BRAIN AWARENESS WEEK

Dana Foundation

2021 Schedule of Events

THE UNIVERSITY OF ALABAMA AT BIRMINGHAM

Welcome

Brain Awareness Week (BAW) is the global campaign to foster public enthusiasm and support for brain science. The goal of BAW is to organize events/activities that share the wonders of the brain and the impact brain science has on our everyday lives. Each participating group can mold BAW to fit their needs. During ancient pre-COVID times, UAB'S BAW was led by neuroscience PhD students, staffed by volunteers, and hosted by the McWane Science Center. Last year's BAW event was canceled the week of the event. For 2021, new leadership has refashioned BAW as an online, Zoom-based event. BAW is– at its root - a collaborative effort, and its success will raise awareness, ignite awe, and enhance lay understanding of the brain in the broader context of our shared interest in science.

This year's events are being planned by 4 Behavioral Neuroscience PhD students: Ayushe Sharma, Genelle Samson, Kristen Buford, and Emma Jones. Our wonderful, amazing faculty advisor is Dr. Kristina Visscher.

For 2021, Mayor Woodfin has officially proclaimed March 22 to March 26 Brain Awareness Week in Jefferson County.

Weekly Schedule

MONDAY, MARCH 22

9:00 - 9:30 am - "**Microglia**", Ayushe Sharma

9:45 - 10:15 am - **"Is There a God Spot in the Brain?",** Matheus Teles

1:00 - 1:30 pm - **"Rainbow Brainbow",** Emma Jones

1:45 - 2:15 pm - **"Is There a God Spot in the Brain?"**, Matheus Teles

6 pm Happy Hour Talk with Dr. Jane Allendorfer: Exercise & Epilepsy

TUESDAY, MARCH 23

9:00 - 9:30 am - "**What Disney's Inside Out Tells Us About Memory Processing**", Ayushe Sharma

