

November/December 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***



Art created at Elderwise.

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

## Upcoming Events



### Alzheimer's Association Education - Hosted by the UW MBWC

**When:** Wednesday, December. 20, 1-2:30pm

**Topic:** Alzheimer's Association Education: Understanding and Responding to Dementia-Related Behaviors. [Learn more and sign up.](#)

- Future schedule: [January - April 2024 Program](#)



### PPA Together: a new group for people with Primary Progressive Aphasia or Primary Progressive Apraxia of Speech

**Time:** We meet monthly on Wednesday afternoons from 3pm - 4:40pm.

**Location:** The Memory Hub, 1021 Columbia St. Seattle, WA 98104. Free parking available.

[Learn more and register.](#)

Join us for a special dance and movement class with instructor Chris Daigre!



### **Special Dance Class and Movement Class with instructor Chris Daigre**

Explore the fun of moving your body to music! No dance experience necessary. A free class for people with memory loss and their families. Offered by instructor Chris Daigre, owner of daigreDance.

**Time:** Wednesday, December 13, 11am - 12pm

**Location:** The Memory Hub, 1021 Columbia St. Seattle, WA 98104. Free parking available.

[Learn more and register](#)

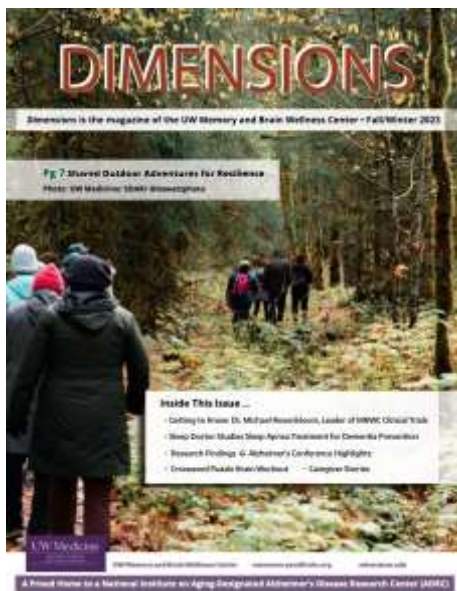


**Getting to Know: Michael Rosenbloom, MD, behavioral neurologist and director of clinical trials at MBWC.**

*"There's no ceiling on what you can do here."*

In this interview, Dr. Rosenbloom reflects on his career path, what he appreciates about working with our team, and what it's like to be a dementia specialist in the age of emerging therapeutics.

[Read the interview](#) [MBWC News]



**The new issue of Dimensions Magazine - Fall/Winter 2023 is now available. [View the print version.](#)**

This issue features our team's takeaways from two national conferences on Alzheimer's research, a sleep doctor's effort to treat sleep apnea, and much more. And pull out a pencil for the very first Memory & Brain crossword puzzle, created to be fun, interesting—and just challenging enough—to be a good brain health workout for you, our readers.

**More News**



MBWC's Barak Gaster, MD, was mentioned in the New York Times for his work on advance care planning in dementia.

[Read \[NYT\]](#)



MBWC's Nancy Isenberg, MD, who co-leads Project ECHO, was featured in a one-hour special on New Day Northwest: [How Women Can Maintain a Healthy Brain.](#)

[Watch \[New Day Northwest\]](#)



MBWC's Michael Rosenbloom, MD, was interviewed by Huffpost in '6 Signs Your Memory Loss Isn't Normal'.

[Read \[HuffPost\]](#)

**Come Work with Us**



**Job + Volunteer 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.](#)

**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](#).

### MBWC Programming

#### Support, Education, And Engagement

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



**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](#)

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



### 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](#)



### Caregiver Support Group

Build a support system with people who understand at Alzheimer's Association® support groups, conducted by trained facilitators. Every 2nd Monday at 1pm - 2:30pm.

[Learn more](#)



### **NEW! PPA Together Group**

Do you or a loved one live with Primary Progressive Aphasia or Primary Progressive Apraxia of Speech (PPA/PPAOS)? Join us for a new social/support group for people with PPA/PPAOS and families. Offered by the UW Memory and Brain Wellness Center, UW Alzheimer's Disease Research Center, and the UW Department of Speech and Hearing Sciences.

**Time:** We meet monthly on Wednesday afternoons from 3pm - 4:40pm.

**Location:** The Memory Hub, 1021 Columbia St. Seattle, WA 98104. Free parking available.

[Learn more and register.](#)



### **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](#) Thursday, December



7, 10am-2:30pm at [Fir Island Farm Reserve](#), Mt Vernon.



### 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](#)



### 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](#)



## 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.

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

## Professional Development Resources



New MBWC ECHO Dementia Didactic:

October 27, 2023 [Dementia and Sleep](#). Presenter: Lina Fine MD, MPhil, PLLC  
[Video, Slides, Resources](#)

November 17, 2023: **State Plan Update**. Presenter: Lynne Korte [Video, Slides, Resources](#)

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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.

## Featured Research Study



The AHEAD Study is testing whether lecanemab can lower people's risk of memory loss due to Alzheimer's disease. The study is evaluating the efficacy and safety of treatment with lecanemab in participants with preclinical Alzheimer's disease, as shown on a brain scan. [Learn more.](#)

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

## Other Community Events and Resources



Federal Way library offers a Memory Café from 11 a.m. – 12:30 p.m. on Friday, December 1. Come together with others living with memory loss and their families. Enjoy social time and memory strengthening activities like games, movement, songs and sharing stories. [Learn more.](#)



Edmonds Center for the Art continues its monthly series, "A Community Journey through Art, Music and Movement," from 10:30 – 11:45 a.m. on Wednesday, December 6. [Learn more.](#)



NEW Nefesh l'Nefesh community gathering starts this month with Temple De Hirsch Sinai (Bellevue campus). Come together with other families navigating memory loss to celebrate Chanukah, 3 p.m. on Saturday December 9. [Learn more.](#)



Northshore YMCA hosts a Memory Café from 12:30 – 2:30 p.m. on Friday December 15, at McMenemy's Anderson School in Bothel. Come together with others living with memory loss and their families for socializing, food and entertainment. [Learn more.](#)

Greenwood Senior Center continues its All Present chorus for people with memory loss and families, every Monday from 1-2 p.m. in North Seattle. [Learn more.](#)



[View Research Events Calendar](#)



[View Community Programs & Events Calendar](#)

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