

TLC FOR THE CAREGIVERS

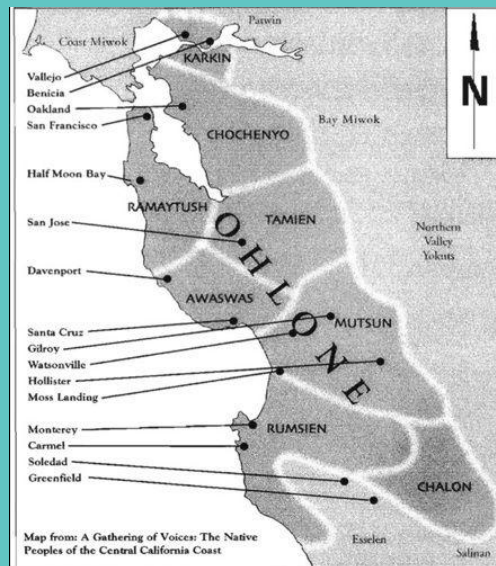
SONGS OF THE SEASON

with Guest Speaker: Charles Windon, M.D., UCSF



BAY AREA
Community Health
Advisory Council

Land Acknowledgement



We acknowledge that we stand on lands of the Ramaytush Ohlone Nation

www.native-land.ca

<https://native-land.ca/maps/territories/ramaytush/>



BAY AREA
Community Health
Advisory Council



Housekeeping

- **Appreciate your patience and flexibility as BACHAC navigates the virtual world**
- **BACHAC's steps to protect privacy**
- **Everyone is on mute**
- **Write questions in the Chat**



Meeting Agreements

- Be engaged
- Be curious and open
- Challenge ideas, not the person
- Seek to understand & stretch yourself
- Speak your truth, respect others' truths





BAY AREA
Community Health
Advisory Council

Gloria Brown Co-Founder, BACHAC Moderator





BAY AREA
Community Health
Advisory Council

Charles Windon, MD
Assistant Professor of Clinical Neurology
UCSF Memory and Aging Center



UCSF Weill Institute for Neurosciences

Memory and Aging Center

Music and the Brain: Why Music May Be Key

Charles Windon
Assistant Professor
Department of Neurology



BAY AREA
Community Health
Advisory Council

Do you know the Tune?

The Very Thought of You – Nat King Cole

Hit the Road Jack – Ray Charles

I Put a Spell on You – Nina Simone

Papa's Got a Brand New Bag – James Brown

Respect– Aretha Franklin

I'd Rather Go Blind – Etta James

What's Going On - Marvin Gaye

Billie Jean – Michael Jackson

Love Never Felt so Good – Johnny Mathis

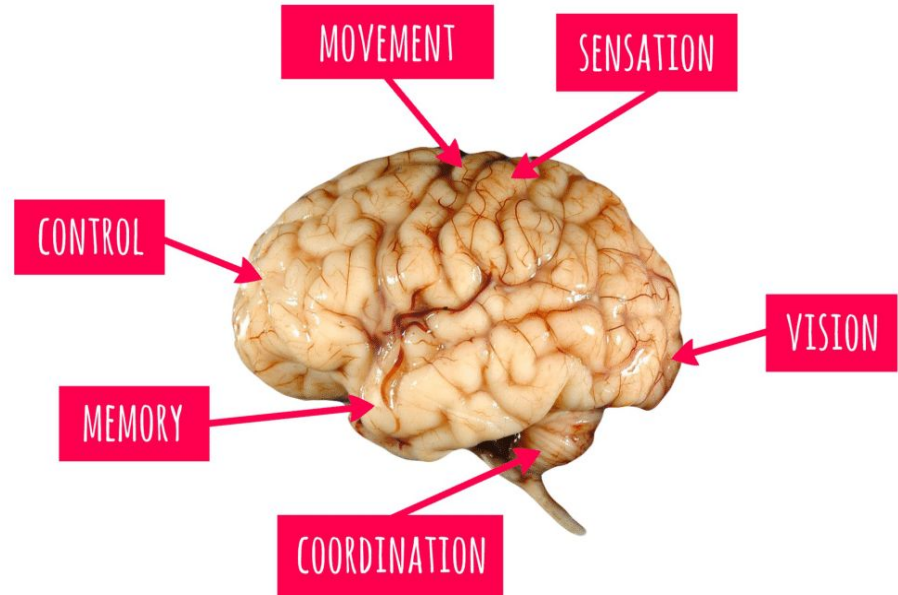


How Did You Feel When Listening to the Songs?