9:45 - 10:15 am - **"Big Emotions and Where to Find Them",** Andrew Bontemps

1:00 - 1:30 pm - **"Debunking Brain Myths",** Dr. Omar Maximo

6 pm Happy Hour Talk with Dr. Shruti Agnihotri: How COVID-19 Impacts Your Brain

WEDNESDAY, MARCH 24

9:00 - 9:30 am - **"Is There a God Spot in the Brain?",** Matheus Teles

9:45 - 10:15 am - **"Zombie Autopsies",** Ayushe Sharma

1:00 - 1:30 pm - "**Tour a Neuroscience Lab**," Grant Schnell

1:45 - 2:15 pm - **"Not Acting Your Age",** Sarah Sims

6 pm Happy Hour Talk with Dr. Christianne Strang: Neuroscience & Art

THURSDAY, MARCH 25

9:00 - 9:30 am - **"Protect Your Brain",** Joy Shepard

9:45 - 10:15 am - **"Brain Food",** Larissa Strath

1:00 - 1:30 pm - **"Brain Food",** Larissa Strath

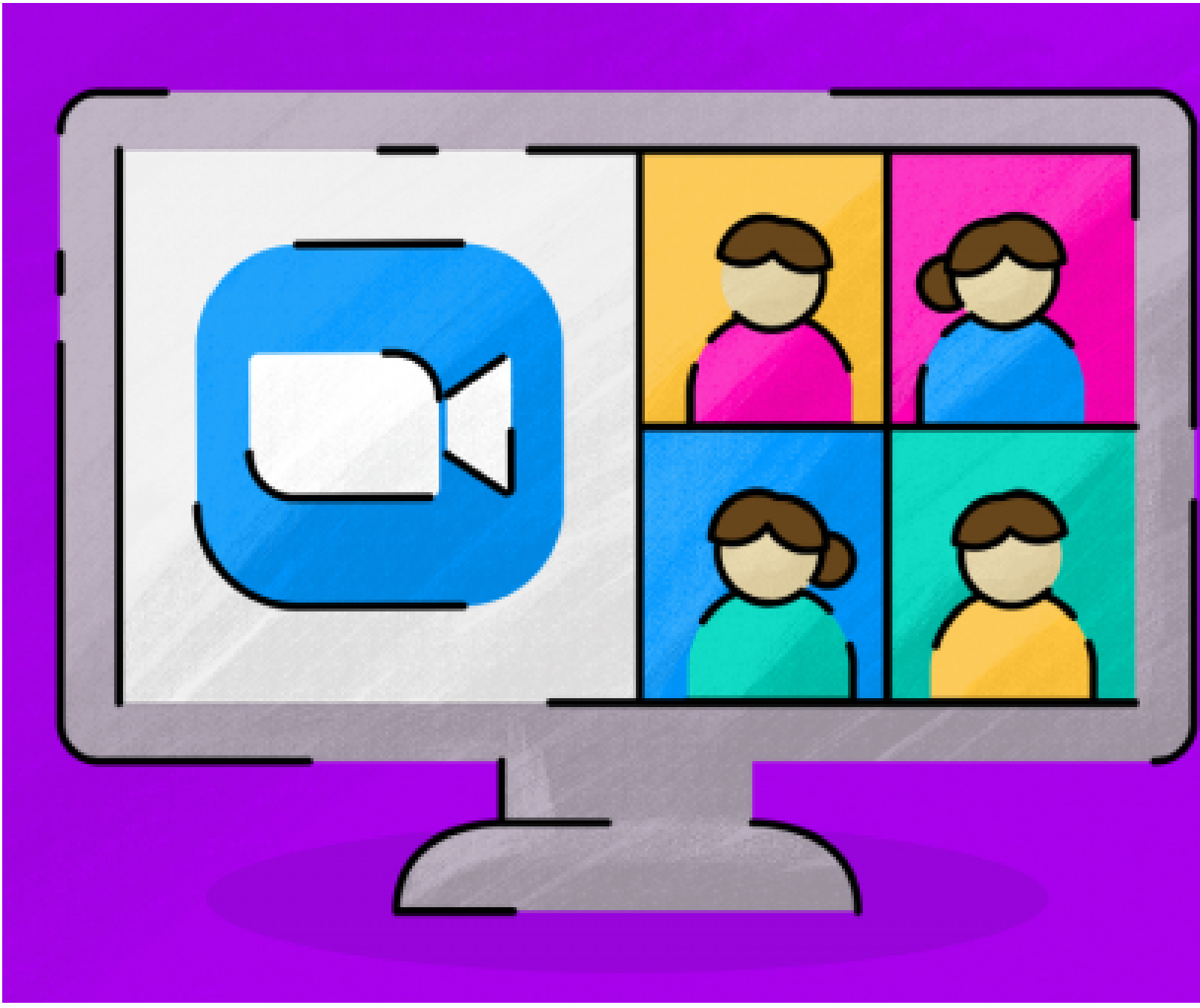
1:45 - 2:15 pm - **"Microglia",** Ayushe Sharma

6 pm Happy Hour Talk with Dr. Jerzy Szaflarski: Cannabis as Medicine

FRIDAY, MARCH 26

9:45 - 10:15 am - **"Brain Food",** Larissa Strath

1:00 - 1:30 pm - **"Brain Food",** Larissa Strath



A Step-by-Step Guide to a Zoom Meeting

6/29/2020 | By Seniors Guide Staff

If you haven't already received an email inviting you to a Zoom meeting, you probably will soon. In this age of social distancing, many groups are choosing to meet virtually, and Zoom is one of the most popular ways to do this. It might be your book club, your volunteer group, or your Sunday school class, but chances are you're going to be part of a Zoom meeting.

Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone). It uses your computer's or phone's camera to show live video of all attendees (if you don't want to be on camera, that's fine, too. You can just display your name). Zoom uses your computer's or phone's microphone to let you talk to other meeting participants. If you do not have access to a computer, tablet, or smartphone, you can use a phone to dial into a meeting.

This article only covers joining and participating in a Zoom meeting that you've been invited to. If you want to know more about more advanced Zoom features like changing your background, raising your hand in a meeting, sharing your screen, and hosting your own meeting go to Zoom's Support Center **support.zoom.us/hc/en-us**

DOWNLOAD ZOOM

Zoom is a program that runs on your computer, phone, or tablet. You must download this program from the Zoom website. The free version of Zoom should meet all of your needs.

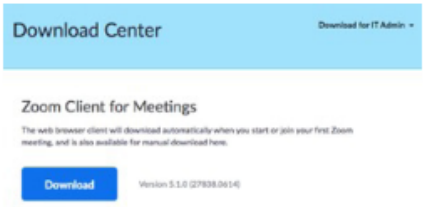
If you've received an email invitation to a Zoom meeting, click the link that says, "Join Zoom Meeting." If this is the first time you've used Zoom, this link will take you to a website where you can download the Zoom program or app, depending on what device you're using.

