

MEemory:

How Sleep, Trauma, Equity and Biomarkers Define Brain Health

22nd Brain Health Forum
Tuesday, April 26, 2022
10:00 a.m.–12:30 p.m.



EMORY
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Goizueta Alzheimer's
Disease Research Center
www.alzheimers.emory.edu

Experts from Emory University, Washington University and the Centers for Disease Control and Prevention will address brain health, cognitive aging, biomarkers, sleep and chronic disease.

This hybrid program, held virtually and in-person, will provide attendees with information to promote healthy aging and identify new methods to predict, prevent and treat Alzheimer's and related dementias.

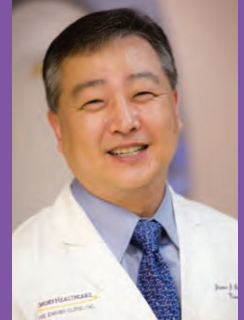
A boxed lunch will be provided for onsite attendees only. Be sure to invite a friend, colleague or loved one to this free, comprehensive program.



Monica Parker, MD
Assistant Professor
Emory School of Medicine



Chad Hales, MD, PhD
Assistant Professor, Neurology
Director
Emory Memory Clinic



James Lah, MD, PhD
Associate Professor
Emory School of Medicine



Karen Hacker, MD, MPH
Director
CDC National Center for Chronic
Disease Prevention & Health
Promotion



Nancy Collop, MD, FCCP
Professor of Medicine,
Neurology Director
Emory Sleep Center



Suzanne E. Schindler, MD, PhD
Associate Professor of Neurology
Washington University in St.
Louis

MEemory at Emory



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Alzheimer's
Disease Research
Center

Department of Neurology
Emory University

About the study

Purpose of the Study:

- The purpose of the study is to learn more about neurologic disorders

Procedures:

- Medical History
- Neurological/Physical Exam
- Blood Sample
- MRI
- Lumbar Puncture (LP)
- Cognitive testing

How long does the study last?

- This study is longitudinal, which means there is no end date.

How often do I come to Emory?

- One time per year, with additional trips in years that include an LP and MRI

What will you do with this information?

- Study data will help us better characterize the causes and changes associated with neurodegenerative diseases and normal aging

Will my information be kept confidential?

- Yes- information collected for this study is not put in medical records

Will I learn the results of the tests?

- Results from genetic, diagnostic or cognitive tests will **not** be disclosed unless deemed medically necessary

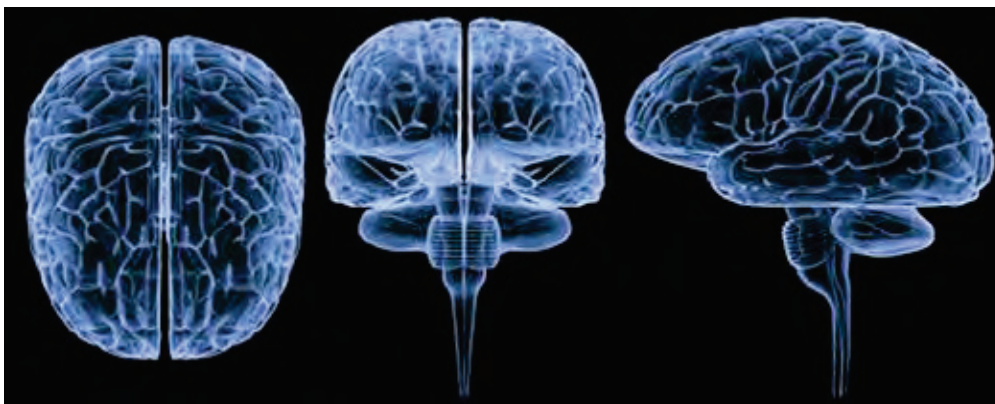
Eligibility

- Age 70 or older
- Willing to complete LP and MRI
- Study partner available (by phone or in person) for annual study visits

Contact Information

Coordinator of study:
Samantha Heldenberg
404-712-7542
shelden@emory.edu

Recruiter for study:
Tasha Chapman
404.727.6050
lchapm9@emory.edu



The Goizueta ADRC is committed to diversity in research with a focus on increased engagement of African American men and women in our studies

Links:

- www.alz.org
- <http://med.emory.edu/ADRC/>



BRAINTALK LIVE

PRESENTED BY



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Goizueta Alzheimer's
Disease Research Center

ONLINE MEETING

EVERY TUESDAY 2:00PM/ET

SIGN UP OR ACCESS YOUR ZOOM
ACCOUNT TO REGISTER FOR THE WEBINAR:
[HTTPS://US02WEB.ZOOM.US/S/82516623594](https://us02web.zoom.us/j/82516623594)

AUDIO ONLY: **DIAL 1-929-205-6099**
ENTER MEETING ID: **825 1662 3594**

JOIN US EACH WEEK TO LEARN ABOUT
ONGOING STUDIES AND TO HEAR FROM
VARIOUS EXPERTS ON HOW TO MANAGE,
PRESERVE, AND IMPROVE YOUR BRAIN
HEALTH.

Have a question? Call (404) 712-1416 or email
cdorbin@emory.edu

EMORY

Healthy Aging Study



If you could change the world for the better, would you? Now you can be part of a study for the ages.

Partner with leading physicians at Emory University and help make discoveries that will change our understanding of aging and age-related diseases for generations to come.



What is it?

It's ambitious. The Emory Healthy Aging Study is the largest clinical research study ever conducted in Atlanta. It is a game changing effort to further our scientific understanding of how we age, so we can learn to understand, treat and prevent diseases that occur as we age. These diseases affect our brain health, cardiovascular health, immune systems and more.



How does it work?

It's simple. Adults of all ages [sign up online](#), answer brief questionnaires and take part in online memory games. We will keep your involvement as simple and easy as possible. You can do more or less, depending on your desire. The large database of information we collect over time will help our outstanding researchers learn more about aging—so we can all benefit. The data may also help you and your physician learn more about your overall health.



Why it matters.

It's our future. The study may affect you, your parents, your children or your great-great grandchildren. Data collected will help us understand, treat and perhaps find a cure for diseases like Alzheimer's disease, heart disease, diabetes and others. Joining the study will help us investigate numerous diseases all at once—in an unprecedented manner that will benefit generations to come.

It's easy to [join](#) this online study.

To qualify for this study, you must:

- Be 18 years of age
- Read and speak English fluently

What should I do now?

- Sign up and consent [online](#)
- Fill out a health history survey
- Complete other surveys and assessments periodically
- We'll contact you when it's time to update your information, or to let you know about other research programs you are eligible for and may be interested in

Join the Study Today



404-727-4877 • healthyaging.emory.edu



georgia
memory net

Georgia Memory Net is a statewide program dedicated to the early diagnosis and treatment of Alzheimer's disease and related dementias.

Establishing the Need: Know the numbers.

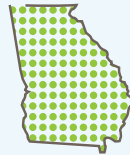
It all adds up:
The citizens and healthcare professionals of Georgia need the Georgia Memory Net.

People With Alzheimer's Growing:



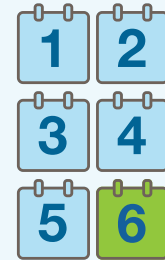
1.4M

People Over 65 Years Old



385k
with self-reported cognitive impairment

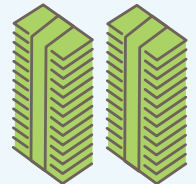
80%
have not yet been evaluated or treated



6 Year Average Delay In Memory-loss Diagnosis

\$2B

In Preventable Admissions Expenses



Collaboration is Key: It takes more than one.

A partnership including academic institutions, community organizations, professional associations, and state networks.



Georgia Department of Human Services



Setting Our Goals: It's only a wish without a plan.

Our objective is to improve outcomes and quality of life for people dealing with memory loss, while streamlining services and offering more efficient care.



Improve Assessment During Annual Wellness Visits



Diagnose Accurately at Memory Assessment Clinics



Improve Care with PCPs and Community Services



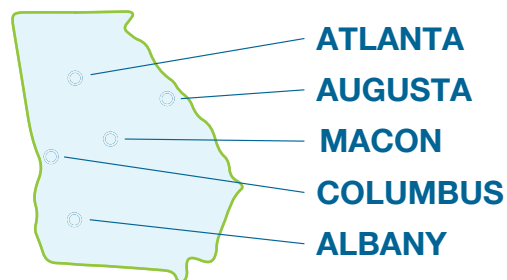
Provide Oversight and Evaluation of Performance and Data Collection

Providing Accessibility:

Launching statewide clinics.

