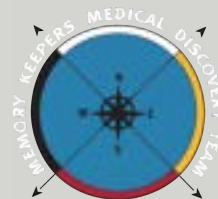


MEMORY KEEPERS MEDICAL DISCOVERY TEAM




Medical School,
Duluth Campus
UNIVERSITY OF MINNESOTA
Driven to Discover®



CERDAR

The Center for Community Engaged Rural Dementia and Alzheimer's Research

An introduction to what CERDAR is and what we are trying to accomplish for our community members. In this issue, you will meet our team, get updates on our work, learn about community area events, recipes and much more.

[HTTPS://MEMORYKEEPERSMDT.COM/CERDAR/](https://memorykeepersmdt.com/cerdar/)



BE A VOICE FOR YOUR COMMUNITY!

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ABOUT CERDAR

The Center for Community Engaged Rural Dementia and Alzheimer's Research (CERDAR) has been established at the Memory Keepers Medical Discovery Team (MK-MDT) to tackle the growing challenge of dementia and dementia care needs in rural Northern Minnesota. Current research projects address cultural factors in dementia care, rural dementia prevention, and technology to support caring for persons with dementia in their homes. Our long-term goal is to improve the quality of life for rural Minnesotans impacted by dementia.



PROJECT 1

Socio-Cultural Factors in Rural Dementia Care Experiences

We will be interviewing 100 rural residents, including adults 65+, physicians and other health care providers, as well as those who care for people with dementia. We are currently looking for individuals to be interviewed and to share their experience in Northern Minnesota. Find out more [here](#) and contact us below to sign up.

PROJECT 2

Minnesota Rehabilitation Intervention for Dementia Prevention with Exercise (MN-RIDE)

Participants will complete a 12-week in-home, virtually delivered, aerobic exercise training program. This training program is specially designed for adults 45+ in rural Minnesota. Exercise fitness is assessed twice and monitored at each session.

CONTINUED...



PROJECT 3

CareBand-Developing Wearable Technology for Caregivers and PWD in Rural Areas

CareBand is a wearable wristwatch-like device for persons with dementia that assist those who provide care in monitoring the location or activity of their loved ones. We will recruit 20 teams of people with dementia and those who care for them to participate in our study. The CareBand will allow the individual caring for the participant and the researchers to track the movement and behaviors of the person living with dementia.

PROJECT 4

The Dementia-Specific Epidemiological and Health Service Utilization Profiles in Rural Minnesota

The MK-MDT is collaborating with the Essentia Institute of Rural Health to analyze existing health data to see what we can learn about how often dementia is diagnosed. Also, the project aims to learn how widespread various types of dementia are in rural Minnesota compared to other rural and urban areas, and how people with dementia use services over time.

If you are interested in participating or learning more about these projects, see our web page [here](#). We also have a registry. We are building this registry to create a community of people interested in dementia research, and to provide opportunities for participation in research. The CERDAR Registry is an information exchange where rural residents will share their experience with the CERDAR investigators and they, in turn, will share new research findings with the community.

FOR MORE INFORMATION:

TEAM HIGHLIGHTS

The current advisory group consists of 10 people living across Northern MN. Each issue will highlight different members of the advisory group and the CERDAR team. For this issue we are pleased to introduce...

SABRINA ANDERSON

Community Advisory Group (CAG) Member

Sabrina Anderson is a Return to Community Specialist through the Senior LinkAge Line and Dancing Sky Area Agency on Aging. She lives in Bagley and has the privilege to work out of her home. She and her husband Andy have been married for 14 years and have a beautiful 10 year old daughter, Ava and a son, Oscar, who was born in September! Her passion is working with older adults with a specialty in dementia care and caregivers. She looks forward to being a part of the CAG group and working to build awareness as well as dementia friendly communities.