On an iPhone or iPad: Go to the Apple App Store and search for "ZOOM Cloud Meetings." Click "Get" to download and install the Zoom app.

The Zoom app in the App Store

On an Android phone or tablet: Go to the Google Play App Store and search for "Zoom Cloud Meetings." Click "Install."

On a computer: On the Download Center website **zoom.us/download**, click "Download" in the "Zoom Client for Meetings" section.



Click the blue Download button to download Zoom from the website zoom.us/download

After Zoom is downloaded, you must install it onto your computer.

If you have an Apple computer, like a MacBook: Double-click the file called *Zoom.pkg*, which is typically saved to your Downloads folder. The installer program opens and guides you through the process.

If you have a PC: Double-click the file called *ZoomInstaller.exe* file to install the program.

Double-click ZoomInstaller.exe to install Zoom on your PC.

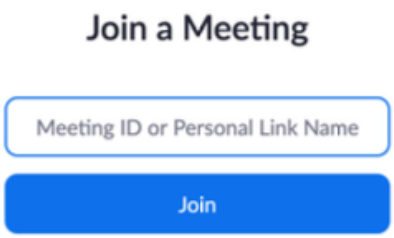
continued on next page

JOIN A MEETING

After you install Zoom, there are a few different ways to join a Zoom meeting. You can click the link in your invitation email, go to the Zoom website and enter the meeting ID, or dial into the meeting on a phone.

Click the link in an invitation email: If you have an email invitation, click "Join Zoom Meeting" in that email. This takes you to the Zoom website.

Go to the Zoom website: Go to zoom.us/join, and enter the 9-digit meeting ID from your invitation email. If the meeting requires a password, that will be in your email, too.



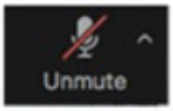
When you are on the Zoom website, if you are asked if you want to open Zoom, click "Open zoom.us." Zoom opens, showing you a preview of your camera image. Then click either "Join with Video" or "Join without Video." If you use video, other people in the meeting will see you. If not, they will just see your name. Next, Zoom asks about audio. Click "Join with Computer Audio" so you can hear and be heard in the meeting.

Dial into the meeting on a phone: If you don't have access to a computer, tablet, or smartphone, you can use a phone to dial into the meeting. The phone number to use will be in your invitation email, or you can find the number to use in the Zoom International Dial-in Numbers list zoom.us/zoomconference.

PARTICIPATE IN A MEETING

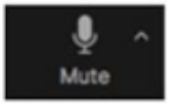
Once you've joined the meeting, you can see and hear other participants. Each participant is represented by a square that displays their face *(if they've chosen to join with video)* or just their name.

If you're in a large meeting, make sure your microphone is muted. Your computer microphone is pretty sensitive, and if you're unmuted, it can pick up a lot of background noise. The mute button, which looks like a microphone, is in the bottom left corner of the Zoom screen. If the microphone has a red line through it, you're muted, and no one in the meeting can hear you.



If the microphone has a red line through it, you are muted.

Click the button again to unmute yourself if you want to talk in the meeting.



If the microphone has no red line through it, you can be heard in the meeting.

Only one person in the meeting can talk at a time. Zoom indicates who is speaking by highlighting their image with a yellow square.

There is also a chat feature in Zoom, where you can type messages to other participants. Participants can send messages to everyone in the meeting, or just certain participants. However, after the meeting, the host can view the transcript of all chats, so it's not entirely private. If there is a message for you in the chat, a notification appears on the Chat button, which looks like a speech bubble. Click that button to open the chat window.

LEAVE A ZOOM MEETING

Click "Leave Meeting" on the bottom right corner to leave the meeting.

Monday, March 22

9 - 9:30 AM

Microglia are the brain's doctors, and janitors. In healthy brains, microglia hibernate when they are not needed. When the brain is damaged or infected, microglia wake up to help .They orchestrate repair tissue damage and clear dead cells. Inflammation is healthy when it helps repair damage, but causes disease when it continues despite being unnecessary. Come learn all about them!

9:45 - 10:15 AM

Many of our abilities and skills depend a lot on specific brain regions, like our ability to speak is well known to depend on a frontal spot of our brains called Broca's area. So, some folks have raised the question: is there a God spot in the brain? Let's talk about what we know about it so far!