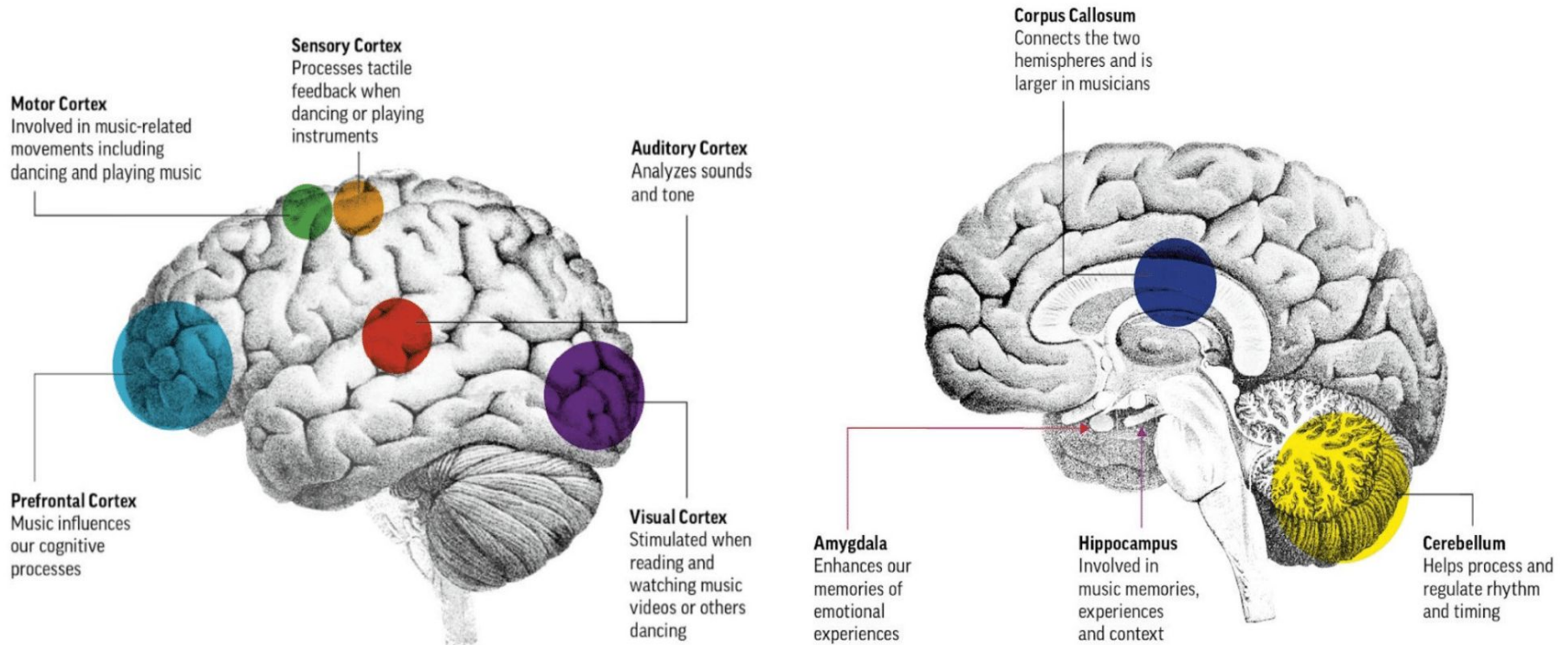


The Different Parts of the Brain

- The brain is structured into different “lobes” that do different things
- Underneath the “lobes” are the “deep structures” of the brain
- At the base of the “lobes” and “deep structures” is a balance center and a structure important for



