



Welcome Dr. Martin!



North Carolina Agricultural and Technical State University has named Patrick McPhail Martin, Ph.D., as the new interim director of the Center for Outreach in Alzheimer’s, Aging and Community Health (COAACH). COAACH is an important partner for the NC Registry for Brain Health, and we are excited to have Dr. Martin on the

team. Read more about him [here](#).

"I look forward to working in collaboration with the NC Registry for Brain Health to increase the awareness of Alzheimer's disease, treatment options, clinical trials and overall knowledge regarding this disease," said Dr. Martin. "I am pleased to continue the excellent work that COAACH has conducted in the community and look forward to developing new opportunities to interact with the community. As we emerge from the pandemic and isolation associated with the pandemic, COAACH understands the importance of reconnecting with our community and in partnership with the Registry are eager to provide interactive education, outreach and service opportunities once again."

Read more about brain health research at our website, ncbrainhealth.org

MAY IS OLDER AMERICANS MONTH

May is Older Americans month, when we celebrate the lived experience and key role older Americans have played in informing today’s decisions and actions. The theme for 2021 is “Communities of Strength” and recognizes that older adults have built resilience and strength over their lives. The website [at this link](#) provides materials, activities and resources for observing Older Americans Month.



COMMUNITIES OF STRENGTH: MAY 2021



Photo Source: National Institute on Aging
Clinical Interventions.

Researchers in [NIA's Clinical and Translational Neuroscience Section in the Laboratory of Behavioral Neuroscience](#) are leading an innovative new study to determine whether medicines currently used to treat conditions other than dementia can help prevent or treat Alzheimer's disease. Plans for the Drug Repurposing for Effective Alzheimer's Medicines (DREAM) study were published recently in *Alzheimer's and Dementia: Translational Research and*

The researchers are seeking to design a new approach to drug discovery by focusing on drugs that have already been shown safe and effective for other conditions and testing them for Alzheimer's disease and dementias. They have already made progress with their plans and have selected 15 drugs that are the best candidates to impact dementia. Their next study will analyze information collected when people taking one (or any) of these 15 drugs complete routine health appointments to study whether or not those patients have signs of dementia. Results from the DREAM study will help guide future research. Read more [at this link](#).

CELEBRATE SUMMER

Summer comes with many reasons to celebrate and honor the people in our lives including Memorial Day, Father's Day, and Labor Day. As you gather with friends and family this summer, consider adding a brain-healthy option to your menu. According to a recent article in [Neuroscience News.com](#), "eating a Mediterranean diet that is rich in fish, vegetables and olive oil may protect your brain from protein build up and shrinkage that can lead to Alzheimer's disease, according to a new study." So, consider celebrating with a Mediterranean style meal. Read more [here](#).

HELPFUL RESOURCES

The North Carolina Department of Health and Human Services (NC DHHS) is helping people who are homebound receive COVID-19 vaccinations in their homes. Check [this website](#) to learn more and search for a provider near you.

YOU HAVE A
SPOT.
TAKE YOUR
SHOT.



UPCOMING EVENTS

[Lifestyle Medicine for Brain Health](#)

JUNE 3 – 2:00 PM – 3:30 PM

Dr. Brian Asbill will talk about how factors like diet, exercise and sleep can optimize brain function and lower risk of Alzheimer's disease. Click [here](#) to learn more and to register.

[Nurturing Our Caregivers: Tools for Navigating FTD](#)

JUNE 18- 9:00 AM-12:30 PM

The Penn Frontotemporal Degeneration (FTD) Center's Virtual Annual Caregiver Conference is for those diagnosed with FTD, and their caregivers, family, and friends to access information and support. With presentations from leading experts in neuropsychology, clinical care, genetics, cognitive neuroscience, and more, attendees will hear the latest on innovative treatments, diagnostics, and practical caregiver strategies.

[The Longest Day - Join the Brain Health Heroes Team](#)

JUNE 20 - ANYTIME

Join people from across the world and right here on the [NC Registry for Brain Health's team](#) to raise awareness about Alzheimer's disease and funds to support research and services.



TOOLS YOU CAN USE

ALZHEIMER'S DISEASE

Talking with your doctor helps you and your family develop a plan for your care.

TALK TO YOUR DOCTOR IF YOU EXPERIENCE SYMPTOMS, SUCH AS:

Memory loss getting worse

Difficulty completing familiar tasks

Confusion with time or place

NATIONAL CENTER FOR CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
Division of Population Health



For more information, please visit us at www.ncbrainhealth.org



NC Registry for Brain Health