1 - 1:30 PM

Join us on Zoom for a short talk about how scientists can look at the brain. One method uses multiple fluorescent proteins to create a rainbow of different colors. We will chat about how we see color, what fluorescence means, and how only three different proteins can show how many different cells there are in the brain.

1:45 - 2:15 PM

If you missed the 9:45 am talk, this is a great opportunity to catch the afternoon version!

EVENING SPOTLIGHT: MONDAY HAPPY HOUR

Join us at 6 PM CST for Dr. Allendorfer's talk on how exercise positively changes the brain, and the role of exercise in treating memory impairments in epilepsy.

Jane Allendorfer, PhD, received her PhD from the University of Cincinnati where she also completed postdoctoral studies. As a faculty member of the Epilepsy Division and as a Co-Investigator on ongoing neuroimaging projects at University of Alabama at Birmingham (UAB), she is involved in clinical and basic science aspects of research in patients with seizure disorders (epileptic and non-epileptic). She collaborates with experts in neurology, psychology, immunology, physics, neuroscience, psychiatry, genetics, neurophysiology, public health, statistics, exercise medicine and neuroimaging at UAB.
Recently, she is leading the forefront in studying how exercise enhances verbal learning and memory in epilepsy patients. In her spare time, Dr. Allendorfer enjoys exercising (and is even known to cycle while reviewing paper drafts), cooking, and vegetable gardening.

Join all of our BAW events via Zoom using the link below:

https://uab.zoom.us/j/98229156839

Tuesday, March 23

9 - 9:30 AM

The film Inside Out will be used as a springboard for discussing how the brain processes different types of memories. Ayushe will cover memory recall, as well as short-term and long-term storage. For kids who have seen the film, Ayushe welcomes interaction and input on movie tidbits (keep your microphones on!).

9:45 - 10:15 AM

Andrew Bontemps (Bahn-tehm-ps) is a 5th year clinical psychology doctoral student in the child concentration at the University of Alabama in Tuscaloosa. He has helped kids as young as five and adults as old as 72 with lots of problems like attentional issues, conduct problems, and anxiety. He is also interested in neuroscience and the interaction between the brain and personality traits.

