

# Monthly Digest

Find information and resources that support your efforts in promoting brain health and supporting people living with Alzheimer's disease and related dementias, their caregivers, and families in Los Angeles County.

## News and Updates

- **New!** DPH has published article "Comorbidity of Type 2 Diabetes and Dementia among Hospitalized Patients in Los Angeles County: Hospitalization Outcomes and Costs, 2019–2021" in *Diabetology*. [Download the article.](#)
- **New!** DPH has developed materials summarizing highlights from [The LAC ADRD Strategic Plan](#). Share the companion materials with others who may find them valuable. [Download the materials.](#)
- **New!** DPH has developed 3 new social media toolkits focused on the heart-brain connection, early detection of dementia, and advance care planning and dementia. [Download the social media toolkits and share across your social media platforms.](#)
- **New!** U.S. Department of Health and Human Services has released [National Plan to address Alzheimer's Disease: 2023 Update](#).



## Upcoming Events

**Jan. 10** - **ACL Webinar:** What the aging and disability networks need to know about the CMS GUIDE model for dementia care. [Register Now.](#)

**Jan. 16** - **NADCR Webinar:** Strengthening the Dementia Capable Workforce: Dementia Training for Intellectual and Developmental Disabilities Providers. [Register Now.](#)

**Feb. 6** - **NADCR Webinar:** Finding the Way in Dementia Care: Use of Care Navigators for People Living with Dementia and their Caregivers. [Register Now.](#)

**Mar. 9** - **USC/Rancho Conference:** Many Faces of Dementia Conference 2024. [Registration opens January 3, 2024.](#)

## Funding Opportunities

### BRAIN HEALTH EQUITY NURSE FELLOWSHIP

[Deadline: Jan. 5, 2024](#)

This fellowship is designed to address knowledge gaps among knowledge gaps among African American and Latino nurse professionals, so they are better equipped to promote brain health in the communities they serve. CE credits available.

### VIRTUAL COACH: HEALTHMATTERS PROGRAM

[Deadline: Jan. 12, 2024](#)

This 12-week health promotion program is designed for community-based service providers, frontline staff, and caregivers to support healthy options and choices for people with intellectual and developmental disabilities.

### GUIDE MODEL: GUIDING AN IMPROVED DEMENTIA EXPERIENCE

[Deadline: Jan. 30, 2024](#)

CMS is accepting applications for the GUIDE Model, a new voluntary nationwide model test that aims to support people living with dementia and their unpaid caregivers. The model will launch on July 1, 2024, and will run for eight years.

## In the Spotlight

The LA BOLD team recently received a DPH Leadership Values Award, recognizing our work in developing the LAC ADRD Strategic Plan. We want to thank everyone who participated in the strategic planning process, and we are eager to continue working collaboratively with everyone to implement the plan in the years to come.



Share your organization's impactful efforts in supporting people living with Alzheimer's disease and related dementias, and their families. Send success stories, achievements, or highlight ongoing initiatives to Mariana Reyes ([healthybrainla@ph.lacounty.gov](mailto:healthybrainla@ph.lacounty.gov)) to be featured in a spotlight.

## Featured Resources



### COMMUNITY RESOURCE

[Download New Dementia Bingo Resource for American Indian and Alaska Native Communities.](#)



### TOOLKIT

[Download A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners.](#)



### SUBMIT FEEDBACK

[Submit Feedback and Help Shape Healthy Brain Initiative's Road Map for Indian Country.](#)



### IN CASE YOU MISSED IT

[Watch the 2023 National Dementia Care Collaborative \(NDCC\) Autumn Summit.](#)



### Got News?

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@ChooseHealthLA #HealthyBrainLA



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**HBLA**

Healthy Brain LA

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## News and Updates

- **New Data Brief!** [Connections Between Social Determinants of Health, Brain Health, and Dementia in Los Angeles County, 2023](#). This brief explores the relationship between social determinants of health (SDOH) domains, brain health, and dementia, providing key statistics related to SDOH in Los Angeles County.
- **New Data Brief!** [Caregiver Health in Los Angeles County, 2023](#). This brief compares health indicators for caregivers of adults with dementia and cognitive impairment and non-caregivers.
- **New County Heat Maps!** [Los Angeles County Data on Risk Factors for Cognitive Decline](#). Download 6 heat maps highlighting the prevalence of six risk factors associated with cognitive decline and dementia in Los Angeles County (by census tract): diabetes, hypertension, obesity, physical inactivity, poor sleep, and smoking.

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## Upcoming Events

**Jan. 30** - **Dementia Care Aware Webinar:**  
12 PM PST Dementia Prevention and Care For Latinos in San Francisco. [Register Now.](#)

**Jan. 31** - **PHCOE-EDD:** Statewide Dementia Screening Linked to Diagnostic and Social Services: Implementation Strategies and Lessons Learned. [Register Now.](#)

**Feb. 6** - **NADCR Webinar:** Finding the Way in Dementia Care: Use of Care Navigators for People Living with Dementia and their Caregivers. [Register Now.](#)

**Feb. 12** - **PHCOE-EDD:** Implementing Dementia Services System-wide: Becoming a Prepared Leader. [Register Now.](#)

**Mar. 9** - **USC/Rancho Conference:** Many Faces of Dementia Conference 2024. [Register Now.](#)

## Funding Opportunities

### GUIDE MODEL: GUIDING AN IMPROVED DEMENTIA EXPERIENCE

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### ALZHEIMER'S ASSOCIATION: SUMMER REASEARCH INSTITUTE

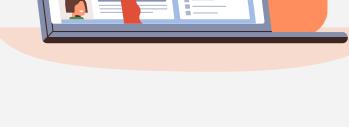
**Deadline: March 11, 2024**

The Alzheimer's Association is hosting an immersive no-cost opportunity for early career researchers in psychosocial care and public health to launch a career in dementia science. This five-day program (Aug. 10-23, 2024) will be offered to 24 applicants.

## In the Spotlight - Los Angeles Healthy Aging Dashboard Launch

The LAACHA Outcomes & Evaluation Committee launched the [Los Angeles Healthy Aging Dashboard](#) on December 13th in partnership with the Los Angeles Aging and Disability Department and the USC Family Caregiver Resource Center. **The Dashboard is a web-based data management tool that visually tracks, analyzes, and displays the prevalence of specific health indicators and disparities in those health indicators as well as monitor the health and well-being of older adults in Los Angeles County.**

[Watch a recording](#) of the December LAACHA Quarterly Membership Meeting to hear Dr. Reginald Tucker-Seeley, former chair of the LAACHA Outcomes & Evaluation Committee and developer of the Dashboard, provide a comprehensive overview on the development and use of this powerful tool.



