-7:00pm. Presented by Wake County Public Libraries, Duke-UNC ADRC, Alzheimer's Association and NC Registry for Brain Health. Register by clicking here or visit <https://www.wakegov.com/events> to learn more.

New Community Partnership with El Centro Hispano

Dr. Marianne Chanti-Ketterl and Rachel Dewees visited the Mexican Consulate for their "Día de Muertos" event. They shared information about brain health and learned about the Consulate's Ventanillas de Salud (or health windows) and how it, in partnership with El Centro Hispano, provides education and support to Spanish speakers in the community.



Dementia and the Holidays: Advice from the Duke Dementia Family Support Program

As the holidays approach, caregivers of loved ones with dementia may have mixed feelings. Excitement to see kids and grandkids, anxiety about preparations, and dread about what the disrupted routine will mean for your loved one with dementia. And you're probably already exhausted from caregiving. You are not alone.

Here are some suggestions from participants in our caregiver support group:



- Your loved one may enjoy visiting with family, yet not know it's a holiday or remember the festivities later in the day. That's okay- you brought them joy for the moment.
- Lower your expectations about holiday rituals. Holidays will not be the same as they once were, and that's okay.
- Prepare family and other visitors for the changes to expect in the person with dementia.
- Keep holiday gatherings small, short, and simple.
- Plan an earlier mealtime, especially if your loved one experiences sundowning.
- You, the caregiver, know what's best for your family member. Your goal is to keep them happy and safe – and that may mean simplifying gatherings, deciding not to host, or declining invitations.
- Savor the holidays while your relative can still participate and show lots of love.

For additional reading about enjoying the holidays:

- [5 Top Alzheimer's Holiday Tips for an Enjoyable Season](#), from DailyCaring
- [Alzheimer's: Tips to make holidays more enjoyable](#), from the Mayo Clinic
- [Holiday Hints for Alzheimer's Caregivers](#), from the National Institute on Aging

Are you looking for support as you gear up for the holidays?

The Duke Dementia Family Support Program provides education, support and engagement for people living with dementia and their caregivers. Established in 1980, our services are free of charge and no affiliation with Duke Health is required for participation in our support groups or programs. Our staff know holidays can be a stressful time for families affected by dementia. Call us at **919-660-7510**.

Get to know us!

Reverend Henry Edmonds is the Program Coordinator for the Duke-UNC Alzheimer's Disease Research Center



Rev. Edmonds is passionate about increasing understanding of Alzheimer's disease and the benefits of participation in dementia research. His wife was the caregiver for her father who lived with Alzheimer's disease for 20 years. During their journey as caregivers, the book "The 36-Hour Day" by Nancy Mace and Peter Rabins, helped them greatly. They also partnered with compassionate medical professionals and researchers at Duke University through the course of his disease. This experience is why he is working at Duke today.

For over two decades Rev. Edmonds has educated the community about Alzheimer's disease and research involvement. He focuses work particularly on African American communities that are at higher risk for developing Alzheimer's disease, yet are underrepresented in dementia research. A number of complex barriers exist to becoming involved in research especially for African Americans. These barriers can be social, cultural, financial, and legal, and may include misconceptions about research. Due to his experience as a community social activist, Rev. Edmonds has the unique ability to connect with underrepresented groups and help them partner with researchers to reduce barriers and increase participation.

Memory & Aging Study Updates

The Duke-UNC Alzheimer's Disease Research Center's Memory & Aging Study works to identify the biological factors involved in normal brain aging and disease with the help of a diverse group of young and older people with and without memory impairments.

Target enrollment

Our goal is to enroll 100 people per year over 5 years. We need 420 participants (ages 45-80) who will be seen every year and 120 participants (ages 25-44) who complete a one-time evaluation. We aim to include 20% African American and 30% rural participants.

Current enrollment

15% African American

33% Rural

If you know someone who is interested in participating, please share our contact information: **Phone: (919) 613-8633 | Email: NCBrainHealth@duke.edu**