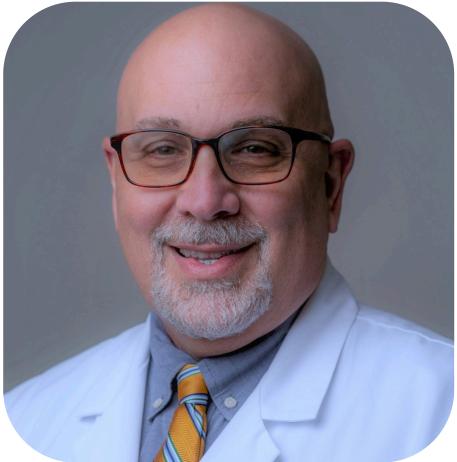




UNIVERSITY OF MIAMI  
MILLER SCHOOL OF MEDICINE

**COMPREHENSIVE CENTER**  
for BRAIN HEALTH

*Building A Better Brain. Building A Better U.*



**Message from the CCBH  
Founding Director**  
**Dr. James E. Galvin, MD, MPH**

As we head into the Fall of 2025, it is a great time to reflect on our accomplishments and what we still have yet to do. The

CCBH team has been quite busy conducting research, publishing findings, giving educational programs, and working to improve brain health in our community. We invite you to join us on this journey to improve brain health and reduce the risk of brain disease by joining the Friends of CCBH.

**Together, we can  
build a better brain,  
build a better YOU.**

Contact [ccbhevents@miami.edu](mailto:ccbhevents@miami.edu) with your name, phone number and the subject line 'Friends of CCBH' so a CCBH Team member can reach out to you!



**4th Annual Hot Topics in Brain Health**  
**November 6th, 2025**  
**9AM - 3PM**

The University of Miami Comprehensive Center for Brain Health faculty and staff discussed brain health and ways to prevent cognitive decline to approximately 500 people!

We are pleased to report that the event reached capacity! Thank you to those that registered. If you registered with your email, you will be receiving regular reminders from [ccbhevents@miami.edu](mailto:ccbhevents@miami.edu) with notifications about future events. Please email [ccbhevents@miami.edu](mailto:ccbhevents@miami.edu) with any questions about CCBH education and outreach events or call 561-869-6830.

November 2025

**Newsletter**

# Government Shutdown vs Mental Health?

As we deal with the effects of the government shutdown, it is important that we remember to prioritize our mental health.

According to the AAMC. Association of American Medical Colleges,: Medicare can pay for telehealth outside of the Sec. 1834(m) for the following:

- Services for the diagnosis, evaluation, or treatment of a mental health or substance use disorder
- Monthly ESRD related clinical assessments
- Participation in certain alternative payment models with waivers, including
  - Shared Savings Program ACOs taking on downside risk & accepting prospective attribution
  - ACO Reach
  - Bundled Payment for Care Improvement Advanced (ending December 31, 2025)
  - Transforming Episode Accountability Model (beginning January 1, 2026)

**A new grant was approved that involves our HBI Cohort:**

NIH/NIA R01AG091414, "Urban heat island exposure and its impact on Alzheimer's disease and related dementia outcomes among older adults in South Florida." (Besser: Principal Investigator), 9/15/2025-4/30/2030, Total: \$3,685,491.

## It's Lewy Bodies Dementia Awareness Month!

Lewy Bodies Dementia is the second most common form of neurodegenerative disease next to Alzheimer's, affecting 1.4 million people in the United States Alone.

LBD is more than just memory loss; it affects cognition, and causes neuropsychiatric, sleep, autonomic features, and motor symptoms. Not only does it affect those diagnosed, but it also impacts the care partners, family, and friends.

The CCBH is a Lewy Body Dementia Association Research Center of Excellence.

We work to provide research, diagnosis, evaluation, and treatment for Lewy Bodies Dementia, etc through conducting clinical trials that are related to LBD. We provide support to individuals and families dealing with and living LBD.

**Together, We Can Be #LewyStrong**



## NEW TEAM MEMBER!

### Mustafa Shuqair, PhD

Mustafa Shuqair, PhD received his Bachelor's and Master's in Science. He enjoys designing solutions for challenges problems. He is interested in bringing sensing technologies, machine learning, and product design in the healthcare field. He wants to leave an impact and make the world a better place for whomever needs it. His work has been recognized during his PhD studies in newsletters and articles, highlighting his research in advancing the management of neurological disorders using modern technologies and methods! He also likes hiking, photography, and to upkeep a healthy lifestyle.



## Congratulations Are In Order!

Major congratulations are in order for one of our Research Nurses, Willman Jiménez, MSN, RN. Will recently graduated with his Master's in Science of Nursing and obtained his Registered Nurse License as well!



## It's Physical Therapy Month!

October is National Physical Therapy Month; a month dedicated to raising awareness about the benefits of physical therapy, highlighting the role of a physical therapist, and promoting maintaining physical health and wellbeing!

Physical Therapy is for everyone across all stages, ages, and abilities. Physical Therapy can help people stay mobile and independent by improving balance, strength, and preventing falls. Physical Therapists are doctorate-educated, licensed health care providers that are trained to be a resource for prevention, wellness, and longevity- empowering people to take an active role in their care. Due to direct access laws, in Florida, you DO NOT NEED a referral to see a physical therapist for up to 30 days, but your insurance plan may still require a referral or prior authorization for coverage. Physical therapy can help you stay moving so you can reach your life goals now and down the road.