Starting with five clinics in 2018, we hope to have a Memory Assessment Clinic convenient to every Georgian in the near future.

Memory Assessment Clinic Locations



What to Expect:

Key benefits.

Georgians who make appointments at a MAC, and the doctors who recommend them, benefit from a variety of integrated services.



Trained Clinicians

Comprehensive Diagnosis and Care of Planning

Community Services Educator

Education and Community Support

PCP Receives and Manages Care Plan

Proactive planning & support services
Expert diagnoses
Increased caregiving competence & quality of care

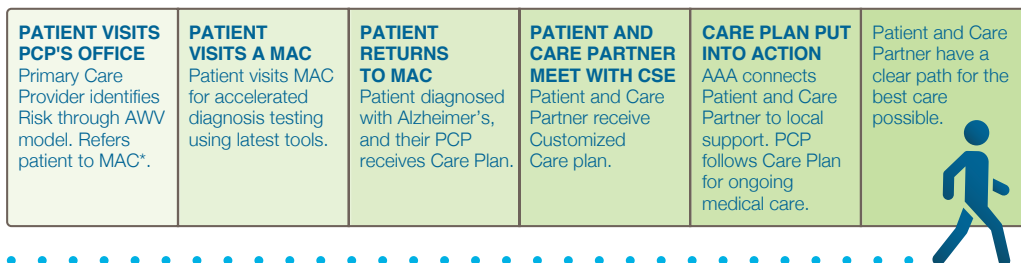
Comprehensive best-practice care plans
In-depth memory evaluations taken off time-crunched PCPs schedules
Care plans shared with PCPs, patients & community support

Supported by National Institutes of Health
Connected to Georgia's only Alzheimer's Disease Research Center

The Process:

An always integrated path.

Our system is designed for efficiency and convenience to all parties involved.



GMN for PCPs:

Supporting, not supplanting.

In depth memory evaluations are taken off the schedules of time-crunched PCPs.



Training provided through GMN



Reporting to guide your ongoing care

Identifying & Referring:

Three simple steps.

ENCOURAGE

Annual Wellness Visits (AWV)



ADMINISTER

the Mini-Cog™ assessment tool (embedded in the AWV)



REFER

patient to a Memory Assessment Clinic if Mini-Cog™ indicates an impairment

If we can manage these three, outcomes could improve.

The AHEAD Study is funded by the National Institutes of Health (NIH) and several philanthropic organizations, as well as Eisai, the company that makes the investigational treatment used in the study.



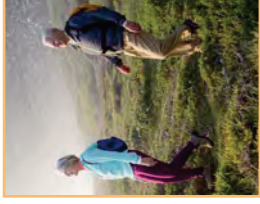
To learn more visit
AHEADStudy.org/GetAHEAD
or call 1-800-AHEAD-70
(1-800-243-2370).



Scan with your smartphone

**You can also reach out
to your local site:**

AHEAD STUDY



The AHEAD Study is an
exciting development in
Alzheimer's disease research

**HELP US GET AHEAD OF
ALZHEIMER'S DISEASE**

AHEAD STUDY

The AHEAD Study tests whether intervening AHEAD of symptoms may prevent future memory loss and dementia.

Am I eligible?

You may be eligible if you:

- ✔ Are a healthy, non-smoking adult, between the ages of 55 and 80.
- ✔ Have not been diagnosed with Alzheimer's disease.
- ✔ Have elevated or intermediate levels of amyloid in the brain (a protein shown by brain imaging, as part of the study screening process).

What is "amyloid"?

Amyloid is a protein that builds up in the brains of people who can go on to have memory problems and develop Alzheimer's disease.

What is the AHEAD Study?

The AHEAD Study is the first research study that aims to help prevent Alzheimer's disease by enrolling participants as young as 55 and using a tailored dosing approach.

The study looks at an investigational treatment aimed at delaying memory decline in people up to 20 years before the symptoms of Alzheimer's disease appear. Discovering a treatment that targets brain changes early means doctors may be able to one day prevent memory loss.

How Do I Participate?

