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Emory University School of Medicine
Alzheimer's Disease Research Center

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INSIDE THIS ISSUE:

Caregiver Tips	2
Brain Training Games	2
With Gratitude	3
Community Forum	3
Honor Reception	4
Early Onset	5
Clinical Trials	6
Donations	7
Classes	8

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 the
 Emory Alzheimer's
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Looking Forward: Where Hope Takes Root
 By Cornelya Dorbin, MPA



This is an exciting time for new discoveries in neuroscience and brain research. As we embark upon evidence-based interventions that reduce the burden of Alzheimer's disease, we never forget that the patient is our primary focus. Everything we do begins and ends with our commitment to the people we serve. As health care professionals we see how devastating a disease like Alzheimer's affects a person and their loved ones.

Because of our ongoing commitment to patient centered care, the Emory Alzheimer's Disease Research Center (ADRC) has launched a clinical intervention that assists patients who have a diagnosis of Mild Cognitive Impairment (MCI). Persons with a diagnosis of MCI experience changes in their ability to think, learn, and remember. Those with MCI are often interested in actively trying to manage or compensate for their memory difficulties in a way that can help them now and into the future. With the help of a cognitive therapist, a person with MCI and their study partner learn to incorporate a memory tracking and organization tool in their dai-

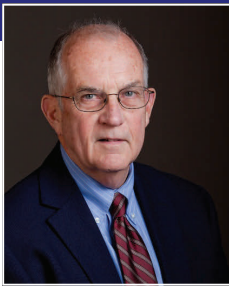
ly routine. Through this memory compensation tool, participants learn habits that can minimize symptoms of cognitive decline and improve independence and self-efficacy. What began as innovative research has developed into a novel therapy for persons experiencing changes in their ability to think, learn and remember.

Like so many families, Richard Lyon was first touched by Alzheimer's Disease in 2001 when his wife Madeline was diagnosed with frontotemporal dementia by Dr. Allan Levey, Director, Emory ADRC. Mr. Lyon, a pilot and former engineer was caught off guard when loved ones noticed something unusual with his memory and behavior. Lyon reports that the issues were subtle but enough to warrant concern. Fortunately, he was already acquainted with Emory. "I didn't waste a lot of time calling the clinic to schedule an appointment" Lyon stated. He thinks that most people delay visiting the doctor because they are afraid of what they will find. Lyon completed a battery of tests that confirmed his memory impairment.

Under the care of an interdisciplinary team that includes a neurologist, advanced practice nurse, and social worker, Lyon volunteered to participate in the MCI clinic. He believes his engineering background made his decision to play a part in this pioneering research a simple one. He notes there is a fair investment of time involved due to the study components, however the potential to compensate for memory loss is worth the time. As a good-natured patient—always quick to offer witty commentary—Lyon remains optimistic and makes every effort to do his part to maintain his physical and cognitive status. He serves on a number of community association boards, travels the country, remains physically active and sings regularly with a local barber-shop quartet. It is said that *hope springs eternal in patient's thoughts*. And so it does for all of our patients who are more than a number. They are individuals looking forward with seeds of hope.

Savvy Caregiver Tips You Can Use

By Ken Hepburn, PhD



Ken Hepburn, PhD

“You take care, now; hear!” You’re a caregiver; you’ve gotten that advice lots. Right? You know caregiving can be wearing and you know you have to keep yourself as well as possible if you are to keep on with your caregiving. Well, it’s easy for others to say, but not so easy to pull off. Here are two Savvy tips on self-care.

Savor Small Successes: Remember that caregiving goals over the course of long illnesses like Alzheimer’s disease should be modest ones – get through each day as pleasantly as possible; have as few hassles as possi-

ble; see your person happily involved in something you arranged. As a Savvy Caregiver, you understand that you are filling in for the losses the disease produces in the person. You also understand that the flow of the day’s events is pretty much in your hands and that the day is made up of a series of smaller events, each of which you organize. When a small event goes well, that means that you have outsmarted the disease. You have set things up and provided guidance in ways that allow the person to move through the event smoothly and to be engaged in it in a way he or she found at least acceptable, if not actually enjoyable.