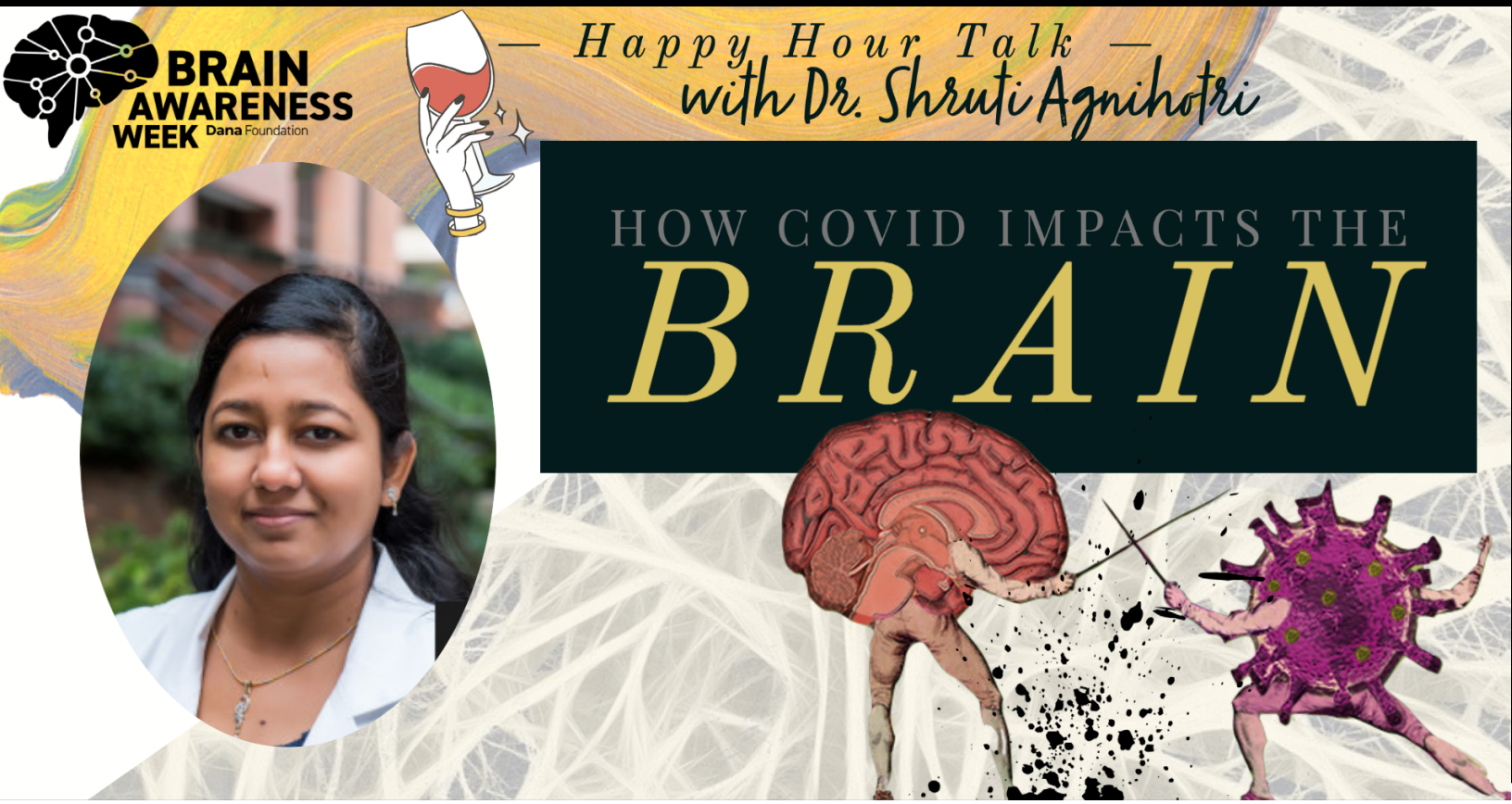
1 - 1:30 PM

Dr. Jose Maximo's talk is going to discuss some misconceptions and common myths about the brain and how these are portrayed in the media.

Dr. Maximo completed his PhD and postdoctoral studies at UAB. As a scientist, he uses magnetic resonance imaging techniques to explore how the brain works in people with schizophrenia.

**There is not a lecture at 1:45 pm.*

EVENING SPOTLIGHT: TUESDAY HAPPY HOUR



Shruti Agnihotri, M.D., is an assistant professor in the UAB School of Medicine and an associate at the UAB Highlands Neurology Clinic. She is an associate of the Department of Neurology (Multiple Sclerosis and Neuroimmunology Division). Her research interests include neurology and multiple sclerosis.

During her talk, Dr. Agnihotri will be discussing the neurological deficits caused by COVID-19, in the short-term and long-term. She will be discussing what many know as "mental fog," as well as deficits in memory as indicated by cognitive assessments and other in-clinic measures.

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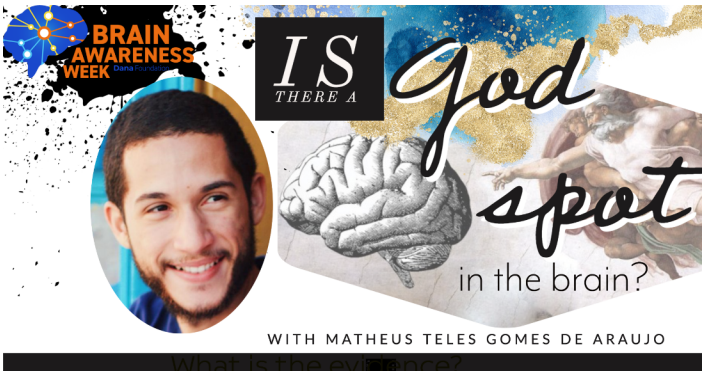
Wednesday, March 24

9 - 9:30 AM



Many of our abilities and skills depend a lot on specific brain regions, like our ability to speak is well known to depend on a frontal spot of our brains called Broca's area. So, some folks have raised the question: is there a God spot in the brain? Let's talk about what we know about it so far!

9:45 - 10:15 AM

In George Romero's "Night of the Living Dead," the dead are reanimated, enraged and hungry. They stumble toward the living, arms outstretched, eating everyone in their path. They show no reason, no pain and no signs of slowing down. These undead creatures are fascinating and their supposed "neurobiology" has been the subject of debate and curiosity. The undead will be used to review how a living brain works - and situations where brain damage can result in symptoms similar to those seen in zombies.