## Featured Resources



### LEARNING MODULE

[University of Colorado eLearning module: Designed for primary care teams to increase their knowledge and skills related to ADRD. Registration Code: ADRD \(not case sensitive\). Free AAFP CME credits.](#)



### LEARNING MODULE

[Dementia Care Aware's self-paced online training: Learn more about the dementia screening tool, the cognitive health assessment, and how to implement it in your practice. Free CE and CME/MOC credits.](#)



### TOOLKIT

[Download an Early Detection Toolkit on strategies and resources to support health systems in dementia detection efforts.](#)



### COMMUNITY RESOURCE

[Download New Dementia Bingo Resource for American Indian and Alaska Native Communities.](#)



### COMMUNITY RESOURCE

[Download A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners.](#)



### IN CASE YOU MISSED IT

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## News and Updates

- **New!** One generation is offering the [Caring4Cal Training Program](#). This program will consist of a series of webinars to enhance California's Home and Community-Based Services (HCBS) providers' skills and knowledge. Incentives for completing training courses are provided. Second webinar is on Thursday, February 22nd.
- **New!** Mayo Clinic is seeking current family caregivers of people living with Alzheimer's and Dementia for a 12-month LEAD Study (Lucid Episodes in Alzheimer's and Dementia). Eligible participants will complete monthly surveys and have a chance to win a \$100 gift card. [Learn more.](#)

- **New!** National Association of Chronic Disease Directors developed a series of brain health rack cards in English and Spanish for use by healthcare practitioners that promote healthy hearing, healthy sleep, and prevention of traumatic brain injury. [Access the materials.](#)



## Upcoming Events

**Feb. 21 -** **UCLA ADC Program:** Better Caregiving for All Monthly Webinar Series: Early Onset Dementia Caregivers. [Register Now.](#)

3 PM PST

**Feb. 22 -** **ONEgeneration's Caring4Cal Program:** Addressing Behavior Changes in Individuals with Intellectual and Developmental Disabilities. [Register Now.](#)

12 PM PST

**Feb. 29 -** **Dementia Care Aware Webinar:** Dementia and Black/African American Populations. [Register Now.](#)

12 PM PST

**Mar. 9 -** **USC/Rancho Conference:** Many Faces of Dementia Conference 2024. [Register Now.](#)

**Mar. 18 -** **PHCOE-DC:** Using Crowdsourcing to Support Dementia Caregivers: Opportunities for Public Health [Register Now.](#)

8 AM PST

## Funding Opportunities

### ALZHEIMER'S ASSOCIATION: SUMMER REASEARCH INSTITUTE

**Deadline:** March 11, 2024

The Alzheimer's Association is hosting an immersive no-cost opportunity for early career researchers in psychosocial care and public health to launch a career in dementia science. This five-day program (Aug. 10-23, 2024) will be offered to 24 applicants.

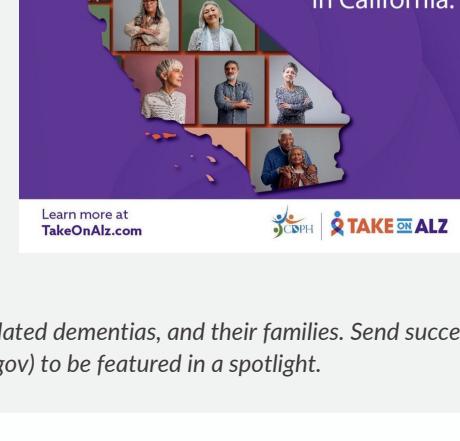
## In the Spotlight - This is What it Takes! Public Awareness Campaign

The California Department of Public Health's Alzheimer's Disease Program recently launched California's first Alzheimer's disease public awareness media campaign ["This is What it Takes!"](#) The goals of this campaign are to 1) Increase awareness of Alzheimer's disease prevention measures, risk factors, and signs/symptoms; and 2) Shift public perceptions and reduce social stigma around Alzheimer's disease.

**Target audience:** Pre-symptomatic individuals, people living with the disease, and populations disproportionately impacted by Alzheimer's disease. This includes women, communities of color (including Black/African American, Hispanic/Latino, and Asian American, Native Hawaiian, and Pacific Islander), and (LGBTQ)+ communities.

**Join us in raising awareness!** Visit [TakeonAlz.com](#) for more information about the campaign.

Watch ["This is What it Takes!"](#) video campaign on YouTube now. It is also available in Spanish, ["Esto es lo que se necesita para enfrentar el Alzheimer."](#)



## Featured Resources



### REPORT

[Download a report from AARP and the Global Council on Brain Health \(GCBH\), "Building Better Brain Health for All People: GCBH Recommendations on Removing Barriers and Improving Opportunities Around the World."](#)



### LEARNING MODULE

[University of Colorado eLearning module: Designed for primary care teams to increase their knowledge and skills related to ADRD. Registration Code: ADRD \(not case sensitive\). Free AAFP CME credits.](#)



### LEARNING MODULE

[Dementia Care Aware's self-paced online training: Learn more about the dementia screening tool, the cognitive health assessment, and how to implement it in your practice. Free CE and CME/MOC credits.](#)



### TOOLKIT

[Download an Early Detection Toolkit on strategies and resources to support health systems in dementia detection efforts.](#)



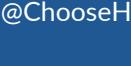
### COMMUNITY RESOURCE

[Download New Dementia Bingo Resource for American Indian and Alaska Native Communities.](#)



### COMMUNITY RESOURCE

[Download A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners.](#)



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## News and Updates

- **New! Alzheimer's Association 2024 Reports**

- **2024 Alzheimer's Disease Facts and Figures Report.** This new report estimates that 6.9 million people aged 65+ in the U.S. are living with Alzheimer's dementia, with the projected cost of care totaling \$360 billion, indicating a \$15 billion increase from a year ago.
- **2024 Special Report: Mapping a Better Future for Dementia Care Navigation.** This report examines dementia care navigation by surveying caregivers health care workers on their experiences, challenges, awareness, and perceptions in navigating dementia care.
- **2024 California Alzheimer's Statistics.** Find a summary of Alzheimer's statistics focusing on prevalence, caregiving, workforce, and health care in California.

- **New! Best Programs for Caregiving** is a free online directory of 50+ evidence-based dementia caregiving programs, giving dementia caregivers and the professionals who serve them an invaluable tool for finding vetted, evidence-based programs that fit their needs. Check it out: [bpc.caregiver.org](http://bpc.caregiver.org).