Take credit for that adroit exercise of your caregiving skill.



Be Prepared for Healthy Self-

Indulgences: Be ready to do something for yourself whenever breaks come. Make a list. Really: write out a list. What would you enjoy doing if you had 15 minutes free; if you had an hour, an afternoon or morning; if you had a day or a weekend free to yourself; even if you had a week? These become targets, goals. Then if a relative or neighbor offers to help for a bit, say yes and pull out the list. Follow your own advice and do what you said you wanted to do with the time.

And let yourself enjoy doing it.



Carolyn Clevenger, DNP

Brain Training Games: A Review of the Evidence

Everyone has heard the saying “use it or lose it,” but does this apply to our brain? According to the National Institutes of Aging staying cognitively active all through your life is associated with a lower risk of Alzheimer’s disease. This research is beginning to bear fruit in a very lucrative way for software developers who are responding to the demand by creating brain fitness games. In addition, several observational studies indicate specific

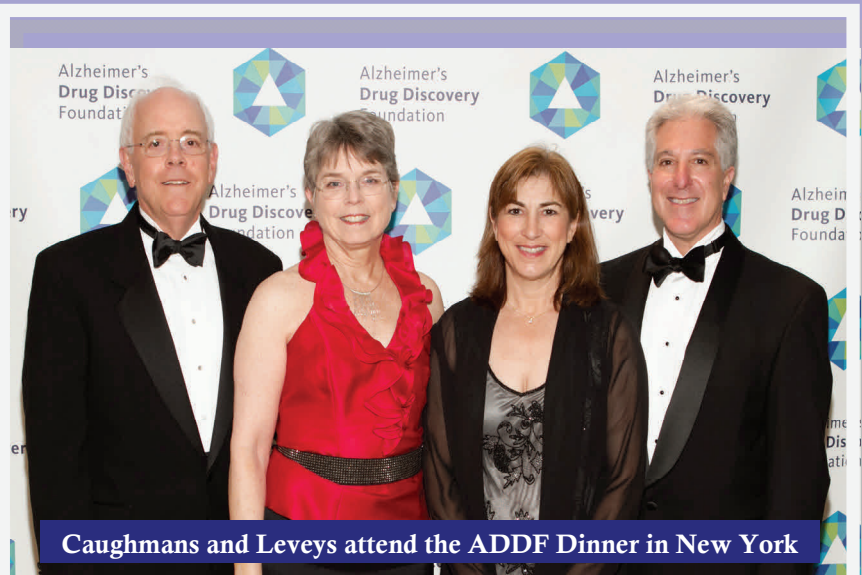
cognitive functions can improve through certain brain training games. The basic idea behind brain games is to improve your neuroplasticity—the brain’s ability to change itself by forming new nerve cell connections. This plasticity is the brain’s capacity to change with learning (Maguire 2006). Such learning activities may help the brain compensate for declines in cognitive functions. However more research is necessary to translate this intervention into clinical applications that will delay or prevent cognitive impairment. At the very least it won’t hurt and it’s still better than watching television.



Alzheimer's
Drug Discovery
Foundation

SAVE THE DATE
May 16, 2013

The Alzheimer’s Drug Discovery Foundation (ADDF) and the Alzheimer’s Society of Atlanta have joined forces to accelerate their efforts to fight Alzheimer’s disease. With their combined missions to support drug discovery research to prevent, treat and cure Alzheimer’s disease, related dementias and cognitive aging they aim to make this most feared disease a thing of the past. On Thursday, May 16, 2013 the organizations will jointly host the 1st annual luncheon at the Piedmont Driving Club to benefit the Emory Alzheimer’s Disease Research Center. To learn more about this event email Natalie.DiSantis@emory.edu.



Caughmans and Leveys attend the ADDF Dinner in New York



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Allan Levey, MD, PhD, Director, ADRC ~ Harriet and Charlie Shaffer, Chairs

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ADRC Registry for Remembrance Community Forum Save the Date ~ April 30, 2013 The Carter Presidential Center

The Emory Alzheimer's Disease Research Center, the Emory Center for Health in Aging and The Links, Inc.—Atlanta Chapter will offer a Community Forum on Tuesday, April 30, 2013 at the Carter Presidential Center from 9:00 am to 2:00 pm.

