

MEMORY KEEPERS MEDICAL DISCOVERY TEAM

Our mission is to engage Indigenous and rural communities in culturally meaningful research to improve dementia and brain health outcomes for all




Medical School,
Duluth Campus
UNIVERSITY OF MINNESOTA
Driven to Discover®

WHAT IS A BRAIN TRAIN?

- A Brain Train event involves creating a welcoming event space with **interactive stations** staffed by Alzheimer's disease and related dementias researchers, local organizations, and healthcare professionals
- These events are organized in collaboration with, and feature, Tribal agencies and service providers (e.g., Health Services, Legal Services, Elder Services)
- The information and activities included in the Brain Train will be developed in partnership with the community. These can include:
 - Risk factors including diabetes, heart health, and lifestyle factors
 - Prevention & healthy brain aging
 - What to do after a diagnosis
 - Local services & programs
 - Social activity suggestions
 - Information and results on local dementia research
 - Opportunities to participate in local dementia research
 - Where to sign up for our mailing list, and to participate in future studies
- Door prizes are available to attendees who stop at each station



GOALS

Increase knowledge about dementia, risk factors, and prevention

Address dementia progression and stages from biomedical and Indigenous perspectives

Share with community members the available resources for those living with memory loss, their caregivers, and family members

Encourage socialization through story sharing and activities



Brain Train events are an innovative, community-based activity that helps increase awareness of Alzheimer's disease and related dementias.

QUESTIONS?

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