IN THIS ISSUE:
1. Clinical Updates
2. Brain Health Awareness: 5 Tips for Brain Health
3. Staff Spotlight: Alex Badillo
4. Research Opportunities
   - BLAST
   - Bilingual MCI Study
5. Upcoming Events: Tardes Latinas
6. Awards & Honors
7. Publications

NEUROPSYCHOLOGICAL SERVICES FOR MULTICULTURAL PATIENTS

The MGH Multicultural Assessment and Research Center (MARC) continues to offer culturally and linguistically appropriate neuropsychological services to adult patients with cognitive difficulties.

We thank you for the referrals over the past several months. Please continue to place your referrals through EPIC to: MGH MULTICULTURAL ASSESSMENT.

Providers from outside MGB can access the referral form here.
5 TIPS FOR BRAIN HEALTH

As part of the Brain Awareness Campaign, Jairo Martinez, CRC, together with colleagues at the MADRC, compiled a series of strategies delineating how to promote heart and brain health.

**Exercise**
Get moving! Aerobic exercise (cardio) raises your heart rate and increases blood flow to the brain.

**Diet**
Eat healthy! Research shows that a Mediterranean-style diet, rich in fish, whole grains, green leafy vegetables, olives and nuts helps maintain brain health and may reduce the risk of Alzheimer’s disease.

**Sleep**
Prioritize sleep! Studies show that changes that occur in our brains while we sleep affect our cognitive fitness and capacity for new learning.

**Mental Activity**
Get out of your comfort zone! Activities that challenge your mental skills can have the biggest impact on cognitive health.

**Social Engagement**
Stay socially connected! Having strong social ties can lower your risk of dementia.

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**STAFF SPOTLIGHT**

Alex Leonardo Badillo Cabrera, BS

Mr. Badillo is a bilingual (Spanish & English) Clinical Research Coordinator at MARC. He joined Dr. Quiroz’s group on February of 2021. He received his Bachelor of Science of Psychology and a second concentration in Multidisciplinary Art from the University of Puerto Rico in 2020. Alex is interested in neuroaesthetics and clinical psychology. In his free time, he enjoys baking and painting.
TARDES LATINAS

This is an initiative to promote brain health among Latinos. Our next event will be on **July 14 at 4pm**. We will talk about memory followed by a virtual cooking class. The event will be in Spanish, free/virtual and available via Facebook live and zoom.

**HTTPS://FB.ME/E/HM5KHONT**

COGNITIVE CHANGES IN BILINGUAL ADULTS WITH A DIAGNOSIS OF MILD COGNITIVE IMPAIRMENT

We are looking for bilingual (English/Spanish) adults between 35-85 years old with a diagnosis of MCI for a research study. Participants will receive $50 for their participation and the option to receive a one page report with findings from their cognitive evaluation.

Interested participants can call Diana at (617) 643-5883.

RESEARCH OPPORTUNITIES

BOSTON LATINO AGING STUDY (BLAST)

We are conducting a study, funded by the NIH, to understand age-related memory changes in older Latino adults. The study is known as the Boston Latino Aging Study (BLAST). We are currently looking for participants older than 55, who are fluent in Spanish and do not have memory problems.

Interested participants can call Alex or Daisy at (617) 643-5880 or mapp@mgh.harvard.edu

FOR MORE INFO VISIT: MAPP.MGH.HARVARD.EDU OR CALL 617-643-5883
AWARDS AND HONORS

Dr. Clara Vila-Castelar has been promoted to Instructor of Psychology. She will continue as staff neuropsychologist of MARC and research faculty at MAPP.

Dr. Paula Aduen received the Center for Diversity and Inclusion (CDI) and the Mass General Physicians Organization (MGPO) 2021 Clinician-Teacher Development Award (CTDA). The CTDA award is intended to support the development of clinicians and educators who are underrepresented in academic medicine (UIM).

AWARDS AND HONORS (CONT.)

Jairo Martinez, BA, will be starting his Clinical Psychology PhD program at Boston University in Fall 2021.

Congratulations!

PUBLICATIONS

Our staff contributed a chapter to the book "Facing Memory Loss and Dementia: A guide for patients and families", edited by Drs. Chemali & Stern from MGH Psychiatry.

Co-Directors:
Yakeel T. Quiroz, PhD
Paula Aduen, PhD

Neuropsychologists:
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Edmarie Guzman-Velez, PhD

Clinical Research Coordinators:
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Alex Badillo, BA
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