*Amie Rosenfeld PT, DPT, GCS is an American Board of Physical Therapy Certified Clinical Specialist in Geriatrics. (Pictured on the Right)*

*Sabita McBride, BS is a PESI Certified Informed Professional and Dementia Care Excellence and is currently working on her Chair Yoga Certification (Pictured on the Left)*



Physical therapy can improve balance, prevent falls, and help you maintain mobility.

pt For Future Me  
Powered by ChoosePT.com

- Physical Therapists can work with you to boost balance, prevent falls, maintain independence and mobility, manage chronic pain, improve strength and endurance, and stay engaged and active in the things you enjoy!

- Conditions such as Sarcopenia is an age-related condition where the muscle decreases and in turn affects functional ability. Ways to prevent this condition include being active and improving strength and balance and diet!

## APP WEEK Sept. 22nd - Sept. 26th

It was Advanced Practice Providers Week and it's important to spotlight those that do so much for the clinical and research space!

The Advanced Practice Providers at CCBH conduct comprehensive clinical assessments, monitor participants in clinical trials, and collaborate with multidisciplinary teams to better understand neurodegenerative and cognitive disorders.



28-year-old muscle

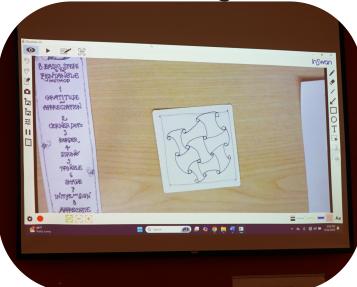


80-year-old muscle

# ORE Team is in the Community!



## Our Outreach Arts Engagement: Zentangle Drawing!



The purpose of providing Zentangle sessions is to promote and inspire creativity and mindfulness while also exercising cognitive skills in concentration and spatial processing; it also allows for social engagement within a group setting!

Contact us if you are interested in attending!



Our ORE Team (Outreach, Recruitment, and Engagement) focuses on working directly with community groups out in their community to promote Healthy Brain Aging and Cognitive Wellness!

The ORE Team more specifically works with different communities to share practical tools and knowledge for maintaining a healthy brain as we age.

Through interactive workshops, educational programs, and access to research opportunities, we empower older adults and their families to stay mentally active, connected, and informed about Alzheimer's disease and other cognitive conditions.

Our ORE Team is comprised of:

- **Claudia Patricia Moore, MPH, CCRP**
- **Deborah M. Germain, MPH(c), CDP(c)**
- **Amie Rosenfeld, PT, DPT, ABPTS GCS**



## Publications by the CCBH Team

Baig MM, Besser LM, Tolea MI, Kleiman MJ, Chang L-C, O'Shea DM, Chrisphonte S, Wiese LK and Galvin JE (2025) Correlates of post-COVID-19 pandemic worry and preventive practices in older adults in Florida. *Front. Public Health.* 13:1608352. doi: [10.3389/fpubh.2025.1608352](https://doi.org/10.3389/fpubh.2025.1608352)

Besser LM, Baig M, Henriquez AM, Tolea M, O'Shea DM, Chrisphonte S, Joshi M, Kleiman MJ, Galvin JE. Sociodemographic correlates of cognition and Alzheimer's disease and vascular biomarkers among middle to older age participants in the Healthy Brain Initiative. *J Alzheimers Dis.* In press. doi: [10.1177/13872877251386378](https://doi.org/10.1177/13872877251386378)

Besser LM, Le E, Tourelle M, O'Shea DM, Mitsova D, Galvin JE. Living in a 20-min neighborhood and brain health and resilience in older adults: The Healthy Brain Initiative. *Health Place.* 2025 Sep;95:103502. doi: [10.1016/j.healthplace.2025.103502](https://doi.org/10.1016/j.healthplace.2025.103502)

Kleiman MJ, Gibbs G, Joshi MS, Galvin JE. The Brain Health Index: Integrating vulnerability, resilience, and cognitive function into a unified measure of cognitive health and risk of neurodegenerative disease. *Alzheimer's Dement.* 2025; 21: 1-e70723. <https://doi.org/10.1002/alz.70723>

Besser LM, Zanwar PP, Meyer OL, Sohn EK, Yen IH, Kandula NR, Kanaya AM. Neighborhood social cohesion and Alzheimer's disease dementia risk in South Asians in the United States. *Alzheimers Dement Behav Socioecon Aging.* 2025 Jun;1(2):e70023. doi: [10.1002/bsa.3.70023](https://doi.org/10.1002/bsa.3.70023)

Zhang W, Lukacovich D, Young JI, Gomez L, Schmidt MA, Martin ER, Kunkle BW, Chen XS, O'Shea DM, Galvin JE, Wang L. DNA methylation signature of a lifestyle-based resilience index for cognitive health. *Alzheimers Res Ther.* 2025 Apr 22;17(1):88. doi: [10.1186/s13195-025-01733-7](https://doi.org/10.1186/s13195-025-01733-7). PMID: 40264239; PMCID: [PMC12016380](https://pubmed.ncbi.nlm.nih.gov/40264239/)

Our mission is to better understand how the aging brain works and design treatments and prevention plans that will result in longer, better lives. Please contact us to support our research, clinical care, education, or outreach efforts.

Web: [UMiamiBrainHealth.org](https://UMiamiBrainHealth.org) Email: [healthybrain@miami.edu](mailto:healthybrain@miami.edu) Phone: 561-869-6828