

Healthy Brains Together

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



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 get involved in brain health research to identify effective tools for prevention and early treatments for these diseases. We hope to have a positive impact on the health and well-being of your local community.

Duke-UNC ADRC hosts a "Brain Health Bootcamp" with El Centro Hispano

Duke-UNC ADRC hosted Community Health Workers from El Centro Hispano for a "Brain Health Bootcamp" in Durham in April. We provided training about Alzheimer's disease and other dementias and we learned more about the needs of the Spanish speaking communities they serve. We thank the Emily K Center in Durham for hosting this event and the support received from Programs Department of the Alzheimer's Association Eastern NC Chapter.



Duke-UNC ADRC participated in the Triangle Walk to De-feet Dementia



The 2023 Triangle Walk to De-feet Dementia was a success and over \$90,000 was raised to support the Dementia Alliance of NC. Pictured is (L) Dr. Brenda Plassman and (R) Dr. Marianne Chanti-Ketterl from the ADRC.

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Community Spotlight

Dementia Alliance of NC Caregiver Workshop

The Dementia Alliance of NC is hosting a Caregiver Workshop in Clinton NC on June 23rd from 9-2 pm at the Sampson Agri-Exposition Center on 414 Warsaw Road.

To register: click/scan the QR code



The Longest Day Ride

Join us and the Alzheimer's Association for a bike ride to support programs and services for those living with Alzheimer's disease. Our team is called the "Blue Wave Riders" and we would love to see you join us for part or all of the ride.

Event Information: Saturday, June 24th from 8-1 pm at Anderson Point Park, 20 Anderson Point Drive in Raleigh.

To register: click/scan the QR code



Alzheimer's Association International Conference

Join researchers, scientists, clinicians and the community for the largest international conference about dementia science from July 16th-20th. While this conference is geared to the scientific community, people living with dementia and their care partners are able to register for the AAIC online event free of charge. Please email aaic@alz.org to receive a complimentary code.

Duke Dementia Family Support Program

This program provides services and supports to people living with memory disorders and their caregivers. Please see the E-news for a list of available support groups, and community engagement opportunities by clicking [here](#).

Celebrate Pride Month and watch this NIA video about Promoting Inclusion of LGBTQ+ persons in Alzheimer's research



Please watch Dr. Jason Flatt's video for the National Institute on Aging called "Promoting Inclusion of Sexual & Gender Minority Populations in Alzheimer's Disease & Aging Research," by clicking [here](#).

Get to know us!

Latorius Adams is an outreach coordinator for the Outreach, Recruitment & Engagement (ORE) core for the Duke-UNC ADRC



Latorius Adams holds a Bachelor's Degree in Public Health from North Carolina Central University and a Master's in Health Sciences from Western Carolina University. She is a research specialist and an outreach coordinator for the Duke-UNC Alzheimer's Disease Research Center. Her research interests come from the mistrust of the health care system as the primary barrier to participation in medical research that stems from historical events in the African American population.

She wants to work to provide awareness, knowledge and understanding of the value of medical research among African-Americans. She believes that trustworthiness must be established before trust can be built and that both are essential in enhancing African American research participation.

Check out an article Latorius Adams wrote for a local newspaper, the Pilot, called: *"Brain Health Is Your Operating System for a Happy, Healthy Life."*

Rachel Dewees is the new Research Participant Concierge for the Memory & Aging study

Rachel Dewees has a background in social work, and she has worked in a variety of programs in the community, mostly with older adults. She will serve as the primary contact for the Memory & Aging study participants and can assist with questions and problems while guiding them through the steps of participating in this important study. Rachel looks forward to meeting all who have enrolled and those who will enroll in the future!

She can be reached at **919.668.1227** or **rachel.dewees@duke.edu**



Music & Memory

Most human beings find meaning and pleasure in music. Hearing an instrumental piece or a melodic song can evoke memories and emotions, and it may even affect our mood. For people living with dementia, music can have an even greater impact by unlocking the past in a way that few other activities or treatments can.



The Music & Memory program was designed in 2010 by social worker Dan Cohen for use in nursing homes. Personalized playlists created for the patients have helped those with dementia remember feelings, events, and even lyrics that seemed forgotten due to the disease. Since then, **research studies have shown the benefits** of listening to personally meaningful music for people with dementia. These benefits can include decreased anxiety and agitation leading to a reduction in medication, improved mood, and even increased engagement and communication.

The power of music is demonstrated through Henry's transformation in **this astonishing and moving clip from the film *Alive Inside***, which tells the story of the Music & Memory program's development.

For those interested in learning more about this program, the **Dementia Alliance of NC** is a certified Music & Memory at Home provider. You are invited to visit their website at <https://dementianc.org/helpsupport/music-memory-at-home/>.

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 130 participants (ages 25-44) who complete a one-time evaluation. We aim to include 20% African American and 30% rural participants.

Current enrollment

130 participants
16.3% African American
20% Rural

If you know someone who is interested in participating, please share our contact information:

Phone: (919) 668-0281

Email: DUKEUNC-ORECore@duke.edu