

**WHEN  
MEMORY  
MISFIRES:**

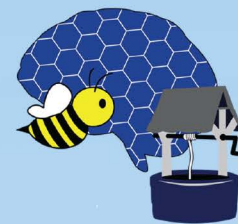
**BOOST  
THE  
BRAIN**





# *The* **DIMENSIONS**

## Issue 4



### **Storyline**

***“When Memory Misfires: Boost The Brain”*** features the story of Dr. Einstein Al-Kno, aka Agent Replacement. He plays the keyboard for *The Dimensions*. Dr. Al-Kno’s superhero alter-ego, Agent Replacement, wears a super-soaker backpack. He is extremely intelligent and works as a professor and health professional who studies Alzheimer’s disease. Alzheimer’s disease is a disorder in which a person’s brain cells break down and often causes them to forget details in their lives. Al-Kno implements current research to improve memory loss for Alzheimer’s disease patients using matching games. Recently, Dr. Al-Kno has been having difficulty socializing due to his self-centeredness. To handle this, he invents a device to help him socialize. But things don’t go as planned. To make matters worse, his academic rival, Dr. Heathrow Knull, is up to his own devices. While Al-Kno’s invention enhances his memory and social skills, he notices that those around him are increasingly forgetful. Can he figure out how to reverse this odd memory loss while holding back Heathrow Knull?

### **About BH WELL**

The University of Kentucky College of Nursing’s Behavioral Health Wellness Environments for Living and Learning (BH WELL) research team exists to promote behavioral health and wellness among individuals facing behavioral health challenges. We live DIRECT by prioritizing Diversity, Innovation, Respect, Compassion, and Teamwork.

### **Research**

People living with serious mental illnesses often experience reduced social cognitive abilities. This means they may struggle with loneliness, social support, their work environment, and social integration. In ***“When Memory Misfires: Boost the Brain,”*** Dr. Al-Kno is struggling with his social cognitive abilities. He then passes his challenges with social cognitive abilities on to his audience through a failed experiment. The story depicts how cognitive enhancement/remediation therapies (CE/RT) may help address social cognitive challenges. It is important to lessen the effects of social cognitive deficits since they can harm relationships, work ability, and interacting with people for those living with serious mental illness. CE/RT has emerged as a promising way to improve social cognitive skills, thus improving participation in meaningful relationships and behaviors.

**Cognitive Enhancement Therapy (CET):** Cognitive enhancement therapy (CET) uses a combination of medicines, computer-based exercises, and group therapy to treat schizophrenia, bipolar disorder, serious depression, and some forms of autism.

**Cognitive Remediation Therapy (CRT):** Cognitive remediation is designed to improve neurocognitive abilities such as attention, working memory, cognitive flexibility and planning, and executive functioning which leads to improved psychosocial functioning.

*Seng, S., Abu Farsakh, B. M., & Okoli, C.T.C., (2023). The Effect of Cognitive Enhancement Therapy on Social Cognition among People Living with Serious Mental Illnesses. October 4-7, 2023. American Psychiatric Nurses Association 37th Annual Conference. Lake Buena Vista, Florida*

### **Acknowledgements and Credits**

**Script and Story: BH WELL Research Team**

**Creators: BH WELL Research Team**

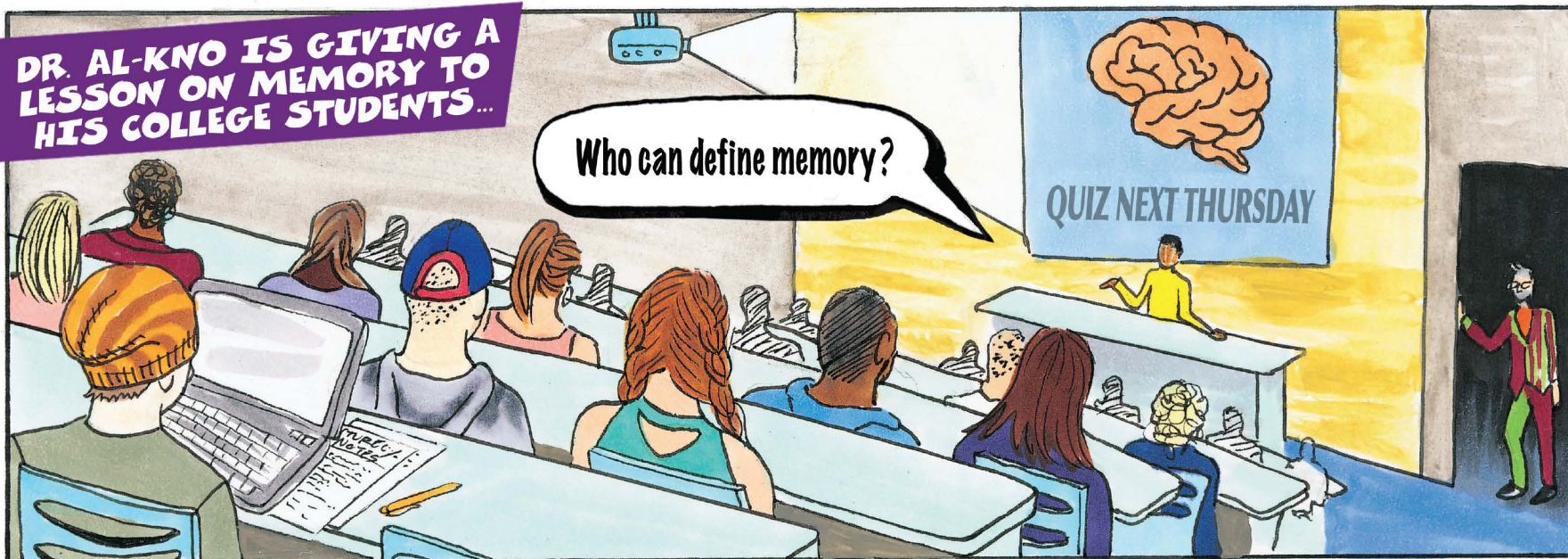
**Artwork: Dotty K. Berryman**

**Art Director/Production: David Bryan Blondell**

**Funding Support: KDPH Tobacco Prevention and Cessation Program  
along with internal funds.**



DR. AL-KNO IS GIVING A LESSON ON MEMORY TO HIS COLLEGE STUDENTS...



Yes, Joan?

It's Jane.

Memories are the way our brains remember. They help us make choices.

That's correct. Now, who knows what the latest science says about the best ways to treat memory loss? Uhhh... John.

It's Omar. Memory games are an excellent tool for improving memory.

...AND LOOKING INTO THE CLASSROOM IS DR. AL-KNO'S RIVAL, DR. HEATHROW KNULL...

Pfft! Al-Kno can't remember a thing!

Excellent! And now class, if you finish your assignment early ...

