Happy New Year from the CCBH!

Hot Topics in Brain Health was a SUCCESS!

On November 6, 2025, CCBH hosted our annual Fall Hot Topics in Brain Health conference at the Boca Raton Innovation Center (BRIC). Over 400 attendees and 20 vendors spent the morning learning about the role of sleep on brain health, how blood-based biomarkers of Alzheimer's disease are used in clinical practice, and a comprehensive update on research advances by the CCBH investigators and staff. We were also thrilled to be joined by colleagues who provide demonstrations of Rock Steady Boxing, Mind and Melody sing-along, and an invigorating display of laugh yoga. We can't wait until our next conference to share the latest and greatest research from CCBH.

Message from the CCBH

Dr. James E Galvin, MD, MPH Founding Director

"The great thing about coming to work each day is opportunity to work with the amazing CCBH team and interact with our patients and research participants. As you will see in our latest newsletter, we have been very busy and productive. We could not have done this without you. But there is yet so much more to accomplish. I hope you will consider joining the Friends of CCBH and continue with us on the journey to improve brain health."

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

Contact 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!

CCBH Happenings!

CCBH would like to thank President of the Wellington Art Society, Hermi Zumbado, for inviting Dr James Galvin MD, MPH to speak at their March 10th meeting. Dr Galvin will speak about the importance of arts participation and arts appreciation in brain health.

Located at the Village of Wellington Community Center, 12150 Forest Hill Blvd. Wellington, FL 33414
Tuesday, March 10th @ 5:00 PM - 7:00 PM

CCBH Caregiver Conference - Tuesday, March 31st

CCBH will provide a free screening of the 38 minute documentary "Taking Care" presented by Hilarity for Charity, on Seth Rogan and his wife Lauren Rogan's experience as caregivers for his mother with Advanced Alzheimer's, with a panel hosted by Dr James Galvin MD, MPH. Tino Negri will speak about the caregiving experience.

Community resources and support will be covered in the first CCBH hosted Caregiver Conference March 31st at the Willow Theatre in Sugar Sand Park 11-2pm

Black Men for Better Brain Health Brunch

Men's health has consistently been a topic of discussion throughout the university and the region. African American men have experienced a rise in cases of vascular dementia due to a lack of screening and in terms of not receiving resources. We also know it involves many cultural stigmas that stop them from speaking up or asking for help.

This community conference Black Men for Better Brain Health Brunch is an initiative that focuses on increasing awareness of brain health, reducing stigma, and promoting prevention through education and open dialogue and addressing the issues

Located at the Hopewell Missionary Baptist Church, 890 NW 15th St, Pompano Beach, FL 33060
Thursday, February 28th @ 11:00 AM - 2:00 PM

Pictured Above: Zentangle at Boynton beach Library Jan 2026

Another event typically hosted by ORE is a Sound Bath/Chair Yoga event within our communities! It's a perfect way to practice mindfulness while keeping our brain (and bodies) active!

Pictured to the Right: Chair Yoga with Cristina at the City of Greenacres

What's Up with ORE?

ORE stands for Outreach, Recruitment, and Engagement

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!

Minestrone Soup Recipe

From Iris R. Cohen, LCSW

Ingredients

2 tablespoon olive oil
1 large onion, diced
2 carrots, chopped
2 celery stalks, chopped
3 cloves garlic, minced
6 cups vegetable broth (low-sodium)
1 can (28 oz) diced or crushed tomatoes, undrained
1 teaspoon Italian seasoning
2 bay leaves
1 can (15 oz) kidney beans, rinsed and drained
1 can (15 oz) cannellini beans, rinsed and drained
2 medium zucchini, chopped
1 cup small pasta (such as ditalini, elbow, or small shells)
2 cups chopped spinach or Swiss chard
Salt and black pepper to taste
Fresh parsley or basil for garnish (optional)
Grated Parmesan cheese for topping (optional)

Instructions

Sauté Aromatics: Heat the olive oil in a large pot or Dutch oven over medium heat. Add the onion, carrots, and celery. Cook, stirring occasionally, until they begin to soften, about 5-7 minutes. Add the garlic and cook for another minute until fragrant.
Simmer Broth: Stir in the vegetable broth, canned tomatoes (with their juices), Italian seasoning, and bay leaves. Bring the mixture to a boil.
Cook Vegetables and Beans: Reduce the heat to a simmer, partially cover the pot, and cook for 15 minutes to allow the flavors to combine. Add the kidney beans, cannellini beans, and zucchini, and simmer for another 10 minutes, or until the vegetables are tender.
Add Pasta and Greens: Stir in the dry pasta and cook according to package directions (usually 8-10 minutes), or until al dente.
Finish: Just before serving, remove the bay leaves and stir in the spinach until it has wilted (about 1 minute). Season with salt and pepper as needed.
Serve: Ladle the soup into bowls and, if desired, garnish with fresh parsley or a sprinkle of Parmesan cheese.

