

September/October 2023 Newsletter



UW Medicine

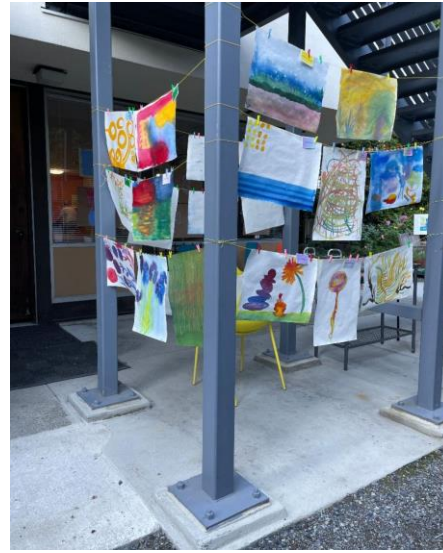
MEMORY & BRAIN
WELLNESS CENTER

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

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



A view of the 'Garden of Inspiration' art show in Maude's Garden at the [Memory Hub](#), our dementia-friendly community center on September 21, 2023. The show, co-hosted by Elderwise, featured art created by the Memory Hub community and visitors. The paintings, weavings, glass art, pressed flowers, and photography were all inspired by the Memory Hub and the garden they were displayed within. Thank you to all who contributed to and supported this exhibit.



Upcoming Events

Join us for an educational and inspiring afternoon with national award-winning speaker Loretta Veney!



WEDNESDAY, OCTOBER 11

Loretta Veney Workshop

Date: Wednesday, October 11, 2023 | 1-4 pm

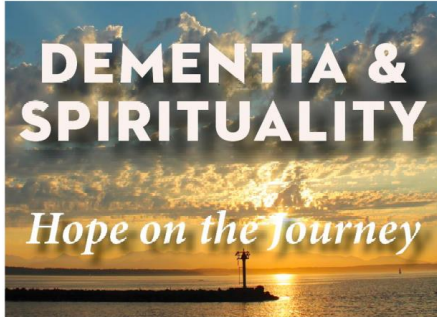
Location: Central Area Senior Center | 500 30th Ave S, Seattle

1-2 p.m. Caregiver Workshop
Understanding Alzheimer's and What to Expect: Learn the symptoms of each stage of the disease and come away with strategies for handling common caregiving challenges

3-4 p.m. LEGO "Building Memories" workshop: In this unique demo, discover ways to use LEGO bricks to build connections with people living with memory loss.

Offered in partnership by the UW Memory and Brain Wellness Center, Aging and Disability Services, and the Alzheimer's Association. Light refreshments included.

Register by calling 206-726-4926 [Flyer](#)



WEDNESDAY, OCTOBER 4 - 6:45 - 8:15 P.M.
AT SAINT MARK'S EPISCOPAL CATHEDRAL + ZOOM
1245 10th AVE. E - Seattle, WA 98102

A Collaboration with St. James Cathedral

Dementia & Spirituality: Hope on the Journey

Date: Wednesday, October 4, 2023 | 6:45 pm - 8:15 pm PT

Location: St. Mark's Episcopal Cathedral or Zoom

A collaboration with St. James Cathedral, St. Mark's Episcopal Cathedral

Come learn more about what dementia is, its impact on the people living with the disease and their caregivers, and ways to provide support along the journey. *MBWC's Dr. Tom Grabowski, MD, is a speaker at this event.*

[Register](#)



Research Update by Michael Rosenbloom, MD of the UW Memory and Brain Wellness Center/ADRC

Date: Wednesday, October 11, 2023 | 2:00 pm - 4:30 pm

Location: Greenwood Senior Center, 525 N 85th St, Seattle, WA 98103



Dr. Rosenbloom is a board-certified neurologist at the UW Memory and Brain Wellness Center where he directs the clinical trials running at the UW Alzheimer's Disease Research Center (ADRC) in Seattle, WA. Please join us for an afternoon presentation about current research studies at the UW ADRC and how to become involved, hosted by the UW ADRC and Greenwood Senior Center.

If You Missed It:



Leqembi Webinar

Our team hosted a webinar on the newest approved drug for early Alzheimer's disease, lecanemab (brand name: Leqembi).

