

# UW ADRC COMMUNITY NEWSLETTER

SPRING 2024

MEET THE  
TEAM

COMMUNITY

RESEARCH

EVENTS

HEALTH TIPS

RESOURCES

**WE'VE BEEN BUSY IN YOUR COMMUNITY!**

## **18th Annual Latino Health Forum**

On November 15th, 2023, ADRC Research Coordinators Theresa Kehne and Maria Sibaja tabled and participated in academic poster sessions at the 18th annual Sea Mar Latino Health Forum at the Sea Mar Museum of Chicano/a/Latino/a Culture & Community Center in Seattle, WA. Presentations were given on topics impacting migrant farmworker health equity including a keynote address by UW Professor of History, Dr. Erasmo Gamboa, a discussion of health literacy and communication tools by Achamma John, Promotora de Salud at Sea Mar Migrant and Seasonal Farmworker Promotores Program, and a call to action by Lee Che P. Leong, Senior Policy Advocate at Northwest Health Law Advocates.

**"An opportunity to provide resources and education on Alzheimer's disease and brain health."**

The event showed just how successful partnering with community health workers can be when it comes to implementing public health initiatives among seasonal and migrant farmworkers in Washington State. The UW ADRC is using this model partnering with community health workers to increase enrollment of Latino/a/x and other under-represented groups in Alzheimer's research studies.

## TEAM MEMBER **SPOTLIGHT**

### **Kimiko Domoto-Reilly, MD**



Kimiko Domoto-Reilly, MD, is a neurologist in the UW Memory and Brain Wellness Center, where she diagnoses and treats people with neurodegenerative diseases. In collaboration with ADRC researchers, she studies cases of brain diseases passed down in families, to better understand the factors influencing variation in age-of-onset and disease progression. Dr. Domoto-Reilly also leads the ADRC Outreach, Recruitment, & Education Core's team efforts to raise awareness of Alzheimer's disease and provide relevant education to diverse community members.

## FIRST PATIENT TO BE TREATED WITH NEW ALZHEIMER'S DRUG, LECANEMAB

UW Medicine's Memory and Brain Wellness Center, the home of the ADRC, treated its first patient with the new Alzheimer's drug, lecanemab, on Dec. 1, 2023. The drug has been shown to modestly reduce cognitive decline in patients with very early Alzheimer's disease. Although lecanemab is not a cure, it is the first FDA-approved drug shown to modify the course of this disease. Lecanemab is an antibody that binds to proteins called amyloid-beta, which accumulate in the brains of people with Alzheimer's. These proteins form insoluble clumps called amyloid plaques, which are believed to contribute to disease progression. By binding to these proteins, lecanemab stimulates the patient's immune system to remove the amyloid.

**"When I became a behavioral neurologist over 13 years ago, the idea of having a disease-modifying drug sounded like science fiction," said Michael Rosenbloom, MD, associate professor of neurology at the UW School of Medicine and MBWC director of clinical trials.**

- > Interested patients and family members can also speak with their neurologists. For more information on lecanemab, please read the MBWC Information Page (**English**): <http://tinyurl.com/MBWC2024>
- > View this video (**English**) <https://www.youtube.com/watch?v=Fe2nCZc0lDg> , or (**Spanish**): <https://www.youtube.com/watch?v=JNAmrEywVol>

### Coffee Chat Update

#### Cafecito y Charla – Coffee Chat Update

The second Cafecito y Charla (Coffee Chat) took place in Seattle, WA at El Centro de La Raza on December 2, 2023. During the event, Sonia Bishop, Janet Rojina, Robin Lawrence, and Darwin de Castillo hosted a bilingual (English and Spanish) conversation where community members were able to learn about participating in Alzheimer's Disease research. Throughout the conversation, the 13 participants were able to ask questions and provide our team with valuable feedback. "I feel grateful that so many community members took the time to meet with us to learn about ADRC and research," says Robin Lawrence, ARNP, ADRC Nurse Practitioner.

**To join an upcoming Coffee Chat or stay informed about future events, please feel free to reach out via email to Janet Rojina at [jarojina@uw.edu](mailto:jarojina@uw.edu)**

#### MITO VS REALIDAD DEL ALZHEIMER'S

##### MITO

La enfermedad de Alzheimer y la demencia son lo mismo.



##### REALIDAD

Demencia es un término que describe un síndrome clínico. La enfermedad de Alzheimer es sólo una de las causas de la demencia.

##### MITO

La pérdida de memoria es normal cuando las personas envejecen.



##### REALIDAD

La pérdida de memoria no es una parte normal del envejecimiento.

#### ALZHEIMER'S MYTH VS FACT

##### MYTH

Alzheimer's disease and dementia are the same thing.



##### FACT

Dementia is a term that describes a clinical syndrome. Alzheimer's disease is just one cause of dementia.

##### MYTH

Memory loss is normal as people get older.



##### FACT

Memory loss is not a normal part of aging.