Study participants:

- Make a four-year commitment involving in-person and telephone visits with study researchers every two to four weeks.
- Have a close friend or relative, who sees and talks with the participant every week, who can serve as their study partner.
- Receive \$50 per visit they attend for their time.

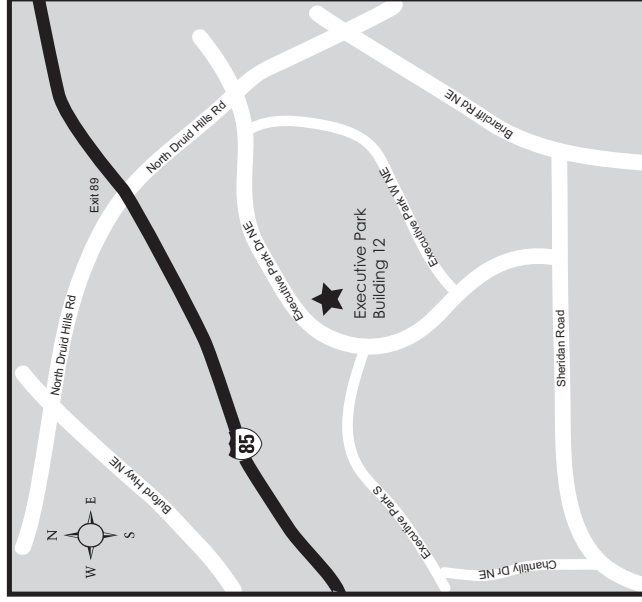
Each study visit includes a discussion and assessment of:

- 📄 Medications
- 👤 General health



For more study details, please visit the study website at AHEADstudy.org/getAHEAD

Integrated Memory Care Clinic



Free parking and free valet service.

Contact Us

Integrated Memory Care Clinic
Emory Brain Health Center
12 Executive Park Drive, NE
Atlanta, GA 30329

404-712-6929
emoryhealthcare.org/imcc

EMORY
HEALTHCARE

Integrated Memory Care Clinic
404-712-6929
emoryhealthcare.org/imcc

EMORY
HEALTHCARE

Emory Healthcare offers a primary care clinic for people living with dementia. The Integrated Memory Care Clinic (IMCC) is a nationally recognized patient-centered medical home that provides primary care individualized for someone living with dementia. Our clinic is designed to replace the patient's current primary care provider.

What do we treat?

The Integrated Memory Care Clinic is a one-stop shop. We offer comprehensive, team-based health care services for patients with dementia and other chronic health conditions. Whether the patient has a cold, needs a vaccine, or has a change in behavior, we can help. IMCC bills insurance plans like a general practitioner or internist. We accept Medicare and most major health insurance plans.



Program Benefits

Caregiver Classes: The IMCC social worker offers educational classes for caregivers. The Savvy Caregiver is a six-week class geared toward helping caregivers learn how to address common, difficult behaviors many patients with dementia may exhibit. A late-stage class teaches caregivers about end-of-life concerns. Additional caregiver opportunities may be available as well.

Family Meetings: The social worker offers opportunities for family and caregiver meetings to discuss current and future care goals as well as current and upcoming care needs.

After Hours Call: Nurse practitioners are available by phone evenings and weekends for established patients.

Extended Appointments: Because of our comprehensive model, patients have longer appointments with the clinic nurse practitioners.

Free Parking: The clinic building is easily accessible with free parking and free valet service.

Enroll in the Integrated Memory Care Clinic

If you are interested in establishing care with the IMCC, please call our patient service coordinator at **404-712-6929** to discuss the next steps. New patients may need to provide documentation of a dementia diagnosis.



Who is on the care team?

Our team includes a nurse practitioner, registered nurse, and clinical social worker along with collaborating physicians and staff. The patient and patient's caregiver are also vital members of the care team and are involved in making decisions about care and treatment. Dementia and other chronic conditions are managed exclusively by nurse practitioners who collaborate with geriatricians and neurologists on the team. The clinic's nurse practitioners have advanced training and specializations in dementia, geriatrics, and palliative care.

Who is eligible to become a patient?

To become a patient with Integrated Memory Care Clinic a person must meet three criteria:

1. Have an Alzheimer's disease or a related dementia diagnosis from a physician, nurse practitioner, or physician assistant. The IMCC does not diagnose patients with dementia.
2. Live within an hour drive of the clinic at 12 Executive Park Dr. in Atlanta, GA 30329.
3. Be willing to change primary care providers.



