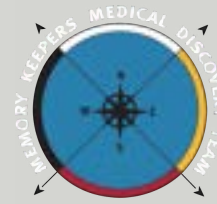


# MEMORY KEEPERS MEDICAL DISCOVERY TEAM

ISSUE 02 | AUGUST 2022



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



## CERDAR

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

A deeper look into CERDAR and what we are trying to accomplish for our community members. In this issue, you will meet more members of our team, get updates on our work, learn about new recipes and more.

[WWW.RURALMEMORY.COM](http://WWW.RURALMEMORY.COM)

# BE A VOICE FOR YOUR COMMUNITY!



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## A YEAR IN REVIEW

By Wayne Warry, PhD

August marks the end of the CERDAR research year (September 2021- August 2022) and is a time to reflect on some of our key accomplishments. The year saw the growth of CERDAR in many ways. Our community researchers, Kirsten Cruikshank and Kristi Nelson completed training and settled in quickly to their new roles. They have successfully recruited participants across three different pilot projects and have significantly contributed to our understanding of rural life, and issues related to dementia and caregiving in Northern Minnesota. In Duluth, Dr. Jim Boulger joined our team as our Rural Advisor, following a distinguished career in the Medical School's Department of Family Medicine and Biobehavioral Health.

We also welcomed Dr. Josh Fergen, a rural sociologist, as a Senior Research Associate to the CERDAR staff. Our Community Advisory Group met regularly via Zoom to provide community insight to the research team and we held our first in-person meeting of the MK-MDT's Rural Research Advisory Group, who provided us with advice on strategic planning for our future NIH application. In many ways this year marked a transition from planning to implementation – we saw the rural research infrastructure we had envisioned when we first began CERDAR come to fruition; we have implemented our pilot projects and look forward to analyzing preliminary results beginning this Fall.



## A MESSAGE FROM THE EXECUTIVE DIRECTOR

By Kristen Jacklin, PhD

Over the last year, the Memory Keepers Medical Discovery Team has seen tremendous growth and success! We have welcomed new staff, expanded our facilities in Duluth and have been awarded new grants. The CERDAR is the cornerstone of our rural dementia research program and it is exciting to see its rapid development and impact!

Through this program of research, we have been able to create new relationships and partnerships that will sustain our efforts in rural dementia research for many years to come. I congratulate the team on all that they have achieved in our second year and wish you all the best for continued success in year 3!

# UPDATES ON OUR PROJECTS

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.



## CERDAR COMMUNITY

By joining the [CERDAR Community](#), you can receive a newsletter with research updates, provide input for future research ideas and participate in current research projects. You may also be interviewed about your concerns regarding memory loss, share your ideas about healthy aging, or describe your experience with caring for a person living with dementia.

### Community Advisory Group Members

#### Dancing Sky Region:

Danica Robson	Karen Bedeau
Lora Bertelsen	Ruth Sherman
Sabrina Anderson	

#### Arrowhead Region:

Jenna Pogorels	Georgia Lane
Marcia Grahek	Renee Bymark
Kelly Campbell	

## PROJECT 1

The aim of this project is to understand rural peoples' knowledge of, and experience with, dementia and the social, cultural, and structural barriers that prevent access to dementia care and services. As of July, the CERDAR team has conducted 40 interviews with individuals across northern Minnesota. These discussions have included, in part, people who provide care, social workers and health leaders. We will soon be interviewing healthy older adults and persons living with dementia. We continue to encourage those northern Minnesotans who wish to share their story to contact the CERDAR team.

## PROJECT 2

MN RIDE stands for Minnesota Rehabilitation Intervention for Dementia Prevention with Exercise, where we work with older adults in rural Minnesota to deliver a community-based virtual exercise program for 12 weeks. Our project is currently underway, with 8 individuals beginning their exercise program across 6 different communities in northern Minnesota!



## PROJECT 3

Last spring, our research team completed interviews with adults (aged 45 years or older) to learn about “life-space” in rural communities. Life-space is a term used to describe the physical and social environment a person inhabits on a daily basis. Information we learn from these interviews will help the development of a wearable technology (Careband wristband) that could provide peace of mind to caregivers and help individuals with dementia remain living safely in their homes for a longer period of time. This fall, we will be pilot testing the Careband device. If you help care for a family member or loved one with dementia in rural Minnesota and are interested in participating, please contact us for more information.

## PROJECT 4

Our first epidemiology paper, “Rural health disparities in health care utilization for dementia in Minnesota” led by Sung Han Rhew, was recently published on-line in the Journal of Rural Health. <https://onlinelibrary.wiley.com/doi/10.1111/jrh.12700> Under the leadership of Dr. Waring, we have successfully completed the data acquisition to examine the incidence of dementia in the Essentia patient population and are meeting in August to discuss the initial data summaries.