## Upcoming Events

**Mar. 27 - Dementia Care Aware Webinar: Cultural and Language Considerations for Cognitive Assessment: Special Focus on Filipino Americans.** [Register Now.](#)

**Apr. 9 - NADRC Webinar: Sustaining Dementia Programs.** [Register Now.](#)

**Apr. 23 - NADRC Webinar: Social Isolation and Loneliness for People living with Dementia and their Caregivers.** [Register Now.](#)

**Jun. 1 - University of Minnesota: Caring for People with Memory Loss Conference.** [Register Now.](#)

## Funding Opportunities

### NATIONAL INSTITUTE ON AGING: RFA-AG-24-009 ALZHEIMER'S DISEASE AND RELATED DEMENTIAS REAL-WORLD DATA PLATFORM

**Expected Deadline: June 14, 2024**

NIA plans to release a Notice of Funding Opportunity (NOFO) seeking proposals focused on creating common data elements for Alzheimer's disease (AD) and AD related dementias using real-world data from electronic health records and Centers for Medicare & Medicaid Services claims. The NOFO is expected to be published **March 29, 2024**.

## In the Spotlight - Many Faces of Dementia Conference 2024

The USC-Rancho California Alzheimer's Disease Center recently hosted their 12th Biennial Many Faces of Dementia Conference. This year's theme was 'The Changing Landscape: Risk Reduction, Early Detection, and Treatment.' The conference brought together health care professionals, including clinicians, social workers, and community agency service administrators to discuss the changes taking place in preventive care, early detection and treatments for persons with dementia. Presentations by clinicians and researchers were complemented by a panel featuring first-person experiences of individuals and their care partners.

**Congratulations on the organizers for another successful conference!**



## Featured Resources



### COMMUNITY RESOURCE

[Discover and share Best Programs for Caregiving, a free online resource directory of top-rated programs that support family and friend caregivers of individuals living with dementia.](#)



### REPORT

[Download a report from AARP and the Global Council on Brain Health \(GCBH\), "Building Better Brain Health for All People: GCBH Recommendations on Removing Barriers and Improving Opportunities Around the World."](#)



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## News and Updates

- **Don't miss out!** Join Alzheimer's LA for their 16th Annual Faith & Health Luncheon on **Thursday, May 16th** at the West Los Angeles Cathedral from 11:00 AM – 1:30 PM. Connect with leaders and members of Black/African American churches and organizations to discuss Alzheimer's and other dementias, and explore community resources available. Free admission, registration is required. [Register online by April 30th.](#)

- **Reminder!** Alzheimer's Association 2024 Reports
  - [2024 Alzheimer's Disease Facts and Figures Report](#)
  - [2024 Special Report: Mapping a Better Future for Dementia Care Navigation](#)
  - [2024 California Alzheimer's Statistics](#)

- **Reminder!** Check out [Best Programs for Caregiving](#), a free online national directory of dementia care programs for dementia caregivers and professionals to discover and share.

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## Upcoming Events

Apr. 23 - 11 AM PST	<b>NADRC Webinar:</b> Social Isolation and Loneliness for People living with Dementia and their Caregivers. <a href="#">Register Now.</a>
Apr. 30 - 12 PM PST	<b>Dementia Care Aware Webinar:</b> The Role of Hearing on Physical and Cognitive Health. <a href="#">Register Now.</a>
May 16 - 11 AM - 1:30 PM PST	<b>Alz LA Annual Faith &amp; Health Luncheon:</b> Free admission, registration is required. <a href="#">Register Now.</a>
May 22 11 AM PST	<b>NADRC Webinar:</b> Unique Approaches to Brain Health. <a href="#">Register Now.</a>
Jun. 1 - 6 AM - 2:30 PM PST	<b>University of Minnesota Conference:</b> Caring for People with Memory Loss Conference. <a href="#">Register Now.</a>

## Funding Opportunities

### ALZHEIMER'S ASSOCIATION'S CENTER FOR DEMENTIA RESPITE INNOVATION

**Deadline: June 1, 2024**

Alzheimer's Association will fund new respite care innovation projects across the country to enhance respite services for people living with dementia and their caregivers. Local public or private non-profit entities encouraged to apply (**hospitals, public/private government agencies, Indian tribal organizations, faith-based organizations, community-based organizations, institutions of higher education**).

## In the Spotlight - The Good Life Program

[The Good Life](#) and its companion program, [La Buena Vida](#), provides interactive online exercise and health classes tailored for Black and Latin Americans and led by experts in health and nutrition. From Healthy Aging, Cooking and Nutrition, Brothas Building Brothas, and Mind Body & Spirit, there is a program for everyone. All programs and resources are free to the public thanks to a partnership with the California Department of Public Health.

Help spread the word by becoming a [Good Life Ambassador](#) and sharing with your patients and clients or connect with The Good Life team

[info@thegoodlifepath.org](mailto:info@thegoodlifepath.org) to partner. Learn more at [thegoodlifepath.org](http://thegoodlifepath.org)



Share your organization's impactful efforts in supporting people living with Alzheimer's disease and related dementias, and their families. Send success stories, achievements, or highlight ongoing initiatives to Mariana Reyes ([healthybrainla@ph.lacounty.gov](mailto:healthybrainla@ph.lacounty.gov)) to be featured in a spotlight.

## Featured Resources

	<b>COMMUNITY RESOURCE</b> <a href="#">California Department of Public Health's 'Take on Alzheimer's' Public Awareness Campaign.</a>
	<b>COMMUNITY RESOURCE</b> <a href="#">Healthy Food, Healthy Brain Rack Card Series. Topics include but not limited to: Diet, Exercise, Hearing, Sleep.</a>
	<b>LEARNING MODULE</b> <a href="#">University of Colorado eLearning module: Designed for primary care teams to increase their knowledge and skills related to ADRD. Registration Code: ADRD (not case sensitive). Free AAFP CME credits.</a>
	<b>LEARNING MODULE</b> <a href="#">Dementia Care Aware's self-paced cognitive health assessment training and dementia mini-course. Free CE and CME/MOC credits.</a>
	<b>TOOLKIT</b> <a href="#">BOLD Center for Early Detection - Early Detection of Dementia Toolkit - Health Systems</a>
	<b>COMMUNITY RESOURCE</b> <a href="#">BOLD Center on Dementia Caregiving - A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners.</a>

