



UW Medicine

MEMORY & BRAIN  
WELLNESS CENTER

June/July 2025 Newsletter

**What is Mild Cognitive Impairment?**

*Highlights from the Discovering the Science of the Aging Brain Webinar*



MBWC's Justin Miller presented the latest on brain health and aging in a webinar hosted by the AARP, alongside other experts. He discussed the distinctions between normal aging, mild cognitive impairment (MCI), and dementia. He clarified some of the biggest questions on the minds of community members, such as, What is MCI? And how is it different from normal age-related declines?

[Learn More](#)

**Dementia Friends Washington Expands Outreach with First Vietnamese Session**



Dementia Friends Washington is dedicated to raising awareness about dementia and encouraging dementia-friendly action across the state. With over 103,000 Vietnamese Americans living in Washington and Vietnamese ranked among the most commonly spoken languages here, it was essential for the Dementia Friends program materials to be translated and culturally adapted into Vietnamese for this population.



Attendees gained new awareness around dementia, learned about tips to keep their brains healthy, and explored ways to take action to foster dementia-friendly spaces in their communities. The session also provided space for participants to ask thoughtful questions about dementia and brain health.

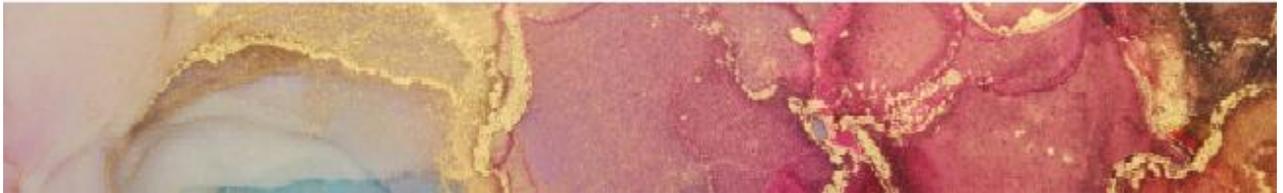
"It was a fantastic event spent with the Vietnamese community, and it was inspiring to see how much they care about holistic health. This marks a small but meaningful step toward raising dementia awareness," said Anh Dao.

[Read Article](#)

**Opportunities**

# Call For Art!

Now Seeking Artists for Frame of Mind 2025-2026 Exhibit



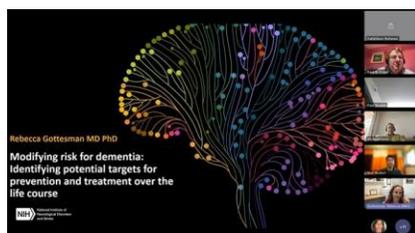
The Frame of Mind gallery at the Memory Hub features art created by people living with memory loss. Art is displayed for one year for visitors to enjoy. 12-15 artworks are displayed, typically 2-4 pieces per artist. We are now seeking artists for the 2025-2026 season. You don't have to be a professional artist - anyone is welcome!

[Learn More](#)

## Research Update



### Recap: Adult Changes in Thought Research Symposium meets to discuss brain aging science



At the Adult Changes in Thought (ACT) 12th Research Symposium, researchers and interested individuals gathered online to discuss research related to brain aging science. This year's theme was "Vascular contributions to cognitive impairment and dementia

with a focus on sex differences.”

Rebecca Gottesman, MD, PHD, of the NIH, discussed the relationship between midlife factors and the risk of dementia, emphasizing the importance of vascular health and social engagement. Her research found that individuals with multiple risk factors in midlife had a significantly increased risk of dementia in late life. In addition, the symposium showcased a wide range of UW-related scientific advancements and research, including findings on resilience to Alzheimer's disease, medications, and innovative videos for reducing agitation in people living with dementia.

[Read More \[Kaiser WA\]](#)

### ***UW Alzheimer's Research In the News:***

[Atlantic article on new challenges for the Baby Boomer generation features Dr. Thomas Grabowski](#) | The Atlantic

[Family and Friends Shoulder the Real Cost of Dementia Care](#) by Amy Lastuka, Lead Research Scientist at the UW Institute for Health Metrics and Evaluation | *The Conversation*

As a Lewy Body Disease Association Research Center of Excellence, the MBWC welcomes our community to explore LBDA resources and webinars.



Join Our Webinar

## Navigating the Twilight: Understanding the Advanced Stages of Lewy Body Dementia

July 23, 2025 2:00pm ET

[Register Today](#)



## Events & Workshops



at our Memory Hub  
community center



### 'Dancing Together' Seated Movement Class

Wednesdays, 1-2pm: Jul. 2, Jul. 23, Aug. 6, Aug. 20,  
Sept. 3, Sept. 17

[Flyer](#)

[Learn More](#)

# BOOKS & BEATS

BOOK GROUP FOR CAREGIVERS  
MUSIC GROUP FOR PEOPLE WITH  
MEMORY LOSS

## Books & Beats

3rd Wednesdays, 2:30- 4pm

July 16 & August 20

Caregivers will have a book discussion group led by Seattle Public Library. People with memory loss will have a music engagement program led by a certified music therapist. The last half hour we'll come together for social time and snacks!

[Flyer](#)

[Learn More](#)



Dementia Friends are part of a dementia-friendly community. At our sessions we share information about dementia and brain health, tips for communicating with someone living with dementia, and ways to take action. [Learn more](#) and attend a Dementia Friends Information Session! The UW MBWC is proud to lead the Dementia Friends program in WA State on behalf of the Dementia Action Collaborative.

