



STUDY SUGGESTS WILD BLUEBERRIES LINKED TO IMPROVED BRAIN PROCESSING SPEED

A study done at UNC-Chapel Hill found that wild blueberries are linked to an increase in brain processing speed. Brain processing speed is how quickly the brain handles information. Some examples of brain processing speed include thinking of a word or name, shifting through ideas, making a decision, or recalling a memory. In the study, eating wild blueberries improved the brain processing speed of participants who were experiencing memory changes. For some, the increase in processing speed even improved to the level of their peers who were not experiencing memory changes.

According to Dr. Carol Cheatham, the researcher who led the BERRY study, "Food is the fuel that runs the brain!" You can learn more about the potential benefits of wild blueberries on the brain and other foods that may boost memory on the [UNC-Chapel Hill website](#).

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

FIND US ON FACEBOOK!

You can now follow the [NC Registry for Brain Health on Facebook](#) for more brain health tips and resources. Find the page by searching "ncbrainhealth" or "NC Registry for Brain Health" on Facebook.



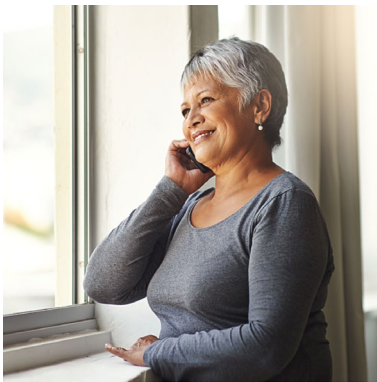
JUNE IS ALZHEIMER'S AND BRAIN AWARENESS MONTH

Every June, the NC Registry for Brain Health raises awareness for Alzheimer's and Brain Awareness Month. Whether you're wearing purple with the [Alzheimer's Association](#), changing someone's life as a caregiver, or participating in a fundraiser, you are making a difference.



On June 20, East Carolina University will hold the Longest Line Dance in Greenville, NC to spread awareness of Alzheimer's disease and celebrate family members and friends who have been impacted by the disease. This event will be held from 3:15-4:15 p.m. at the Pitt County Council on Aging (4551 County Home Rd, Greenville, NC 27858). There will be fun, food, and resources from the NC Registry for Brain Health available at the event.

ONLINE CONVERSATIONS MAY BENEFIT MEMORY HEALTH OF SOCIALLY ISOLATED OLDER ADULTS



A study funded by the National Institute on Aging suggests that regular online conversations may help maintain the cognitive health of socially isolated older adults. Socially isolated adults in the I-CONNECT study regularly participated in conversations designed to stimulate the brain regions associated with memory, executive function, and abstract thought. These adults scored higher, on average, on cognitive tests compared to the adults in the study who did not participate in these regular and stimulating conversations. Read more about this study and results on the [NIA website](#).

WHAT CAUSES YOUNG-ONSET DEMENTIA?

The causes and symptoms of dementia in young people are often different from that of older adults. The Alzheimer's Society shares information and resources for young-onset dementia, also known as early-onset dementia. For more information, visit the [Alzheimer's Society website](#).

AARP LGBTQ COMMUNITY CAREGIVING GUIDE

This guide from AARP and SAGE (Advocacy & Services for LGBTQ+ Elders) shares key guidance for caregivers in the LGBTQ community. Inside, you'll find resources, checklists, and information to help you find the support you may need. Visit [this link](#) to read more.



PLANNING AFTER A DEMENTIA DIAGNOSIS

If you or a loved one has been diagnosed with Alzheimer's disease or a related dementia, Alzheimers.gov provides guidance on legal documents you may need after a diagnosis. They have resources for planning ahead for health care, financial, long-term care, and end-of-life decisions. Learn more by visiting Alzheimers.gov.

CONNECT WITH YOUR COMMUNITY AT UPCOMING EVENTS

[Responding to Dementia Related Behaviors](#)

Thursday, June 6 | 6:30 p.m. ET | Online or by Phone

Join the Alzheimer's Association, NC Registry for Brain Health, and Duke-UNC ADRC for a virtual event on responding to dementia related behaviors on **June 6 at 6:30pm ET**. Register at [this link](#) to learn how to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

RESPONDING TO DEMENTIA RELATED BEHAVIORS

Virtual
THURSDAY, JUNE 6
6:30 - 7:30 PM

ALZHEIMER'S ASSOCIATION
NC Registry for Brain Health
Wake County Public Libraries

Registration required to receive
Zoom link: wake.gov/libraries

[Communicating Effectively](#)

Thursday, June 13 | 6:30 p.m. ET | Online or by Phone

Learn how to communicate effectively with loved ones experiencing memory changes and their health care providers by joining the Alzheimer's Association, NC Registry for Brain Health, and Duke-UNC ADRC for a virtual event on **June 13 at 6:30pm ET**. Register at [this link](#).

COMMUNICATING EFFECTIVELY

Virtual
THURSDAY, JUNE 13
6:30 - 7:30 PM

ALZHEIMER'S ASSOCIATION
NC Registry for Brain Health
Wake County Public Libraries

Registration required to receive
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[Staying Engaged: Activities for Connecting with Individuals with Memory Disorders](#)

Thursday, June 20 | 2 p.m. ET | Online or by Phone

Discover engaging activities to foster connection and joy in caregiving for individuals with memory problems during this virtual event on **June 20 at 2pm ET**. Join MountainCare as they explore ways to stay connected and make meaningful moments together. Register at [this link](#).

[Let's Talk Caregiver Resources](#)

Thursday, June 27 | 2 p.m. ET | Online or by Phone

MemoryCare invites you to join this virtual event where they will share resources from their Caregiver College sessions on **June 27 at 2pm ET**. They will highlight the usefulness of these resources and how they can be applied to unique caregiving challenges. Register at [this link](#).

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



NC Registry for Brain Health