Community Forums are held to create awareness of health promotion practices about memory preservation for long term lifestyle benefits. Since its inception in 2009, the Registry for Remembrance has been vital to the Emory ADRC investigative landscape by serving as a catalyst for participants in minority communities to understand and engage in research opportunities that affect memory and thinking. This is the Registry for Remembrance's 5th

forum. Our topic for this year's forum is designed to help family members, caregivers and health care professionals obtain information about community resources and unlock answers to the keys that reduce caregiver stress. After attending the forum participants will be able to identify best practices that lessen the caregiving burden. Attendees will hear from the top researchers, social workers and clinicians on prevention strategies and scientific advances related to conquering caregiver challenges. The Forum is open to the community and comprised of health professionals, caregivers, and men and women who want to explore the latest standards of care that implement a multidisciplinary team ap-



Monica Parker, MD

proach for patients with cognitive impairments. There is no charge for this event however space is limited. Registration is required and can be accessed by visiting <http://med.emory.edu/ADRC/> or contact Cornelya Dorbin at 404-712-1416.

EMORY MEMORY SCREENING DAY FRIDAY, APRIL 26, 2013

Wesley Woods Outpatient Clinic, 1821 Clifton Rd. Atlanta, GA 30329
To schedule your confidential memory screening appointment ~ Call: 404-778-7777

Do you ever wonder if your memory is normal for your age? Have you missed an appointment that you forgot to put on your calendar? Or do you have to hunt for your keys or forget to take your medication and worry that your memory is declining? So many people over the age of 60 report these concerns that the Emory Alzheimer's Disease Research Center decided to again offer an Emory Memory Screening day cohosted by the Alzheimer's Foundation of America.

A memory screening is not a memory evaluation. You will be given a series of questions and tasks designed to screen for memory, language skills and thinking abilities. The results will be given to you at the end of the

screening. If the screening reveals memory concerns testing results will be given to you and next steps will be discussed. If someone is experiencing minor memory problems early evaluation is important. Some memory problems, such as those caused by vitamin deficiencies or thyroid problems can be readily treated. Individuals with mild cognitive impairment or Alzheimer's disease benefit from early treatment also.

The Emory Memory Screening day will take place **by appointment on Friday, April 26, 2013** at the Wesley Woods Outpatient Clinic at 1821 Clifton Road, Atlanta, GA 30329. To schedule your free, confidential memory screening appointment **call 404-778-7777**.

Reception held to *Honor Volunteers* By Susan Peterson-Hazan, MSW

On November 30, 2012, the Emory Alzheimer's Disease Research Center held its third *Honor Reception* at the Miller Ward Alumni House where nearly 175 volunteers and their families gathered. The afternoon began with attendees mingling with the ADRC team of clinical researchers and staff. Opening remarks were given by, Allan Levey, MD, PhD, *Director, Emory Alzheimer's Disease Research Center*. Dr. Levey discussed the summer announcement by Eli Lilly and Pfizer regarding two drug trials that, unfortunately, had to be stopped early, yet each revealed interesting changes in the brain that provide another piece to the Alzheimer's puzzle. He reminded us that volunteers with & without memory loss are important in the next phase of research. Felicia Goldstein, PhD, *ADRC Clinical Core Co-Leader* shared positive research findings that demonstrate the effectiveness of a memory support calendar system. This intervention proves to be successful in providing memory rehabilitation strategies for older adults with a mild cognitive impairment diagnosis.

ADRC Neurologist, William Hu, MD, PhD delved into his latest biomarker discoveries that are helping to identify brain disease earlier and differentiate various types of dementia. Next, Dr. Monica Parker, *Assistant Professor, Department of Medicine* expressed her appreciation for Dr. Levey's ongoing commitment to increase the involvement of African Americans in research. Parker highlighted several compelling stories that revealed how imperative it is to engage a diverse population in clinical research.

