



BRAIN HEALTH BULLETIN

*From Dementia Care Specialists, ADRC Southwest Wisconsin
3rd Quarter 2025*

Brain Health Breakdown

Upcoming Events

Subject to Change
August 1st
Memory Café
Lancaster, 10:00am
August 5th—September 23rd
Boost Your Brain & Memory
Dodgeville, 12:30pm
August 7th
Memory Screens
Dickeyville, 9am
August 15th
How to Speak Dementia
1:30pm, Monticello
August 19th
How to Speak Dementia
1:30pm, Lancaster
September 3rd - October 29th
Stress-Busting Program
5:30pm, Virtual
September 4th
Memory Screens
Mineral Point, 1pm
September 5th
Memory Café
10:00am, Lancaster

[Click Here for More Events!!!](#)



Disclaimer:

Reference in this Brain Health Bulletin to any specific commercial products, processes, or services, or the use of any trade, firm, or corporation name is for the information and convenience of the public, and does not constitute endorsement, recommendation, or favoring by the ADRC, or its officers, employees or agents.

****Special thanks to Katie, Dementia Care Specialist Intern, for her work in putting together this edition of the Brain Health Bulletin****

A Berry Easy Way to Support Your Brain

We know that fruits and vegetables are good for us, but did you know that eating berries can actually help keep your brain strong and healthy?

Berries such as blueberries, strawberries, blackberries, and raspberries are full of natural compounds that protect the brain as we age. These compounds are called polyphenols, and they help fight off inflammation and oxidative stress which are both known to affect memory and thinking.

Why That's Important

Your brain is constantly working, and over time, things such as stress, poor diet, and aging can slow it down. That's why giving it extra support is important. Polyphenols in berries help keep brain cells healthy, and may even improve memory, focus, and mood. Researchers have found that people who eat more berries tend to do better on memory and thinking tests, even years later. It's not only helpful for younger adults, older adults who add berries to their diet can see benefits from adding berries to their daily routine.

How to Get the Benefits

You don't need a huge amount to see a difference. Just half a cup to one cup a day is enough. It doesn't matter if you eat them fresh or frozen. Try adding berries to your breakfast, tossing them in a salad, blending them into a smoothie, or just eating them as a snack.

A Small Habit That Pays Off

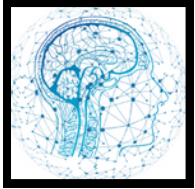
It might seem like a small thing, but eating a handful of berries every day can make a big impact over time. Whether you're 30, 60, or 80, it's never too early, or too late, to take care of your brain. They're not just a sweet treat, they're a smart choice for your mind.

<https://foodmedcenter.org/berry-smart-how-polyphenols-in-berries-boost-brainpower-at-any-age/>

Dementia Digest

Facts and Updates

New Study Finds Fewer Americans Are Developing Dementia – But More Are Living With It



A new study led by researchers at the University of North Carolina School of Medicine, Duke University School of Medicine, and the University of Texas Southwestern Medical Center found that less older adults are being newly diagnosed with dementia. However, more people are living with the disease than before. Using data from Medicare from over 25 million people between 2015 and 2021, the study showed that new cases dropped from 3.5% to 2.8%, but the total number of people living with dementia went up from 10.5% to 11.8%. This shows that people are living longer with dementia which puts more pressure on families, caregivers, and the healthcare system. The study also found higher rates of dementia in people of color, women, and those in poorer neighborhoods, showing the need for better support and care in these communities.

FDA Approves First Blood Test to Help Diagnose Alzheimer's

Disease



The U.S. Food and Drug Administration has approved the first blood test to help doctors check for signs of Alzheimer's disease. Developed by Fujirebio Diagnostics Inc., the test looks for proteins in the blood that are linked to changes in the brain seen in Alzheimer's disease. While it's not meant to give a final diagnosis, it offers a less invasive option than brain scans or spinal taps and may help doctors decide whether or not further testing is needed.

Genetic Variant Tied to Double Dementia Risk for Older Men

A study found that a common gene variant may more than double the risk of dementia in older men. The gene, called High Iron Fe (HFE), helps control how the body absorbs iron. Men with two copies of a certain version of this gene were more likely to develop dementia as they aged. This is even without having high iron levels. This also wasn't seen in women. However, researchers believe the gene may cause inflammation or brain damage. The findings show that our genes can have an important role in brain health later on in life.



U.S. dementia costs to reach \$781 billion in 2025 – who's really paying for it?

In 2025, dementia is expected to cost the United States \$781 billion. Most of this cost doesn't come from medical bills, but from the unpaid care that's provided by family and friends, lost wages, and the emotional toll on caregivers and patients. Every year, caregivers give close to 7 billion hours of unpaid help which is worth over \$230 billion. As more people are diagnosed with dementia in the future years to come, experts say that better support and new treatments are urgently needed to ease the growing burden.

