

April/May 2023 Newsletter



UW Medicine

MEMORY & BRAIN
WELLNESS CENTER

*Promoting the well-being of those living with memory loss and their families.
Exceptional care. Innovative research. Community transformation.
In partnership with the UW Alzheimer's Disease Research Center*

[What's New at the Memory and Brain Wellness Center?](#)

April/May 2023



Pat Kristoferson. Art created at Elderwise

Newsletter at a glance

- Pay Attention for Fall Prevention
- Dementia Friends Spotlight
- Upcoming Events
- Support, Education, and Engagement
- Local Resources

- [Research Update, Enrolling Studies](#)

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Pay attention for fall prevention

We can all help prevent falls for people living with dementia. Dementia Friends—people who have taken a dementia awareness training at the Memory and Brain Wellness Center—offer some tips and resources to help protect our loved ones from fall-related injuries.

[Read More \[MBWC\]](#)



Study of King County seniors yields clues about dementia, aging

For the Pacific NW Magazine, Sandi Doughton interviews UW Alzheimer's researchers about their work to prevent declines in memory and thinking. As part of the Adult Changes in Thought Study....

[Read More \[Seattle Times\]](#)

Mother's Day and Memory Loss



Mother's Day can be a struggle if your mother or loved one has memory loss or dementia.

Karen Clay, a social worker with the UW Medicine Memory and Brain Wellness Center offers tips for having a good day with your loved one. "She may not remember what you said, but she will remember how you made her feel."

Watch (from the archives).

Dementia Friends Spotlight



Dementia Friends Spotlight: Misty Eberspecher, Independent Living Program Manager at Housing Resources Bainbridge

Dementia Friends Champions help us spread the word about supporting people living with dementia. This spotlight features the great people championing our shared mission to make communities more dementia friendly. Today, we spotlight Misty Eberspecher, Independent Living Program Manager at Housing Resources Bainbridge!

[Read More](#)



May 2nd: Upcoming Dementia Friends Event:

You are invited to join the May 2nd YMCA Healthy Aging Community Cafe: Dementia Friends (with MBWC presenters!)

What can you do to help people affected by dementia in your community?

Tuesday, May 2 via Zoom, 1-2 pm

Learn more and sign up [here](#).

[View flyer](#) for all Health Aging Community Cafes.

Upcoming Events

IDD & Dementia Dialogue

an afternoon of resources and connection

PRESENTED BY:

UW Medicine

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*Saturday, May 13th | 1:30p.m. - 4p.m.
a free event*

QUESTIONS:

Marigrace Becker
206-543-2440
mbecker1@uw.edu

Register by May 5th:
[https://tinyurl.com/
IDDandDementia](https://tinyurl.com/IDDandDementia)

Join us for an afternoon of connection, meaningful engagement, and resources for people with intellectual/developmental disabilities who have dementia, alongside family and professional caregivers.

The event will include two sessions offered simultaneously: one is an educational program tailored to caregivers and the other will include engagement activities tailored to the persons with dementia.

In person at the Memory Hub: 1021 Columbia St, Seattle

[Sign Up Here](#)



Seattle Reads 2023 Programs

Seattle residents can dive more deeply into their experience of reading this year's [Seattle Reads](#) selection, "[The Swimmers](#)" by Julie Otsuka, at four programs with the author on May 19 and May 20. **On May 20th**, you have the chance to see the author discuss her book with MBWC's Dr. Kristoffer Rhoads at two Seattle locations! See below:

- Julie Otsuka with Dr. Kristoffer Rhoads. From 11 a.m. to noon, May 20. Lake City Branch, 12501 28th Ave. N.E., Seattle. [Register online](#).
- Julie Otsuka with Dr. Kristoffer Rhoads. From 3 p.m. to 4 p.m., May 20. Greenwood Senior Center, 525 N. 85th St., Seattle. [Register online](#).



This month, pick up a free copy of *The Swimmers* [at the Memory Hub](#), provided by Seattle Public Library for this year's [Seattle Reads](#) event.

UW MEDICINE MEMORY AND BRAIN
WELLNESS CENTER PRESENTS:

DEMENTIA, STORYTELLING, & REPRESENTATION

a memory hub library book talk

may 22, 2023 | 1pm-2pm | free

Join facilitator Katie Freeman for a guided discussion on representations of dementia in literature. This talk will feature The Seattle Public Library's 2023 Seattle Reads pick **The Swimmers by Julie Otsuka**.

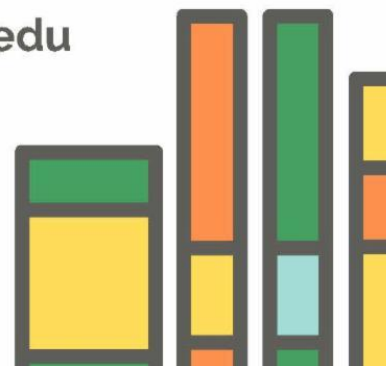
Pre-reading is welcomed, but not required. This program is suitable for those with and without dementia.

To register, email Katie at kqf@uw.edu



The Memory Hub

1021 columbia st, seattle, 98104



MBWC Programming - Support and Education

The UW Memory and Brain Wellness Center is pleased to offer a variety of support and education programs for people with memory loss, their families, and the wider community. View upcoming opportunities below, or on our [website](#). For more information, contact Marigrace Becker, 206-543-2440.

UW Memory and Brain Wellness Center | UW Alzheimer's Disease Research Center | 325 9th Avenue, Seattle, WA 98104 uwmemorybrain.org

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