

# MCCFAD NEWS

MICHIGAN CENTER FOR CONTEXTUAL FACTORS IN ALZHEIMERS DISEASE



Center Core Leads shown from left to right:  
 Irving Vega PhD, Laura Zahodne PhD  
 Toni Antonucci PhD, Kristine Ajrouch PhD,  
 Noah Webster PhD, not pictured Richard Gonzalez, PhD

## Alzheimer's Disease Research

### Why Participating in Research is Important for You, Your family and Your Community!

According to the Alzheimer's Association, more than 5.4 million individuals currently live with Alzheimer's disease, and the number is expected to triple by 2050. Currently there is no cure, but participating in research will help find ways to reduce risk, develop better treatments, and better care for family members.

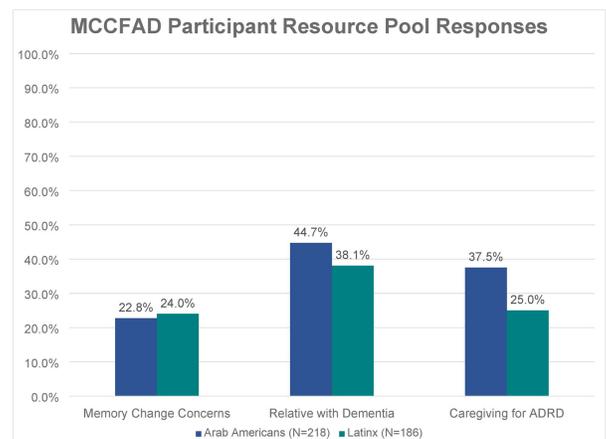
Alzheimer's disease and related dementia (ADRD) affects a large percentage of ethnic minority older adults, but very little is known about Middle Eastern/Arab Americans and Latinos. Risk factors for ADRD, such as diabetes, high blood pressure, and depression, are more commonly found in both groups. As the United States becomes more culturally diverse, it is important that ethnic groups are represented in research. MCCFAD researchers are actively working to make Middle Eastern/Arab and Latinos more visible to ADRD research. Activities include translation of neuropsychological cognitive tests into Arabic, documentation of attitudes toward ADRD among Latinos, and adapting a care intervention to influence ADRD among both Middle Eastern/Arab Americans and Latinos. Each project helps to advance research for our communities. That is why participating in research is more important than ever.

There are three reasons why we should volunteer to be in research studies:

1. **Be part of the cure.** By participating in research, we help in the efforts to reduce risk, develop better treatments, and eventually find a cure.
2. **Help our family now and in the future.** Findings can guide health care professionals to better treat us, our parents, children, and grandchildren so the whole family stays healthy with age.
3. **Better care practices.** Help identify ways to provide high quality care for Alzheimer's Disease patients.

The Michigan Center for Contextual Factors in Alzheimer's Disease (MCCFAD) is one of 18 Resource Centers for Minority Aging Research (RCMAR) in the U.S. Funded by the National Institute on Aging (NIA). Located at the University of Michigan, MCCFAD aims to do its best to share what is known about Alzheimer's disease and related dementias, and to advance that research in Arab American and Latino communities. You are all invited to, and we certainly hope you will, complete a short survey so that you can become part of our pool of potential research participants. While this does not guarantee that you will be offered a chance to participate, it does tell us that you are interested in participating in research. If you are invited to participate in a research project, the project will be explained to you and you will be given the opportunity to ask questions about it. You can then decide if you want to participate in that particular project. The survey is completely confidential, all questions are voluntary, and you may stop the survey at any time. Please visit the link below to be directed to the survey:

<https://bit.ly/MCCFADpool>

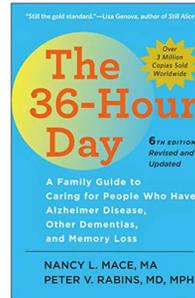


## Mental Exercise



There are five differences between these two pictures, circle the difference in the picture to the right. Can you spot them?

## Summer Reading



**The 36- Hour Day A Family Guide to Caring for People Who Have Alzheimer's Disease, Other Dementias and Memory Loss**  
by Nancy L.Mace,MA,  
Peter V. Rabins, MD MPH

## The Importance of Medical Interpretation

**Carlos Pava**  
Chief Operating Officer, Voices for Health

Well-intentioned, but unqualified, bilinguals such as family, friends, or untrained staff, are simply unprepared to act as medical interpreters and it is unfair and risky to the patient, as well as the bilingual, to put them in that situation.

Professional medical interpreters are trained in medical terminology and procedures and are familiar with healthcare settings. Benefits of medical interpreters:

1. Communication for full understanding. A professional medical interpreter improves understanding and compliance at each step the patient takes through their healthcare journey.
2. Unbiased accurate communication. Communicating with patients through a professional medical interpreter removes any emotional bias or additional family trauma and ensures the correct information is shared.
3. Risk mitigation. Professional medical interpreters can help reduce the risk of misdiagnosis, inadequate informed consent, and the inability to follow treatment plans.
4. Comprehension improves patient satisfaction. The more the patient understands and acknowledges, the higher the satisfaction score.
5. Comply with laws and regulations. Healthcare providers who comply with laws and regulations can maximize reimbursements and minimize penalties.