The [recording of the webinar](#) is here for you to review at your leisure.

MBWC News & Stories



Jeanne Gallée and the Role of Speech-Language Services in Dementia Care

People living with primary progressive aphasia (PPA), or other forms of dementia that affect language and speech, have difficulty with naming objects, finding words, or pronouncing words. But through speech-language therapy, these people can learn ways to compensate and better participate in life.

In a [commentary article](#) published in the August 2023 issue of *Neurology Clinical Practice*, Gallée explores the important but underappreciated role of speech-language pathologists in dementia care. The motivation for the article, she notes, came from the need to advocate for earlier and more frequent referral to speech-language services for people living with PPA.

Gallée also shares her recommended resources and support groups for people living with PPA and their families.

[Read Article \[MBWC News\]](#)



A Recipe in Support of Alzheimer's Awareness Month

Chef Ethan Stowell: "It was an honor to have Doctor Kimiko Domoto-Reilly of UW Medicine and AlzWA over to cook up some Red Beans & Rice."

Watch [\[Instagram\]](#) The recipe would make a great meal after Saturday's (tomorrow!) [Walk to End Alzheimer's at Seattle Center!](#) Walkers, swing by the MBWC/UW Neurosciences Institute's team table to say "hi" and find resources and swag.

Come Work With Us



Job Opportunities at the MBWC

Clinical Neuropsychologist - UW Neurology has an open position for a neuropsychologist who would serve patients at the UW Memory and Brain Wellness Center and also conduct research! [Learn more.](#)

Dementia Friends Program Manager - Do you know someone passionate about building dementia awareness across Washington? We're currently seeking [a full-time program manager for the Dementia Friends public awareness program!](#)

MBWC Programming - Support and Education

The UW Memory and Brain Wellness Center [Community Programs and Events](#) are happening both in-person and online. Join us in September for a variety of support, education and engagement opportunities.

Alzheimer's Association Education Hosted by the UW Memory & Brain Wellness Center

An education program presented by the Alzheimer's Association



Alzheimer's Association Education - Hosted by the UW MBWC

Each month, the Alzheimer's Association will host a free in-person education program on a topic related to Alzheimer's and other dementias at the Memory Hub. [Learn more](#)



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MEMORY LOSS: A GUIDE TO NEXT STEPS

Monthly Orientation for People Recently Diagnosed with Memory Loss

Have you recently been diagnosed with mild cognitive impairment or dementia? Join us for this introductory class. Get your questions answered by an expert panel including peer mentors who share strategies for living well with memory loss, and a MBWC medical provider. [Learn more](#)



Garden Discovery Program - Fall

Connect with nature and engage with others living with memory loss and friends and family. Explore Maude's Garden at the Memory Hub in its summer glory, engage in nature-inspired projects, and make social connections in a supportive community. [Learn more and register](#)



Atypical Parkinson's Virtual Support Group

Mutual support for people with CBD, PSP, MSA, and their care partners and loved ones. Facilitated by Dr. Kristoffer Rhoads, Neuropsychologist. Offered by the MBWC in partnership with the American Parkinson Disease Association NW Chapter. [Learn more](#)



SOAR (Shared Outdoor Adventures for Resilience) for people with younger onset Alzheimer's

Were you diagnosed with Alzheimer's before age 65? Connect with others and explore the great outdoors with SOAR. Enjoy monthly hikes in natural areas in the Seattle area, with options for other special outdoor adventures. [Learn more and sign up for Next Hike on October 26 at the Oxbow Loop Trail.](#)



Virtual Coffee Chats

Make a cup of coffee or tea, and come together online for an informal social time with others living with memory loss or dementia. Facilitated by trained volunteers with support from Program Manager Marigrace Becker. Space is limited; sign up by the day before. Join for just one session, or multiple.

10 - 11 a.m. every Tuesday. [Sign Up](#)



Virtual Caregiver Forum

Join other family caregivers online to connect, share strategies, and support each other's experience caring for a loved one with dementia. Facilitated by trained volunteers with support from Program Manager Marigrace Becker. Space is limited; sign up by the day before. Join for just one session, or multiple. 10 - 11 a.m. every Monday. [Sign Up](#)



The Memory Hub

Visit the Memory Hub

We welcome you to visit our community center on Seattle's First Hill, [the Memory Hub](#)!

