

THE MARC POST

MGH MULTICULTURAL ASSESSMENT & RESEARCH CENTER NEWSLETTER

SEPTEMBER 2021 • VOLUME 1 • ISSUE 3



IN THIS ISSUE:

1. **Clinical Updates**
2. **Brain Health Awareness:** *5 Tips for Brain Health*
3. **Staff Spotlight:**
Daisy Noriega
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) offers culturally appropriate neuropsychological services to adult patients with cognitive difficulties. Evaluations are available in English and Spanish!

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, BA 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.



STAFF SPOTLIGHT

Daisy T. Noriega, BA

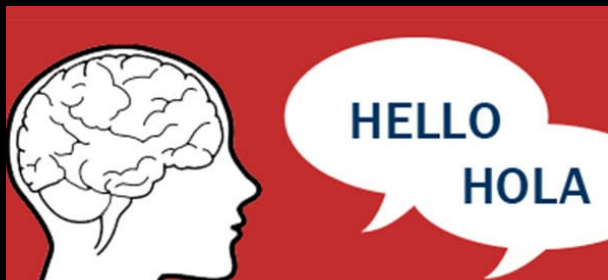
Daisy joined the Center as a Clinical Research Coordinator in July 2021. She completed her Bachelor's degree in 2019 with a major in Biopsychology, Cognition, and Neuroscience (BCN) from the University of Michigan-Ann Arbor. Before joining MAPP, she worked as a Clinical Research Coordinator in the Scharf Lab at MGH. She is excited to contribute to understanding racial and ethnic disparities in cognitive disorders like Alzheimer's Disease through her time at MAPP. In her free time, she enjoys picking up new hobbies and snuggling with her cat.

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 email mapp@mgh.harvard.edu



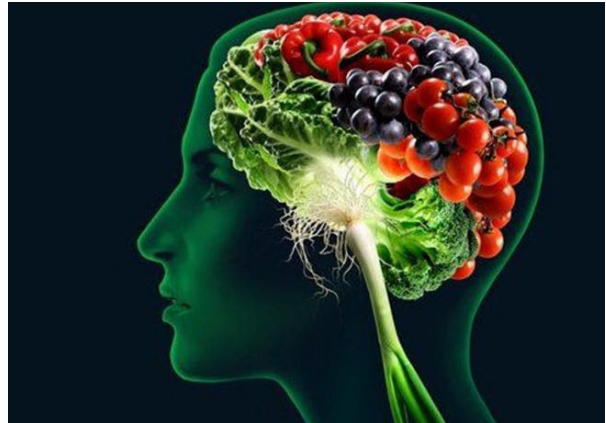
COGNITIVE CHANGES IN BILINGUAL ADULTS WITH A DIAGNOSIS OF MILD COGNITIVE IMPAIRMENT

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.

TARDES LATINAS



Tardes Latinas continues to be a success, with our last event receiving over 5,000 views and virtual attendees!

Our next events are scheduled for:

- **09/22: Healthy Eating**
- **10/20: Mindfulness**
- **11/17: Physical Activity**

We will talk about ways to protect our memory, followed by a healthy activity. All events will take place at 4pm via Zoom and Facebook Live

[HTTPS://PARTNERS.ZOOM.US/J/89382393928U](https://partners.zoom.us/j/89382393928U)



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

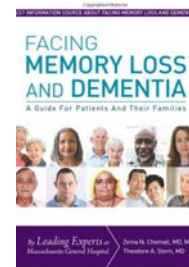
AWARDS AND HONORS

Dr. Liliana Ramirez Gomez received an Alzheimer's Association Research Grant to advance her work with Spanish speaking dementia caregivers. Congratulations!

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),

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.



Raman R, Quiroz YT, Langford O, et al. Disparities by Race and Ethnicity Among Adults Recruited for a Preclinical Alzheimer Disease Trial. JAMA Netw Open. 2021;4(7):e2114364. doi:10.1001/jamanetworkopen.2021.14364



Multicultural Assessment & Research Center

39 1st Avenue, Suite 101.
Charlestown, MA 02129
Phone: (617) 643-5883
Email: MARC@mg.harvard.edu

Visit our Website: MGH.MARC
Follow us on Twitter: @MGHmarc

Co-Directors:

Yakeel T. Quiroz, PhD
Paula Aduen, PhD

Neuropsychologists:

Clara Vila-Castelar, PhD
Edmarie Guzman-Velez, PhD

Clinical Research Coordinators:

Diana Munera, BS
Alex Badillo, BA
Paola Garza, MS
Daisy Noriega, BA
Gabriel Oliveira, BS
Eva Martinez, BA

Research Fellows:

Joshua Fox-Fuller, MA
Celina Pluim, MA
Jairo Martinez, BA