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SPRING 2022 RESEARCH SOCIAL



RESEARCH
SOCIAL

BRAIN HEALTH CENTER
12 Executive Park Dr.
Atlanta, GA 30329



Monday, May 16, 2022

12:30pm – 2:00pm

Lunch & Mingle 12:30 - 1:00pm

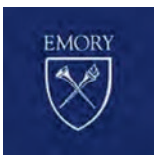
Welcome & Purpose - 1:00pm

Monica W. Parker, MD
James J. Lah, MD, PhD

Research Study Overview

Research Testimonial – 1:30pm

Q&A



www.alzheimers.emory.edu

(404) 727-6696

Minority Men's Health Matters in Research

VIRTUAL VIA ZOOM | IN-PERSON AT THE BRAIN HEALTH CENTER
12 EXECUTIVE PARK, ATLANTA, GA 30329

Theme: Research Readiness
Thursday, May 12, 2022
11:00am to 12:30 pm

For MEN only. Invite your dads, husbands, brothers, family, and friends.

Program format includes:

- Overview of Research
- Overview of Current Studies at Goizueta ADRC
- Testimonial from Previous Research Participant
- Open dialogue on the importance of Study Participation and Concerns surrounding it



Dr. Cornelius Flowers

Expert opinions from:

- Dr. Cornelius Flowers
- Dr. Monica Parker



Dr. Monica Parker



Goizueta Alzheimer's
Disease Research Center

REGISTER TODAY!

To register visit www.minoritymenshealthmay2022.eventbrite.com

For more information visit www.alzheimers.emory.edu or contact Crystal Davis at cpdavis@emory.edu

JOIN THE GOOD SAMARITAN HEALTH CENTER

for the
Grand.
Opening

Farm Market Pavilion

&

of the

Y at Good Sam

An Event Two Years In The Making...

We are so excited to (finally) welcome you to celebrate the two newest spaces at Good Sam! Come enjoy a day filled with new friends, food, fun, and interactive experiences across the gamut of Good Sam's service offerings.

Saturday, April 30th | 11am - 2pm

1015 Donald Lee Hollowell Pkwy. NW, Atlanta, GA 30318

check in

10:30 am

ribbon cutting

11:30 am

lunch

12:00 pm

interactive tours

12:30 pm

The Market Pavilion will house our expanding farmer's market to sell the farm's certified naturally grown produce, as well as affordable and healthy pantry staples sourced from other local growers.

The YMCA at Good Sam located at the new wellness center features treadmills, ellipticals, weights, Peloton bikes and more, PLUS group exercise classes coming soon.

Food Trucks By:

Westside Motor Lounge & Vegetopia Food Cart

Limited parking available on-site.
Consider carpool or Uber.

Good Samaritan 
HEALTH CENTER

1015 Donald Lee Hollowell Pkwy. NW
Atlanta, GA 30318

Call, email, or use the QR code to **REGISTER TODAY!**
678.553.4934 | Development@GoodSamAtlanta.org





WE CARE VETERAN RESOURCE FAIR

13-14 MAY 2022

A ONE-STOP SOLUTION FOR ALL VETERANS

9 AM-5 PM

Cobb Civic Center-Marietta

548 S. Marietta Parkway, Marietta 30060

FREE for ALL Veterans. Family Members Welcome.

If possible, bring ID & DD214.

Registration begins March 1st for free civil and criminal legal help.

OVER 75 AGENCIES ON SITE

Guidance For Financial Wellness, Legal, Employment Including Career Opportunities, Food & Nutrition and Groceries for Veterans, Physical, Mental & Emotional Wellness, Aging at Home & Away, Veteran Involvement Opportunities, Homeless Services and Government Relations Including VA, GA Department of Veterans Affairs, Medicare, Medicaid, SS Disability & Services

CANTEEN SERVING BREAKFAST, LUNCH & SNACKS

HAIRCUTS & PORTABLE SHOWERS AVAILABLE

TAI CHI & VETERAN BOXING DEMONSTRATIONS



F.O.C.U.S.