James Lah, MD, PhD, *ADRC Clinical Core Leader* wrapped up the research highlights by touting the dramatic advances to combat Alzheimer's disease from basic science to groundbreaking research that will ultimately lead to a cure. The reception concluded with a stirring prayer and memorial candle lighting ceremony led by

Bridgett Piggue, MDiv, *Director of Pastoral Education at Wesley Woods Center* to remember the Honor research volunteers who had died, but contributed so much to Alzheimer's research during their life. Many tears were shed as candles were lit in honor of loved ones who made an indelible mark that cannot be erased.



Miller Ward Alumni House
Emory University

The purpose of the Honor Research Registry (Honor) is to have a mechanism to notify volunteers who want to participate in future research studies on memory & thinking. By joining Honor, volunteers learn about new research studies that are seeking participants to find out whether promising approaches to prevent, diagnose and treat neurodegenerative disease is safe and effective.

The Changing Face of Alzheimer's...It's No Longer Your Grandparents Disease

At age 44, Alyssa Easton didn't give Alzheimer's Disease a lot of thought. "I was aware of my family's history with the disease," says the former director of CDC's Healthy Communities Program, "but never considered that one day I would receive such a life changing diagnosis." Her hard-fought journey to a correct medical diagnosis was a harried experience. After numerous visits with specialists and alternative practitioners in a two year timespan, Easton landed at Emory. "You have a form of Alzheimer's" are words you never expect to hear. Yet Easton did not succumb to this pronouncement of Early Onset Alzheimer's Disease (EOAD). She realized immediately that battling Early Onset would require a bullfighter's stance. Easton channeled all of her energy into learning as much as she could about EOAD. She applied the same rigor to investigate this rare disease as she had advocating for the public's

health as a CDC health officer. Alyssa Easton's stellar career reads like a who's who in public health. She received her Doctor of Philosophy degree in Health Behavior from the University of Toledo in 1996 and her Master of Public Health degree in Epidemiology from the University of Alabama-Birmingham in 1997. She joined CDC in 1997 as an Epidemic Intelligence Service (EIS) officer. During her tenure as an EIS officer, she collaborated with the Hungarian Ministry of Welfare on the Budapest Student Health Behavior Survey. Prior to joining the Healthy Communities Program in 2004, Easton led the Surveillance and Specific Populations Team in the Office on Smoking and Health, Epidemiology Branch, where she led research and surveillance projects for specific populations. In 2007 she had the privilege of presenting on the Healthy Communities Program at Oxford University in Oxford, Eng-



Alyssa Easton, PhD

land, and in 2008 at the Vrije Universiteit (Free University) in Amsterdam, the Netherlands. She has authored or coauthored more than 100 presentations, abstracts, editorials, and publications. In the face of this insidious disease, Easton continues to contribute by serving on Emory's ADRC Early Onset Alzheimer's Disease Taskforce. In addition, she accompanies Dr. Levey to numerous educational presentations to help raise the profile of EOAD and make a difference in the changing face of Alzheimer's disease.

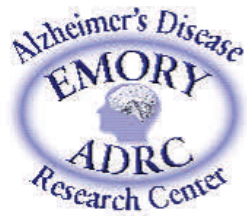
A bill to create a Georgia Alzheimer's and Related Dementias State Plan Task Force

Senator Renee Unterman (R-Buford), Chair of the Senate Health and Human Services Committee, held a press conference on December 20, 2012 at the Georgia State Capitol to pre-file legislation that would create a statewide Alzheimer's and Dementia Task Force responsible for assessing the current and future impact of Alzheimer's disease in Georgia.



Senator Unterman and advocates

"As the state's Alzheimer's population is expected to double by 2025, Georgia must be prepared with an active plan to share the burden of taking care of its citizens who are likely to require government assistance in the final stages of their lives due to the effects of dementia," said Sen. Unterman. "I challenge the Departments of Human Services and Aging, the Department of Public Health, the Executive branch and General Assembly to actively participate in developing this plan by approving this legislation." During the press conference, Dr. Allan Levey addressed the need for a coordinated effort to respond to Georgia's growing Alzheimer's disease prevalence.