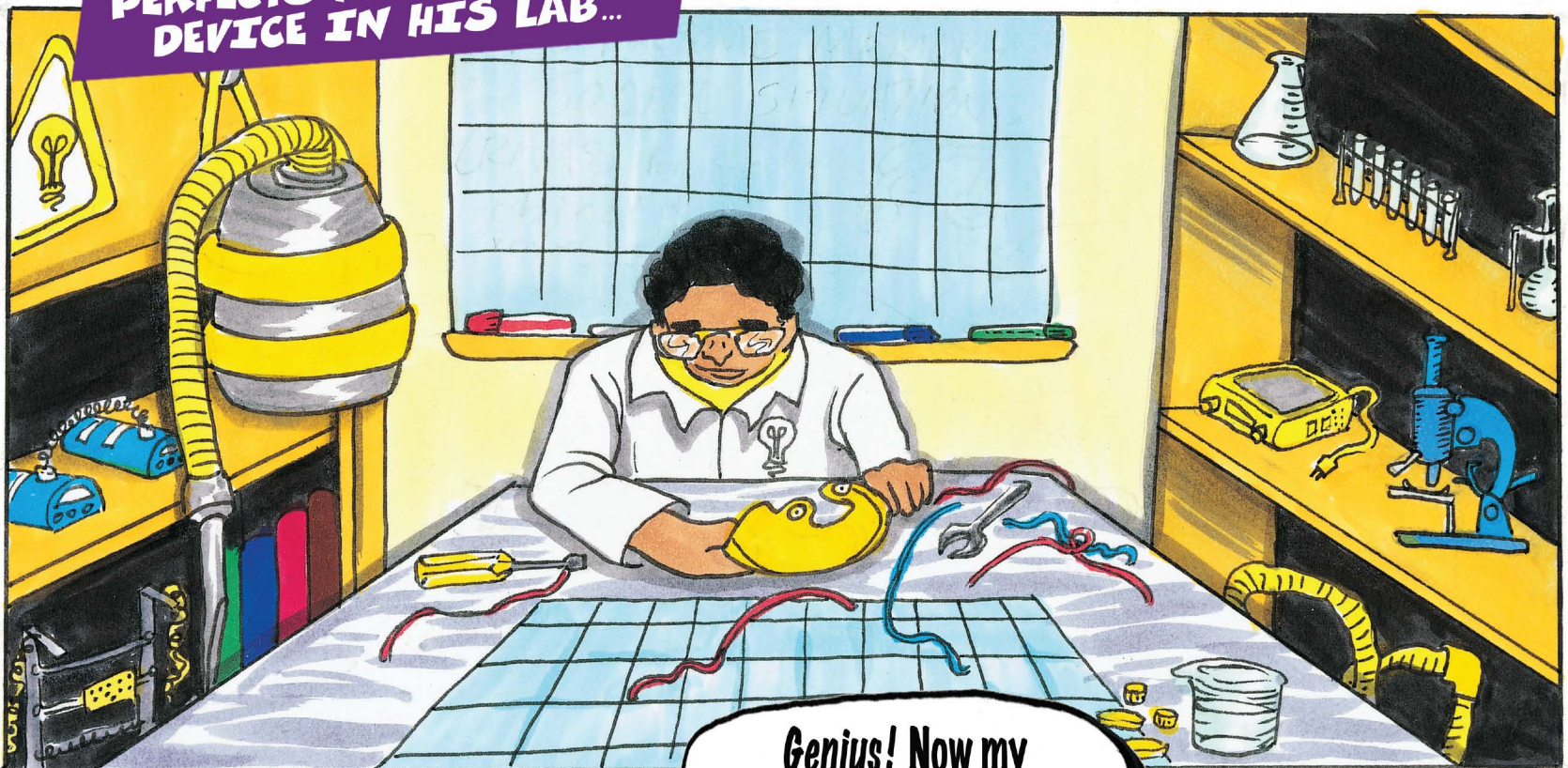
... you can attend the great Dr. Al-Kno's presentation tonight at the Memory and Alzheimer's Conference. And MY band, *The Dimensions*, will be this evening's entertainment.