[July 2025 Information Sessions](#)



## Summer Garden Party: Old School Groove with DJ Mr Cliff.

4-6 p.m. Thurs. July 31.

Enjoy old school tunes outside in Maude's Garden at the Memory Hub! Offered in partnership with UW Memory and Brain Wellness Center and Seattle Public Library. Free, light refreshments included.

[Sign Up](#)

## Participate in Research

Explore trials and studies now enrolling  
at our NIA-funded Alzheimer's Disease  
Research Center



Take the Survey at  
<https://tinyurl.com/CGMyChart>  
or  
scan this code with your smart  
phone's camera



## ARE YOU A CAREGIVER?



More Information at  
<https://caregiverportaluse.my.canva.site/>  
or  
Scan Here



Seeking Caregivers for People seen at the  
Memory and Brain Wellness Center

01

Help us understand caregiver use of MyChart,  
UW's patient portal

02

Take a 10 minute anonymous survey online

03

Part of a Graduate Project at the University of Washington



Contact Monica Phariss at [mbp518@uw.edu](mailto:mbp518@uw.edu)

### Seeking Caregivers for a Research Survey

Are you or someone you know a caregiver for a patient seen at the UW Memory Brain and Wellness Clinic (MBWC)? A graduate student at the University of Washington is conducting research to better understand the Patient Portal needs of caregivers. Caregivers are invited to participate in a short survey, even if they do not currently use UW Medicine's MyChart Patient Portal.

Caregivers provide essential support in many ways, including personal care, medical assistance, household management, and emotional support. Their perspectives are invaluable in shaping future healthcare tools.

The survey is open until July 7. For more information and to participate, visit: <https://tinyurl.com/CGMyChart>.

For questions, contact Monica Phariss at [mbp518@uw.edu](mailto:mbp518@uw.edu).

[Learn More](#)

[View all Enrolling Trials and Studies](#)

## MBWC Programs



Support, Education, and  
Engagement



As part of our mission to promote the well-being of persons living with memory loss and their families, the Memory & Brain Wellness Center offers [a variety of programs focused on support, education, or engagement](#) at the [Memory Hub](#), alongside programs offered by our onsite-collaborators.

Drop in anytime between 9am - 4pm, Monday - Thursday. Free valet parking is provided by Murano Senior Living with validation at our front desk.

View the Frame of Mind exhibit, [in person](#) or [online](#), as well as a [new garden art exhibit!](#)

[thememoryhub.org](http://thememoryhub.org)

[Programs at a Glance](#)



## 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. [2025 Flyer](#)

[Learn More](#)



### Dementia Caregiver Support Group

Build a support system with people who understand. Alzheimer's Association® support groups, conducted by trained facilitators, are a FREE safe place for care partners to: develop a support system, exchange practical information on challenges and possible solutions, talk through issues and ways of coping, share feelings, needs, and concerns, and learn about community resources. [Flyer](#)

[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](#)

[Learn more](#)



### **Garden Discovery - Summer 2025 (July 18, August 1, and September 5)**

Connect with nature and engage in nature-based projects at Maude's Garden with others living with memory loss and friends and family. [Flyer](#)

[Learn More & Sign Up](#)



### **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.

[Flyer](#)

[Learn More](#)



### **Shared Outdoor Adventures for Resilience Program (S.O.A.R) 2025-2026 Season**

With the S.O.A.R. (Shared Outdoor Adventures for Resilience) Program, reinforce your strengths and connect with others through monthly small group hikes and other outdoor adventures in the Seattle area. S.O.A.R is for people diagnosed with memory loss or dementia before age 65, with a family member or friend. [Flyer](#)

[Learn More](#)



### **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.

[Learn More](#)



### **Virtual Caregiver Forum ([Join Waitlist](#))**

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.

[Join the Waitlist](#)

### **Dementia Support Group**

#### **[失智症支援小組](#)**

A new Chinese-language resource at the Memory Hub, offered by our new on-site collaborator Kin On Health Care Center!



[Learn More](#)

## Other Community Resources

Joyful Movement class with Seattle Parks and Recreation runs 10:30-11:30 a.m. on Tuesdays, July 8 – August 19, at Rainier Beach Community Center. Enjoy this free class moving to the sounds of Motown and more. For more information, contact Tamara, 206-615-0100, [tamara.keefe@seattle.gov](mailto:tamara.keefe@seattle.gov).

Amy's Place – the new dementia-friendly community center at Bellis Fair Mall in Bellingham – is now open! Stop by for a tour during their open hours, 10 a.m. – 5 p.m. Monday through Friday. [Learn more](#)

Taproot Theatre offers monthly improv classes designed for people with memory loss and their families. Join online from 2:30-3:30 p.m. on July 14 and every second Monday of the month, or in person at Greenwood Senior Center from 12:45-1:45 p.m. on July 8 and every second Tuesday of the month. [Learn more.](#)

Join the Plus One Foundation for Yoga With Plus One, a free 8-week exercise class for people with neurological conditions and/or their caregivers. Friday 2-3 p.m. from September 5 to October 24, at Garfield Community Center in Seattle. Learn [Learn more.](#)

[Programs & Events Calendar](#)

## [Research Events Calendar](#)

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