Families Over Coming Under Stress

FOCUS provides resilience training to military families and couples facing adversity and stress related to invisible wounds and other family stressors. The program helps families and couples overcome challenges and create a shared story to foster connection and support. FOCUS builds upon current strengths and teaches strategies to enhance communication, emotion management, problem-solving and goal setting.

emoryhealthcare.org/veterans

888-514-5345

ADOLESCENTS' EXPERIENCES OF PARENTAL YOUNG-ONSET DEMENTIA



WE ARE CONDUCTING A SMALL STUDY OF ADOLESCENTS WHO LIVE AT HOME WITH A PARENT WITH YOUNG-ONSET DEMENTIA (YOD)

THE IDEA

- There are over 1.5 million individuals living with YOD in the U.S.
- Few studies have highlighted adolescents' experiences of living with a parent with YOD.
- Little is known about the details of these adolescents' lives, including their involvement in caregiving, how they navigate changes in family structure, and how their overall experiences shape who they are as individuals.

PURPOSE

- The goal of this study is to describe the experiences of adolescents living with a parent with YOD and how their experiences shape their developing identities.
- Your adolescent will be asked to complete a brief online questionnaire as well as a 60-minute interview via Zoom.
- The interview is focused on understanding your adolescent's overall experiences, including their potential involvement in caregiving.
- Your adolescent will receive a \$25 Visa gift card for their participation.

IF INTERESTED, CONTACT:

Elizabeth Bilborough
ebilsbo@emory.edu | 404-220-4226



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NELL HODGSON
WOODRUFF
SCHOOL OF
NURSING



ELIGIBILITY CRITERIA

- Adolescents (ages 13-19) who have a parent with YOD
- Born and raised in two-parent household with the affected parent
- Currently lives at home with both parents
- Speaks fluent English
- Has internet access



E. Bilborough, MSN, RN
Principal Investigator
Emory University,
School of Nursing
1520 Clifton Road,
Atlanta, GA 30322

BLACK DEMENTIA CAREGIVERS NEEDED

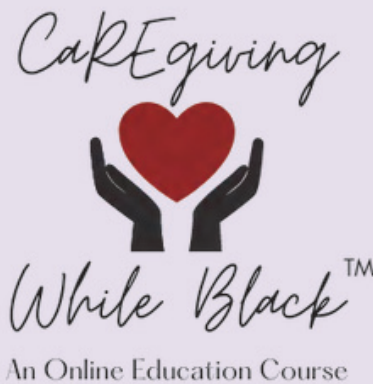
For a 6-week Culturally-Appropriate Caregiver Training & Education Course

What will you learn?

- Managing Home Life with Dementia
- Health Care Navigation
- Caregiver Self-Care

Are you eligible?

- Identify as Black/African American
- Caring for a person living with dementia
- Have a way to access the course online



This course is part of research. For more information or to see if you are eligible, [click here](#) or contact us at:

care.course@emory.edu

404-251-0078

Scan the QR Code
for More Information



You will receive a \$40 gift card for each pre and post 30-minute interview completed.

Funding Sponsor: RRF Foundation for Aging



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WOODRUFF
SCHOOL OF
NURSING

James M.
DIXON



NOBLA
NATIONAL ORGANIZATION OF
BLACK LESBIANS ON AGING



Virtual Reality Assessment of Cognitive and Balance Problems



Participate in a study that examines if virtual reality (VR) assessments can help screen older adults for cognitive and balance problems. Study consists of 5 visits that are 6 months apart. Participants will be compensated.

You may qualify if you:

- are 60+ years old
 - have mild memory or balance issues
-

(404) 251 - 5366 or rebekah.taylor@emory.edu

CFAR - Grady Ponce De Leon Center

341 Ponce De Leon Ave NE

Atlanta, GA 30308



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MEDICINE



Online Caregiver Study

Tele-Savvy@Home provides dementia caregivers with the needed skills, knowledge, confidence to provide care to community-dwelling individuals living with dementia.

***Compensation will be provided for completing study-related interviews.**

The Purpose

Test a fully online self-administered caregiver program. Participants will receive a series of daily caregiving video lessons, self-guided learning strategies, and exercises to enhance.