Clinical Trials & Research Studies – Spring 2013

Wesley Woods Outpatient Clinic,, 1821 Clifton Rd. Atlanta, GA 30329

Grady Neurology Clinic, 80 Jesse Hill Jr. Drive SE, Atlanta, GA 30303

404-728-6950 <http://med.emory.edu/ADRC/>

Research Study	Eligibility	CONTACT PERSON
Atomoxetine Clinical Trial: for people with Mild Cognitive Impairment	<ul style="list-style-type: none"> - Diagnosis of Mild Cognitive Impairment - Stable on Medications for 3 months - Study partner who can attend all visits 	Lavezza Zanders 404-728-6392 lzander@emory.edu Raven Lee 404-728-4780 Rclee2@emory.edu
Honor Research Registry: Longitudinal study of changes in memory and other cognitive skills	<ul style="list-style-type: none"> -Aging people with no memory problems -People of any age with mild cognitive impairment, Alzheimer's disease or other forms of dementia -Willing to participate in additional research studies -Study partner available to participate in visits 	Marie Walters 404-728-6950 mcwalte@emory.edu
Alzheimer's Disease Neuroimaging Initiative – 2 (ADNI-2)	<ul style="list-style-type: none"> -Age 55 – 90 with no memory problems or mild cognitive impairment or mild Alzheimer's -Study partner available for all study visits -Willing to do imaging & lumbar puncture 	Lavezza Zanders 404-728-6392 lzander@emory.edu
Caregiver Study	<ul style="list-style-type: none"> -For people of African American heritage -For Caregivers of a loved one with Alzheimer's -Willing to participate in a group 	Maryam Robinson Mrobi3@emory.edu 404-727-8481
Cognitive Rehabilitation of Memory in Mild Cognitive Impairment: Examines changes in learning, memory, and brain activity	<ul style="list-style-type: none"> -Diagnosis of mild cognitive impairment -Willing to undergo functional MRI 	Casey Bowden 404-712-4321 ebowden@emory.edu Justin Hartley 404-712-0936 Jhart13@emory.edu
Cognitive Aging Project: For women with and without memory problems	<ul style="list-style-type: none"> -Women over age 60 -Willing to undergo MRI & annual cognitive tests 	CeeCee Manzanares 404-727-9324 cmanzan@emory.edu
Registry for Remembrance: An initiative to increase awareness & participation in neurology research	<ul style="list-style-type: none"> -Ethnic persons with African Ancestry -Aging people over 60 with no memory problems -People of any age with mild cognitive impairment, Alzheimer's disease or other forms of dementia -Study partner available to participate in visits 	Marie Walters 404-728-6950 mcwalte@emory.edu
Lewy Body Disease	<ul style="list-style-type: none"> -Diagnosis of Lewy Body Dementia -Stable on medications -Willing to spend 48 hours in a sleep research lab 	Donald Bliwise, Ph.D. 404-728-4751

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To make a gift contact Matthew Boyle, Senior Director of Development at 404.727.8253 or matthew.boyle@emory.edu.

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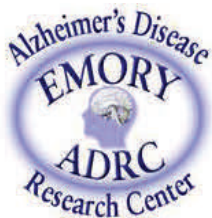
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1821 Clifton Road, NE
Atlanta, GA 30329
404-728-4936

Grady Memorial Hospital
80 Butler Street, SE
Atlanta, GA 30335
404-616-4567

To register for a class call Susan Peterson-Hazan at 404-728-6273 at least one week prior to the beginning of each class.

Class	2013 Schedule	Location
Savvy Caregiver	A 6 Week class that meets Fridays: 10:30-12:30 April 12th—May 17th	Wesley Woods Health Center 3 rd Floor
Early Memory Loss Group <i>(Co-sponsored by the Alzheimer's Association, Georgia Chapter)</i>	An 8 Week class that meets Fridays: 11:00 – 12:30 September 6-October 25	Conference Room 1841 Clifton Rd, NE, Atlanta, GA 30329
Caregiver Challenges	A 5 Week class that meets Fridays: 11:00—12:30	
Frontotemporal Dementia Caregiver Support Group Wesley Woods Geriatric Hospital, AV Conference Room, 1821 Clifton Rd., Atlanta, GA	2 nd Tuesday of every month 6:30 – 8:00	



Emory Alzheimer's Disease Research Center
Wesley Woods Outpatient Clinic
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Atlanta, GA 30329

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