

Genesis Neuroscience Clinic

# Tennessee Memory Disorders Foundation

March 31, 2023

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## O'Connor Senior Center Pancake Fest

Join us for some delicious and freshly made pancakes at the O'Connor Senior Center **today**, Friday, March 31st! There will be activities and spotlights for vendors at the event giving an opportunity for community fellowship. Tickets will be \$5 per person (includes pancakes, sausage, and a drink). Josh and Tiana will be there along with special guest Tammy the Robot! Make sure to come stop by!

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## 2023 Walk to Make Alzheimer's a Memory



On April 22nd, 2023, Alzheimer's Tennessee will be hosting its annual Walk to Make Alzheimer's a Memory at the UT Gardens starting bright and early at 9 am! The annual Knoxville Walk to Make Alzheimer's a Memory is a special time to honor loved ones and show our commitment to local families living with this disease while supporting research for better treatments and a cure. Join hundreds in the celebration leading up to the walk, then choose from two routes: short & symbolic OR the longer route (which measures approximately 1 mile).

Here is the link to sign up for the walk.

[Sign Up Here](#)

If you don't have a team, you can always join ours. Just search for Gen Neuro Brainiacs!

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## What about artificial sweeteners?

by Josh Duzan



What's the deal with artificial sweeteners? Are they actually a healthy alternative to all of the sugar-loaded drinks and foods we so often eat? Zero calories and no sugar sounds too good to be true. Turns out, they aren't as great as they sound. New research has shown that many of the commonly used artificial sweeteners can increase your risk of having a cardiovascular event. These include heart attacks, strokes, and coronary heart disease among others. The research that has pointed towards artificial sweeteners potentially causing damage to cardiovascular health is actually new as we used to believe they were an acceptable replacement for regular sugar, so expect more studies on the substance in the future.

If you would like to know more about these findings, click here: [Erythritol: Zero-calorie sweetener linked to heart attack, stroke, study finds | CNN](#)

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## Staff Spotlight of the Month



Amber Tayman, BSN, MSN, MPH

Amber Miner Tayman is a Family Nurse Practitioner that graduated from the University of Tennessee in 2013. She also earned a Master of Public Health degree and is passionate about prevention and educating patients about their health. Amber's hobbies include supporting the Vols, going on Melton Hill Lake in the summer, and spending time with her husband, Tommy, and 3-year-old daughter, Anna Claire, who just started ballet.

## Future Events

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- Alzheimer's Tennessee's KnoxWalk to make Alzheimer's a memory: April 22, 2023
  - Our fundraising committee is currently in the process of planning a fall event at Orange Hat Brewery. On the night of the event, we also plan to hold a silent auction.

**Stay tuned for more information!**

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