MARCIA GRAHEK

Community Advisory Group (CAG) Member

Marcia Grahek lives in Hibbing and is a retired RN supervisor. She has been actively involved in her community in multiple areas of advocacy which include children, older adults, veterans, mental health issues, fundraising, and community events. Her community has a population of 60-65% older adults that reside in senior apartment complexes or within their home. Many are dealing with various stages of dementia. She is frequently notified by their family members, who reside elsewhere, to make safety checks. The issues that she most often notes is elders forgetting to take daily prescribed medication, not eating meals/drinking fluids, or lack of safety measures within their residence. She has been able to foresee concerns that could land older adults in the emergency room.



TEAM CONTINUED...

KRISTI NELSON

Community Based Researcher

Kristi has worked in rural Northwest Minnesota over the last 20 years in various roles including Home and Community Based Services (HCBS) County Social Worker, Mental Health Practitioner and most recently as a Multi County Human Services Director. She is certified as a Powerful Tools for Caregivers trainer and Care Consultant. Kristi's passion for working in dementia research comes from watching two of her grandparents struggle for years with the disease and witnessing firsthand the difficulty faced by rural/frontier caregivers and the resilience/creativity that was often used to piece together services to delay nursing home placement. Having been born and raised in a rural Minnesota, she also want to advocate for the strengths and needs of rural communities and believe in the importance of supporting and preserving our rural way of life.



KIRSTEN CRUIKSHANK

Community Based Researcher

Kirsten Cruikshank MSW, joins the CERDAR research team with a background in community-based work with older adults and family caregivers. Kirsten lives in Lake County MN, near Two Harbors, where she directed a nonprofit Home and Community Based Services organization for fifteen years, helping older adults live independently. Most recently she worked with the Arrowhead Area Agency on Aging on service development and grants management. Kirsten believes in a grass roots approach to addressing the needs of older adults with dementia, and looks forward to exploring these needs further through the CERDAR research projects.

TEAM CONTINUED...

TIM ANDERSON

Rural Community Engagement Specialist



Tim has worked in the clinical trials industry, published a paper on rural health disparities, and most recently worked for Vital Research administering surveys on well-being to older adults and disabled persons throughout Northeast Minnesota.

Tim grew up in the Northland and coaches youth soccer. He enjoys playing hockey, being at the lake, and spending time with friends and family. He lives in Duluth with his dog, Milo.



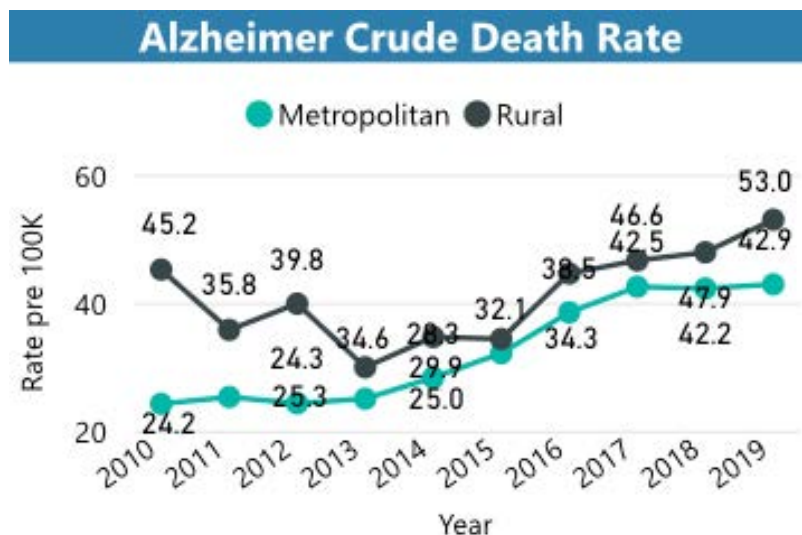
Click on our purple CERDAR image to the left or go to the website listed at the bottom of this page to watch CERDAR's introductory video, learn more detailed information about CERDAR's team, and research projects, as well as how to be an advocate for your community and much more.