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- **Don't miss out!** Join the Aging and Disabilities Department and Public Health for an insightful webinar on **Monday, June 17th** at 11 AM PST, where you'll learn more about how the Los Angeles County is addressing Alzheimer's disease and related dementias. [Register Now.](#)
- **Reminder!** Public Health is hosting HBLA Coalition Meeting on **Tuesday, June 18th** at 10 AM PST.
- **New!** Alzheimer's Disease International is conducting a global survey on attitudes and beliefs about dementia. The survey will be included in their 2024 World Alzheimer's Report. The survey is open to the public and available in 30 languages. [Complete the survey.](#)

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## Upcoming Events

May 29 12 PM PST	<b>Dementia Care Aware Webinar:</b> Caring for Caregivers of Older Adults with Dementia. <a href="#">Register Now.</a>
Jun. 1 - 6 AM - 2:30 PM PST	<b>University of Minnesota Conference:</b> Caring for People with Memory Loss Conference. <a href="#">Register Now.</a>
Jun. 17 11 AM PST	<b>LA Found Webinar:</b> Public Health Presents on Alzheimer's & Brain Awareness. <a href="#">Register Now.</a>
Jun. 18 10 AM PST	<b>HBLA Coalition June 2024.</b>
Jun. 25 11 AM PST	<b>NADRC Webinar:</b> Implementing the Virtual Dementia Tour in Tribal Communities. <a href="#">Register Now.</a>

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## In the Spotlight - Brain Health Academy 2024

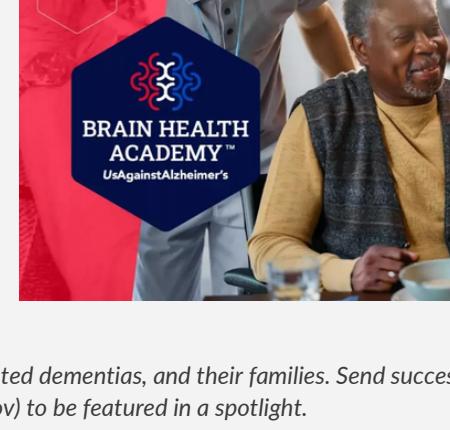
**Brain Health Academy** by **UsAgainstAlzheimer's** offers free, evidence-based 1-hour courses to prepare health care, community, and wellness providers with the knowledge and resources to help people reduce their risk of developing Alzheimer's or related dementias and improve health outcomes.

Both live and recorded sessions are free of charge and includes Continuing Education (CE) credits. Courses topics include:

- Cognitive Training and Dementia
- Food and Dementia
- Social Isolation, Loneliness, and Dementia
- Brain Injury and Dementia
- Physical Activity and Dementia
- Risk Reduction and Dementia

For more information visit their website at:

<https://www.usagainstalzheimers.org/brain-health-academy-2024>



## Featured Resources



### COMMUNITY RESOURCE

[Best Programs for Caregiving](#) is a free online national directory of dementia care programs for dementia caregivers and professionals to discover and share.



### COMMUNITY RESOURCE

[California Department of Public Health's 'Take on Alzheimer's' Public Awareness Campaign.](#)



### COMMUNITY RESOURCE

[Healthy Food, Healthy Brain Rack Card Series.](#) Topics include but not limited to: Diet, Exercise, Hearing, Sleep.



### LEARNING MODULE

[Dementia Care Aware's self-paced cognitive health assessment training and dementia mini-course.](#) Free CE and CME/MOC credits.



### TOOLKIT

[BOLD Center for Early Detection - Early Detection of Dementia Toolkit - Health Systems](#)



### COMMUNITY RESOURCE

[BOLD Center on Dementia Caregiving - A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners.](#)



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## News and Updates

- **New!** DPH published a new data infographic: [Opinions about Brain Health and Dementia in Los Angeles County, 2024](#). This infographic reports the findings from a January 2024 Berkeley IGS Poll of registered voters aged 18+. **For example, 87% of voters agree/strongly agree they would want to receive a diagnosis of dementia or Alzheimer's disease, as early as possible.**
- **New!** DPH published a new data infographic: [Opinions about Dementia, Screening, and Care Planning in Los Angeles County, 2024](#). This infographic reports the findings from a February 2024 Berkeley IGS Poll of registered voters aged 18+. **Among voters aged 50+, only 13% have ever been screened for a cognitive screening or memory testing.**

- **In case you missed it!** [Watch LA Found Webinar: Dr. Kuo Presents on Alzheimer's & Brain Awareness.](#)

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## Upcoming Events

Jun 25 11 AM PST	<b>NADRC Webinar:</b> Virtual Dementia Tour in Tribal Communities. <a href="#">Register Now.</a>
Jun 25 12 PM PST	<b>Dementia Care Aware Training:</b> <a href="#">Register Now.</a>
Jun 26 12 PM PST	<b>Alz Association Webinar:</b> Community Matter - Understanding SDOH to Reduce Dementia Risk. <a href="#">Register Now.</a>
Jun 26 1 PM PST	<b>UCLA ADC Program:</b> Better Caregiving for All Monthly Webinar Series: Caregivers of LGBTQ+ PLWD. <a href="#">Register Now.</a>
Jun 27 12 PM PST	<b>Alz Association Webinar:</b> Dementia Care Aware - Practical Resources for Dementia Caregivers. <a href="#">Register Now.</a>
Jul 1 10 AM PST	<b>AMA Webinar:</b> Treatment of Alzheimer's and Related Dementias. <a href="#">Register Now.</a>

## Funding Opportunities

### IHS: ADDRESS DEMENTIA IN TRIBAL & URBAN INDIAN COMMUNITIES

**Deadline: July 16, 2024**

The Indian Health Service announced a third round of funding to support expansion and increase local clinical capacity for culturally relevant dementia care and services for American Indian and Alaska Native people living with dementia, their caregiver, and their communities.

### VIRTUAL COACH: HEALTHMATTERS PROGRAM

**Deadline: August 9, 2024**

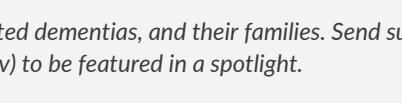
This 12-week health promotion program is designed for community-based service providers, frontline staff, and caregivers to support healthy options and choices for people with intellectual and developmental disabilities.

## In the Spotlight - 15th Annual Faith & Health Luncheon

Alzheimer's LA, in partnership with Mary S. Easton Center for Alzheimer's Research and Care, hosted their 16th Annual Faith & Health Luncheon on May 16th at the West Angeles Cathedral. This event brought together community members, leaders from Black/African American churches, and various organizations to highlight the significant efforts being made to connect with and support Black/African American communities impacted by Alzheimer's disease and related dementias.