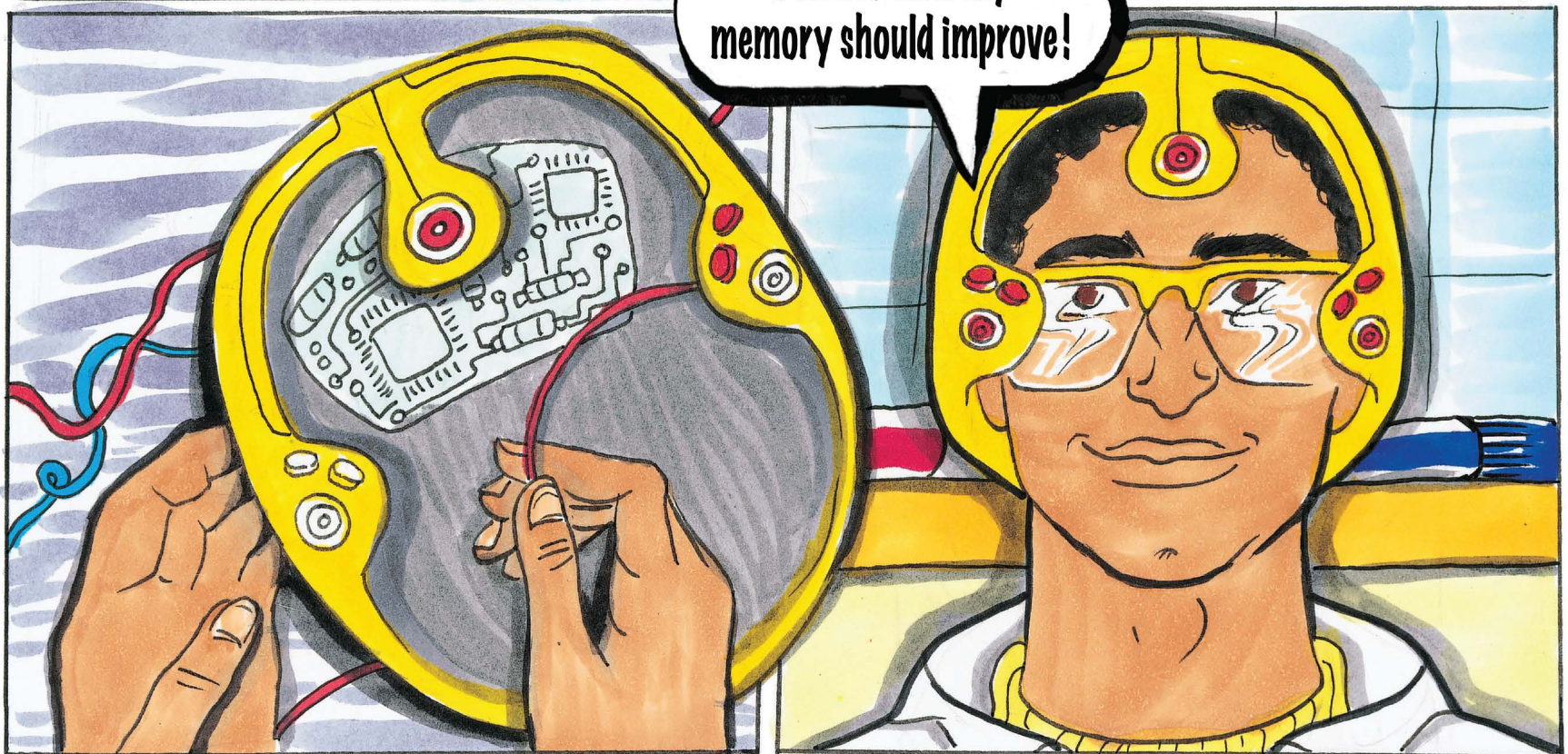
**AFTER CLASS IN  
THE HALLWAY...**



**THEN, DR. AL-KNO  
PERFECTS HIS MEMORY  
DEVICE IN HIS LAB...**



**Genius! Now my  
memory should improve!**

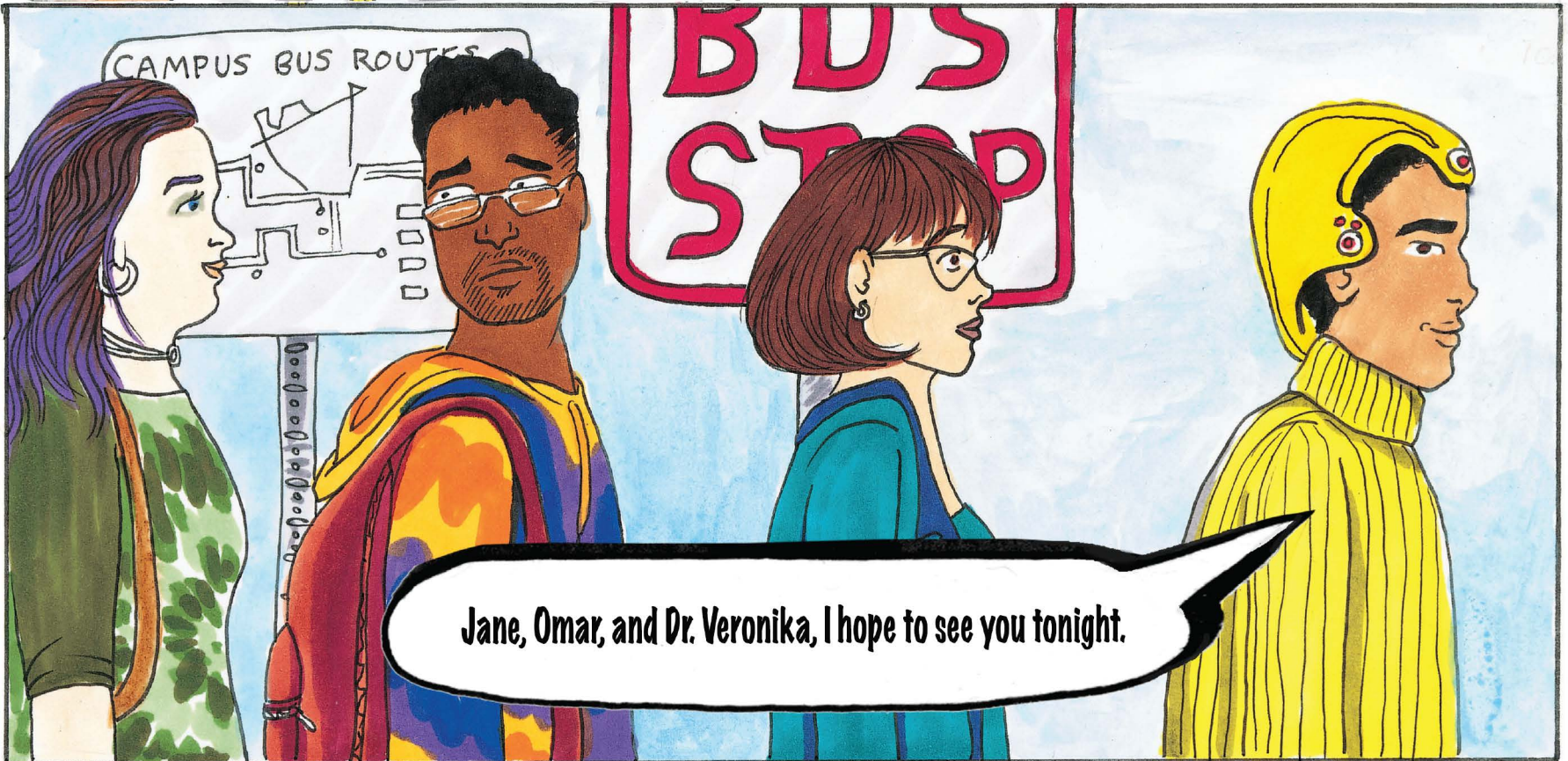




AL-KNO'S  
MEMORY  
DEVICE HAS  
A SLIGHT  
GLITCH...



Ah, you just need  
a little breaking-in.



Jane, Omar, and Dr. Veronika, I hope to see you tonight.



I'm giving a  
nationally-broadcasted  
presentation tonight.  
Tune in!

(Nice helmet)

(Thank you!)

