



*Have a Good Question? Get a Great Answer*

**TAKE SURVEY**



If you could ask a brain health expert anything, what would it be? Well, now is your chance!

We are planning an upcoming series of short videos that will feature brain health experts answering some of our Reg-

istry members' most pressing questions. Tell us what brain health topics matter most to you and your questions may be featured in one of the upcoming videos. [Click here](#) to take this quick survey and let us know what you'd like to hear.

### **Governor Cooper recognizes Dr. Goldie Byrd**

Congratulations to Dr. Goldie Byrd, director of the [Maya Angelou Center for Health Equity](#) at Wake Forest University and one of the leaders for the NC Registry for Brain Health. Dr. Byrd was honored by Governor Roy Cooper as a Black Health Leader in NC as part of the state's recognition of Black History Month. [Read more here.](#)



### **Dementia Capable NC Report**

The NC Department of Health and Human Services (NC DHHS) recently released the



Dementia-Capable North Carolina Progress Report.

This report measures progress since the strategic plan, which called for the creation of the Registry, was issued in 2015 by the Task Force on Alzheimer's Disease and Related Dementia. Read the full progress report on our website [at this link.](#)

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



Although it's normal for brainpower to decline as people age, it's not inevitable, studies show. Some people remain cognitively sharp into their 80s, 90s, and beyond, defying the common assumption that cognitive decline is a natural part of aging. These lucky few, called cognitive super agers, perform demonstrably better on memory tests, such as remembering past events or recalling a list of words, compared with other adults their

age. NIA-supported researchers are exploring the factors that set these people apart so the knowledge can be used to help others prevent or reverse age-related cognitive decline.

“There is a tendency to equate aging with a decline in mental function,” said Molly Wagster, Ph.D., chief of the Behavioral and Systems Neuroscience Branch in NIA’s Division of Neuroscience. “We want to study these cognitive super agers, who clearly break the expectation of cognitive decline, and unravel their secrets.”

Read more from the National Institute of Aging (NIA) here:

<https://www.nia.nih.gov/news/cognitive-super-agers-defy-typical-age-related-decline-brainpower>

## HELPFUL RESOURCES

### [Dementia Matters Podcast](#)

Dementia Matters is a podcast from the Wisconsin Alzheimer’s Disease Research Center. Host Dr. Nathaniel Chin interviews research and caregiving experts and brings listeners the latest Alzheimer’s disease headlines, research news, and caregiver resources.

**COVID-19 Special Series** — Dementia Matters adjusted its focus for an eight-week special series that addressed important issues affecting those with cognitive impairment, caregivers, and the community at large during this COVID-19 coronavirus pandemic.

### **How to listen to the podcast:**

You can listen to episodes through [the podcast website](#), or subscribe to Dementia Matters through [ApplePodcasts](#), [Spotify](#), [Podbean](#), [Stitcher](#), or [Google Play Music](#).



## UPCOMING EVENTS

### [Virtual Healthy Living for Your Brain and Body: Tips from the Latest Research](#)

**February 25 – 2:00 PM-3:00 PM**

Attend this Alzheimer's Association presentation to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Cost is free, but registration is required.

### [Teaching caregivers how to be S.A.N.E. \(Supported, Appreciated, Not Guilty, and Energized\)](#)

**March 25– 1:00 PM-4:00 PM**

Free, half-day workshop from MemoryCare for caregivers.

### [Caregiver College](#)

**April 15 to May 20, Thursdays, 2:00-5:00 PM**

MemoryCare offers a series of 6 three-hour lectures for caregivers of people with memory disorders. Sessions are designed to improve caregiver understanding of different aspects of dementia care. Registration is required.

## TOOLS YOU CAN USE

From the Centers for Disease Control and Prevention and CDC.gov:




Centers for Disease Control and Prevention  
**MMWR**

## KNOW SOMEONE WITH MEMORY LOSS?

### SUBJECTIVE COGNITIVE DECLINE IN ADULTS

**1 IN 9** ADULTS AGE 45 OR OLDER REPORT CONFUSION OR MEMORY LOSS

**50%** REPORT ACTIVITY LIMITATIONS:

-  COOKING
-  CLEANING
-  TAKING MEDICATION



### MEMORY LOSS IS NOT A NORMAL PART OF AGING

**MORE THAN 1/2** OF PEOPLE WITH MEMORY LOSS HAVE NOT TALKED TO A HEALTHCARE PROVIDER



### TALK TO A HEALTHCARE PROVIDER ABOUT

- POSSIBLE TREATMENT
- CARE PLANNING
- MANAGEMENT OF CHRONIC CONDITIONS
- CAREGIVING NEEDS



Behavioral Risk Factor Surveillance System data as published in Taylor, MMWR July 2018  
<https://go.usa.gov/xUZT3>

CS 292376-E

[WWW.CDC.GOV](http://WWW.CDC.GOV)

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



NC Registry for Brain Health