We are taking suggestions or content submissions for further issues. If you have any, feel free to contact us below.



RECENT RESEARCH

State and county demographic and health information can be found on our website. The site allows you to search for key health indicators and to compare data county to county, as well as view county and state health demographic information. See the example graph below and learn more [here](#). On the next page, see how our research model benefits the community. FAQ's are answered [here](#). We look forward to working with you!



Promo

Do you care for someone with memory loss? Do you live in a farming or rural area? The Rural Dementia Caregiver Project, a research study at the [University of California, San Francisco](#), offers a free online workshop for rural family caregivers of people with Alzheimer's disease or other memory problems. They are recruiting new participants. Please see the [study flyer](#), [brochure](#), and [social media graphic](#), all of which are shareable.

CERDAR conducts research using the Community-Based Participatory Research (CBPR) model

What is it?

- ➔ A collaborative approach that enables community members to participate in all phases of research and identify topics to be studied
- ➔ Community advisors and researchers partner to decide on community and academic publications and discuss how research can improve community health and education

Principles

- ➔ Local involvement and participation in planning and implementation
- ➔ Community maintains ownership and control of research process and outcomes
- ➔ Working in partnership with and for the community for a mutually beneficial outcome
- ➔ Commitment to communication, and translation of research back to the community
- ➔ Commitment to sustainable research and community capacity building



COMMUNITY AREA EVENTS (MINNESOTA)



Icebox Days - International Falls

WACKY WINTER FESTIVAL KNOWN AS ICEBOX DAYS



Ely Winter Festival - Ely

CELEBRATES WINTER FOR 10 DAYS IN FEBRUARY



Hygge Festival - Grand Marais

HYGGE FESTIVAL-EMBRACING LIFE'S SIMPLE PLEASURES

Polar Fest



www.PolarFestDL.com
DETROIT LAKES, MN

Polar Fest - Detroit Lakes

POLAR FEST-TEN DAYS PACKED WITH EVENTS TO CELEBRATE WINTER-MANY EVENTS ARE FREE!



Winter Frolic - Pine City

SHAKE OFF THE WINTER BLUES BY HEADING OUTDOORS AT THE SNAKE RIVER FUR POST.



John Beargrease Sled Dog Marathon - Duluth

JOIN US FOR THE RACE; FROM THE COMFORT OF YOUR OWN HOME OR IN PERSON!

For details-click [here](#)

FOR MORE INFORMATION:



Eating a healthy diet is extremely important to promote brain health.



Click here

Enjoy these recipes

By Kirsten Cruikshank

SEASONED ROASTED CABBAGE



Ingredients

2 tablespoons extra-virgin olive oil
1/2 head green cabbage, cut into 4 wedges
1 pinch garlic powder, or to taste
1 pinch red pepper flakes, or to taste
salt and ground black pepper to taste
2 lemons, halved

Directions

"I like to find new ways to cook cabbage in the fall to serve as a side dish with grilled pork chops or other main dishes. This is an easy and flavorful way to fix cabbage. Leftovers can be sautéed in a pan with scrambled eggs and a dash of soy sauce for breakfast."

Preheat oven to 450 degrees F (230 degrees C). Brush both sides of each cabbage wedge with olive oil. Sprinkle garlic powder, red pepper flakes, salt, and pepper over each wedge. Arrange wedges on a baking sheet. Roast in the preheated oven for 15 minutes; flip cabbage and continue roasting until browned and charred in some areas, about 15 minutes more. Squeeze lemon over each wedge. Keep the core attached to the cabbage when cutting into wedges to help it hold together.