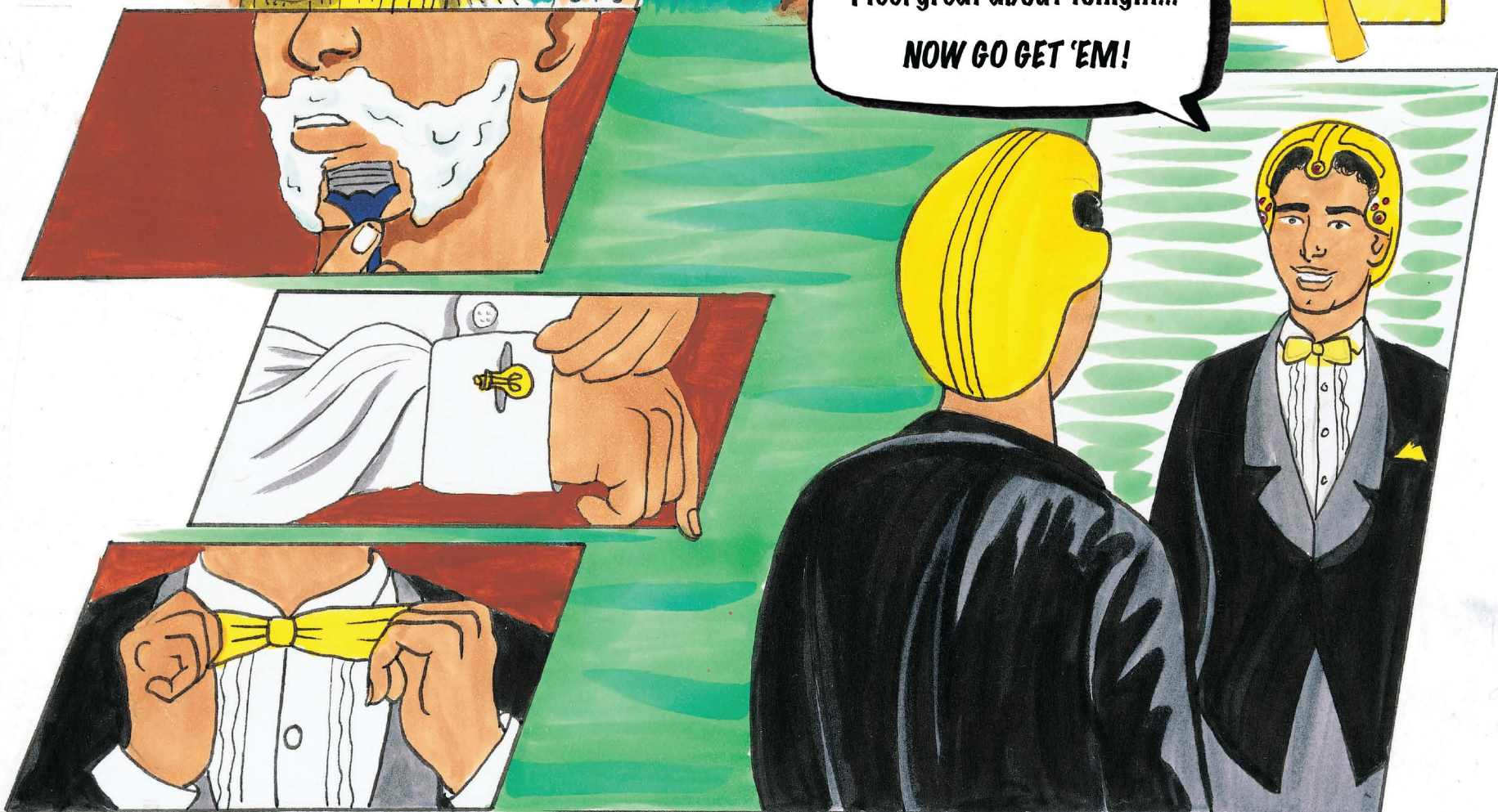
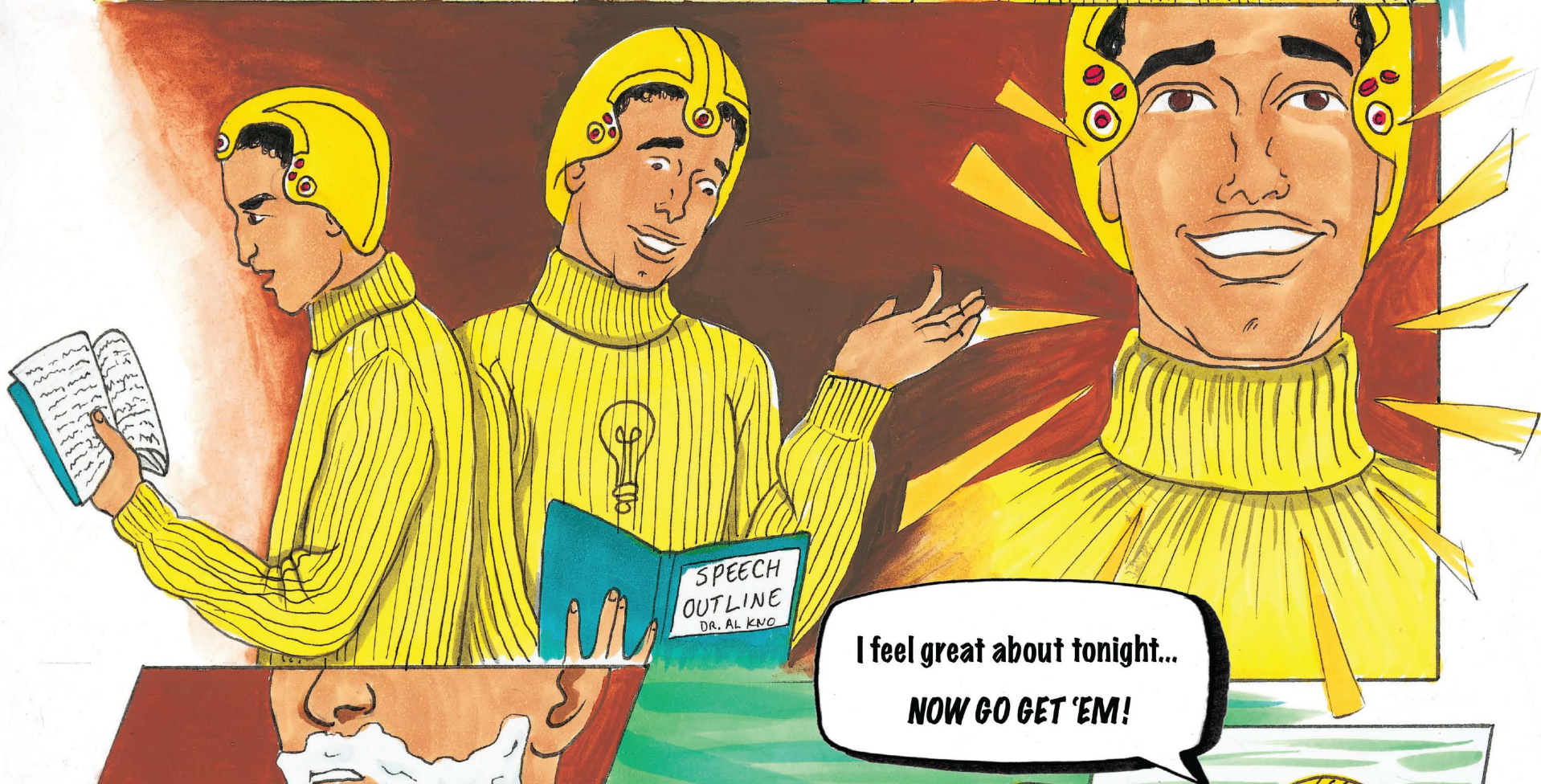
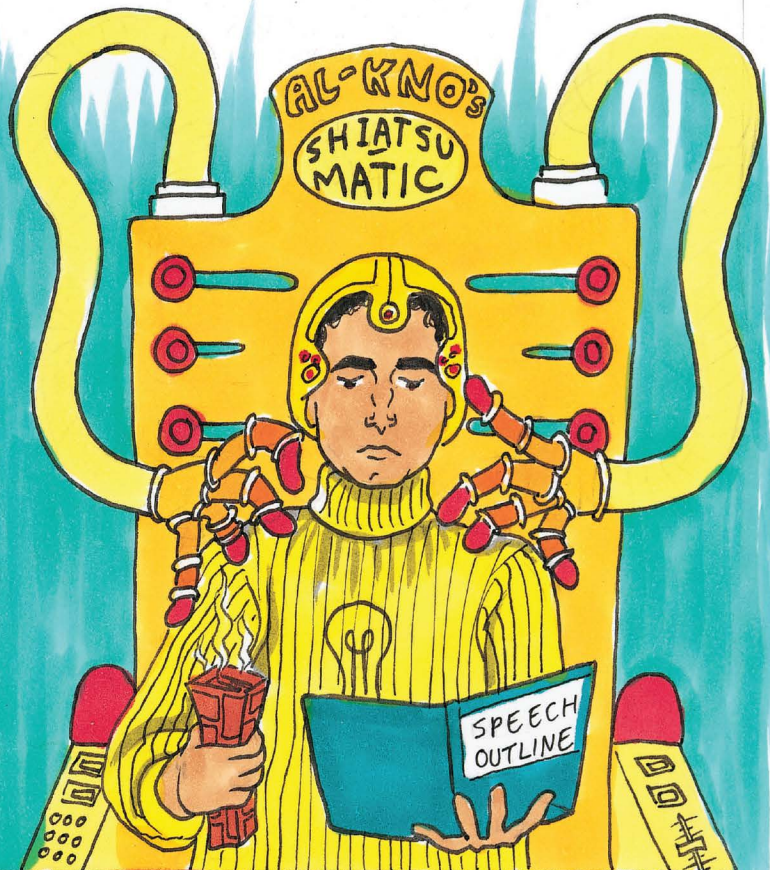
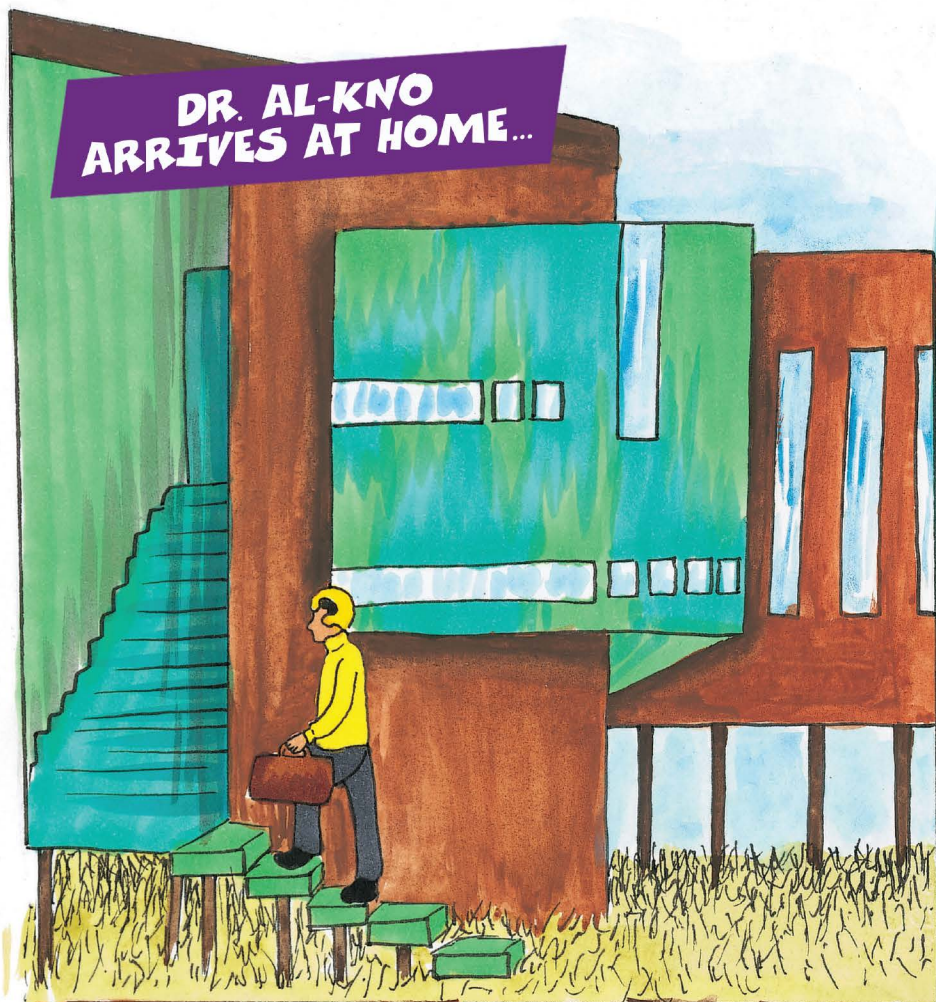


