



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?

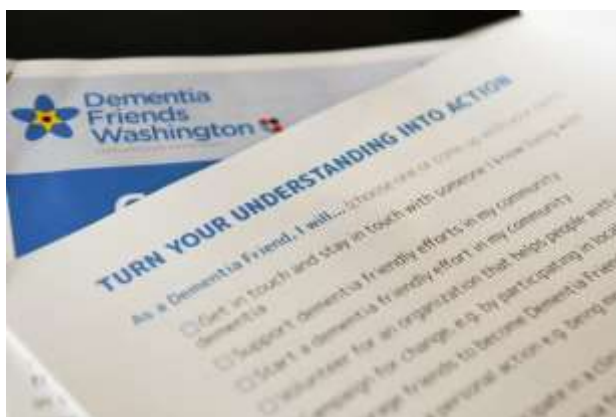


**Community Partnerships:  
Update from the ADRC  
Native and Research  
Resource Core**

At our NIA-funded research center, we are grateful for increasing participation of Indigenous community members in our Alzheimer's study. The team has put an emphasis on community participatory research. Methods included culturally tailored events and educational resources.

“It’s so exciting to see that we are getting closer to representing the diversity of our community in our research cohort,” says Annika Noreen, PhD, PMP, ADRC Program Manager. Learn more about this effort in this interview with Breanna Jones (Cherokee and Seminole Ancestry) Research Study Supervisor.

[Learn More](#)



### **Top 3 Action Items from Recent Dementia Friends Information Sessions**

Chances are that you may know someone living with dementia, or may know someone who is caring for someone living with the disease. Perhaps you’ve even heard in the news recently about celebrities bravely sharing their diagnoses.

At the end of every Information Session, participants are asked to select an action item (or multiple action items) they’d like to take using the understanding they’ve acquired during the session. These action items can be small or big. See the top 3 action items participants selected at recent sessions.

[Learn More](#)



### **Join the Technology for Early Dementia Diagnosis (TEDD) Study**

Researchers at the VA are trying to learn whether a special wristwatch and headband can improve the way doctors diagnose aging and memory disorders. This work has the potential to help doctors identify memory disorders earlier in life so that patients can benefit from earlier

treatments. [Learn more about participating!](#)

## Support our Work on Husky Giving Day!

On April 4, you can champion the people, programs, and causes closest to your heart. Together, let's make Husky Giving Day a big celebration of our collective impact!



# Join us for Husky Giving Day Thursday, April 4

Support the Memory Hub through this 24-hour online giving campaign with University of Washington. Your support will go toward programs and resources for people with memory loss and their families.



- Donate now through April 4: [www.tinyurl.com/2024HuskyGivingDay](http://www.tinyurl.com/2024HuskyGivingDay)
- Share with your friends - first 50 gifts unlocks additional \$20,000
- Every little bit helps!



### On Husky Giving Day, you can:

- [Support the Memory Hub](#) to help us expand programs and resources for people with memory loss and their families, specifically nature-based programs, such as Shared Outdoor Adventures for Resilience and the Garden Discovery Program.

- [Support the UW Alzheimer's Disease Research Center](#) and the [UW BRAIN Lab](#) to spur Alzheimer's research and treatment development.

## Resources

**NEW Chinese social group offers tai chi and karaoke**

# 太極和卡拉OK 俱樂部



想打太極嗎? 想唱歌嗎? 帶上您的朋友一起來參加!

本免費活動是由健安和華盛頓大學記憶力及腦部健康中心聯合舉辦

地點: **THE MEMORY HUB**  
**1021 COLUMBIA ST, SEATTLE**  
時間: 每周一, 4月15日至6月24日,  
下午**1:30**到**3:00**點



報名參加請掃二維碼, 或請  
聯繫譚小姐 **206-800-5025**



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## Tech Help at the Memory Hub

Do you have a question about using your smartphone, tablet or laptop?

Want help setting up an email account or social media account? Looking for tips on videoconferencing with Zoom or Teams? Come sign up for a FREE 50-minute Tech Help appointment at the Memory Hub, courtesy of an AmeriCorps volunteer with Seattle Public Library!

**Appointments available** between 10am and 1:30pm on Wednesdays: Apr 24, May 22, Jun 26. [Book a slot.](#)

[View flyer](#)

## Upcoming Events



**Health Navigating**



**Aegis Living**  
Assisted Living | Memory Care

**LAKE UNION**  
1936 Eastlake Avenue East  
Seattle, WA 98102  
206-816-3333

**Thurs. April 23, 10am - 2pm:  
Dealing with Dementia**

Do you need help in the following areas?

- Understanding dementia
- Managing challenges
- Handling stress
- Finding time for you

**PRE-REGISTRATION IS REQUIRED** at least 2 days in advance.

[Sign up online](#) | [Flyer](#)

Questions: [mbecker1@uw.edu](mailto:mbecker1@uw.edu), 206-543-2440

In collaboration with the Rosalynn Carter Institute for Caregiving and Aegis Living

Location: The Memory Hub,  
1021 Columbia St, Seattle

[Flyer](#)

[Sign Up](#)



**Mon. April 1, 5:30 - 6:30pm PT:** UW Faculty Lecture: The Quest to Detect and Cure Alzheimer's

Among our aging population, diseases like Alzheimer's are increasing — and by the time they're detected, it's often too late to provide effective treatment. In the 2024 University Faculty Lecture, UW Bioengineering Professor Valerie Daggett will share how her team is working on tests to detect these diseases years before symptoms develop — and how her lab is creating novel treatments to stop disease progression.