1 - 1:30 PM

Join Grant Schnell on a virtual tour of one of UAB's neuroscience research labs! During this talk, you'll get to see how real neuroscientists perform research into the mysteries of the brain, as well as learn about some of the techniques and equipment we use. Grant is a senior at UAB, and is pursuing a degree in Neuroscience. As a member of the Dwivedi Lab, Grant studies the relationship between the overexpression of certain microRNAs and depression.

1:45 - 2:15 PM

Join us for a talk about what happens to the brain's organization as we age, and what successful agers have taught us about keeping the brain in a healthy state even into our 90s. The talk will be led by Sara Sims, a 4th year graduate student in the Medical/Clinical Psychology PhD program at UAB. She researches healthy aging in an 85+ population of mentally and physically healthy adults.

EVENING SPOTLIGHT: WEDNESDAY HAPPY HOUR

Christianne Strang, Ph.D, ATR-BC, CEDCAT-S is an Assistant Professor in the Department of Psychology at the University of Alabama at Birmingham (UAB), where she teaches graduate and undergraduate courses in neurobiology, behavioral neuroscience, developmental neuroscience, and introduction to creative arts therapies.

She is a neuroscientist, board-certified art therapist with 30 years of clinical art therapy experience, and a certified eating disorder creative arts therapist supervisor. She served as the Board President of the American Art Therapy Association until 2019, and now provides art therapy services to individuals in treatment for eating disorders.

Join all of our BAW events via Zoom using the link below:

https://uab.zoom.us/j/98229156839

Thursday, March 25

9 - 9:30 AM

Learn about how the brain is protected! The brain and spinal cord make up the central nervous system (CNS), and the CNS regulates everything that we do. It controls all of our motor and respiratory functions, mediates our senses (sight, smell, hearing, taste, touch), and allows us to form memories and process complex thoughts and emotions. This important system is highly sensitive to injury, but a few properties exist to help protect it, one of which is cerebrospinal fluid (CSF).

9:45 - 10:15 AM

Join us on Zoom for a talk about how food can keep our brains healthy, help us focus better, prevent diseases, and keep our brains young as we get older!

Larissa Strath is a graduate student in the Behavioral Neuroscience Psychology graduate program at UAB. Her research, under the mentorship of Dr. Robert Sorge, Ph.D., involves nutrition and immune system modulation of pain.