Attendees had the opportunity to learn from members of the West-Central/South Central Dementia Care Network – an inter-organizational network that works to enhance dementia care services, explore available community resources and hear from different churches about their impactful work in this area. [Learn more about the Faith & Health Luncheon.](#)

**Congratulations to Petra Niles and Alzheimer's LA on hosting another outstanding luncheon!**



[AlzheimersLA.org](http://AlzheimersLA.org)

## Featured Resources



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[Healthy Food, Healthy Brain Rack Card Series.](#) Topics include but not limited to: Diet, Exercise, Hearing, Sleep.



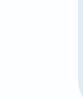
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[Dementia Care Aware's self-paced cognitive health assessment training and dementia mini-course.](#)  
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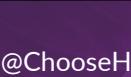
### TOOLKIT

[BOLD Center for Early Detection - Early Detection of Dementia Toolkit - Health Systems](#)



### COMMUNITY RESOURCE

[BOLD Center on Dementia Caregiving - A Guide on Advanced Care Planning Resources: For People Living with Dementia and Their Care Partners.](#)



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**HBLA**  
Healthy Brain LA

# Monthly Digest

Find information and resources that support your efforts in promoting brain health and supporting people living with Alzheimer's disease and related dementias, their caregivers, and families in Los Angeles County.

## News and Updates

- New!** On July 1st, 2024, the Centers for Medicare and Medicaid Services launched the Guiding an Improved Dementia Experience (GUIDE) Model, and will run for 8 years. There are 390 organizations participating in the model, 14 of which are located in Los Angeles County. [Learn more about GUIDE and which organizations are participating.](#)
- Stay informed!** For local data and reports on Alzheimer's, caregivers of people with dementia, check out the [Department of Public Health's Data & Surveillance page](#).
- In case you missed it!** Hosted by the American Medical Association, Centers for Disease Control and Prevention, and the Alzheimer's Association, the Navigating Brain Health and Dementia Webinar Series provides physicians with essential insights into dementia screening, treatment, and risk reduction. [Watch the series and claim FREE CME credits.](#)

## Funding Opportunities

### VIRTUAL COACH: HEALTHMATTERS PROGRAM

[Deadline: August 9, 2024](#)

This 12-week health promotion program is designed for community-based service providers, frontline staff, and caregivers to support healthy options and choices for people with intellectual and developmental disabilities.

### CVS HEALTH FOUNDATION: FOCUS ON HEALTHY AGING

[Deadline: August 16, 2024](#)

The Foundation is awarding up to five multi-year, \$1 million grants through its Focus on Health Aging Program to strengthen systems-of-care for older adults with brain, heart, and mental health conditions. Projects in California are eligible to apply, applicant must have 501(c)(3) status.



## Trainings and Webinars

<b>Jul 24</b> 10 AM PST	<b>PHCOE-DC:</b> Evidence-Based Programs to Support Family Dementia Caregivers: Role of Public Health. <a href="#">Register Now.</a>
<b>Jul 24</b> 12 PM PST	<b>Alz Association:</b> Nourishing Minds: Exploring Nutrition and Food Security's Role in Dementia Risk Reduction. <a href="#">Register Now.</a>
<b>Aug 1</b> 5:45 AM PST	<b>Alz Association International Conference.</b> Join virtually. <a href="#">Register Now.</a>
<b>Aug 8</b> 10 AM PST	<b>UsAgainstAlzheimer's:</b> Social Isolation, Loneliness, and Dementia. <a href="#">Register Now.</a>
<b>Aug 12</b> 12 PM PST	<b>NADRC:</b> Dementia Friendly Clark County, Nevada. <a href="#">Register Now.</a>
<b>Aug 27</b> 11 AM PST	<b>NADRC:</b> Cognitive Simulation Therapy Programs. <a href="#">Register Now.</a>
<b>Aug 28</b> 12 PM PST	<b>Alz Association:</b> Breaking Barriers: Combating Dementia through Social Engagement. <a href="#">Register Now.</a>



## Community Events

Get involved! Promote these events to your network.

<b>Jul 25</b> 11 AM PST	<b>Family Caregiver Alliance:</b> Financial Self-Care for Family Caregivers. <a href="#">Register Now.</a>
<b>Aug 7</b> 1:30 PM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. In-person event at Montebello Senior Senior: 115 S. Taylor Ave. Montebello, CA 90640.
<b>Aug 8</b> 10:30 AM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. Virtual. <a href="#">Register Now.</a>
<b>Aug 17</b> 11 AM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. In-person event at Northridge Branch Library: 9051 Darby Ave. Northridge, CA 91325.
<b>Sep 17</b> 9 AM PST	<b>Alzheimer's Association:</b> Spanish Community Forum. In-person event at Meet Each Need with Dignity (MEND). 10641 San Fernando Road. Pacoima, CA 91331. <a href="#">Register Now.</a>

## In the Spotlight

Share your organization's impactful efforts in supporting people living with Alzheimer's disease and related dementias, and their families.

Send success stories, achievements, or highlight ongoing initiatives to Mariana Reyes (healthybrainla@ph.lacounty.gov) to be featured in a spotlight.



## Featured Resources



### COMMUNITY RESOURCE

[Best Programs for Caregiving](#) is a free online national directory of dementia care programs for dementia caregivers and professionals to discover and share.



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[California Department of Public Health's 'Take on Alzheimer's' Public Awareness Campaign.](#)



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# Monthly Digest

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## News and Updates

- **New!** Dementia Care Aware released a Cognitive Health Assessment Implementation Guide. This tool features detailed examples, electronic medical record tip sheets, example workflows, and more. [Download the implementation guide here.](#)
- **New!** The National Alzheimer's and Dementia Resource Center (NADRC) released an updated resource list of recently published articles for those developing and implementing programs to support people living with dementia and their caregivers. [Download the resource list here.](#)
- **In case you missed it!** The National Alzheimer's Project Act held their Advisory Council Meeting on August 5, 2024. This meeting included recommendations from subcommittees, late-breaking research findings, GUIDE Model updates, and updates from federal agencies. [Access PPT slides and recordings here.](#)
- **Share with your caregiver network!** The CalGrows Training Program ends on September 30th. CalGrows offers free training courses for California paid and unpaid caregivers, including family and friend caregivers. Incentive claims must be submitted by 8/31 for payment. [Learn more about the CalGrows here.](#)

## Funding Opportunities

### CVS HEALTH FOUNDATION: FOCUS ON HEALTHY AGING

[Deadline: August 16, 2024](#)

The Foundation is awarding up to five multi-year, \$1 million grants through its Focus on Health Aging Program to strengthen systems-of-care for older adults with brain, heart, and mental health conditions. Projects in California are eligible to apply, applicant must have 501(c)(3) status.