Location and Hours: 1021 Columbia St. Free valet parking is provided by Murano Senior Living with validation at our front desk. Open to the public 9 a.m. – 3 p.m. on Tuesday, Wednesday or Thursday.

- The Memory Hub is putting out a [call for front desk volunteers](#)! If you love building community and helping people feel welcome, we invite you to join our team. Please see the [volunteer position description](#).
- New in-person [caregiver support group](#) and [education program](#), from our on-site collaborator, the Alzheimer's Association.

> [Sign up](#) for the [Memory Hub Newsletter](#) for much more!

> [View our calendar](#) and sign up for additional programs, events, and tours.

Featured Research Study

PARTICIPATE IN ALZHEIMER'S DISEASE RESEARCH



Brain Imaging to Understand Memory Concerns

This study at the UW Integrated Brain Imaging Center uses brain imaging to understand the changes in the brain that may be responsible for memory problems in old age and associated disorders. Your participation will contribute to scientific research that may help us understand more accurate ways to measure brain vessels and how they are involved in disorders like Alzheimer's disease. [Learn more.](#)

[View all Enrolling Clinical Trials & Studies](#)

Professional Development Resources



New MBWC ECHO Dementia Didactic: September 8, 2023 [Substance Use Disorders in Older Adults](#). Presented by Stephen Supoyo, MD, FASAM, ICGS, International District Clinic, Family Medicine, Addiction Medicine, Geriatric Medicine

The UW offers a UCNS-accredited [fellowship in Behavioral Neurology and Neuropsychiatry](#) at the Memory and Brain Wellness Center for qualified physicians who have completed residency training in neurology or psychiatry.

Other Community Events and Resources

See below for a snapshot of upcoming community events and activities for people

with memory loss and their caregivers.

Dementia Support Northwest's 37th Annual Conference

Virtual Speaker Series:

Empowering Caregivers as They Navigate Dementia



Annual Dementia Support Northwest Conference (Zoom)

When: October 6th, 13th, 20th, 2023, Virtual

Session 1 - October 6th, 1:30 p.m.

Kimiko Domoto-Reilly, MD, UW Memory and Brain Wellness Center

Some Different Dementias—Frontal Temporal, Lewy Body, Parkinson's, and Vascular Dementia

Session will focus on how non-Alzheimer's diagnoses may present differently.

[See DSNW Event Page](#) for other sessions and to register



Edmonds Center for the Art launches its monthly series, "A Community Journey through Art, Music and Movement," from 10:30 –



Seattle Parks and Recreation presents "Community Grows Camp" at Seattle's Camp Long, 10 a.m. – 2:30 p.m. on Saturday, October 14. Enjoy a fun, rejuvenating and connecting day camp



Central Spokane YMCA and the Alzheimer's Association hosts a Dementia Community Café

11:45 a.m. on Wednesday, October 4. [Learn more](#)

experience for people with memory loss and family members. [Learn more.](#)

from 2-3:30 p.m. on Friday, October 20, and every 3rd Friday of the month. Come together for a fun time of coffee, social activities and connection. [Learn more](#)

FRYE / Art Museum

Join the Frye Art Museum and Greenwood Senior Center for “Finding Art In and Out of the Gallery,” a workshop for family caregivers and professionals exploring how to engage people with dementia through the creative arts. 9-11:30 a.m. Friday, October 27 at Seattle’s Greenwood Senior Center. [Learn more](#)

alzheimer’s association

Walk to End Alzheimer’s

Join the Alzheimer’s Association for their annual “Walk to End Alzheimer’s” events across Washington in September and October.

Eastside Grace Gathering

NEW Eastside Grace Gathering offers Christian [worship and community service opportunity for people with memory loss](#), friends and family. 1:30 – 3 p.m. every 2nd and 4th Thursday, at Kelsey Creek Church in Bellevue, WA.



[View Research Events Calendar \(for researchers\)](#)



[View Community Programs & Events Calendar](#)

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