



## New UNC leadership for the NC Registry for Brain Health



Dr. Andrea Bozoki is the new NC Registry for Brain Health lead for the University of North Carolina at Chapel Hill (UNC-CH). Dr. Bozoki is a geriatric and cognitive neurologist who recently moved to UNC-CH after working at Michigan State University (MSU) for 18 years. Dr. Bozoki's scholarship has focused on the evaluation of cognitive

function during the transition between healthy aging and early dementia.

In her previous role at MSU, she was on the Executive Board of the collaborative Michigan Alzheimer's Disease Core Center. She was also a leading voice within the Michigan Dementia Coalition, working with a team responsible for the planning and execution of the 2019 Michigan Dementia Care "Roadmap" for dementia care in the state.

Dr. Bozoki has cared predominantly for patients with dementia and their caregivers for 25 years with over ten years of that time spent involved in clinical trials related to dementia.

### From Dr. Bozoki

*"I see the NC Brain Health Registry as an important tool for UNC and the other participating research sites. The Registry is a two-way street: it serves both as a mechanism to provide information and even education about the newest anti-dementia therapies and lifestyle approaches to brain health while also serving as a means of identifying individuals who may benefit from the next generation of treatments for their condition. I look forward to being part of the Registry."*

Read more about brain health research at our website, [ncbrainhealth.org](http://ncbrainhealth.org)

Lifestyle factors such as a heart smart diet, getting regular aerobic exercise and adequate sleep, managing stress, and engaging both cognitively and socially are associated with better brain health outcomes. Sustaining more than one of these practices may also potentially delay the appearance of dementia and improve cognitive disorders. But it can be difficult to start healthy practices and even harder to keep them up. Reducing stress sounds good but may not be feasible given an individual's situation. Likewise, exercising in surroundings where one does not feel safe can be challenging. And following a healthful diet may be limited by access to, or cost of, good food choices.



Dr. James Burke, Rev Dr. James Brown,  
Dr. Kathleen Welsh-Bohmer

Rev Dr. James Brown was a pioneer for making healthy lifestyle approaches accessible to ALL people. Through his leadership, Rev Dr. Brown, a long-standing community advisor to Duke's Alzheimer's Disease Research Program, demonstrated that it is possible to overcome many of the barriers to living a heart smart and brain healthy lifestyle.

In 2007, through a partnership put into place between Duke and his congregation at First Baptist Missionary Church in Jacksonville, NC.

Rev Brown set in motion a ground-breaking program built on five of the six key pillars of brain health: diet, exercise, stress reduction, cognitive engagement, and social engagement.

Through these ministries, the congregation has been actively engaged to support one another in making positive lifestyle changes to engage the mind, reduce stress, and improve overall health. When this unique program began, it garnered national exposure in USA Today and ABC News, allowing the message that achieving healthy brain practices is possible, even when resources are tight.

Rev Brown passed away on October 24<sup>th</sup>, 2020. He was a cherished friend to the Duke Alzheimer's Disease Research Program and will be remembered in an annual lectureship through the Department of Psychiatry at Duke and the AD Center, which recognizes a new investigator whose work contributes to our understanding of successful aging and optimizing brain health.

### HELPFUL RESOURCES

[Communicating Effectively while Wearing A Mask – Especially when Caring for People with Dementia](#)

Masks are essential for COVID-19 safety, but can also cause communication challenges, particularly for older adults living with dementia. This 20-minute video shows simple, effective ways to communicate while wearing a mask.



## UPCOMING EVENTS

### [Diamonds to Pearls – Teepa Snow’s GEMS® model](#)

**November 17 - December 15, 10 – 11:30 am**

This model presented by Mary Donnelly and MemoryCare helps caregivers better understand the progression of dementia and how it applies to their particular caregiving situation.

### [Ask the Experts: Alzheimer’s Disease Research and How You can Play a Part](#)

**November 24, 10:00 am-11:00 am**

Join Dementia Alliance and NC Registry for Brain Health as Dr. Kathleen Welsh-Bohmer talks about the state of therapeutic trials today, moderated by Rachel Dewees.

### [Virtual Caregiving for the Holidays](#)

**December 10, 12:00 – 1:00 pm**

Presented by the Alzheimer’s Association

## TOOLS YOU CAN USE

From the Global Council on Brain Health (GCBH)

# SAVE YOUR MONEY, HONEY!

The GCBH does not recommend any dietary supplement for brain health.\*

### 6 Things to Consider Before You Buy a Supplement

**Beware of supplement claims** that sound too good to be true.

**Check for warnings** related to your specific health conditions and for third-party quality assurance.

**Show your health care provider** what drugs & supplements you’re already taking. They may interact with each other.

**Think about** whether you’re already getting enough of a nutrient through your diet before you buy.

**Food is better than pills** to get the nutrition you need to help your brain.

**Make sure you don’t take more of a supplement than is recommended;** more is not always better.



For more information, please visit us at [www.ncbrainhealth.org](http://www.ncbrainhealth.org)



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