

Watch Parties



Participants gather in person to watch
High-quality educational webinars

Wednesday, September 2 | 10am - 11am | Holz Pavilion Theater

What Blood Tests Could Mean for Early Alzheimer's Detection — Pre-recorded Webinar

Blood tests and other biomarkers are bringing researchers closer to detecting Alzheimer's disease before memory loss begins — a shift that could reshape prevention, treatment, and the way families think about risk. Dr. Joshua Grill, director of the UC Irvine Institute for Memory Impairments and Neurological Disorders (UCI MIND) and UCI's NIA-funded Alzheimer's Disease Research Center, explains how advances in amyloid PET scans, spinal fluid testing, and blood-based biomarkers are changing Alzheimer's research and care. He also discusses why these tests are useful today for people already experiencing cognitive symptoms, why they are not yet recommended as a routine risk test for people without memory problems, and how biomarkers are helping researchers design prevention trials for people at higher biological risk. He also explained the emotional, ethical, and legal questions that come with assessing Alzheimer's risk and what still needs to happen before early testing and treatment become part of routine care.

Tuesday, September 15 | 11am - 2pm | Holz Pavilion Theater

New Insights on Cognitive Training and Dementia Risk — Pre-recorded Webinar

In this BrainMatters webinar, Dr. George Rebok, Professor Emeritus with the Johns Hopkins University Bloomberg School of Public Health, discusses new insights on cognitive training and dementia risk reduction gleaned from recently published research on the 20-year follow-up of the ACTIVE Study. This clinical trial reported that computerized cognitive training (similar to a computer game) designed to adapt to the user's level and split their attention may reduce the risk of dementia up to 20 years later. This study was completed using BrainHQ, a program we will soon be offering our residents.

Tuesday, September 22 | 10am - 11am | Holz Pavilion Theater

Impact of Socialization and Loneliness on the Brain — Pre-recorded Webinar

Did you know that loneliness and social isolation can affect brain health as much as other well-known health risks? Jaime Cobb Tinsley, Community Health Worker, Certified Montessori Dementia Care Professional, and Vice President of Family & Professional Education at James L. West Center for Dementia Care, will teach us how loneliness and chronic stress impact the brain and cognitive health, why meaningful connection is one of the strongest protective factors for brain health, practical ways to build resilience through everyday interactions, how caregivers can protect their own brain health and reduce burnout, and simple strategies to create purpose, belonging, and meaningful engagement every day.

CONTACT

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