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WE'VE BEEN BUSY IN YOUR COMMUNITY!

IN THE COMMUNITY:

The Sumner Brain Health Fair

The University of Washington Alzheimer's Disease Research Center recently hosted a Brain Health Fair in Sumner, WA on Saturday, October 8th, 2022. This event was geared towards Spanish and English-speaking Latino and Hispanic adults 55 years old or older. This event aimed to raise awareness about Alzheimer's disease, while also giving people a sense of current research in the field. We would like to thank everyone who attended the event, and we hope to see you all and other interested community members at future events.



OUR THOUGHTS ABOUT THE EVENT



"An event that genuinely showed people's interest in learning about brain health and healthy habits."
- **Israel Anaya Carmona**



"We are very appreciative of Father Jerry and members of St. Andrews Catholic Church for allowing us to host the Sumner Brain Health Fair to provide education on the importance of brain health and memory care in the Hispanic and Latino Community." - **Sonia K. Bishop**



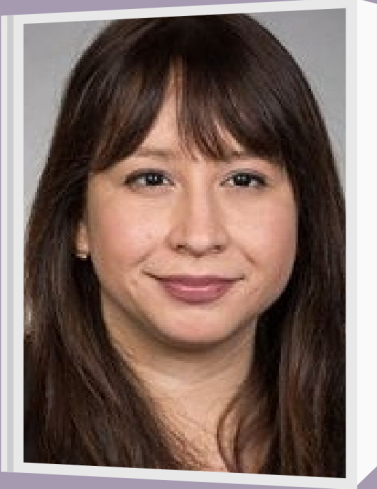
"This event felt like a culmination of the past 1.5 years' work and partnership between the St. Andrew Catholic church and UW ADRC. We are very grateful to church for continuing to invite us back to teach about Alzheimer's disease and interventions. This series of events have shown us that people are motivated to participate in the important research that will help us find better treatments and therapies for Alzheimer's disease." - **Theresa Kehne**



TEAM MEMBER SPOTLIGHT

Karen Torres, Psy. D., ABPP-CN, Neuropsychologist

Dr. Karen Torres is a bilingual (English and Spanish) board certified neuropsychologist at the UW Memory and Brain Wellness Center where she works together with an interdisciplinary team to evaluate people reporting memory changes. Dr. Torres has performed neuropsychological evaluations for Spanish speaking community since 2007 in Los Angeles, Detroit, Boston, and Seattle. Her interests include improving the quality of care for Spanish speaking individuals who are experiencing neurodegenerative diseases, providing education and interventions focused on improving and maintaining brain health, and partnering with communities to improve brain health. Outside of work, Dr. Torres enjoys gardening, camping, cooking, and taking her dog Rusty to her adventures.



UPCOMING EVENTS



To find local events about Alzheimer's and brain health, visit the *UW Medicine Memory & Brain Wellness Center's* online calendar. Link below:



We thank Father Jerry of St. Andrew Catholic Church for the space to host the Sumner Brain Health Fair. We also thank Rosa Molinero, a volunteer with the church, who helped us organize our visit!

depts.washington.edu/mbwc/calendar

UNDERSTANDING ALZHEIMER'S DISEASE

What You Need to Know

- Many older people forget someone's name or misplace things from time to time. This type of forgetfulness is normal. But, forgetting how to go home, getting confused in places a person knows well, or asking questions over and over again can be signs of a more serious problem.
- The person may have Alzheimer's disease (pronounced Al-zai-merz). This is a brain disease that starts slowly and gets worse over time. Alzheimer's brings challenges but doesn't take away one's creativity or the ability to experience joy.
- It is possible to live well with memory loss, in a community of support. Family and friends can help their loved ones stay engaged in hobbies and social activities. Creating these opportunities for people living in memory loss is some of the important work being done at the UW Memory and Brain Wellness Center, alongside the UW ADRC.

What is Alzheimer's Disease?

- **Alzheimer's disease** is a brain disorder that impairs memory and thinking abilities.
- **More than 6 million people** in the United States, most age 65 and older, may have dementia caused by Alzheimer's disease.
- **Memory problems** are often one of the first signs of decline in thinking ability linked to Alzheimer's disease.

New UW Alzheimer's Education Resource!

A community education video
in Spanish:
Alzheimer's 101

> with Spanish or English subtitles!

SCAN ME



memoria.uw.edu

5 Early Signs of Alzheimer's

- Having trouble remembering important dates and events
- Asking the same question over and over again
- Having trouble paying bills or solving simple math problems
- Finding it more difficult to drive or walk to familiar locations, such as the grocery store
- Misplacing or losing objects or putting them in strange places

What Can I Do?

- **Learn about participating in research.** You can help scientists better understand Alzheimer's, in order to find ways to prevent the disease.
Learn more: tinyurl.com/adrc-research
- **Boost brain health!** Studies show that leading a healthy lifestyle may help your brain resist Alzheimer's. To learn more, visit: www.alzheimers.gov/life-with-dementia/can-i-prevent-dementia.

RESOURCES



Alzheimer's Association

Phone: 1-800-272-3900

Email: info@alz.org

Website: alz.org

The Alzheimer's Association is a nonprofit group that provides information and support services to people with Alzheimer's disease, caregivers, and their families.

Call the Alzheimer's Association 24-Hour Helpline to speak for free to a Master's level social worker, any day or time.

Visit Alzheimers.gov for updated health information tailored to caregivers, people living with dementia, and professionals.

En español:
Alzheimers.gov/es



Contact us

Questions about this newsletter:

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En español: memoria.uw.edu

UW Alzheimer's Disease Research Center

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