Qualified medical interpretation improves patient satisfaction and safety, while simultaneously building trust across cultures.

### 10 WAYS TO LOVE YOUR BRAIN

**START NOW.** It's never too late or too early to incorporate healthy habits

**BREAK A SWEAT** Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

**HIT THE BOOKS** Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.

**BUTT OUT** Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

**FOLLOW YOUR HEART** Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

**HEADS UP!** Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.

**FUEL UP RIGHT** Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.

**CATCH SOME ZZZ'S** Not getting enough sleep may result in problems with memory and thinking.

**TAKE CARE OF YOUR MENTAL HEALTH** Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.

**BUDDY UP** Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.

**STUMP YOURSELF** Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

Visit [alz.org/10ways](http://alz.org/10ways) to learn more.

**alzheimer's association**  
THE BRAINS BEHIND SAVING YOURS.



# Community Coffee Time



September 26, 2019  
St. Sharbel



October 25, 2019  
Solberg Tower



February 15, 2020  
Islamic Institute of America



November 7, 2019  
LAHC/MCCFAD Health Fair



November 7, 2019  
LAHC/MCCFAD Health Fair



2019  
Dearborn Community Day



May 2019  
WNZK Station of the Nation



March 10, 2020  
Fordson High School

## What's coming up

- August 22, 2020  
Alzheimer's Walk Detroit Zoo
- September 19, 2020  
Dearborn Community Center
- October 25, 2020  
Islamic House of Wisdom
- November 2020  
Autumn Ridge Apartments
- November 2020  
Symposium

**Michigan Center for Contextual Factors in Alzheimer's Disease**  
Invites you to:

**WALK TO END ALZHEIMER'S**  
THE END OF ALZHEIMER'S STARTS WITH YOU.

**FIND A WALK AT ALZ ORA WALK**

**SATURDAY AUGUST 22, 2020**  
The DETROIT ZOO  
8450 W. 18 Mile Road, Royal Oak, MI 48067

**JOIN THE MCCFAD TEAM FOR A DAY OF FAMILY FUN and HELP US RAISE \$1000 TOWARD THE FIGHT AGAINST ALZHEIMER'S DISEASE**

**REGISTER NOW!**  
ACT.ALZ.ORG/GOTO/DonnaJawad  
FIRST 50 TO REGISTER WILL RECEIVE A MCCFAD T-SHIRT

7:00a.m. Registration | 8:30a.m. Ceremony | 9:00a.m. Walk



April 26 2019  
Kent County Community Action



August 17, 2019  
San Francisco Xavier Festival



February 14, 2019  
MSU Grand Rapids Research Center



May 15, 2019  
Hispanic Center of Western Michigan

## What's coming up

- September 17, 2020  
Hispanic Center of West MI (GR)
- October 3, 2020  
End to walk Alzheimer's Grand Rapids
- October 15, 2020  
Latino Community Coalition (GR)
- November 17, 2020  
Latin Americans United For Progress (Holland)



August 4, 2019  
Rogers Heights Reformed Church



August 9-10, 2019  
Hispanic Festival



August 3, 2019  
Lamar Park



Spot the Difference Answer Key



# Facing the long road of AD

## *The love, the challenges, the heart break*



In 1976, Samira Baghdadi, her husband Chafic, and their 6 children moved to Michigan to escape the beginning of a civil war in Lebanon. As they adjusted to their new life in America, they found challenges. Yet, as a family, they were able to overcome them and grow stronger together. Samira was the owner of a resale shop in Detroit, which she set up for her sons. Later, in October 1994 Samira's beloved husband passed away. They were married for 48 years.

In 2007, Samira's granddaughter began to notice changes in her grandmother. Sylvana, now 24 years old, was only twelve when she saw that her grandmother would lose her keys and her purse often. Sylvana and her sister Selena started to notice other changes in their grandmother.

They realized that she was getting lost on the drive back to her home and that she was repeating herself. The final confirmation that something was wrong: their beloved grandmother drove the wrong way in traffic.

The family had to face what the girls were telling them. The rock of their family had early signs of Alzheimer's Disease, a diagnosis that would change the dynamics of their family forever.

As Samira's loved ones came to terms with this devastating disease and the challenges that lay ahead, they promised her they would always take the best care of her. This included maintaining Samira's signature red hair, manicure, and pedicure. Though taking care of her grandmother is not always easy, Sylvana says that she would not change one thing. "Every day with her is a blessing. We take care of Tata; that's just the way it is. She raised all of us, she devoted her life to her family, she is our world, and we are blessed to have her any way that she is".



"Watching my grandmother decline over the last 13 years has been the hardest thing my family and I have ever faced. Yet we are stronger for having and caring for her".



"I would tell everyone to educate themselves on the course that Alzheimer's Disease will take over the years. Though you are never ready to have pieces of the puzzle erased, it is important to be prepared. You will have laughter, tears, sadness, and anger but the love and strength you get back are priceless".

If you have a story you would like to share: email

Donna Jawad at [donjawad@umich.edu](mailto:donjawad@umich.edu)

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