



MEMORY MATTERS!

SUPPORTING YOU THROUGH THE JOURNEY

UPCOMING EVENTS

CAREGIVER COFFEE CLUB

Sept 4th | 10:00–11:00 am

Kenosha ADRC | 8600 Sheridan Rd.

TOPIC: TRAVELING W/ DEMENTIA.

- A relaxed morning gathering for caregivers to connect, share experiences, and receive support.
- Tips for communication changes in dementia.

MEMORY CAFÉ

Sept 9th | 10:30–11:30 am

Northside Library | 1500 27th Ave

HOST: ST. CATHERINE COMMONS

- Friendly, welcoming environment for individuals with dementia and care partners.

NEW MEDICATION:

Trontinemab (New Dementia Drug): Developed by Roche Pharmaceutical Company, is an investigation Alzheimer's treatment that uses advanced 'brain-shuttle' technology to help clear amyloid from the brain more effectively. Early studies show it may remove a significant amount of amyloid buildup, offering hope for more effective future treatment options. Currently in Phase III Clinical Trials.

NEWEST ADVANCES IN DIAGNOSTICS AND TREATMENT RESEARCH



FASTBALL AT-HOME MEMORY TEST:

The Fastball test is a quick, noninvasive screening tool under development. It uses flashing images and measures the brain's automatic responses to detect very early memory changes, often before symptoms appear. It may become a simple at home testing option in the future.



DEMENTIA PREVENTION

The MIND Diet blends the Mediterranean and DASH diets and is strongly linked to better brain health. Research shows it may reduce the risk of Alzheimer's by over one-third, even with moderate adherence. It emphasizes leafy greens, vegetables, whole grains, nuts, beans, berries, fish, poultry, and olive oil while limiting sweets, fried foods, butter, and red meat. These foods support memory, reduce inflammation, and promote long-term brain health.

One of the most encouraging findings about the MIND Diet is that you don't need to follow it perfectly to benefit. Even moderate adherence has been linked to a significant reduction in Alzheimer's risk. The diet focuses on foods rich in antioxidants, polyphenols, and healthy fats, which help protect brain cells, support blood flow, and reduce inflammation. Eating leafy greens daily has been associated with slower cognitive aging, with studies showing brain function similar to people over a decade younger.

MEMORY CARE CORNER

MIND-FRIENDLY RECIPE: *Blueberry Walnut Yogurt Bowl*

Ingredients:

- Greek yogurt
- Blueberries
- Chopped walnuts
- Optional honey or cinnamon

Directions: Mix everything together and enjoy. This recipe features berries and nuts — two of the most powerful MIND Diet brain-healthy foods.



➤ QUICK BRAIN GAME: *Category Challenge*



Choose a letter of the alphabet and list as many fruits or vegetables starting with that letter as you can in 30 seconds. It's a simple way to strengthen recall and cognitive flexibility.



ALEX TROUPIS | *DEMENTIA CARE SPECIALIST - ADRC*

I take a meet people where they are approach, helping individuals and families navigate dementia with informed, person centered guidance. I connect people to Kenosha County resources at any cognitive stage while focusing on symptoms, safety, and prevention. I also bring a strong background in mental health and crisis work, supported by a Master's degree in Social Work. For more info 262-605-6716