## Trainings and Webinars

<b>Aug 21</b> 11 AM PST	<b>Justice in Aging:</b> Using Advance Planning to Avoid Unnecessary Conservatorships. <a href="#">Register Now.</a>
<b>Aug 27</b> 11 AM PST	<b>NADRC:</b> Cognitive Simulation Therapy Programs. <a href="#">Register Now.</a>
<b>Aug 28</b> 12 PM PST	<b>Alz Association:</b> Breaking Barriers: Combating Dementia through Social Engagement. <a href="#">Register Now.</a>
<b>Aug 28</b> 1 PM PST	<b>UCLA ADC Program:</b> Better Caregiving for All - Monthly Webinar Series: Middle Eastern and Northern African (MENA) Caregivers of Persons Living with Dementia. <a href="#">Register Now.</a>
<b>Sept 17</b> 9 AM PST	<b>Trauma Prevention Coalition:</b> Preventing Geriatric Falls Post Hospitalization. <a href="#">Register Now.</a>



## Community Events

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<b>Aug 17</b> 11 AM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. In-person event at Northridge Branch Library: 9051 Darby Ave. Northridge, CA 91325.
<b>Aug 20</b> 5 PM PST	<b>LOOP/Embodied Labs:</b> Dementia Decoded Virtual Webinar. <a href="#">Register Now.</a>
<b>Aug 26</b> 10 AM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. In-person event at Adventist Health White Memorial Montebello: 309 W Beverly Blvd Montebello, CA 90640.
<b>Sep 3</b> 11 AM PST	<b>Alzheimer's LA:</b> Lost Memories/Recuerdos Perdidos Season 1 Screening in Spanish. In-person event at Belvedere Community Park Senior Center: 4914 E. Cesar Chavez Ave
<b>Sep 17</b> 9 AM PST	<b>Alzheimer's Association:</b> Spanish Community Forum. In-person event at Meet Each Need with Dignity (MEND). 10641 San Fernando Road. Pacoima, CA 91331. <a href="#">Register Now.</a>

## In the Spotlight - Dementia Decoded: An Immersive Webinar

This webinar is hosted by Embodied Labs in partnership with [LOOP](#), Adria Thompson of [Be Light Care](#) and Carrie Alberts of [Dementia Darling](#). This interactive webinar will include discussions to support caregivers providing care with confidence, compassion and dignity.

Mark your calendars:

August, 20, 2024

5 PM PST

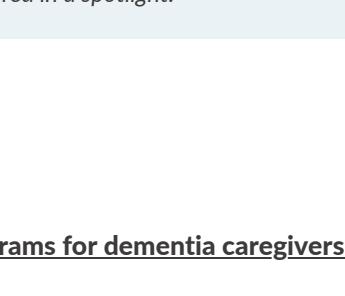


[DEMENTIA DARLING](#)



[BE LIGHT CARE](#)  
CONSULTING

embodied  
labs



[Register now here!](#)

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## Featured Resources



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## News and Updates

- New!** The American College for Preventative Medicine (ACPM) developed a Community-Clinical Linkages to Promote Brain Health toolkit. The toolkit offers practical guidance, case studies, and educational to help healthcare providers integrate brain health initiatives into their systems. [Download the toolkit here.](#)
- New!** The Centers for Disease Control and Prevention released a Morbidity and Mortality Weekly Report on Changes in Health Indicators among Caregivers. BRFSS data was analyzed to compare the health of caregivers and non-caregivers from 2015-2016 to 2021-2022. Results show that caregivers experience more mental distress, depression, and chronic physical conditions in recent years. [Learn more and read the report here.](#)
- New!** The Administration for Community Living (ACL) released their 2024 Federal Progress Report on the 2022 National Strategy to Support Family Caregivers. The report shows remarkable progress with nearly all 350 actions either complete or underway. Federal agencies have also committed to 40 new actions. [Read the report and access the data tables here.](#)

## Funding Opportunities

### BMBH EMERGING SCHOLARS PROGRAM

[Deadline: September 30, 2024](#)

The 2024-2025 Cohort Application is available for early and mid-career investigators examining brain aging among Black men. During this 15-month program, Scholars will network with brain health experts and local community organizations.



## Trainings and Webinars

<b>Oct 1</b> 9 AM PST	<b>PHCOE-DC:</b> State Policies on Caregiving: Opportunities for Supporting Dementia Caregivers. <a href="#">Register Now.</a>
<b>Oct 10</b> 10 AM PST	<b>PHCOE-DC:</b> Successful Public Health Approaches in Dementia Caregiving: Colorado. <a href="#">Register Now.</a>
<b>Oct 10</b> 10 PM PST	<b>UsAgainstAlzheimer's:</b> Brain Health Academy - Physical Activity and Dementia. <a href="#">Register Now.</a>
<b>Oct 16</b> 11 AM PST	<b>NADRC:</b> Choosing, Implementing, and Evaluating Dementia Programs. <a href="#">Register Now.</a>
<b>Oct 16-17</b> 9 AM PST	<b>UsAgainstAlzheimer's:</b> The 2024 National Alzheimer's Virtual Summit. <a href="#">Register Now.</a>



## Community Events

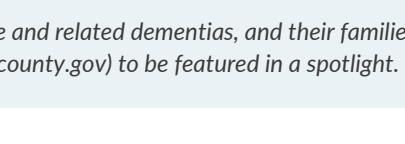
Get involved! Promote these events to your network.

<b>Sep 28</b> 10:30 AM PST	<b>Alzheimer's LA:</b> Addressing Memory Concerns for African Americans. In person event at 321 N. Eucalyptus Ave, Inglewood, CA 90302.
<b>Oct 1</b> 10 AM PST	<b>Alzheimer's LA:</b> Lost Memories/Recuerdos Perdidos Season 2 Screening in Spanish. In-person event at Belvedere Park Senior Center: 4914 E. Cesar Chavez Ave. LA, CA 9022.
<b>Oct 5</b> 10 AM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. Virtual class. <a href="#">Register now.</a>
<b>Oct 17</b> 5 PM PST	<b>Alzheimer's LA:</b> Lost Memories/Recuerdos Perdidos Season 3 Screening in Spanish. In-person event at 1000 Fremont Ave. Alhambra, CA 91803.