And professor Isaiah,  
I look forward to your  
presentation on how  
astronauts' memories  
are affected by escape  
velocity\* on Mars.

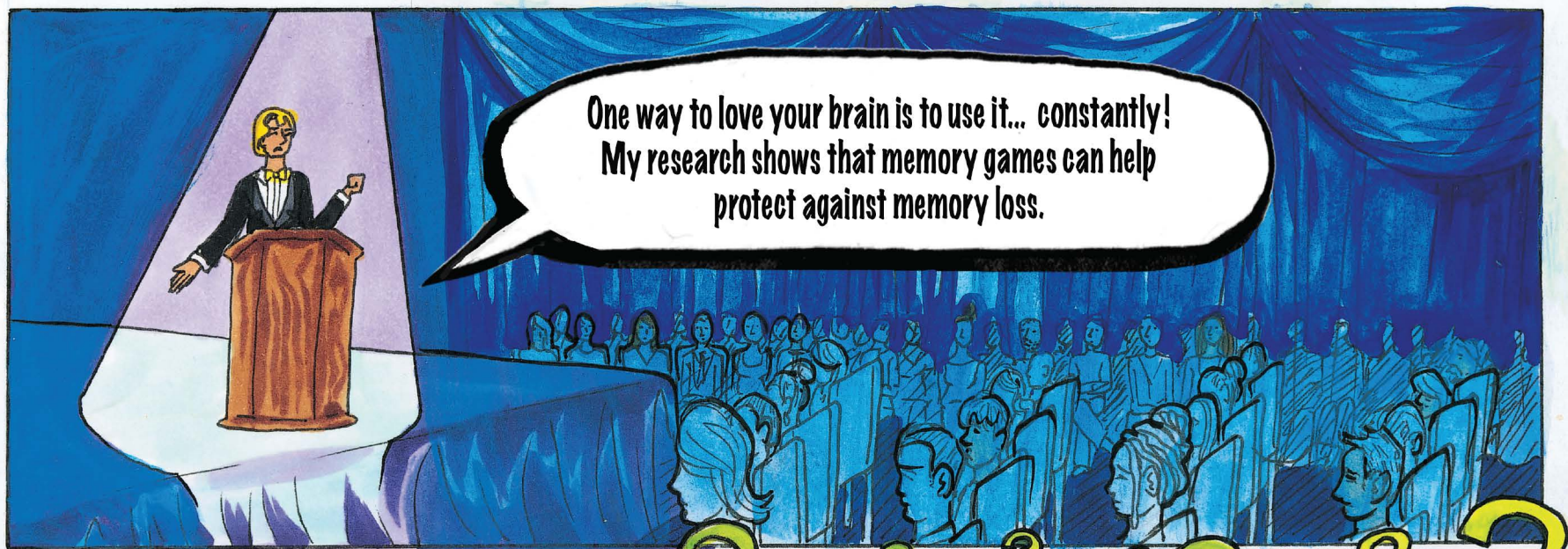
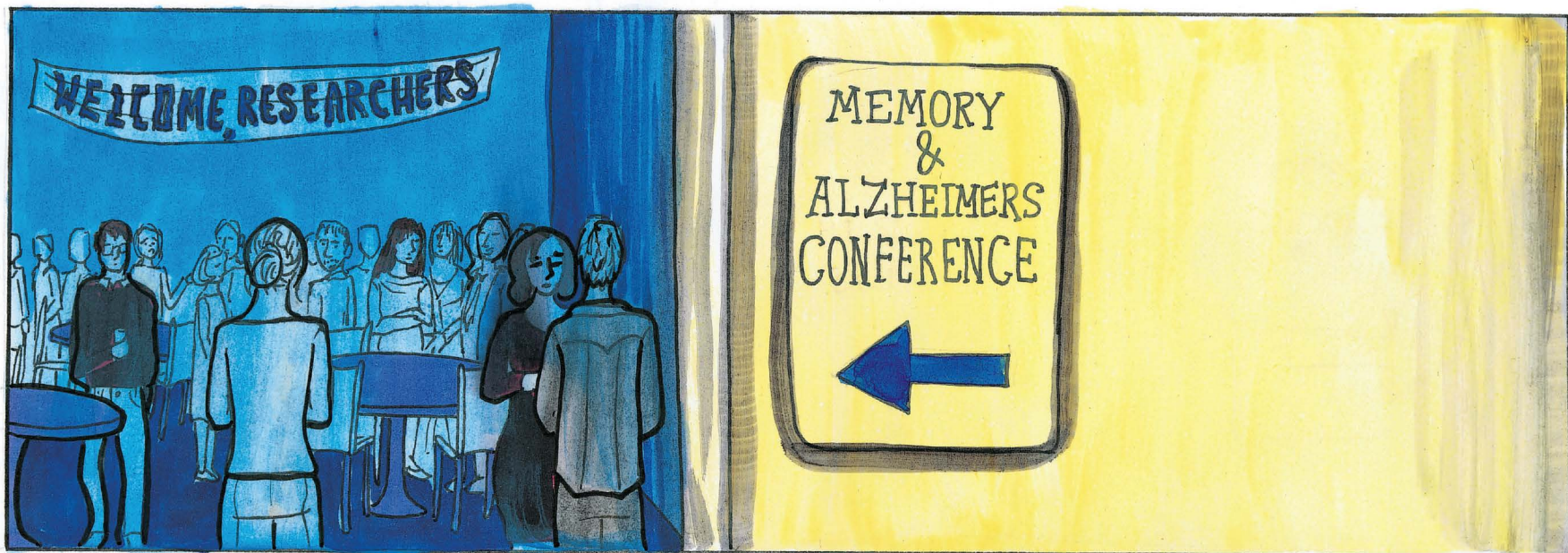
\* Escape velocity is the minimum speed needed for a free object to escape the gravity (or pull) of a much larger object (like the planet Mars).



