



Department of Veterans' Services



CHAT & CHEW: MIND MATTERS **COGNITION, MEMORY, AGING, ALZHEIMER'S** **DISEASE & RISK REDUCTION** **JANUARY 29, 2026 | VIRTUAL | 1:00-2:00 PM ET**

Join the New York State Department of Veterans' Services for a one-hour Chat & Chew conversation exploring how cognition, memory, and aging affect Veterans and their families — and what we can all do to reduce risk for Alzheimer's disease and other cognitive changes.

Featuring a brain health researcher, a licensed clinical psychologist, and a trusted faith-based leader, this accessible dialogue blends science, lived experience, and community wisdom. Learn practical steps to protect brain health, support aging Veterans, and strengthen resilience in underserved communities. Bring your lunch and your questions!

Panelists: Dr. Chelsea Reichert, Geriatrics Psychiatry Nathan S. Kline Institute, Rev. Denise Lawson, Tap In! Dementia Tool Kit, and Dr. Mena Stramenga, Licensed Psychologist.

Join Us: <https://tinyurl.com/2tek3dhd>



Moderated by Dr. Lessie Branch
DVS Special Assistant for
Community Engagement



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