## In the Spotlight - ONEcaregiver Resource Center

The ONEcaregiver Resource Center is a new centralized hub offering over 200 resources for professionals, adults with intellectual and developmental disabilities, caregivers, and families. It also features an archived educational training page with past webinars on a variety of topics. Funded by the Administration for Community Living, the platform was developed by ONEgeneration, an intergenerational services provider that offers programming for older adults, children, their caregivers, and families in Los Angeles County. Established in 1978, ONEgeneration's 3 sites are in the San Fernando Valley, Los Angeles County's largest aging community. Their programs provide caregiver support and respite, housing resources to keep older adults from homelessness, disease prevention, health promotion and food insecurity interventions, mental health services, case management and support for kinship families.

[Learn more about the ONEcaregiver Resource Center.](#)



**Spotlight Resource:** NTG-EDSD Screening Tool

The National Task Group – Early Detection Screen for Dementia (NTG-EDSD) was created in 2013 for use as an administrative screen for mild cognitive impairment (MCI) or dementia in adults with an intellectual disability. It is an easy-to-use checklist that can help family members, clinicians, and service providers make note of suspected behavioral changes. This validated tool is also available in several languages including Spanish and French.

[Access the NTG-EDSD Tool and Quick Guides for Physicians, Families, and Support Care Staff.](#)

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## Featured Resources



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[American College Preventative Medicine \(ACPM\) developed a new toolkit, Community-Clinical Linkages to Promote Brain Health for Healthcare Providers.](#)



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[Best Programs for Caregiving is a free online national directory of dementia care programs for dementia caregivers and professionals to discover and share.](#)



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## News and Updates

- **Upcoming!** Join the virtual National Dementia Care Collaborative 2024 Autumn Summit on November 19th. The Summit will focus on evidence-based strategies and resources for implementing comprehensive dementia care. This virtual event is free and open for anyone interested. [Learn more and register to secure your participation here.](#)
- **Upcoming!** The Los Angeles County Department of Health Services is hosting a diabetes fair for patients and families on November 20th at the California Endowment from 8 AM – 4 PM PST. This event will feature provider-led lectures, a technology fair for CGMs and pumps, ask the expert booth, and mental health support resources in the community. [Learn more and register for the event here.](#)
- **New!** The Kaiser Family Foundation published a recent article: Millions of Americans are Facing Dementia by Themselves. This article emphasizes the silent majority of older adults living alone with cognitive impairment, particularly women, Black or Latino individuals, and those with lower levels of education, wealth, and homeownership. [Read the article here.](#)

## Funding Opportunities

### PATIENT-CENTERED OUTCOMES RESEARCH INSTITUTE (PCORI): MANAGING PAIN TOPICAL

[Deadline: May 6, 2025](#)

PCORI seeks to fund patient-centered comparative clinical effectiveness research (CER) projects that focus on interventions to improve patient-centered outcomes for people living with acute and/or chronic pain. PCORI is interested in submissions that address four Special Areas of Emphasis, one of these being pain in people living with limitations in cognitive functioning.

## In the Spotlight - Making Memories Festival

Join Alzheimer's Los Angeles, as they host their 4th Annual Making Memories Festival during Alzheimer's Awareness Month this November! Bring your family and friends for an afternoon of live music in the park with local food trucks, a vendor fair, and more! This half-day event raises awareness about Alzheimer's and other dementias as well as about the free services Alzheimer's Los Angeles provides.

Mark your calendars:

 Saturday, November 9, 2024  LA State Historic Park  12:30 PM - 7 PM

[Get your tickets here!](#)

## Trainings and Webinars

<b>Oct 30</b> 1 PM PST	<b>UCLA ADC Program:</b> Better Caregiving for All – Asian American & Pacific Islander Caregivers of Persons Living with Dementia. <a href="#">Register Now.</a>
<b>Oct 30</b> 9 AM PST	<b>PCORI:</b> Managing Pain Research Funding Applicant Town Hall. <a href="#">Register Now.</a>
<b>Nov 14</b> 10 PM PST	<b>UsAgainstAlzheimer's:</b> Brain Health Academy – Risk Reduction and Dementia. <a href="#">Register Now.</a>
<b>Nov 19</b> 11 AM PST	<b>EDC:</b> National Dementia Care Collaborative (NDCC) Autumn Summit 2024. <a href="#">Register Now.</a>
<b>Dec 9</b> 12 PM PST	<b>NADRC:</b> Specialized Aging Support for those with Intellectual and Developmental Disabilities and Dementia. <a href="#">Register Now.</a>



## Community Events

Get involved! Promote these events to your network.

<b>Nov 2</b> 10 AM - 12 PM PST	<b>Huntington Park Health and Education Commision:</b> Alzheimer's Presentation & Resource Event. In-person event at Salt Lake Park: 3401 Florence Ave, Huntington Park, CA 90255. <a href="#">Register Now.</a>
<b>Nov 9</b> 12:30 PM - 7 PM PST	<b>Alzheimer's LA:</b> 4th Annual Making Memories Festival. In-person event at Los Angeles State Historic Park: 1245 N. Spring St, Los Angeles, CA 90012. <a href="#">Register Now.</a>
<b>Nov 10</b> 9 AM - 12 PM PST	<b>Alzheimer's Association:</b> Walk to End Alzheimer's – Santa Monica. In-person event at Crescent Bay Park: 2000 Ocean Ave, Santa Monica, CA 90405. <a href="#">Register Now.</a>
<b>Nov 20</b> 8 AM - 4 PM PST	<b>Los Angeles County Department of Health Services.</b> Diabetes Day for Patients and Families. In-person event at The California Endowment: 1000 Alameda St, Los Angeles, CA 90012. <a href="#">Register Now.</a>



## Featured Resources



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## News and Updates

- Upcoming!** Registration for the 2025 Black Men's Brain Health (BMBH) Conference is now open. The fourth in an annual event series is taking place on February 4th-5th, 2025 during Super Bowl week at Xavier University of Louisiana. The BMBH Conference Series aims to address brain health disparities among Black men, focusing on cognitive aging, Alzheimer's disease, and sociocultural impacts. This event will include members of the Xavier University community, clinical practitioners, community-based organizations, NFL Alumni, the Alzheimer's Association, and over 1,000 virtual participants. [Learn more and register to secure your spot here.](#)
- Upcoming!** OPICA Adult Day Program and Counseling Center in partnership with the National Task Group on Intellectual Disabilities and Dementia Practices is hosting a free webinar series intended to increase adult day service providers knowledge and skills in providing dementia-capable services to aging adults with Intellectual and Developmental Disabilities. The next webinar is scheduled for December 12th, 2024, titled "Dementia Capable Care and Physical/Sensory Environment as Part of Assessment and Care" will feature presenter Dr. Kathleen M. Bishop. [Register Now.](#)
- In case you missed it!** Alzheimer's Los Angeles recently released the third season of Lost Memories, a bilingual telenovela series that follows the Ramirez family as they face the challenges of Alzheimer's disease. [Watch Season 3 or catch-up on Seasons 1-2.](#)

## Funding Opportunities

### US AGAINST ALZHEIMERS: BRAIN HEALTH EQUITY NURSE FELLOWSHIP

**Deadline:** January 5, 2025

The 2025 Cohort Application is available to train African American/Black and Hispanic/Latino nurse professionals to become brain health ambassadors. Early career candidates (including nursing students) and nurses who work in community health centers are encouraged to apply.