CHOCOLATE ZUCCHINI CAKE

Ingredients:

3/4 cup butter (12 Tablespoons)

2 cups sugar

3 eggs

2 teaspoons vanilla extract

1 Tablespoon grated orange zest

2 cups grated raw zucchini

2 3/4 cups all-purpose flour

1/2 cup unsweetened cocoa

2 1/2 teaspoons baking powder

1 1/2 teaspoons baking soda

1 tsp salt

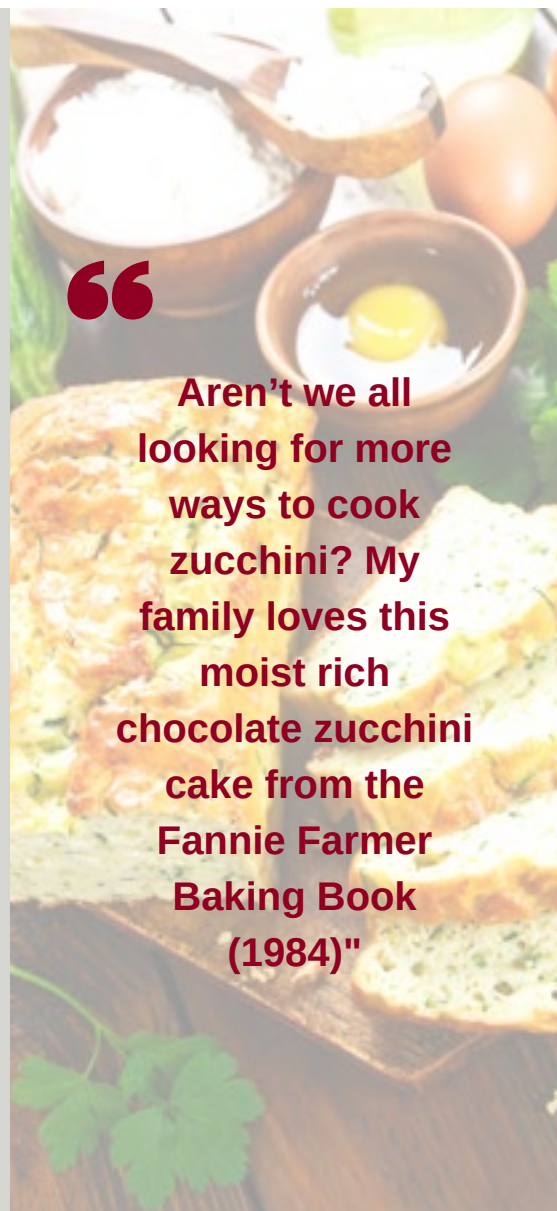
1 teaspoon cinnamon

1/2 cup milk

1 cup chopped walnuts (optional)

Directions:

Preheat oven to 350 degrees F (176 degrees C). Grease and flower two 9-inch round pans or a 10 in tube pan (Bundt). Cream butter and slowly add the sugar, beating until smooth. Beat in the eggs and mix thoroughly. Add the vanilla, orange zest and grated zucchini, and blend well. Stir together the flour, cocoa, baking powder, baking soda, salt, and cinnamon. Add the sifted dry ingredients to the zucchini mixture along with the milk and beat until thoroughly mixed. Stir in walnuts if desired. Bake at 350 degrees F. Layer cakes 35-40 minutes, tube cakes for about an hour. Pour the batter into prepared pans. Let cool in pans for 5-15 minutes before turning out onto a rack to cool completely. Frost with chocolate chip frosting or coffee frosting.



“

Aren't we all looking for more ways to cook zucchini? My family loves this moist rich chocolate zucchini cake from the Fannie Farmer Baking Book (1984)"

Your Research Team:

Memory Keepers Medical Discovery Team

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Dr. Catherine McCarty
Dr. Peter Nalin
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Collaborator:

Dr. Stephen Waring

Industry Partner:

Adam Sobol

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Kristi Nelson

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CONTACT US



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FACEBOOK: @CERDAR.MKMDT

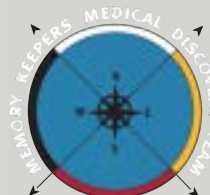
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THANK YOU to everyone who donated and/or walked with us at the Walk to End Alzheimer's in Duluth, MN or virtually - Our team raised \$1,900!



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