



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

Thursday, January 16, 2025  
12:00 pm - 1:30 pm

Electronic Meeting

**Meeting Minutes**

**Members Present:**

Michael Watson, *Chair*  
Dan Bluestein  
Annette Clark  
Karen Garner  
Guy Mayer  
Amy Sanders  
Lindsey Vajpeyi

**Staff:**

Heather Kidd, DARS

**Welcome & Introductions**

Michael Watson welcomed members and invited everyone to introduce themselves.

Michael Watson, Chair

**Adopt Agenda**

*Action Item:* Adopt Agenda

Mr. Watson made a motion to adopt the agenda as presented. Amy Sanders seconded the motion, and the agenda was adopted.

Michael Watson

**Review and Approve October 17, 2024, Meeting**

There were no changes to the minutes. The minutes were adopted as presented.

Michael Watson

**Public Comment**

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

Michael Watson

**Discussion: Memory Screening Infographic, Brain Health Flyer and Summary, and Additional Activities**

Heather Kidd, Michael Watson, Karen Garner

**Memory Screening Infographic:**

Heather Kidd reviewed the Screening Infographic, summarizing that all changes that had been suggested at the last meeting were made except for

Heather Kidd

darkening the image as it was a proprietary image and cannot be changed. Members added additional suggestions and comments as follows:

- In the Resources and Information section, provide a link under the Alzheimer's Association to the Alzheimer's Community Resource Finder.
- Reduce the number of QR codes that will be on the second page by putting one QR code on the bottom near the DARS logo that would link to a landing page (DCV perhaps) where all other links above would be provided.
- Karen Garner would like copies to distribute on January 30 Advocacy Day. She requests to have them by January 28.

The members discussed the possibility of measuring screening numbers as a result of the distribution of this infographic, or perhaps tracking how many are distributed. It was noted that this data would be helpful to show the long term benefits of work in this area and that the QR code suggested above could serve in that way. Ms. Garner suggested that the distribution at Advocacy Day could be tracked. Annette Clark offered to share the flyers (with QR code) with Alzheimer's Association program staff across Virginia to hand out at educational events, suggesting that those could be tracked as well.

### **Brain Health Flyer and Summary**

Heather Kidd

Ms. Kidd introduced the two documents related to brain health and the Area Agencies on Aging (AAAs): The Brain Health Messaging Summary and the Brain Health Messaging Flyer, offered a short explanation of each, and asked for feedback.

Feedback was as follows:

- Modify wording if patient and caregiver facing and break the summary into smaller spaced-out parts for easier readability if presenting to the AAAs
- Highlight 14 risk factors in summary
- Change physical health to "Health" or "Health Care" so as not to repeat the word physical
- Perhaps do not need to differentiate between brain health and physical health
- Change title font on flyer to thicker, easier to read lettering

Members agreed that the format and focus were good, specifically highlighting the brain activities and listing related services underneath.

Members recommended folding in people from AAAs for their input and feedback, specifically group member Joyce Nussbaum. Mr. Watson suggested we distribute a first draft to AAAs asking for feedback and send this first draft to Ms. Nussbaum for her input. He also reminded the group

of the suggestion to invite more AAA members to the Brain Health workgroup meeting

Ms. Kidd suggested that these tools (the summary and flyer) could be part of an effort to bring Brain Health to the forefront for the AAA staff. By doing so, it would also support community screening efforts. A point of clarification was made that AAAs do not provide screening services, but that some refer participants to screening service locations. It was recommended that we confirm that AAAs have information and any other tools need in order to make these referral connections.

Heather Kidd

**Online Screening Tool being implemented (not on agenda)**

Ms. Kidd shared the news that we are planning on moving forward with an on-line screening tool similar to Maryland's AD8 tool. It will be housed on the Virginia Easy Access Website. Ms. Kidd will send out information as to a date for the roll out.

Karen Garner

**Advocacy Day:**

Mr. Watson asked Ms. Garner to speak to the group about the Virginia Advocacy Day, Thursday, January 30, 8:30am. Ms. Garner encouraged members to register and attend and highlighted this year's 3 priorities: to expand the dementia case management program, to expand the Northern Virginia Regional Older Adults Facility Team (RAFT) program into other parts of Virginia, , and funding for the Virginia Memory Project. Members can reach out to her directly or go to the alz.org website to register there. Breakfast is provided as well as boxed lunches for those travelling.

Michael Watson

**Additional Activity:**

Mr. Watson reminded group members of the Demographic Survey and the Conflict-of-Interest Disclosure form and requested they fill them out.

Mr. Watson also reminded members of the Building Our Largest Dementia Infrastructure (BOLD) webinar event on February 5, A Public Health Agency's Guide to Partnering with Faith-Based Organizations: Toolkit Launch & Success Stories and invited them to promote and attend virtually.

Heather Kidd

Ms. Kidd announced the next Brain Health Workgroup meeting Thursday April 17, 2025, 12:00-12:30pm at the same Zoom link.

**New Business**

No New Business was brought up or discussed.

Michael Watson

**Meeting Adjournment**

Mr. Watson thanked members for their input and adjourned the meeting at 1:20pm.

Michael Watson