DR. AL-KNO  
ARRIVES AT HOME...



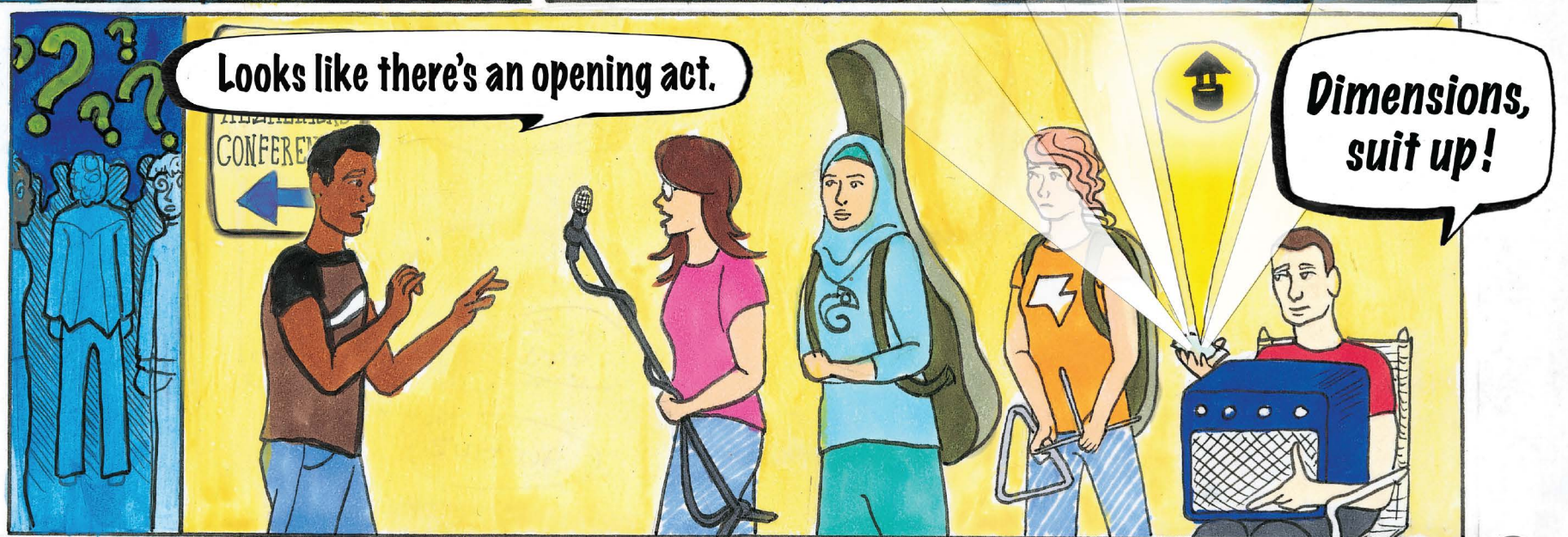
















Thanks for coming.  
I've been such a fool...

Cheer up  
and  
**GEAR UP!**

I foresee that  
Heathrow is going  
to make things worse!  
We've got to stop him!





HEATHROW FIRES HIS INVENTION TRYING TO FIX THE PROBLEM, AND THE DIMENSIONS USE THEIR SUPERPOWERS TO PROTECT THE CROWD...



Told you! Now I'm  
part chicken!!!

Heathrow, you  
failed to use a  
corn-based diode\*.

That is KEY.

