

# THE MARC POST

## MGH MULTICULTURAL ASSESSMENT & RESEARCH CENTER NEWSLETTER

SEPTEMBER 2023 • VOLUME 3 • ISSUE 1



### The Importance of Multicultural Neuropsychological Evaluations

#### IN THIS ISSUE:

- The Importance of Multicultural Neuropsychological evals
- Patient Corner:
  - Nutrition and Healthy Eating
- Research Opportunities:
  - Caregiver Study
  - Mobile Application Study
  - Boston Latino Aging Study (BLAST)
  - The Healthy Aging and Resilient Brain Study
- Announcements:
  - New Staff
  - MAPP Summer Scholars

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

## NUTRITION & HEALTHY EATING

Eating a nutritious and balanced diet plays a vital role in promoting both mental and physical well-being. By making smart food choices, you can enhance your overall health and vitality. Below are a few valuable tips from the Centers for Disease Control and Prevention (CDC) based on the [Dietary Guidelines for Americans, 2020-2025](#), to help you improve your diet and embrace a healthier lifestyle.

### INCREASE FIBER

Fiber-rich foods promote digestive health and help you feel fuller for longer. Include whole grains (e.g., whole wheat bread, brown rice), legumes (e.g., beans, lentils), fruits, and vegetables in your diet to boost your fiber intake.

### INCREASE CALCIUM & VITAMIN D

Calcium and vitamin D both work to support bone health. While our bodies can produce vitamin D from sunlight, some individuals may have difficulty getting enough.

Include spinach, collard greens, bok choy, and mushrooms in your vegetable dishes. Incorporate salmon or sardines once a week to increase calcium intake.

### REDUCE ADDED SUGARS

Limit your consumption of foods and beverages high in added sugars, such as sugary drinks, candies, desserts, and sweetened cereals.

Opt for [healthier alternatives](#) like water, unsweetened tea, or naturally sweetened fruit.

### REPLACE SATURATED FATS

Replace saturated fats with healthier unsaturated fats. [Swap](#) whole milk in smoothies for low-fat yogurt and avocado. Choose beans or seafood [over fatty meats for protein](#). Cook with healthier oils (corn, olive, peanut, soybean, or sunflower oil) instead of butter or margarine. Opt for low-fat or fat-free milk and cheese options.

### LOWER SODIUM INTAKE

Excessive sodium intake can contribute to high blood pressure and other health problems. Choose lower-sodium options when available, and limit the use of salt in cooking and at the table. [Read food labels to](#) be aware of the sodium content in packaged foods.

# Research Opportunities



## CAREGIVER STUDY

Dr. Lilitiana Ramirez-Gomez 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 Averil 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 Diana 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 or Portuguese and do not have a diagnosis of memory problems. Participants can receive up to \$750 for participation.

For more information, call Alex for Spanish or Liana for Portuguese at (617) 643-5880.



# Happy Hispanic Heritage Month!

**CELEBRE CON EL EQUIPO DEL  
PROGRAMA MULTICULTURAL  
DE LA PREVENCIÓN DEL  
ALZHEIMER (MAPP) EL MES  
DE LA HERENCIA LATINA!**



Octubre 13, 2023

12:30-2:00pm

Restaurante La Terraza, East Boston



*Llame al 617-643-5880 para reservar su cupo!*





# ANNOUNCEMENTS

## MARC WELCOMES OUR NEW STAFF



**Daniel Saldana, PhD** completed his postdoctoral fellowship in multicultural neuropsychology at UCLA and started this fall as staff neuropsychologist and MARC Assistant Director. Welcome!



**Jorge Alcina, M.S.** is a doctoral candidate in clinical psychology and has started as pre-doctoral intern in the track of multicultural neuropsychology. Welcome!

## 2023 SUMMER SCHOLARS



From left to right: Taryn Gordon, Monica Vila, Angelys Rivera, Kyra Bonta, and Anais Pite

We also want to give a special shoutout to this year's multicultural summer scholars, who worked with our team on several research projects!



### Multicultural Assessment & Research Center

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

Visit our Website: [MGH MARC](https://mghmarc.org)  
Follow us on Twitter and IG: [@MGHmarc](https://twitter.com/MGHmarc)

#### Directors:

Yakeel T. Quiroz, PhD  
Daniel Saldana, PhD

#### Staff Neuropsychologists:

Clara Vila-Castelar, PhD  
Edmarie Guzman-Velez, PhD  
Marta González Catalán, PhD  
Kay Seligsohn, PhD

#### Post-Doc Clinical Fellow:

Nadine Schwab, PhD

#### Pre-Doctoral Intern:

Jorge Alcina, M.S

#### Research Coordinators:

Diana Munera, BS  
Alex Badillo-Cabrera, BA  
Nikole Bonillas Felix, BA  
Lusiana Martinez, BA  
Whitney Posada, BA

#### Research Fellows:

Averi Giudicessi, MA  
Celina Pluim McDowell, MA  
Jairo Martinez, MA  
Stephanie Langella, PhD  
Maira Okada de Oliveira, PhD

#### Visiting Researchers:

Liana Santos, PhD  
Vanessa Peixoto, MD