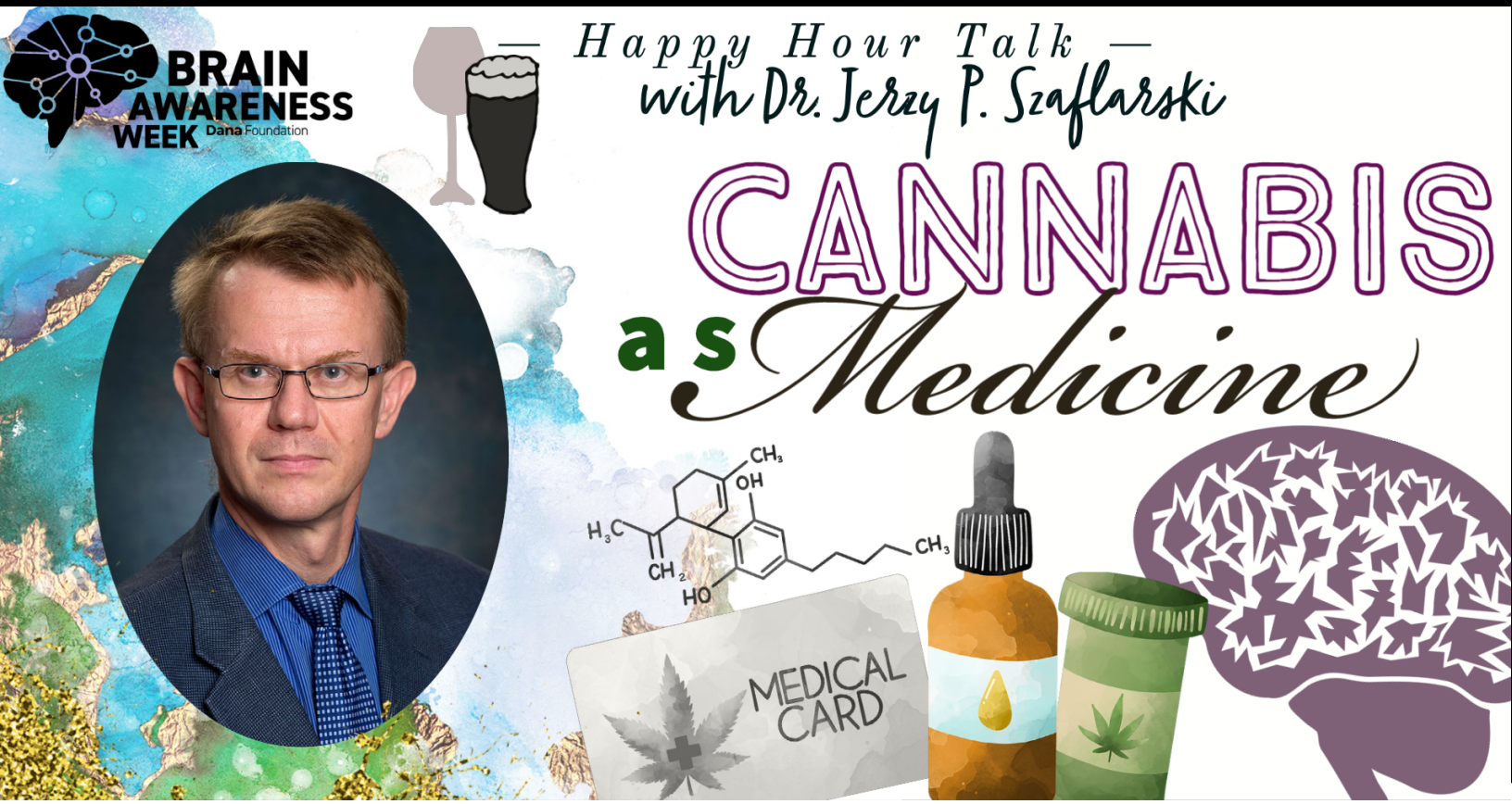
1 - 1:30 PM

If you missed the 9:45 am talk, this is a great opportunity to catch the afternoon version!

1:45 - 2:15 PM

Microglia are the brain's doctors, and janitors. In healthy brains, microglia hibernate when they are not needed. When the brain is damaged or infected, microglia wake up to help .They orchestrate repair tissue damage and clear dead cells. Inflammation is healthy when it helps repair damage, but causes disease when it continues despite being unnecessary. Come learn all about them!

EVENING SPOTLIGHT: THURSDAY HAPPY HOUR



Dr. Szaflarski has led the UAB forefront in studying CBD oil as a treatment for epilepsy. Join us on Zoom for his talk which will discuss medical cannabis as a treatment for epilepsy and a number of other conditions including chronic pain, mood disorders, autism, and cancer.

Jerzy P. Szaflarski, M.D., Ph.D. joined the University of Alabama at Birmingham Department of Neurology in the fall of 2012 as a Professor and as the Director of the Division of Epilepsy. Dr. Szaflarski also directs the Level IV UAB Epilepsy Center. He received his M.D. and Ph.D. from Collegium Medicum of the Nicolaus Copernicus University in Torun, Poland. He then completed a neurology residency and later a fellowship in Clinical Neurophysiology and Epilepsy at University of Cincinnati. Dr. Szaflarski initiated his research career with a fellowship at the Medical College of Wisconsin in the laboratory of Dr. Jeffrey R. Binder, where he studied functional magnetic resonance imaging (MRI) acquisition and analysis. At UAB, his research laboratory uses neuroimaging to study brain plasticity and treatments (pharmacological and non-pharmacological) for seizure disorders (epileptic and non-epileptic), as well as chronic and acute brain injury.

Join all of our BAW events via Zoom using the link below:

https://uab.zoom.us/j/98229156839

Friday, March 26

9:45 - 10:15 AM

Join us on Zoom for a talk about how food can keep our brains healthy, help us focus better, prevent diseases, and keep our brains young as we get older!

Larissa Strath is a graduate student in the Behavioral Neuroscience Psychology graduate program at UAB. Her research, under the mentorship of Dr. Robert Sorge, Ph.D., involves nutrition and immune system modulation of pain.

1 - 1:30 PM

If you missed the 9:45 am talk, this is a great opportunity to catch the afternoon version!

**There is not a lecture at 9 am or 1:45 pm.*

Thanks for joining us!