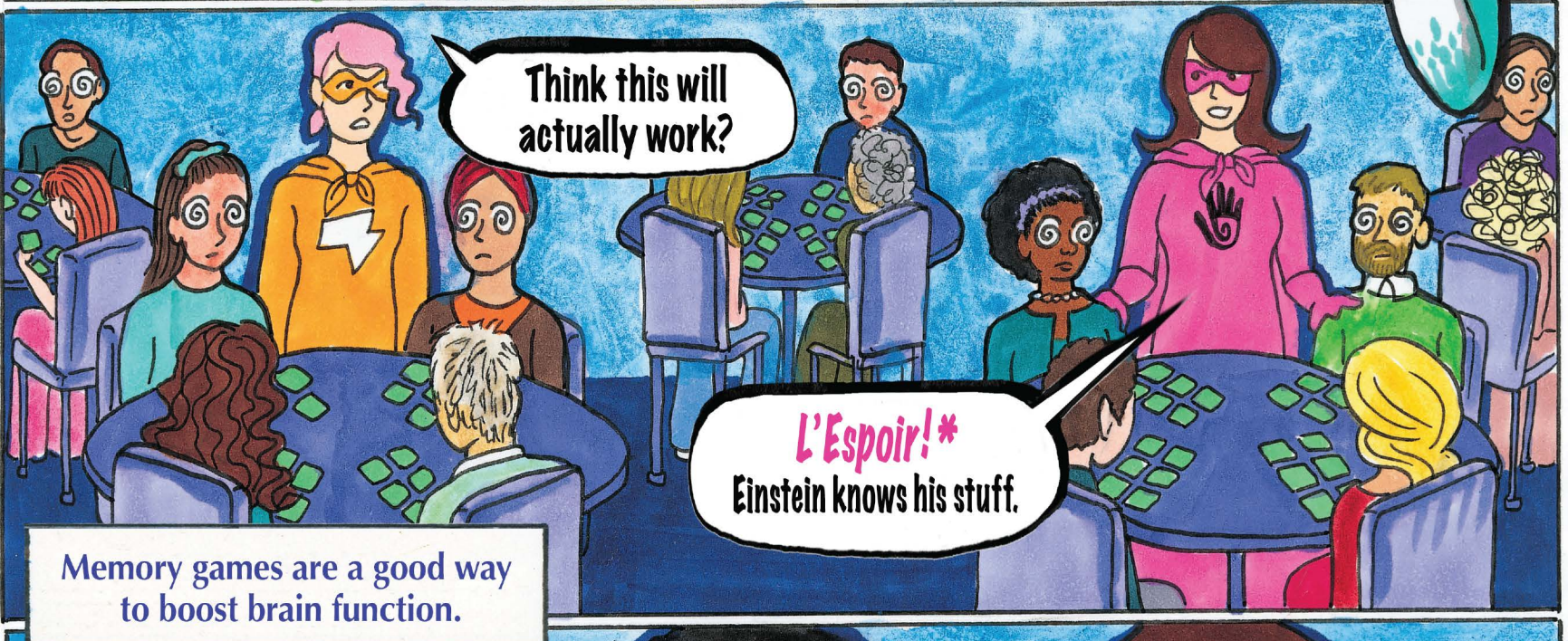
CLUCK! How did  
that not work?

How's that invention  
working for you, Knull?

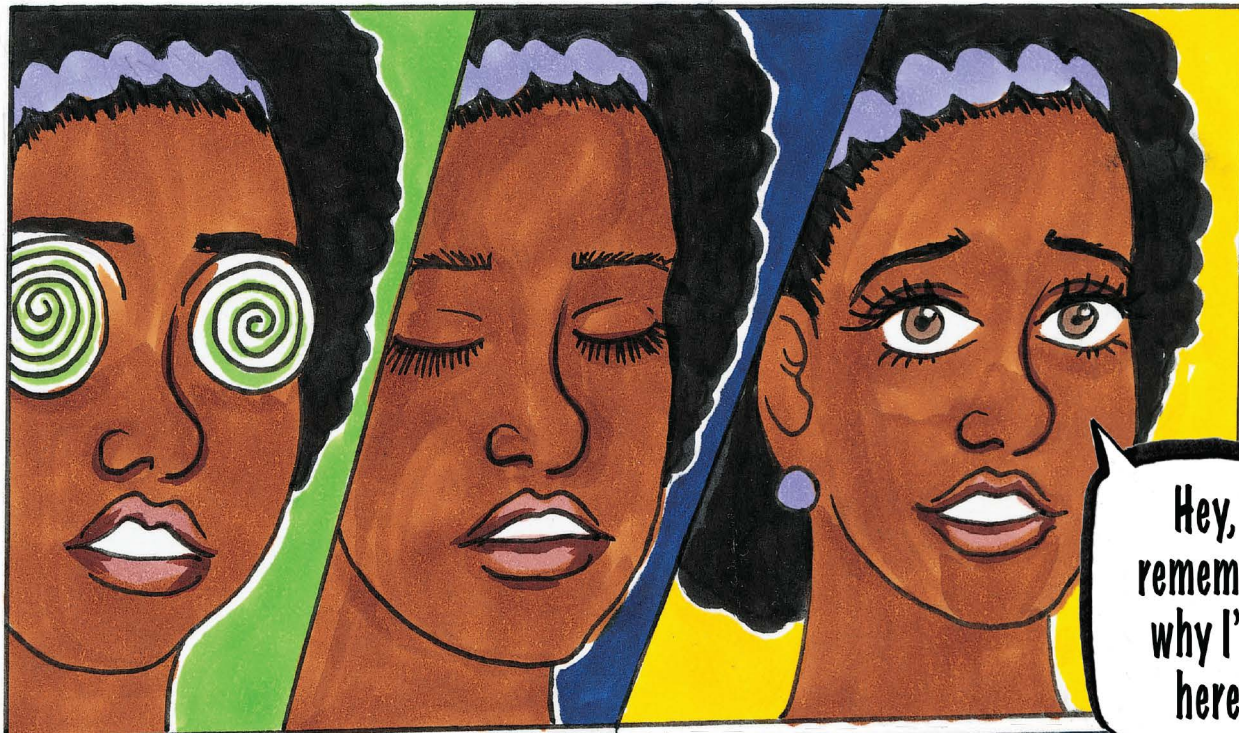
CLUCK  
\*Go Away\*  
CLUCK

\* A diode is a device used to  
conduct electric current.









Hey, I remember why I'm here!



I remember you!

And I remember you!

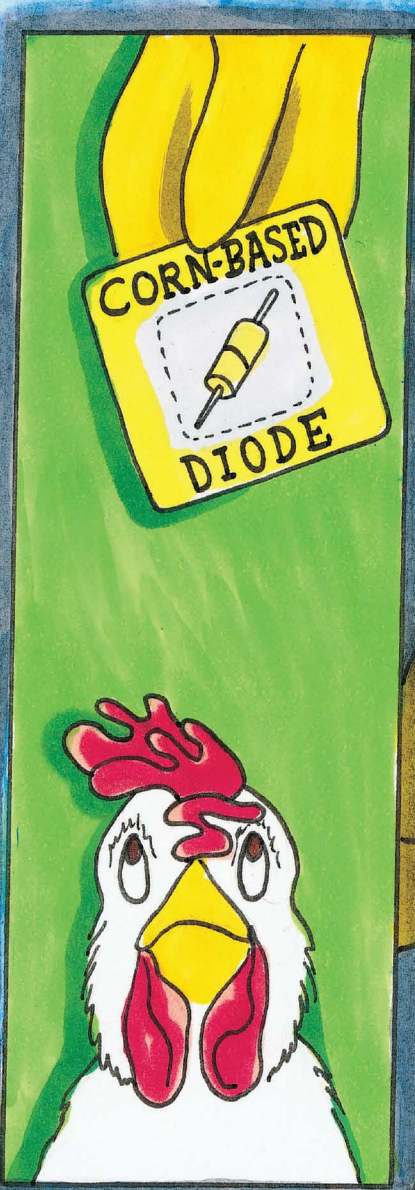


Everyone is going back to their usual selves.

... ALMOST everyone.



Luckily for Heathrow, I remembered the key.





AL-KNO SUCCESSFULLY REVERSES THE EFFECT OF HEATHROW'S FAILED MEMORY INVENTION AND GETS RID OF THE CHICKENS...



Well...

Based on my presentation tonight, I won't be winning the Nobel Prize anytime soon either. Maybe we can work together in the future.

But for now...  
**LET'S ROCK!!**

...I hate saying this, Al-Kno... but thanks. My invention was a disaster!

