

December/January 2024 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.

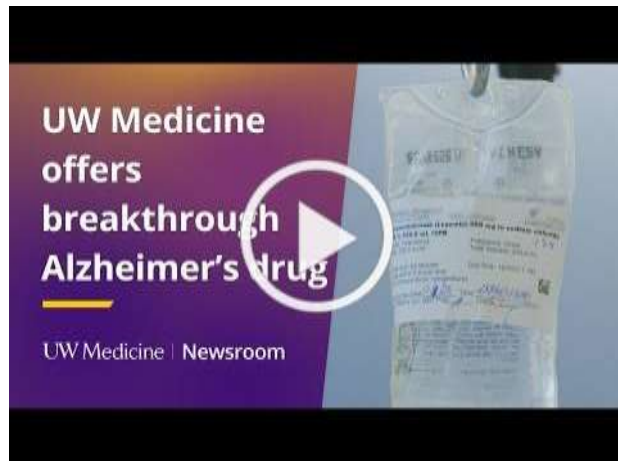
[What's New at the Memory and Brain Wellness Center?](#)

Lecanemab Updates

We treated our first patient with the new Alzheimer's drug, lecanemab, on Dec. 1. The drug has been shown to reduce cognitive decline in patients with early Alzheimer's disease.

"I'm pleased that Harborview Medical Center is one of the first West Coast hospitals to administer the IV infusion treatment to our qualifying patients," said Thomas Grabowski, MD, medical director of the Memory and Brain Wellness Center.

- [Read more](#) [UW Medicine]



- Read the [MBWC Lecanemab Resource page](#)

Upcoming Events



This program is funded, on behalf of the Dementia Action Collaborative, by Aging and Long-Term Support Administration/DSHS.

How to Navigate Dementia Legal Planning

When: Tuesday, January 9, 1pm - 2pm

Where: The Memory Hub, 1021 Columbia St. Seattle

A free presentation for those living with dementia, family or other care partners, or those who simply want to be prepared because of the possibility of dementia.

[Sign up here](#) or by calling the Memory Hub at 206.543.2440.



Alzheimer's Association Education - Hosted by the UW MBWC

When: Wednesday, January 17, 1-2:30pm at the Memory Hub, 1021 Columbia St. Seattle

Topic: Effective Communications Strategies. [Learn more and sign up.](#)

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



Community Listening Circle: We Want to Hear from You!

When: Tuesday, January 23, 2-3:30pm at the Memory Hub, 1021 Columbia St. Seattle

Help us shape programs and services at the Memory Hub for 2024. Come have a conversation and share your ideas! Hosted by the MBWC and the Seattle Public Library.

[RSVP](#) or call 206.543.2440

MBWC News & Stories



Highlights from the 2023 Alzheimer's Association Conference

The Hanson Lab team attended the 2023 Alzheimer's Association International Conference in Amsterdam this summer! They report back on what's coming soon in diagnosis, treatment, and prevention of Alzheimer's and other diseases that lead to cognitive impairment and dementia.

[Read more](#) [UW MBWC]

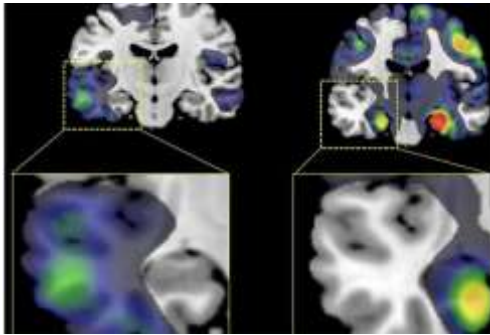
SOAR into the New Year! Hikes provide social connection and energizing physical activity for those with younger onset Alzheimer's

Kick off 2024 with a refreshing hike in the Pacific Northwest, an experience tailored for people with younger onset Alzheimer's disease. There are 5 hikes currently scheduled in the Shared Outdoor Adventures for Resilience program.

[Read more](#) to hear from some participants [MBWC News]



The [January 4th SOAR hike](#) takes place at Kubota Gardens in Southeast Seattle, with van transportation provided if needed.



Brain Scans Suggest Subtypes of Alzheimer's disease

This new UW study offers evidence for biologically distinct forms of the disease.

“Breast cancer was once considered one disease,” said lead author Paul Crane, MD, MPH, professor of medicine at the UW School of Medicine. “But we now know there are different subtypes of breast cancer that respond to different treatments. Our findings suggest a similar approach may apply to Alzheimer’s.”

[Read more](#) [UW Medicine News]



6 Caregiver Resources

Our friends at the Alzheimer’s Association Washington State Chapter highlight important caregiver resources.

[Read more](#) [Alzheimer's Association]

Come Work with Us



Job + Volunteer Opportunities at the MBWC

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 January 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 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.

[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.](#)



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 Recording:

December 8, 2023: Women's Brain Health. Presenter: Nancy Isenberg, MD, MPH, FAAN, DipABLM / Menopause and Cognition. Presenter: Linda S. Mihalov, MD [Video, Slides, Resources](#)

Upcoming UW Psychiatry Grand Rounds of interest:

- Jan. 12: [Empowering and celebrating the mental well-being of older Latinos through prevention and health promotion](#)
- Jan 19: [Dementia care](#)

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



The Alzheimer's Association, Washington State Chapter, offers a variety of online educational talks in January covering topics such as communication tips, legal and financial planning and

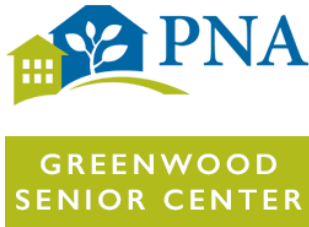


Early bird registration is open for the Alzheimer's Association Journey Caregiver Conference on March 23rd at Shoreline Community College. This conference will offer live interpretation in Spanish.



HOPE Dementia Support in Vancouver, WA offers a monthly "Music and Memories" program for people with memory loss and their care partners, facilitated by board certified music therapists. [More info](#)

more. [Learn more and sign up.](#) [Learn more and register.](#) [on their programs page.](#)



Greenwood Senior Center kicks off a NEW Alzheimer's Café, 1-2 p.m. on Monday January 8. Come together for an hour of socializing and music. A free event for people with memory loss and their families. Hosted at the senior center. Please RSVP to 206-297-0875.

Bainbridge Island Museum of Art welcomes people with memory loss and families to enjoy monthly facilitated art discussions in their gallery. Every first Friday of the month; in January the program meets from 11 a.m. – 12 p.m. on Friday January 5. [Learn more.](#)

NEW Nefesh l'Nefesh community gatherings for people with memory loss and their families continue this month at Temple De Hirsch Sinai (Bellevue campus). Learn more about this supportive community, including a new caregiver support group to launch in January [Learn more.](#)



[View Research Events Calendar](#)



[View Community Programs & Events Calendar](#)

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