



HAPPY HOLIDAYS!

Happy holidays from the NC Registry for Brain Health! The holidays can be a stressful time when good habits, such as healthy eating, exercising, and getting adequate rest, can be pushed aside for the holiday festivities. [An article](#) written by family medicine doctor Andrew Nance offers advice for maintaining healthy habits over the holidays. Happy reading and warm wishes as we approach the New Year!

You can read Andrew Nance's article at [this link](#).

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

FIND US ON FACEBOOK!

Follow the NC Registry for Brain Health on Facebook for more brain health tips and resources. Find the page by visiting [this link](#) or by searching "ncbrainhealth" or "NC Registry for Brain Health" on Facebook.





Try out [these riddles](#) with your family and friends while you're spending time together this holiday season. They range from easy to tricky and promise fun for everyone. Plus, engaging your brain is good for your brain health!

To try the riddles out, visit [this link](#).

HOLIDAY CAREGIVING TIPS FROM THE DUKE DEMENTIA FAMILY SUPPORT PROGRAM

The holidays can look and feel different when coupled with the demands of being a caregiver. The [Duke Dementia Family Support Program](#) shared the following resources to help you prepare for and enjoy the season in the best ways possible.

If you're looking for gift ideas for your loved one with dementia or friend or relative who is a caregiver, you can visit [this link](#).

For helpful holiday visit considerations and tips to make any visit meaningful, check out [this article from MemoryCare](#).

Traveling can be challenging for all of us, but traveling with someone who has dementia adds an extra layer of complexity. Check out [these travel tips from the Alzheimer's Association](#), including a list of documents to take with you.

If you're traveling by airplane, consider utilizing [TSA Cares](#) for assistance with the security screening process. Remember that TSA does not provide airport wheelchair service, so you should contact your airline directly.

The holidays also provide an opportunity to look at whether your family member or friend may no longer be safe living independently. Paula Spencer Scott, author of *Surviving Alzheimer's*, offers [eleven signs](#) that your loved ones may be struggling at home.

Finally, if you're looking for a quiet, relaxing afternoon with a movie, check out [this list of holiday classics](#).



According to a study funded by the National Institute on Aging, subtle changes in speech patterns may be an early sign of Alzheimer's disease. Researchers working on the study examined how changes in speech patterns related to Alzheimer's biomarkers in the brain. The findings show that certain speech changes may occur before cognitive decline in individuals with signs of Alzheimer's disease in their brains. This suggests that speech markers may become useful to health care providers, helping them identify patients who may be at increased risk of cognitive decline in the future.

To learn more about how subtle changes in speech patterns could be used as an early predictor of Alzheimer's disease, visit the [National Institute on Aging's website](#).

CONNECT WITH YOUR COMMUNITY AT UPCOMING EVENTS

[Duke Dementia Family Support Program's Caregiver Connections: Managing Chronic Diseases in People with Dementia](#)

Wednesday, January 15, 2025 | 2:00 p.m. Eastern Time | Online or by Phone

Join the Duke Dementia Family Support Program and Collin Burks, MD from Duke. Collin Burks will discuss managing chronic diseases in people with dementia. This free webinar is part of the [Caregiver Connections series](#).

Join the [webinar on Zoom](#) or by phone at 1-646-876-9923, Meeting ID: 965 7747 1018, Password: 3513.



[MemoryCare Caregivers College](#)

Thursdays, January 9-February 13, 2025 | 2:00-5:00 p.m. Eastern Time | Virtual

A series of six lectures will be provided for caregivers of persons with memory disorders. Sessions are designed to improve caregiver understanding of different aspects of dementia care. The course will be led by MemoryCare staff with an elder law attorney guest speaker. Related course materials will be provided via email.

Registration is required. You can register at [this link](#).

If you have any questions, contact MemoryCare by emailing education@memorycare.org or by calling 828-771-2219.

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