WITH HIS BRAIN BOOSTED AND HIS FRIENDS BY HIS SIDE, IT WAS A NIGHT HE WOULD NEVER FORGET!

**THE END**



# GET TO KNOW THE DIMENSIONS CHARACTERS!

The Dimensions characters represent the 8 dimensions of wellness supported by the Substance Abuse and Mental Health Services Administration (SAMHSA)  
<http://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>



**Environmental Dimension:**  
**Eric Ripple aka Captain Calm**

- Local park ranger
- Married to Hope Ripple
- Co-Lead Singer for The Dimensions

- Experiences anxiety and has an addiction to nicotine
- Superpower: Super strength and the ability to talk to animals



**Emotional Dimension:**  
**Hope Ripple aka The Healer**

- School teacher who works at the local children's hospital
- Married to Eric Ripple
- Co-Lead Singer for The Dimensions

- Experiences panic attacks and compassion fatigue
- Superpower: Healing hands and X-ray vision



**Physical Dimension:**  
**Leo Lowe aka Thundering Tornado**

- Army veteran and librarian
- Drummer for The Dimensions
- Has traumatic events earlier in life which cause poor sleep and unhealthy eating habits

- Recently diagnosed with diabetes
- Superpower: Sonic wind, a voice-shattering roar, and tolerance to pain



**Occupational Dimension:**  
**Aanisah Alomar aka The Gentle Chameleon**

- Small business owner
- Bass Guitar player for The Dimensions

- Experiences depression
- Superpower: Shapeshifts and can see the future



**Social Dimension:**  
**Nova Pow aka Magnetic Shock**

- Martial artist
- Percussionist for The Dimensions

- Needs support controlling anger and substance use
- Superpower: Magnetically manipulates and attracts objects



**Financial Dimension:**  
**Lucy Stretch aka Elastic Beauty**

- Owner of a beauty company
- Plays lead guitar for The Dimensions

- Experiences ADHD and is known for showing up late
- Superpower: Body manipulation



**Intellectual Dimension:**  
**Einstein Al-Kno aka Agent Replacement**

- Professor and health professional who studies Alzheimer's and Dementia
- Plays keyboard for The Dimensions

- Can be self-centered and selfish which makes it difficult to socialize
- Superpower: High intelligence and wears a water-hose-soaker backpack



**Spiritual Dimension:**  
**Raha aka The Divine Queen**

- Dance instructor
- Violinist for The Dimensions
- Can be impulsive when shopping which leads to feelings of guilt and hoarding
- Superpower: Flies and reads minds

IN ADDITION TO THESE, BE ON THE LOOKOUT FOR 2 HIDDEN CHARACTERS!

**ALLENE RECORDSTEIN** is the band manager for The Dimensions. Her superpower is keeping the band organized!

**DOTTY K. BERRYMAN** is, well, the amazing artist of The Dimensions. But did you know she is also their biggest fan? Look for her cheering on The Dimensions at their shows!



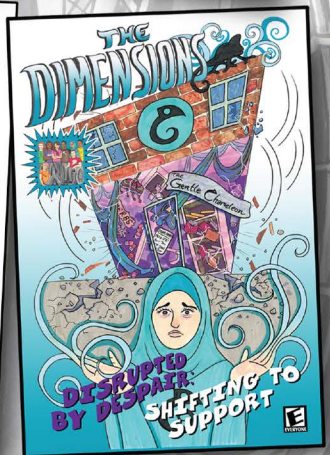
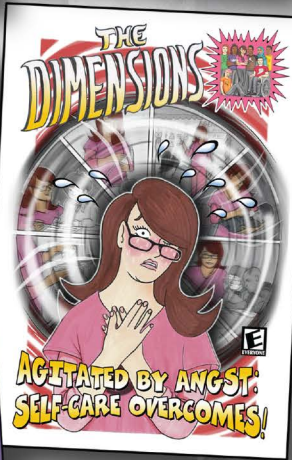
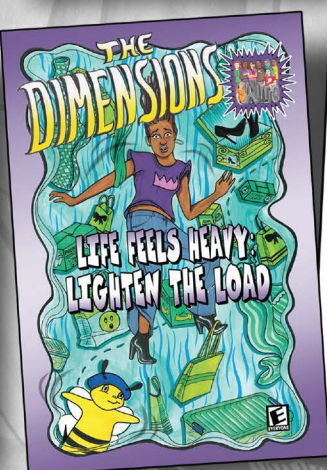
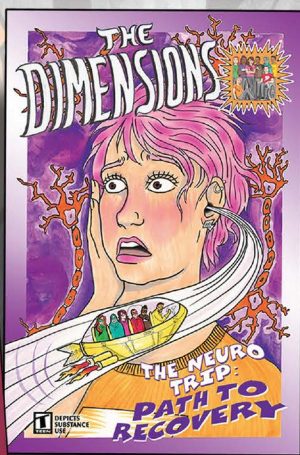
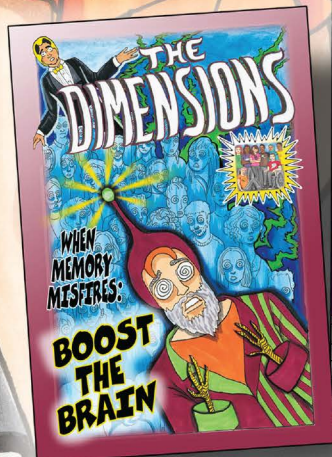
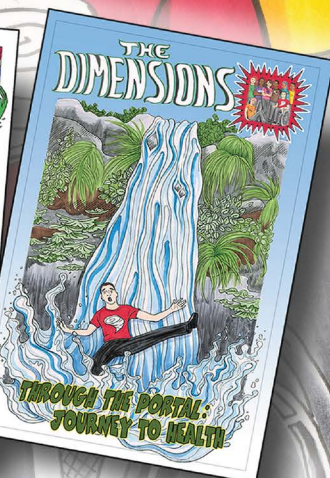
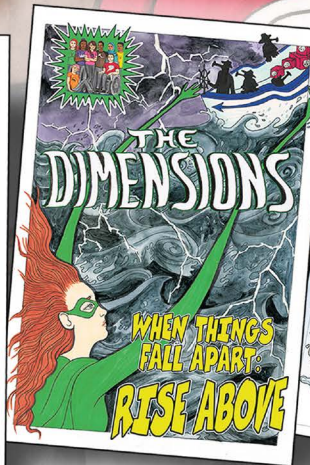
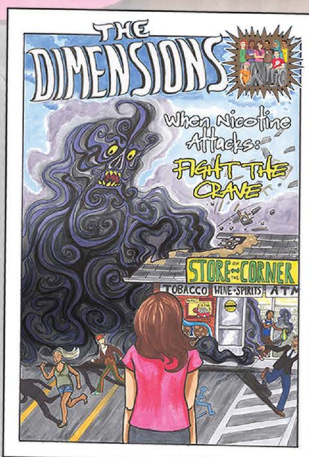


# READ Them ALL!

Each character has their own story.



The  
Dimensions  
series  
includes:



## WWW.UKY.EDU/BHWELL

