



## **Alzheimer's Disease and Related Disorders Commission Brain Health Work Group**

Tuesday, November 14, 2023  
11:00 am- 12:00 pm

Electronic Meeting

### **Meeting Minutes**

#### **Members Present:**

Karen Garner, *Chair*  
Theresa Mandela  
Patricia Heyn  
Rachel Coney

#### **Staff:**

George Worthington, DARS

#### **Welcome & Introductions**

Karen Garner called the meeting to order and workgroup members and staff introduced themselves.

Karen Garner,  
*Chair*

#### **Adopt Agenda**

*Action Item:* Adopt Agenda

Patricia Heyn made a motion to adopt the agenda as presented. Theresa Mandela seconded the motion, and the agenda was adopted by unanimous vote.

Karen Garner

#### **Public Comment**

No public comment was received, and no members of the public were in attendance.

Karen Garner

#### **Review Dementia State Plan Draft Goals 6 (Brain Health and Dementia Risk Reduction)**

Mr. Worthington provided some context for the workgroup about the BOLD Infrastructure Act, and Virginia adopted the same language into the Code of Virginia to direct VDH to incorporate brain health and dementia risk reduction messaging. He also provided the background on the BOLD grant project including the collaboration with the Brain Health Coordinator at VDH. Mr. Worthington then described the Healthy Brain Initiative and talked about how it has been interwoven throughout the Dementia State Plan. He then walked through the Draft Goal 6 of the Dementia State Plan. The Dementia State Plan will be reviewed by the Commission on December 12. Members

George  
Worthington

discussed potential activities around the hearing strategy, and one member mentioned the importance of oral health in relation to cognitive health. Rachel Coney joined the meeting at this point and provided some insights into activities at VDH. Members discussed expanding the Healthy Brain Virginia landing page to include more risk factors.

**Discussion on Next Steps**

George  
Worthington

- 1) BOLD Implementation Strategy
- 2) Workplan Development for Goal 6
- 3) Area of focus for Workgroup efforts

This mainly focused on the last two points as point 1 was discussed above. Ms. Garner felt that infographics such as on cognitive screening would be helpful to raise awareness. This might be a relatively easy area to focus on at this point before tackling things like K-12 education. Ms. Heyn suggested partnering with colleges and universities to leverage student volunteers to offer things like community screenings or education. Ms. Coney mentioned the Youth Advisory team and the collaboration between VDH and historically black colleges and universities. Mr. Worthington mentioned the YMAA Youth Movement Against Alzheimer's and the nursing students at EVMS who are supporting Dementia Friends. Members also mentioned potentially working with fraternities and sororities.

Ms. Garner suggested meeting every other month going forward.

**New Business**

Karen Garner

There was no new business.

**Meeting Adjournment**

Karen Garner

Ms. Garner adjourned the meeting at 12:05pm.