[Livestream Link](#)

## MBWC Research *in the News*

*...at the MBWC's NIA-funded UW Alzheimer's Disease Research Center*

[My Son's Beautiful, Broken Brain](#) in *Maria Shriver's Sunday Paper*, March 23. Featuring the work to understand and treat traumatic brain injury in the UW Brain Lab, led by the ADRC's C. Dirk Keene, MD, PhD of UW Lab

[Could War Zone Blasts Raise Veterans' Odds for Alzheimer's?](#) in *Health Day*, March 14. Featuring work on cerebrospinal fluid analysis by the ADRC's Elaine Peskind, MD of the UW Department of Psychiatry and Behavioral Sciences and VA Puget Sound Health Care System

# Programming

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 March for a variety of support, education, and engagement opportunities. Or, drop into our Memory Hub community center during its open hours, 9am - 3pm, Tues - Thurs. Free valet parking is provided by Murano Senior Living with validation at our front desk.

## Programs at a Glance



### **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.

[Flyer](#) - learn more and register



### **Free Dementia Education - Hosted by the UW MBWC**

Each month, the Alzheimer's Association presents a free in-person education program on a topic related to Alzheimer's and other dementias at the Memory Hub.

Up next: **Wed. Apr. 17, 1-2:30 pm PT**  
Healthy Living for You Brain and Body.

[Learn more](#)





### **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 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.

[Learn more and register.](#)

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### **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](#)

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### **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](#)

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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.](#)



### Atypical Parkinson's Virtual Support Group

Mutual support for people with CBD, PSP, MSA, and their care partners and loved ones. Offered by MBWC and facilitated by the American Parkinson Disease Association NW Chapter. Contact info: Katie Freeman, MSW [kfreeman@apdaparkinson.org](mailto:kfreeman@apdaparkinson.org) | (206) 507-4091. [Flyer](#)



### 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.

Up next: **Thurs. Apr. 4, 10am-2:30pm PT** Redmond Watershed

Preserve, Redmond, WA  
[Learn more and sign up.](#)



The MBWC is a Lewy Body Dementia Association Research Center of Excellence and a partner in support & resources. View LBD Support Groups in WA State. [Learn more.](#)

## Clinician Resources



New MBWC ECHO Dementia Didactic Recordings:

February 23, 2024:

Mar 8, 2024 [Neurological Assessment and Diagnosis of Dementia](#) Presenter: [Dr. Ariana Tart-Zelvin, PhD](#)

Mar 22, 2024 [Pharmacological Treatments for Dementia and Management of Neuropsychiatric Symptoms of Dementia](#) Presenter: [Dr. Trang Le, PharmD](#)

## Featured Research Study

Technology for Early Dementia Diagnosis (TEDD) Study

Researchers at the VA are trying to learn whether a special wristwatch and headband can improve the way doctors diagnose aging and memory disorders. This work has the potential to help doctors identify memory disorders earlier in life so that patients can benefit from earlier treatments.

Who might be a good fit for the study?

- Volunteers with a clinical diagnosis of mild cognitive impairment

(MCI)

- Volunteers who feel their memory is normal for their age

What does the study involve?

1. Answering questions about one's sleep, mood, and behavior
2. Wearing the wristwatch and headband devices that measure sleep and physical activity
3. Completing brief memory and thinking tasks
4. Taking part in brain imaging scans

If interested, please contact the study coordinator: Sarah Payne, 206-277-1379

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

## Other Community Events and Resources



Looking for a way to give back to your community? Join others with early stage memory loss for a service program at Aurora Commons, a non-profit serving unhoused community members. 11 a.m. – 12 p.m. Friday April 12. To sign up, contact organizer Kristen Oshyn at Greenwood Senior Center: 206-297-0875 ext. 133 or [kristeno@phinneycenter.org](mailto:kristeno@phinneycenter.org)



NEW Memory Café in Bellevue! Come together for connection, food, and entertainment. Tutta Bella Neopolitan Pizzeria, 2-3:30 p.m. Tuesday April 16 and continuing every 3<sup>rd</sup> Tuesday of the month. [Learn more.](#)



Enjoy the great outdoors with Seattle Parks and Recreation's new Signs of Spring walk for people with memory loss and families. 11 a.m. – 12:30 p.m. Wednesday, April 17, in Seward Park. [Learn more.](#)



Southeast Seattle Senior Center continues their new Memory Café from 2-3:30 p.m. on Thursday April 25, and every 4<sup>th</sup> Thursday of the month. Enjoy light appetizers and have fun with facilitated movement/dance! RSVP to 206-722-0317. [Learn more.](#)



HOPE Dementia Support in Clark County announces its NEW Meet Me at the Movies program for people with memory loss and their families, coming in May! Enjoy watching Singin' in the Rain at Kiggins Theatre in Vancouver, WA, at 1 p.m. on Friday May 10 – pizza and singalong included! [Learn more.](#)



[View Community Programs & Events Calendar](#)



[View Research Events Calendar](#)

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