The Brain and Music



Credit: JB Music Therapy

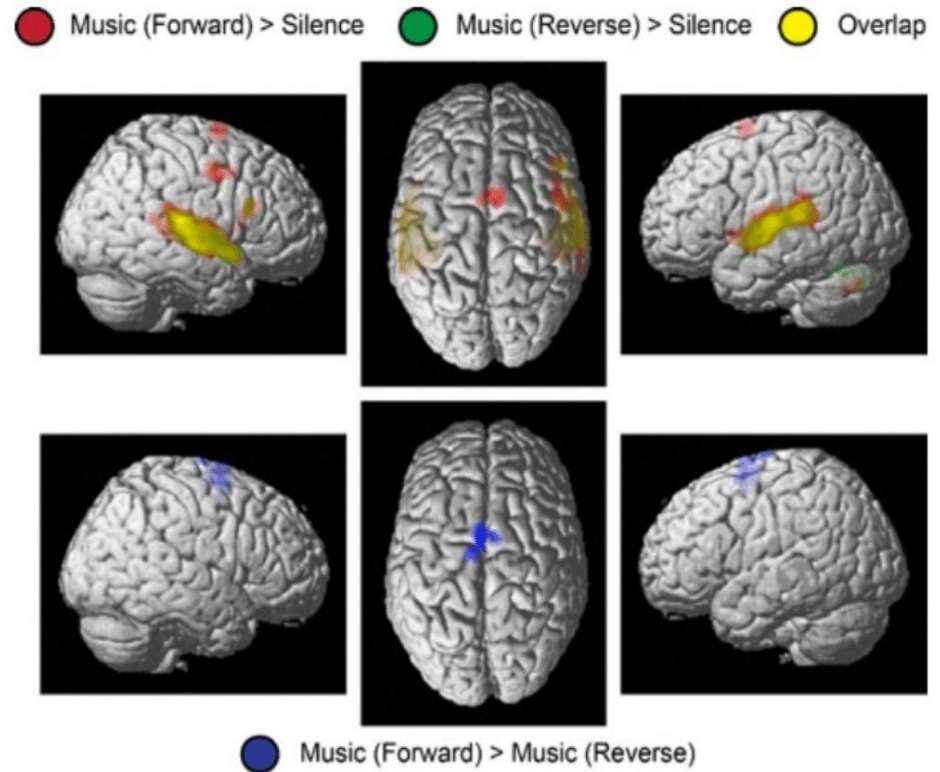


What About Music in Alzheimer's?



Music and the Brain in Alzheimer's

- Music *STILL* has the power to activate different parts of the brain in Alzheimer's
- Music can impact different "networks" in the brain. Networks link brain regions together
- Music-associated memories may be preserved the longest in Alzheimer's



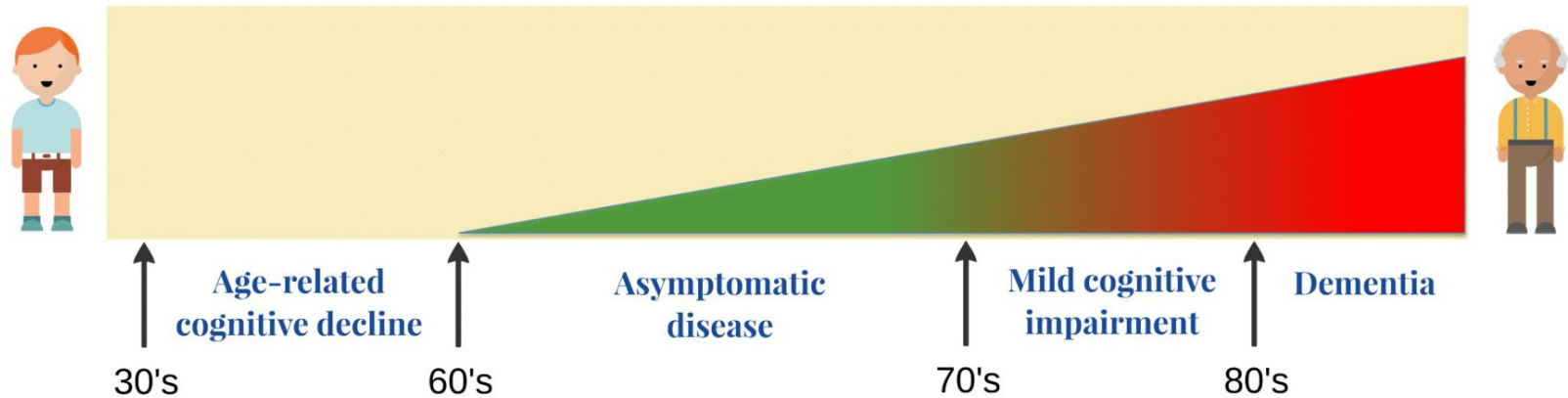
Credit: King et al. 2018

Using Music as a Tool

- **Play music from your loved one's teenage years or early 20s. Let them choose the music if possible**
- **Avoid music interrupted by commercials and advertisements (can create confusion)**
- **Observe your loved one's response (verbal and nonverbal) and respond accordingly**
- **Use music to soothe. Create an environment for listening. Use as needed**
- **Encourage safe movement (dancing, clapping) with the music**
- **Avoid too many sources of noise at the same time (TV, outside street, music)**
- **Consider creating music together if it is not too overwhelming**
- **Consider working with a music therapist**



