

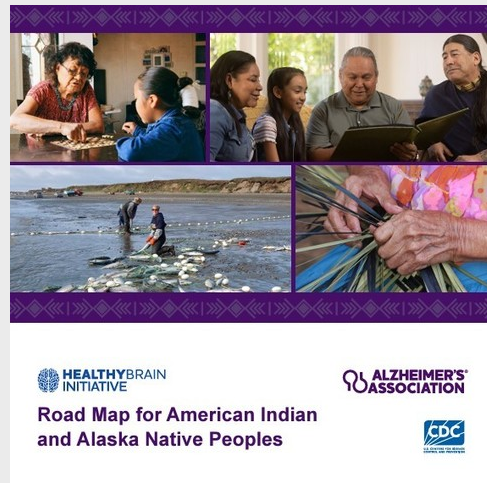
# Splaine Consulting January 2025 Newsletter

What we're doing, what we're reading, and where we've been: it's all here. Follow our [Facebook](#) & [LinkedIn](#) pages for updates, and forward this newsletter to friends and colleagues interested in all things Alzheimer's. Thanks for keeping us in your inbox!



## Healthy Brain Initiative Road Map Release

We are proud to have been part of the process of creating the New Healthy Brain Initiative: Road Map for American Indian and Alaska Native Peoples. The road map provides actionable steps for strengthening public health responses to Alzheimer's and other dementias in American Indian and Alaska Native communities. Building on the success of the first edition released in 2019, this updated Road Map focuses on the indigenous determinants of health, has inclusive imagery and graphics, and includes examples of public health actions from AI/AN communities. The updated Road Map also incorporates the latest data, strategies and culturally-centered approaches to promote brain health, address dementia-related challenges and better meet the needs of caregivers. [Learn more here.](#)



Save the date for the Road Map launch webinar on January 22nd 2025. [Register for E-news to receive release date details.](#)

## National Plan to Address Alzheimer's Disease

The U.S. Department of Health and Human Services (HHS) has released the National Plan to Address Alzheimer's Disease: 2024 Update, which serves as a roadmap of strategies to:

- Prevent and treat Alzheimer's disease and related dementias
- Enhance care quality and efficiency
- Expand supports for people with ADRD and their families
- Enhance public awareness and engagement
- Improve data to track progress
- Promote healthy aging and reduce risk factors for ADRD

[Find the National Plan to Address Alzheimer's Disease: 2024 here:](#)

## Living Alone & Connected!



Do you, or someone you know, live alone with dementia? The Living Alone and Connected Facebook community is a supportive space created by and for individuals living with dementia.

In this group, you'll find valuable resources, expert-led discussions, and engaging virtual events designed to empower and connect those navigating life with dementia while living independently. **Join [Living Alone and Connected!](#)**

## Support PLAWD



Support PLAWD (People Living Alone with Dementia) is a Facebook community for friends and allies of people living alone with dementia. Here you'll find ideas and inspiration to best support PLAWD including resources on: home safety, food access, preventing and preparing for hospitalization, financial management, and much more! **Join [Support PLAWD here.](#)**

## Care Prepared

If you know someone who is nearing end of life or who just wants to make sure their healthcare decisions for end of life are in order, check out Care Prepared. Care Prepared is a non-profit organization founded to help individuals learn about, talk about, and document healthcare decisions before a medical crisis. Care Prepared ensures that people are empowered to make and document their healthcare decisions and that their wishes are carried out as they intended.

[Learn more here.](#)

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## Daughterhood Organization for Caregivers

Daughterhood is a fantastic resource for family caregivers. They foster community that empowers individuals to navigate the practical and emotional complexity of caregiving. Daughterhood offers free, virtual, and easily accessible support. Join a Topic Circle to take a 'deep dive' into specific areas, including dementia, care transitions, navigating resources and aspects of care. Or join a Connection Circle that does just that – connects members to share and learn from each other in a more flexible format about all aspects of caregiving.

[Learn more here.](#)

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## In Memoriam: Jimmy Carter

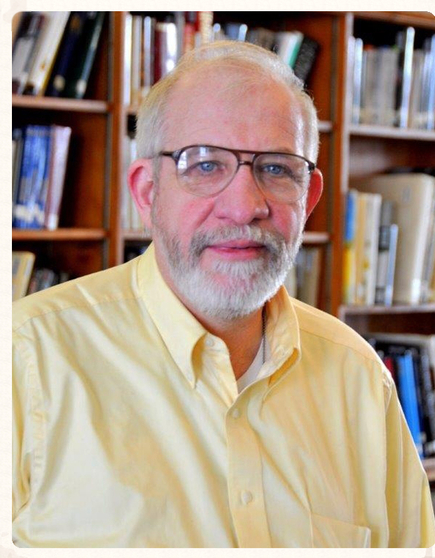
Former President Jimmy Carter died at his home in Plains, Georgia at 100 years old, on December 29th 2024. Carter was the country's 39th president.

After leaving office, Carter was dedicated to peacekeeping and humanitarian efforts. Carter and his wife, Rosalynn, were active with their advocacy organization The Carter Center which built houses with Habitat for Humanity and taught Sunday school lessons at his local church. Additionally, the Rosalynn Carter Institute for Caregivers provides support to family caregivers caring for someone who is aging, ill, or disabled.



Learn more about his work and legacy [here.](#)

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