Technology Toolbox

Gifts for those caring for and those with Memory Loss

Alerta Patch Wandering Alarm and Receiver

Wandering in adults with dementia is such a worry for caregivers. People living with dementia and memory loss wander because they are trying to make sense of the current world they are in. Sometimes they give clues that they are about to wander. These could include announcing that it's time to go home, when they are already at home or they may get dressed to go to work when they haven't worked for awhile. Products such as the Alerta patch wandering alarm and receiver provide both peace of mind for caregivers and safety for care recipients. The patch is always comfortable on the body, cannot be easily removed, and the alarm triggers if the care recipient is too far out of range.



Day Clock with Reminder Assistance

A day clock is more user-friendly, easier to read, and more informative than a regular standard clock. Along with showing the time and date, these clocks show the day of the week and whether it's morning, afternoon, or evening. This is really helpful to people with dementia because it can sometimes be hard for them to know sunrise from sunset or to remember the time of day. Some clocks even have a built-in reminder to help with the challenge of remembering medications, appointments, or meals. This is an important tool to help stay connected and remember things that are important.



Click & Go Online Activities

Click & Go Online Activities are great resources for both people with dementia and their caregivers. They provide easy access to many engaging and beneficial activities online. The activities also require minimal setup and supplies and include viewing/passive options such as virtual museum tours and nature live streams. They also promote social interaction, reduce stress, and help to improve well-being. This also benefits caregivers by providing both engagement and respite.

Caregiver Corner

"There are only four kinds of people in the world. Those who have been caregivers. Those who are currently caregivers. Those who will be caregivers, and those who will need a caregiver." — Rosalyn Carter

Respite Care Association

The Respite Care Association of Wisconsin (RCAW) is an organization that is state contracted to coordinate respite care services for people of all ages in Wisconsin. Respite care is a service that allows family caregivers to take a break from their caregiving duties to rest, recharge, and refresh. The RCWA also offers training for respite care providers and facilitates connections between caregivers and providers through their registry.



Alzheimer's Caregiving: Caring for Yourself Page

Learn about ways to ask for and find help while caring for someone with Alzheimer's. This page also includes ways to take care of yourself, get help from others, your emotional health, and more tips for self-care.

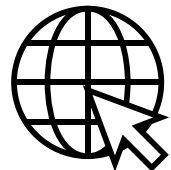
Caregiver Support Groups

Caregiver support groups designed for family, friends, and other caregivers who are caring for a person with dementia, a chronic illness, or a disability. Groups are designed for caregivers to gain validation, emotional support, and strategies to cope and care for your loved on. If you would like to attend or would like to learn more, please contact your local ADRC. To find the most recent list of Caregiver Support Groups in the area please [click here](#).

Make sure to Like and Follow the Dementia Care Specialist and ADRC Of Southwest WI pages on Facebook and also bookmark adrcswwi.org! If you have any friends or clients who would benefit from getting information, please recommend this page to them!



Contact the DCSs



Bonnie Beam-Stratz, MA, MS
Green County Office
N3152 State Road 81
Monroe, WI 53566
Office: (608) 324-3600
Email: bbeam@gchsd.org



Hailey Zilliox, MSW
Grant County Office
8820 Hwy 35/61 South
Lancaster, WI 53813
Office: (608) 723-6113
Email: hziilliox@gchsd.org



Ask the DCS

Question: Question: Is there a difference between Alzheimer's disease and dementia?

Answer: Yes, Alzheimer's is a type of dementia. Not all people that have dementia have Alzheimer's. However, Alzheimer's is the most common type of dementia.

Quick Facts about Alzheimer's:

<https://www.alz.org/alzheimers-dementia/facts-figures>

1. Over 7 million Americans are living with Alzheimer's. By 2050, this number is projected to rise to nearly 13 million.
2. About 1 in 9 people age 65 and older has Alzheimer's.
3. Health and long-term care costs for people living with dementia are projected to reach \$384 billion in 2025 and nearly \$1 trillion in 2050.
4. The lifetime risk for Alzheimer's at age 45 is 1 in 5 for women and 1 in 10 for men.
5. Nearly 12 million Americans provide unpaid care for people with Alzheimer's or other dementias.
6. In 2024, unpaid caregivers provided an estimated more than 19 billion hours of care valued at more than \$413 billion.
7. Nearly 4 in 5 Americans would want to know if they had Alzheimer's disease before having symptoms, or before those symptoms interfered with their activities.
8. 92% of Americans would want to take a medication that could slow the progression of Alzheimer's.
9. Nearly 3 in 5 Americans said they would accept moderate or very high levels of risk with taking medication to slow the progression of Alzheimer's disease.

About the DCS

The ADRC of Southwest Wisconsin maintains a Dementia Care Specialist Program as part of the Dementia-Capable Wisconsin Initiative that was prompted by the Wisconsin Department of Health Services. The DCS works one-on-one with people with dementia or cognition concerns, their caregivers, or their family members to provide support, education, and resources to ensure the highest quality of life possible while living in the community. Additionally, the DCS serves as a community resource to provide education and training to local businesses, facilitate caregiver support groups, and lead educational classes for caregivers and community members. The DCS is a catalyst in the dementia-friendly initiative and works to raise awareness of the unique needs of people with cognitive concerns and dementia.