## In the Spotlight

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## Trainings and Webinars

Nov 26 12 PM PST	<b>Dementia Care Aware:</b> Exciting Updates and New Horizons. <a href="#">Register Now.</a>
Dec 9 8 AM PST	<b>PHCOE-DC:</b> Opportunities for Public Health to Support Implementation of the CMS GUIDE Model. <a href="#">Register Now.</a>
Dec 9 12 PM PST	<b>NADRC:</b> Providing Care for those with Intellectual and Developmental Disabilities at High-Risk and Living with Dementia. <a href="#">Register Now.</a>
Dec 10 9 AM PST	<b>PHCOE-ED:</b> Cognition in Primary Care: Embracing Our Values. <a href="#">Register Now.</a>
Dec 12 12 PM PST	<b>OPICA/NTG:</b> Dementia Capable Care and Physical/Sensory Environment as Part of Assessment and Care. <a href="#">Register Now.</a>

## Community Events

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Dec 3 10:00 PM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits (Spanish). In-person event at Belvedere Senior Center: 4914 E Cesar Chavez Ave LA, CA 90022. <a href="#">Register Now.</a>
Dec 5 2:30 PM PST	<b>Alzheimer's LA:</b> Holiday Tips for Caregivers. In-person event at Kaiser Downey Room B2/B3: 9400 Rosecrans Ave Bellflower, CA 90706. <a href="#">Register Now.</a>
Dec 7 10:30 AM PST	<b>Alzheimer's LA:</b> Memory Loss & Alzheimer's: Normal Aging vs Signs of Dementia. In-person event at Mid-Valley Branch Library: 16244 Nordhoff St, North Hills, CA 91343. <a href="#">Register Now.</a>
Dec 8 12 PM PST	<b>Alzheimer's LA:</b> Healthy Brain Habits. In-person event at Arcadia Community Church, Fellowship Lounge: 121 Alice Street Arcadia CA 91006. <a href="#">Register Now.</a>
Dec 12 10 AM PST	<b>Alzheimer's LA:</b> Caring for those with Alzheimer's: African American Voices. Virtual. <a href="#">Register Now.</a>



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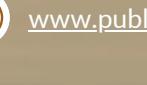
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## News and Updates

- **New Resource!** DPH developed a new educational material "Be Prepared: Planning Ahead for Dementia." This resource is focused on advance care planning and dementia for people living with dementia, their caregivers, or families. It includes definitions of common terms, resource guides, and services available in Los Angeles County. [Download the material.](#)
- **New Resource!** The International Association for Indigenous Aging (IA2) developed the "Native Brain Health and Dementia Risk Reduction Toolkit" to raise awareness about dementia risk reduction and brain health in American Indian and Alaska Native populations. The toolkit offers social media messages, a health awareness calendar, and relevant hashtags. [Learn more about IA2 and download the toolkit here.](#)

*Happy Holidays*

From all us at the Department of Public Health's Healthy Brain LA Team

## Funding Opportunities

### US AGAINST ALZHEIMERS: BRAIN HEALTH EQUITY NURSE FELLOWSHIP

**Deadline: January 5, 2025**

The 2025 Cohort Application is available to train African American/Black and Hispanic/Latino nurse professionals to become brain health ambassadors. Early career candidates (including nursing students) and nurses who work in community health centers are encouraged to apply.

### VIRTUAL COACH: HEALTHMATTERS PROGRAM

**Deadline: January 10, 2025**

This 12-week health promotion program is designed for community-based service providers, frontline staff, and caregivers to support healthy options and choices for people with intellectual and developmental disabilities.

## In the Spotlight - Brain Health Toolkit

The Brain Health Toolkit is a free resource available in English and Spanish that encourages older adults to take charge of their brain health, recognize potential changes, and initiate conversations with their healthcare providers. The toolkit was created by a team of experts at the University of California, San Francisco and the University of Southern California and is supported by the California Department of Public Health.

The toolkit features three tools:

1. **Check In** helps people learn about brain changes related to memory and thinking.
2. **Share Notes** is a note-taking tool so people can make most of their time with their doctor.
3. **Start Small** offers actionable tips to support brain health through exercise, sleep, and learning.

[To learn more about the toolkit, visit BrainHealthToolkit.com](#)

Printed Spanish Toolkits are available!

Please email  
healthybrainla@ph.lacounty.gov  
to submit a request.  
Quantities are limited.

## Featured Resources



### TOOLKIT NEW

[Dementia Care Aware - Cognitive Health Assessment Implementation Guide is a practical step-by-guide to Cognitive Health Assessment \(CHA\) implementation.](#)



### TOOLKIT

[American College Preventative Medicine \(ACPM\) developed a new toolkit, Community-Clinical Linkages to Promote Brain Health for Healthcare Providers.](#)



### COMMUNITY RESOURCE

[Best Programs for Caregiving is a free online national directory of dementia care programs for dementia caregivers and professionals to discover and share.](#)



### COMMUNITY RESOURCE

[California Department of Public Health's 'Take on Alzheimer's' Public Awareness Campaign.](#)



### LEARNING MODULE

[Dementia Care Aware's self-paced cognitive health assessment training and dementia mini-course.](#)

[Free CE and CME/MOC credits.](#)



### TOOLKIT

[BOLD Center for Early Detection - Early Detection of Dementia Toolkit - Health Systems.](#)



### Got News?

Send resources and news about upcoming events or initiatives that you would like to promote

in our monthly newsletter to [healthybrainla@ph.lacounty.gov](mailto:healthybrainla@ph.lacounty.gov).



@ChooseHealthLA #HealthyBrainLA



[www.publichealth.lacounty.gov/healthybrainla](http://publichealth.lacounty.gov/healthybrainla)



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