



Warm Season's Greetings from the North Carolina Registry for Brain Health!

The NC Registry has a lot to be thankful for this year, and we are most grateful for people like you who support this important work to improve brain health. As 2023 comes to an end, we are celebrating these highlights:

- The Registry grew to include over 11,500 members.
- Our dedicated registry team connected with diverse communities – sharing free resources and leading educational talks at 120+ events throughout NC.
- Our registry participants supported the important discoveries of 13 unique studies on many different areas of brain health. [Learn more about our studies.](#)
- We launched a [Spanish homepage](#).
- We were honored to share the impact of our state's talented brain health research teams at the 2023 Alzheimer's Association International Conference.

Thank you for being part of our community! We wish you and your loved ones health, happiness, and joy in 2024.

Learn more about brain health research at ncbrainhealth.org.

Aprenda más sobre la salud cerebral y cómo participar en ensayos clínicos en nuestra página web, ncbrainhealth.org/es.

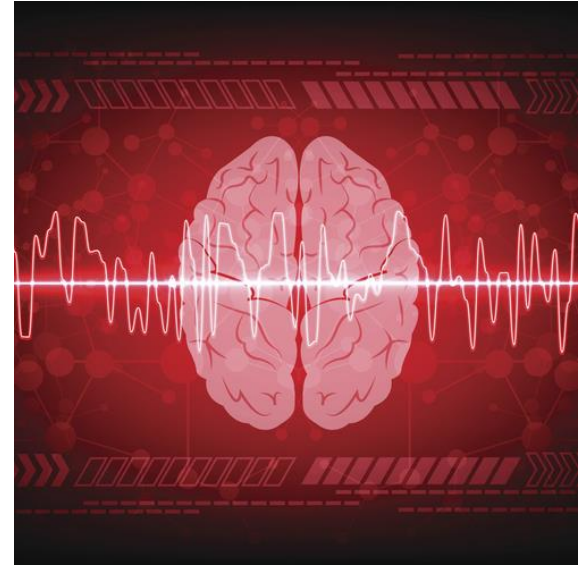
Holidays & Alzheimer's

Holiday celebrations can be a time of joy, but they can also be stressful for people with memory disorders and their caregivers. To reduce stress, it can be helpful to let guests know what to expect and to involve the person with Alzheimer's disease in activities they enjoy, such as making food, wrapping gifts, or decorating. Read [more holiday tips](#) from the Alzheimer's Association. [En Español](#)



Heart Attacks May Be Linked to Faster Cognitive Decline Over Time

A recent study found that people who have one or more heart attacks may have a faster decline in their brain function, even after they recover. Researchers looked at data from over 30,000 participants who shared their health records and took tests measuring their memory, reasoning, and decision-making skills. Around 1,000 people in the study who had a heart attack showed a faster decline in their brain function than those who never had a heart attack. These findings suggest a link between heart and brain health. Read more about the study on the [National Institute on Aging website](#).



Music and Memory at Home

Music and Memory is a free program that helps people with dementia find joy and connection to life through their favorite music. Anyone with dementia who lives in North Carolina and is still living in a home setting can participate. A trained volunteer will help caregivers create a personalized playlist for their loved one with dementia. A digital music player, headphones, and speaker are provided for free. Learn more on the [Dementia Alliance of NC website](#).

Memory Cafés

More than 1,000 virtual and in-person memory cafés across the U.S. and in 7 countries offer a safe space for people with dementia and their caregivers to socialize and connect with others in similar situations. Some memory cafés offer events with a focus on history, music, dancing, and other topics. Learn more in this [AARP article](#) and visit the [Memory Café Directory website](#) to find a virtual or in-person café. [En Español](#)

Did you know? There is a new potential blood test for Parkinson's

Recent research suggests that Parkinson's disease is likely a group of disorders with different causes that may need different treatments. In some people, the disease may be caused by damage to parts of our body's cells that produce energy, called mitochondria. Researchers at Duke University recently created a blood test to detect damage to this part of cells. The test may be able to help diagnose Parkinson's disease caused by mitochondrial damage and support the development of drugs to stop or slow disease progression. [Learn more about the study](#) and its importance for Parkinson's research.



Upcoming Events

Winter 2024 Caregiver College | Thursdays, January 4 – February 8 2:00 – 5:00 p.m. | Online

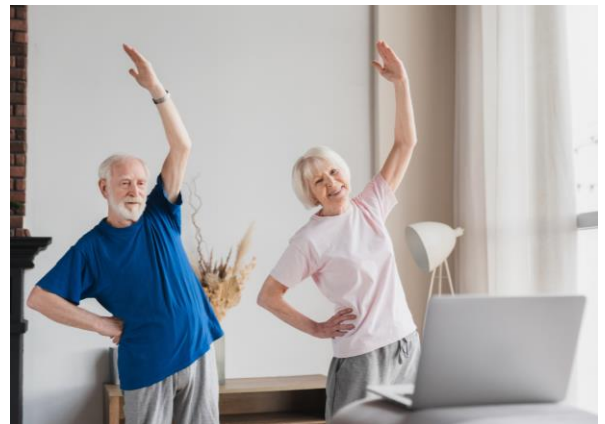
MemoryCare is offering another Caregiver Education Program to help caregivers better understand different aspects of caring for someone with dementia.

The program includes 6 classes with presentations from physicians, caregiving specialists, and an elder law attorney. Registration is required. Learn more on the [Caregiver College webpage](#) and sign up on the [Zoom registration page](#).



Move for Memory | Mondays & Wednesdays | 10:00 – 11:00 a.m. | Online

People with memory loss and their caregivers are invited to join a free adult exercise program for simple exercises that can improve daily activities and general mobility. Each group session will last about 40 minutes and exercises can be done standing or seated. The sessions are offered online by MemoryCare and you can choose which sessions to join. Learn more and sign up on the [Move for Memory webpage](#).



Tools You Can Use



Veterans Affairs (VA) Support for Caregivers

The VA offers [monthly educational recordings](#) and [handouts](#) on a variety of topics related to self-care and caregiving for anyone, including people who haven't served in the military.

To learn about support services specifically for veterans and their caregivers, call the VA's Caregiver Support Line at **1-855-260-3274** or visit the [Caregiver Support Line page](#).

For more information, please visit ncbrainhealth.org



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