HEALTHY AGING THROUGH HOLISTIC BRAIN HEALTH:
The Dementia Prevention/Brain Health Initiative Annual Meeting Agenda
Wednesday November 29th, 2023
Dental Sciences Building rm 1002, Western University, 1151 Richmond St. N., London ON N6A 5B7

Although the number of cases of dementia is rising, we showed that in Ontario the incidence (cases per 1,000) has decreased. The Weston Brain Institute is funding our project to examine environmental, socioeconomic, and individual risk factors to explain why and make cost-effective recommendations about dementia prevention. The meeting will feature a progress report and a plan to develop an ABC of holistic brain health to identify the least that can be adopted by the most and begin planning the motivation and implementation phases in preparation for a major grant application: “Healthy Aging Through Holistic Brain Health”.

8:00    Continental breakfast
8:30    Introductions
Vladimir Hachinski: Perspective

9:00    Progress Reports (10-minute presentations)
Chairs: Stephanie Frisbee & Matthew Meyer

9:10    Completed Projects
Sarah Singh
Shiran Zhong
Abolfazl Avan

9:45    Projects in Progress
Stephanie Frisbee
Abolfazl Avan & Vicky Chang
Shehzad Ali

10:20   Coffee/tea break

10:40   Developing the ABC of Holistic Brain Health: The Minimum Efforts for Maximum Results (the Mini-Max Approach) (10-minute presentations)
Chairs: Robert Bartha & Robert Andersen
Activity: Lindsay Nagamatsu
Sleep: Saverio Stranges
Balanced Diet: Colleen O’Connor
Mental and Social Health: Arlene MacDougall & Raksha Sule (virtual presentation)
Motivation: William Fisher (virtual presentation)

11:50  Lunch workshops (5 groups: A, B, C, Mental/Social Health, & Motivations)
Lunch served; guests breakout into ABC groups chaired by speakers of the ABC session

12:45  Return to main conference room (DSB1002) from breakout groups

12:50  Reports from workshop groups (10-minute presentations)
Chairs: Kem Rogers & Mario Elia

1:20   Proposed Demonstration Models (10-minute presentations)
Chairs: Jane Rylett
Stephanie Frisbee
Christopher Licskai
Manuel Montero-Odasso – The Virtual Brain Health Platform
Kenneth Rockwood – The Cape Breton Health Initiative

2:30   Related Initiatives (10-minute presentations)
Chairs: Stephanie Frisbee & Manuel Montero-Odasso
Sandy Jansen
Matthew Meyer
Amber Alpaugh-Bishop
Ruthe Anne Conyngham

3:30   Coffee/tea break

3:50   General Discussion
Chairs: Ruthe Anne Conyngham & Brad Campbell

4:20   Next Steps
Vladimir Hachinski

4:30   Adjournment