Healthy Brain Aging & Unhealthy Brain Aging



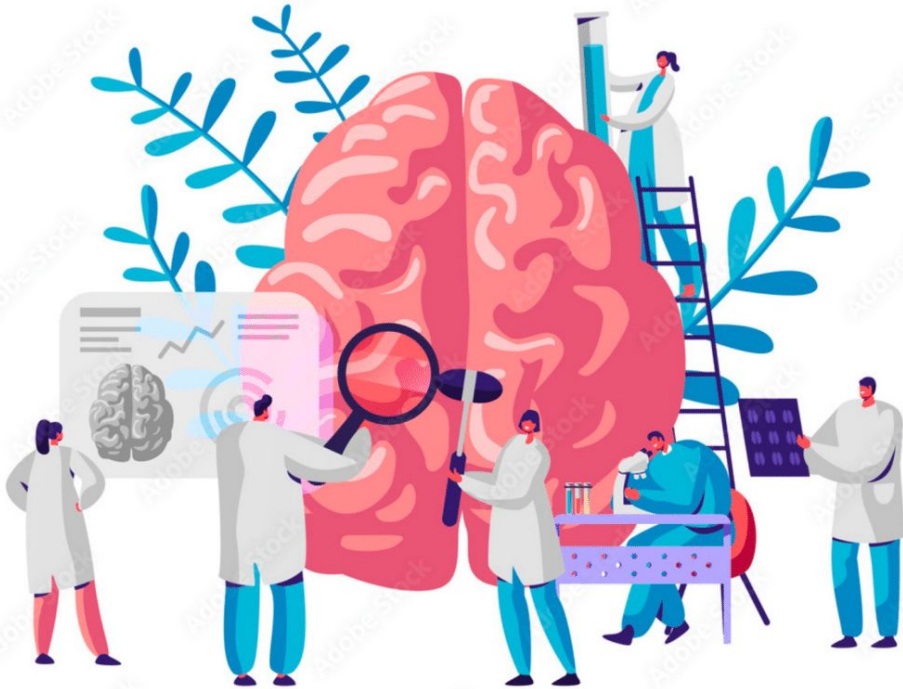
What is Alzheimer's Disease?

Alzheimer's Disease Dementia

- Dementia is a general term for a disease that changes memory and/or thinking skills severely enough to impair a person's daily functioning. **It is not part of normal healthy aging and is not the same as Alzheimer's Disease.**
- Alzheimer's Disease is **one cause** of dementia due to buildup of the *amyloid* and *tau* proteins in the brain. We do not know why some people develop Alzheimer's Disease and others do not. There are many other causes of dementia.



How are Diseases, like Alzheimer's, That Cause Dementia Diagnosed?



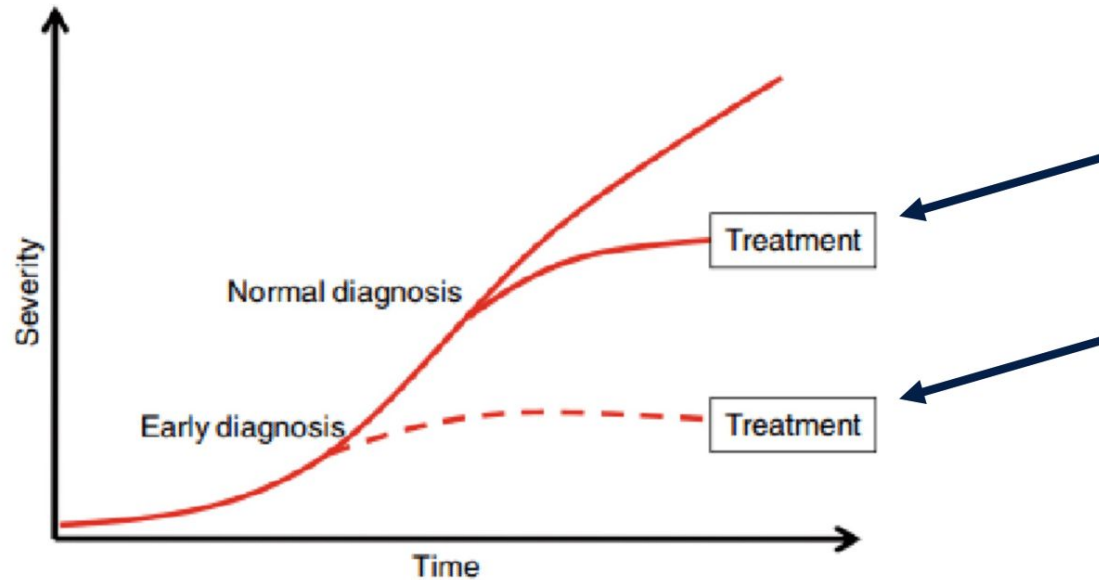
Neurological Exam

Neuropsychological
Testing

Brain Imaging &
Blood Tests

Special Tests

Importance of EARLY Diagnosis



If You or Someone You Know is Concerned, Get Evaluated



Questions?