Why Minestrone Soup is Nutritious?

The health benefits of minestrone soup stem from its diverse, whole-food ingredients that provide a wide spectrum of essential nutrients.

- **Rich in Fiber**: Vegetables and legumes (beans) are excellent sources of fiber, which aids digestion, promotes gut health, and helps you feel full longer, which can support weight management.
- **Packed with Vitamins and Antioxidants**: Using a variety of colorful vegetables ensures a wide range of vitamins (like A, C, and K) and antioxidants (like lycopene from tomatoes) that support immune function and heart health.
- **Good Source of Plant-Based Protein**: Beans and sometimes whole grains like whole wheat pasta add protein, which is essential for muscle maintenance and satiety.
- **Hydrating**: The high liquid content of the broth helps keep you hydrated.
- **Low-Calorie Density**: Because the soup is largely water and vegetable-based, it offers a high volume of food for relatively few calories, making it a nutrient-dense and satisfying meal.

NEW TEAM MEMBER!

Kelie Reimer is a Research Associate at the Comprehensive Center for Brain Health. She holds a BA in Psychology from Eckerd College and has worked as a psychometrist in hospital and private practice settings, including Queen's Medical Center, the Neuroscience Institute and OPS in Honolulu, Hawaii, and the Medical College of Wisconsin, affiliated with Children's Hospital of Wisconsin. She administered neuropsychological, psychological, and academic assessments across the lifespan for individuals with neurological, neurodegenerative, psychiatric, and learning conditions.
Before entering the clinical field, she spent eight years in nonprofit leadership advancing education and community resilience with diverse communities in California and Hawai'i. In her free time, she enjoys surfing, skiing, and gardening.

Time to Train!

Some of our research team attended a training session for the installation and operation of the ARGO Protein Analyzer. There are only 50 of those in the USA!

The Alamar Biosciences ARGO™ HT instrument, or ENCEPHALONIUS as we call it, is a fully automated, high-throughput precision proteomics platform for ultra-high sensitivity analysis across a range of multiplex levels to support broad biomarker profiling and translation of validated biomarkers into clinical use. The instrument is powered by our NULISA™ technology, setting a new standard in proteomic analysis with attomolar sensitivity, allowing for unprecedented biomarker detection and quantitation.

Publications by the CCBH Team

Baig, Mirza M., et al. "Correlates of post-covid-19 pandemic worry and preventive practices in older adults in Florida." Frontiers in Public Health, vol. 13, 9 July 2025, https://doi.org/10.3389/fpubh.2025.1608352.

Besser, Lilah M, Mirza Baig, et al. "Sociodemographic correlates of cognition and alzheimer's disease and vascular biomarkers among middle to older age participants in the healthy brain initiative." Journal of Alzheimer's Disease, vol. 108, no. 3, 15 Oct. 2025, pp. 1243–1256, https://doi.org/10.1177/13872877251386378.

Besser, Lilah M., Sarah Forrester, et al. "Residential segregation of black and Latinx older adults and brain imaging outcomes." Social Science & Medicine, vol. 393, Mar. 2026, p. 118995, https://doi.org/10.1016/j.socscimed.2026.118995.

Kleiman, Michael J., et al. "The brain health index: Integrating vulnerability, resilience, and cognitive function into a unified measure of cognitive health and risk of neurodegenerative disease." Alzheimer's & Dementia, vol. 21, no. 9, 24 Sept. 2025, https://doi.org/10.1002/alz.70723.

Tolea, Magdalena I, Amie Rosenfeld, et al. "Gait, balance, and physical performance as markers of early alzheimer's disease and related dementia risk." Journal of Alzheimer's Disease, vol. 108, no. 1_suppl, 26 Jan. 2025, https://doi.org/10.1177/13872877241313144.

Tolea, Magdalena I., Beth M. King, et al. "Optimizing Rural Community Health to increase interdisciplinary detection and care: The orchid study." Planning Practice & Research, 21 Jan. 2026, pp. 1–27, https://doi.org/10.1080/02697459.2025.2612478.

Presentations by the CCBH Team

Besser, Lilah M. "Advancing studies on neighborhoods and brain health: New methodologies and underrepresented groups" 12-15 Nov. 2025, Gerontological Society of America (GSA) Conference, Boston, Massachusetts: Oral presentation on "Associations between neighborhood greenspace in midlife and late-life magnetic resonance imaging outcomes"

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.
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