

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 Liciskai

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