### Where We've Been

<i>Honoring Elder Wisdom-Walker, MN</i>	April 5, 2022
<i>Minnesota Gerontological Society Conference-Virtual</i>	April 8, 2022
<i>Community as You Age Event-McGregor, MN and Aitkin, MN</i>	April 23 and April 30, 2022
<i>Kelliher Community Health Fair-Kelliher, MN</i>	May 17, 2022
<i>Mino Bimaadizi Community Science and Medicine Fair-Duluth, MN</i>	May 21, 2022
<i>Wisdom Steps Conference-Cloquet, MN</i>	June 14-17, 2022
<i>Northland Diversity in Aging Series-Virtual</i>	June 16, 2022
<i>Northwoods Partners Healthy Aging Expo-Ely, MN</i>	June 27, 2022
<i>Active Living Center Community Senior Picnic-Grand Rapids, MN</i>	July 13, 2022
<i>Pennington County Fair-Thief River Falls, MN</i>	July 14, 2022
<i>Clearwater County Fair-Bagley, MN</i>	August 4, 2022
<i>Bemidji Dragon Boat Festival-Bemidji, MN</i>	August 5, 2022

### Where We're Going

<i>Itasca County Senior Day-Grand Rapids, MN</i>	August 11, 2022
<i>40th Annual St. Louis County Health and Human Services-Conference, Duluth, MN</i>	October 12-14, 2022

## JOSH FERGEN, SENIOR RESEARCH ASSOCIATE

Josh is a rural sociologist who previously focused on quality of life issues in mining and farming communities in the Midwest. He has worked with and across numerous communities and organizations on issues affecting rural people with a focus on local community development, natural resource management, and economic transitions.

Josh grew up in Huron, South Dakota, and has lived most of his life in the tri-state (ND-SD-MN) area. In the summer, you can find him camping, fishing, and agate hunting on the North Shore with his son Miles and partner Desiree. In the winter, he's fishing hard water on his favorite spots along the SD-MN border.



# TEAM HIGHLIGHTS

*Each issue will highlight different members of the advisory group and the CERDAR team.  
For this issue we are pleased to introduce...*



## PATRICK BRIGHT, RESEARCH SPECIALIST

Patrick is a researcher who specializes in GIS (Geographic Information Systems). He has created an interactive dashboard showing various health and population variables across Minnesota. This dashboard can be found at: <https://memorykeepersmdt.com/map/>. Patrick grew up in Cook, MN and graduated high school in Bemidji, MN where his family still lives. Hockey, golf, fishing and reading are some of the various activities he enjoys.

## Enjoy this recipe

By Sabrina Anderson, Community Advisory Group Member

### RED WHITE AND BLUE TRIFLE

#### Ingredients

##### For the Pudding Layer:

- 4 oz white chocolate instant pudding mix (dry)
- 2 cups cold milk

##### For the whipped cream:

- 1 1/2 cups heavy cream
- 6 TBS sugar
- 1 tsp vanilla extract

##### For the Trifle Assembly:

- 8 oz angel food cake (4 cups chopped)
- 1 lb strawberries (hulled and sliced)
- 1 lb blueberries



**"Our favorite is red and blue berries (strawberries or raspberries) and blueberries, layered with angel food cake squares and whipped cream for a patriotic trifle dessert. And it is so cute in a jar!"**

#### Directions

##### For the Pudding Layer:

- Combine the dry pudding mix and milk and whisk together for 2 minutes. Set aside.

##### For the whipped cream:

- Add your cream, sugar and vanilla in a large mixing bowl and whip all ingredients together.
- Whip over high speed until stiff peaks form. Set aside.

##### For the Trifle Assembly

- Cut your angel food cake into slices and then cut each slice into small pieces about 1/2-1 inch sized.
- Spread half of your angel food cake over the bottom of the trifle dish.
- Add a layer of strawberries over the top.
- Spread half of the pudding over the top of the strawberries.
- Add a layer of blueberries.
- Add a layer of whipped cream over the berries.
- Repeat with another layer of angel food cake, strawberries, pudding, blueberries, and whipped cream.
- Decorate the top in a pretty pattern with extra berries.



## Your Research Team:

### Memory Keepers Medical Discovery Team

Principal Investigators: Drs. Kristen Jacklin and Wayne Warry

### UMN Medical School, Duluth Campus:

Dr. Amy Greminger  
Dr. Catherine McCarty  
Dr. Peter Nalin  
Dr. Sandra Stover

### UMN Medical School, Twin Cities Campus:

Dr. Dereck Salisbury  
Dr. Carrie Henning-Smith  
Dr. Joseph E. Gaugler

### Collaborator:

Dr. Stephen Waring, Principal Scientist,  
Essentia Institute of Rural Health

### Industry Partner:

Adam Sobol, Founder of CareBand

### Staff:

Dr. Patty Soderlund  
Tim Anderson  
Dr. Josh Fergen  
Patrick Bright  
Mindy Dertinger  
Brandy Arredondo  
Dr. Sung Han Rhew  
Brooke Metz (Lees)  
Kirsten Cruikshank  
Kristi Nelson

CERDAR is made possible by funding to the MK-MDT by the University of Minnesota Medical School Academic Investment Research Program.

## CONTACT US



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**FACEBOOK:** @CERDAR.MKMDT

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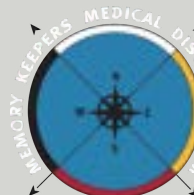
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# Join Us!

**We are hiring a  
Community-based researcher in  
Northwest MN!**

Click [HERE](#) to see the posting and apply.



  
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