

# THE MARC POST

## MGH MULTICULTURAL ASSESSMENT & RESEARCH CENTER NEWSLETTER

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### The Importance of Multicultural Neuropsychological Evaluations

Culture has an important role in the expression and manifestation of symptoms (for example, cognitive concerns) as well as in reporting of symptoms, perceptions of their causes, coping mechanisms and help-seeking behaviours. Therefore, it is important to conduct a comprehensive clinical evaluation that integrates relevant cultural factors within a biopsychosocial framework.

We thank once again the MGH Interpreter Services department for working closely with us to provide evaluations in a variety of languages, including; Spanish, Portuguese, Russian, Greek and Arabic.

**We continue to accept new referrals through EPIC: MGH MULTICULTURAL ASSESSMENT**

Providers from outside MGB can access the referral form [here](#).

# PATIENT CORNER

## Exercise and Physical Activity

Research shows that regular physical activity is important for one's physical, emotional and mental health. Activities like walking, biking, dancing, and yoga can help improve your mood and overall emotional well-being. Exercise can also increase your energy levels, improve your sleep, and help reduce feelings of stress and depression. In some cases, exercise can also help manage chronic conditions like heart disease and arthritis and help maintain cognitive function. With the help of the National Institute on Aging, we have put together a few key exercises to promote healthy aging (NIH, 2021).

**Research has shown it is important to practice these four types of exercises:**

### Endurance

Endurance activities, also known as aerobic activities, increase your breathing and heart rate. These exercises can improve your heart and lung health.

**Examples include:** Brisk walking, yard work, dancing, swimming, biking, and jogging.



### Strength

Keeping your muscles strong can help you maintain your balance and prevent falls and fall-related injuries.

**Examples include:** Using one to two pound weights or common household items like bottled water or soup cans to complete slow, controlled exercises. Avoid locking your arm and leg joints in a tightly straightened position.



### Balance

Balance exercises help prevent falls—a common problem in older adults. Many lower-body strength exercises will improve your balance.

**Examples include:** Standing on one foot (hold on to something sturdy and work your way up to balancing without support), getting up from a chair without using your hands or arms, and trying the heel-to-toe walk (putting the heel of one foot just in front of the toes of the other as you walk).



### Flexibility

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder.

**Examples include:** Ankle stretch exercises (sit on the edge of a secure chair and stretch your legs out in front of you. Keeping your heels on the ground, flex your toes towards you, hold for 10 seconds then point your toes away from you and hold for 10 more).



# Research Opportunities



## CAREGIVER STUDY

Dr. Liliana Ramirez-Gomez, of MAPP, is looking for caregivers interested in joining a group discussion about using mobile technology to help others. Participants can receive up to \$180 for their participation. **Interested participants can call Saira at (617) 724-7244.**



## MOBILE APPLICATION STUDY

We are seeking healthy, Spanish-speaking Latino adults older than 55 years old to help pilot a mobile application that measures memory. 1 virtual visit is required, compensation will be provided. **For more information, please call Averi Giudicessi at (617) 643- 5880 or email [agiudicessi@mgh.harvard.edu](mailto:agiudicessi@mgh.harvard.edu).**



## THE HEALTHY AGING AND RESILIENT BRAIN STUDY

We are looking to explore what keeps our brains healthy and our minds sharp. We are seeking adults ages 55-80 years old who self-identify as Black or African American and have no known memory issues. Participants can receive up to \$425 for their participation. **For more information, please visit our [rally\\_post](#) or call Crystal at (617) 643- 5880.**



## BOSTON LATINO AGING STUDY (BLAST)

We are conducting a study to understand age-related memory changes in older Latino adults. We seek participants older than 55 who are fluent in Spanish and do not have a diagnosis of memory problems. Participants can receive up to \$750 for participation. **For more information, visit our [rally\\_post](#) or call Daisy at (617) 643- 5880.**



# ANNOUNCEMENTS

## New Staff



**Maira Okada de Oliveira, MSc, PhD** started in March as a post-doctoral research fellow in Multicultural Neuropsychology. Maira is joining us from Sao Paulo, Brazil and will be working with the Boston Latino Aging Study-BLAST. Welcome!

## Congratulations!



**Daisy Noriega, CRC** at MARC since 2021, has accepted an offer from the University of Southern California in LA to pursue a doctoral degree in Clinical Psychology, under the mentorship of Dr. Duke Han. Congratulations!

## MAPP Rounds

We invite scientists working on aging and dementia prevention to present their current research.

MAPP Rounds are held the last Friday of every month at 12pm

March 31st: Jaime Perales, PhD, University of Kansas

April 28th: Andrea Gilmore-Bykovskiy, PhD, RN, University of Wisconsin-Madison School of Nursing

May 26th: Bernard Fongang, PhD, University of Texas Health Science Center San Antonio

To register for MAPP Rounds, visit us at:

<https://mapp.mgh.harvard.edu/mapp-rounds/>



## Multicultural Assessment & Research Center

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