Email: Charles.Windon@ucsf.edu

Phone: 310-702-9297



UCSF



BAY AREA
Community Health
Advisory Council



BAY AREA
Community Health
Advisory Council

**A SPECIAL
THANK YOU...**



...To Our Sponsors



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



KAISER PERMANENTE®



BAY AREA
Community Health
Advisory Council

Songs of the Season



BAY AREA
Community Health
Advisory Council

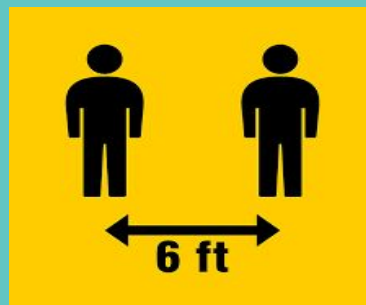
I'm getting the vaccine because:
I want to volunteer again at my church.

— Lisa Tealer, Executive Director
Bay Area Community Health Advisory Council

#StopTheSurge
@health.gov/share
smchealth.org/coronavirus



COUNTY OF SAN MATEO



November 2022 ←
Tuesdays
3:00pm - 6:45pm

Nov. 8
EPA YMCA, 2180 Euclid Ave

Nov. 15
EPA Senior Cntr, 560 Bell St

Nov. 22
Bell Street Park, 550 Bell St
1st & 2nd Dose 5+ yrs, Boosters

FREE
COVID-19
VACCINE
CLINICS

New Boosters are here!
Get protected from new variants.
Now available for 5+ yrs.


Pick a Clinic Near You 📍
Walk-in, no lines. No appointment needed.
All are welcome regardless of immigration status.

Get Vaccinated 📄
Bringing in your vaccine card is recommended.
Parent consent is required for minors.

Get a \$20 Gift Card 💰

Gift Cards only for residents of **East Palo Alto and Belle Haven**.
Receive a \$20 gift card for each COVID-19 Vaccine.
Gift Cards only available at the **clinics listed on this flyer**.
Giftcards available until supplies last.

Questions?
650-665-0482



<https://www.smchealth.org/covid-19-vaccination>

<https://www.smchealth.org/covid-19-testing>

<https://bit.ly/LongCovidTestimony>

<https://covid19.ca.gov>

<https://www.bachac.org/covid19-resources>



BAY AREA
Community Health
Advisory Council

What's Coming?

November 19

- Community Gathering/ Vax Clinic
- \$25 Gift Card and Turkey Giveaway

December 1st- 31st

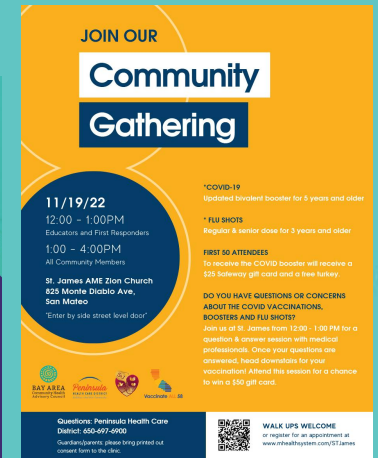
- Year End Donation Campaign
- Special Gifts for giving tiers \$50 and up

Through December 31st

- African American Community Assessment Project
- \$25 Gift Card for taking the survey

February 2023-TBD

- Wellness Where You Are:
- **Off To A Good Start**
- Drawing for \$50 Gift Card



Drawing for \$50 gift card

Drop your answer in the Chat.



BAY AREA
Community Health
Advisory Council

Follow us on Social Media

Like, Follow & Share!
@TheBACHAC



BAY AREA
Community Health
Advisory Council

**Please Complete Your Survey
and have your name put in
for a \$50 gift Card.**



BAY AREA
Community Health
Advisory Council

**To learn more about BACHAC
visit our website at:
www.bachac.org
or
call 650.652.3884**



BAY AREA
Community Health
Advisory Council