UPDATE FROM THE ADRC:

## THE NATIVE RESEARCH AND RESOURCE CORE

"I think one thing that sets our team apart is that we truly want to focus on the community. And we want it to be a partnership" – Breanna Jones (Cherokee and Seminole Ancestry) Research Study Supervisor, WSU IREACH and ADRC



The ADRC's most recent outreach event at the Goldfinch elder's housing unit in October 2023, in partnership with our collaborators at Washington State University.

The Alzheimer's Disease Research Center (ADRC) has many resources dedicated to a diverse set of community members interested in participating in our study on how memory and thinking may change over time. It is important for this research to include everyone, so that the findings are relevant to all groups. But this effort is difficult when research is not tailored for all. At the end of the day, research often lacks outreach to diverse communities and translation and adaptation of materials. This is where the NRRC steps in.

The NRRC, or the Native Research and Resource Core, was created to increase the enrollment of American Indian and Alaska Native participants into the ADRC. This Core is led by Dedra Buchwald, MD, Principal Investigator Patrik Johansson MD, MPH (Cherokee), and Principal Investigator Gary Ferguson, ND (Unangax/Aleut).

To fully understand the best approach to diverse research participation, we need to understand why the Native populations are underrepresented. "First and foremost, the historical trauma is a huge factor and barrier to participating in research," said Breanna Jones, (Cherokee and Seminole Ancestry) Research Study Supervisor, WSU IREACH and ADRC. Mistrust of the medical establishment within communities of color can hinder individuals from participating in research.

To accomplish the goal of recruiting more Native participants, the NRRC has in place 3 phases of enrollment. The first phase involved conducting focus groups with American Indian and Alaska Native community members across the country to get their opinions on how the ADRC currently enrolls participants. In the second phase, the team tailored the study protocol, so that it was better suited to members of Native and Indigenous communities. The third phase is actively enrolling participants with the new culturally adapted protocol.

The NRRC began enrollment March of 2023 with a goal of enrolling 30 participants, and as of late January 2024, the team has enrolled 18 participants. There are many reasons behind this accomplishment. The NRRC put emphasis on community participatory research, as well as created educational resources that are specifically tailored to Indigenous and Native communities. "I think one thing that sets our team apart is that we truly want to focus on the community. And we want it to be a partnership," said Jones. The NRRC has also recently hired 3 new team members, MichaelLynn Kanichy, MPH (Makah) Research Coordinator, Madalyn Rantala, MS, Research Coordinator, and Jolie Green, Research Study Assistant, who all helped people navigate the enrollment process.

In 2024, the NRRC is excited to work towards fostering a strong partnership with organizations including Chief Seattle Club, Daybreak Star Indian Cultural and Seattle Proper, while building new ties with organizations such as the Seattle Indian Health Board. "Together, we can do wonderful things," said Jones. "I think that we can benefit from one another. It only strengthens our reach that much more." **If you are interested in learning more about this study, call (509) 339-0920.** -Katherine Lopez

# ADRC Word Search

*\*These words are related to brain health and Alzheimer's prevention.*



**Word search directions:**

Highlight or mark the words on the grid when you find them, while also marking them off the list as you go!

## LIST OR WORDS

NUTS

BEANS

HOBBIES

READ

BLUEBERRIES

FISH

ALZHEIMER'S

VOLUNTEERING

EXERCISE

BRAIN

DANCING

SLEEP

# RESOURCES



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## Alzheimer's Association

Phone: 1-800-272-3900

Email: [info@alz.org](mailto:info@alz.org)

Website: [alz.org](https://alz.org)

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

Explore the monthly education programs offered by the Alzheimer's Association WA State Chapter: [alz.org/alzwa/helping\\_you/education](https://alz.org/alzwa/helping_you/education)



Conexion Contigo by Lupita Zamora is an independent Spanish language radio program for the community where you will find information, opportunities and more.

[facebook.com/ConexionContigoRadio](https://facebook.com/ConexionContigoRadio)

Visit [Alzheimers.gov](https://Alzheimers.gov) for updated health information tailored to caregivers, people living with dementia, and professionals.

En español: [Alzheimers.gov/es](https://Alzheimers.gov/es)



Image: The 2nd Charla y Cafecito (Coffee Chat) in Seattle, WA at El Centro de La Raza on December 2, 2023.

## Contact us

Questions about this newsletter:

Email: [adrc-community@uw.edu](mailto:adrc-community@uw.edu)

## UW Memory and Brain Wellness Center

Web: [uwmemoryandbrain.org](https://uwmemoryandbrain.org)

En español: [memoria.uw.edu](https://memoria.uw.edu)

## UW Alzheimer's Disease Research Center

Web: [uwadrc.org](https://uwadrc.org)

Phone: 206-744-0588 or  
Toll-free at 855-744-0588

Email: [uwadrc@uw.edu](mailto:uwadrc@uw.edu)

Q

Do you have a question about brain health or Alzheimer's research?

A

Send them to [adrc-community@uw.edu](mailto:adrc-community@uw.edu)  
It could be answered in a future newsletter!