***This study includes three 30-minute interviews over the course of 3 months. These interviews are focused on understanding your caregiving experience.**



Interested ?



tele-savvy.home@emory.edu



404-251-0078

Eligibility Criteria

- Family or friend providing care to a person living with dementia
- Never participated in any version of the Savvy or Tele-Savvy caregiver program
- Internet access
- Read and understand English

[Click Here or Scan the QR Code for More Information](#)



Scan Here

Lead Researchers



F. Epps, PhD, RN



C. Clevenger, DNP, RN



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E2: Sex Hormones & Alzheimer's Disease Prevention Research Study

Whitney Wharton, PhD
William Hu, MD, PhD

This two year observational study looks to determine the relationship between blood and brain sex hormones and Alzheimer's disease risk factors during middle age.

Participation involves:

- 3-5 study visits over 2 years
- MRI Scans
- Measurements of Cerebrospinal Fluid (Lumbar Puncture)
- Blood Draws
- Vascular Ultrasound
- Overnight sleep monitor
- Memory Tests
- Questionnaires

You may be eligible if you

- Are a man or woman between 45-85 years old
- Have normal cognition or mild memory problems
- Willing to complete study procedures
- Complete eligibility phone screen and brief memory screening

Participants will be compensated a total of \$300 over the 2 years.

Contact us to learn more
about the E2 Study:

404-712-2654

klikos@emory.edu



Equality in Caregiving

Facilitating Caregiver Mastery among LGBT Caregivers of PLWD

What is Equality in Caregiving?

This is a clinical trial to gather data on the diverse LGBTQ caregiver community in order to discover the unique obstacles they face in their role and what resources can be provided to make their role easier, as well as to develop a caregiver training program to address the unique challenges faced by lesbian, gay, bisexual, and transgender informal caregivers of people living with dementia. Our goal is to improve caregiver mastery and mood, and reduce stress in LGBT caregivers of loved ones and friends with dementia.

What is involved in participating?

- Caregiving and Health Questionnaires (electronic- for all LGBT caregivers)
- Four online instructional videos for caregiver mastery (for dementia caregivers only)
- Fifteen minute discussion questionnaires after each instructional video (online for dementia caregivers only)
- Two hour focus group (via Zoom, for dementia caregivers)

The study involves one to twelve hours of online participation depending on whether you complete the online survey only or enter into the clinical trial.

You may be eligible to participate if you are:

- **Lesbian, gay, bisexual, or transgender**
- **18 or older**
- **Consider yourself to be a primary caregiver for another adult (for at least three months) OR**
- **Consider yourself to have formerly been a primary caregiver for another adult (for at least six months no more than five years ago)**
- **Have normal memory and thinking abilities**

CONTACT US TO LEARN MORE:

404-712-2654

<https://is.gd/equalityincaregiving>

Kelly Likos | Study Coordinator | klikos@emory.edu

Danielle Verble | Project Manager | danielle.d.verble@emory.edu

Whitney Wharton | Principal Investigator | w.wharton@emory.edu



IRB Approved: 1/19/2021



JOIN THE



Tele-STELLA STUDY

Do you care for a family member with dementia? Would you like to learn more about coping with upsetting behaviors and mood?

Researchers are working to understand how to help family members who care for someone with dementia.

YOU MAY BE ELIGIBLE IF:

- You care for a family member with Alzheimer's disease or a similar dementia.
- Your family member has 2 or more bothersome behaviors. For example, asking the same question over and over, pacing or refusing help with personal care.
- You provide care, such as personal care and/or supervision, for 4 or more hours per week.

STUDY PARTICIPATION INCLUDES:

- 16 visits by video conference to learn how to manage challenging behaviors related to dementia. Each visit lasts about 1 hour.
 - 4 visits will be in private, with a professional Guide
 - 4 visits will be in small groups, with a professional Guide
 - 8 visits will be in a large group, with a professional Guide
- Complete electronic surveys during the study period (about 6 months to 1 year)
 - 6 surveys about mood, coping & family member behaviors
 - Brief weekly surveys about mood and costs of care
- An optional focus group

ADDITIONAL INFO:

- All study activities are done from your home, no travel is needed
- Your family member with dementia does not need to live you
- If you do not have a computer, we will loan you one so that you can participate in the study
- Gift cards up to \$100 will be provided for completing all study activities

For more information, please contact Dr. Allison Lindauer at telestella@ohsu.edu

PI: Dr. Allison Lindauer
OHSU IRB # 22288