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As you can see from the photos below, our CEO Kirti Khalsa was involved in a tremendous project on behalf of your ARPF. On January 21, she traveled up to Phoenix to meet with a very interesting and highly talented group of young and brilliant people called The Nerdery Foundation, a team of web development experts (“nerds”).

The goal of this trip was to enhance our website and online tools. For 24 straight hours, Kirti joined brains with the group of eight computer pros and created a stunning new website. And she didn’t just watch; she stayed awake for 24 straight hours helping them design and add to our site. And now not only does it look great— it feels great. Really, try it out by going to www.alzheimersprevention.org. Our information and resources are more easily accessible (you might just have fun scrolling through).

We were very impressed by the devotion displayed by our terrific new nerdy friends. They made sure our website came out great. We are very grateful for their generous support. And it goes to show, this world is full of good. Positivity creates positivity; good deeds are contagious. ARPF also gives back as much as possible. From research, lectures, free memory screenings, awareness work and events, ARPF is doing its best to make an impact. We have a message that changes lives, and now that message is getting louder with our updated online presence.

If you’d also like to turn up the volume and help us be heard, please consider giving back— this is your cause, too. Whether through donations, spreading our message or other ways of support— we welcome the opportunity to join hands with those around us. We depend on the kindness of our readers, and we are thankful to have such devoted people working with us in making strides towards prevention. So thank you to The Nerdery for improving our online tools and image, and thank you to all our other supporters who have shown us lots of love and encouragement over the years. I especially want to acknowledge all our Champion Donors who gave so generously at the end of 2016. You are the greatest of all time.

Remember that altruistic giving is great for your health, too.

We are all thankful to Kirti for putting out so much energy and attention to working with the nerds and for especially staying up all night. Personally, I haven’t done that since my days as an OB Anesthesiologist. And here we’ve also given birth to something new.

Want to join the giving train? Board here at www.alzheimersprevention.org.

Give more love, get more love.

Yours in Brain Health,
Dharna Singh Khalsa, M.D.
President/Medical Director
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"The 4 Pillars of Alzheimer’s Prevention” is published quarterly by the Alzheimer’s Research & Prevention Foundation.

What’s It Like –
to be the Outreach Coordinator for ARPF

by Dhyan Khalsa, B.S. Cognitive Psychology, RYT

I am very happy that I’m associated with the Alzheimer’s Research and Prevention Foundation. My two life passions since college have been yoga and the brain. To be the Outreach Coordinator for the Foundation is the ideal position to continue learning about the benefits of yoga, meditation and mindfulness in relation to the brain and overall health.

Part of my position is to act as the liaison between the yoga community and the Foundation. It is amazing to read how our research and work has inspired so many people to practice simple lifestyle habits based on our “4 Pillars” that have changed their lives. I’m lucky to also witness the transformation first hand. I teach chair yoga once a week to a group of seniors. Their preferred benefits of these classes are concentration, emotional boost, physical strengthening and mental aerobics. However, their favorite thing about each session is the Kirtan Kriya meditation that we practice at the end of the class. The calmness and sensation of well-being is a shared trait across the board that positively impact how they respond to every day stressors.

I am fortunate and proud to be part of the Alzheimer’s Research and Prevention Foundation. Its mission, staff and values are an example of excellency and highest standards of integrative medicine.

New Year, New Look

Last December we were given the opportunity to raise awareness for Alzheimer’s Prevention through The Nerdery’s Overnight Website Challenge. The Nerdery is a web company that designs more enjoyable online experiences for businesses and users. For this annual event, they gathered volunteers from the tech community to form teams of web pros to help nonprofit foundations revamp their online presence.

The catch was, only four nonprofits would be selected in the whole Phoenix area to receive their expertise. So we rallied our supporters to share their stories on our Facebook page to increase our odds of winning the challenge. As victors of the Overnight Website Challenge, ARPF would have a better and more efficient way of communicating to the masses. Therefore, increasing our reach, spreading our research, accomplishments and updates with greater ease.

After weeks of campaigning for a slot in the web challenge, the results were in. Thanks to your support and kind words of encouragement, we were selected as one of the four foundations! After 24 hours of hard work with our team of web pros, we were able to enhance many aspects of our online presence. Now we can better serve our community– and reach new ones. ARPF social media platforms are easier to browse, look nicer and offer more Alzheimer preventive measures to users.

A big thanks to both our supporters and the “nerds” who are elevating ARPF to reach new heights. Look for updates on the ARPF Facebook page and website to see how the New Year has already helped shape and improve the “New ARPF.”
Tobi Cares.

ARPF is a proud partner with Tobi Cares—an online fashion retailer who donates part of your purchase back to ARPF.

Thank you!

What Others Are Saying About ARPF

"You previously provided us with exceptional Alzheimer's brochures; Brain Aerobics, MCI and the 4 Pillars of Alzheimer's Prevention. I showed the brochures to our staff and they were taken by the quality information contained within the brochure. We have a couple of events coming up in which we'd really like to disseminate your brochures. Is it possible for you to send us an additional 150-200 of each one?"

"Thank you for your support."

Rance Austin
Community Outreach Worker
Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health and Aging
Lorenzo J. Greene Hall
Jefferson City, MO 65101

UPCOMING OUTREACH EVENTS

MARCH 11-12
Memory Screenings at the Tucson Festival of Books
Tucson, Arizona

MARCH 20-24
Presentation at Aging in America
Chicago, Illinois

MARCH 25-26
Presentation at Yoga as Lifestyle Medicine Symposium at the Smithsonian Institute
Washington, DC

APRIL 28-29
Memory Screenings at Ability360 8th Annual Health & Wellness Fair
Phoenix, Arizona

JUNE 10-14
Memory Screenings at the International Rotary Convention
Atlanta, Georgia

We are always adding new events. Please check our facebook page at Facebook.com/PreventAD for updates.
Outreach Update

Successful Trials for Veterans using Kirtan Kriya Yoga Meditation

The Veterans of Reno Sierra Nevada VA Hospital completed a pilot program for “Back Pain Management” with a restorative yoga routine and the Saa Taa Naa Maa Kirtan Kriya Yoga Meditation. Each participating Veteran received a CD which they were to practice on a daily basis for the duration of eight weeks. In the beginning, the Veterans had very little, if any, understanding of what a Restorative Yoga For Back Pain would involve, let alone the Mantra that they were exposed to would mean to them. They became fascinated with the idea that something so simple– and quick– could reap such benefits.

The eights weeks of Kirtan Kriya was under the guidance of Karen Hairfield, a yoga instructor who works with the hospital and the Community Living Center for Veterans. She explains, “The Community Living Center is where Veterans who are recovering from various challenges have a chance to become exposed to meditation. For 12 minutes, Kirtan Kriya quieted their minds and moved them into a more peaceful state. I had a Veteran who has PTSD admit that the experience really helped him through a period of bewilderment, and that this should be used for others who suffer from PTSD. Another added that he practices Kirtan Kriya when he becomes stressed out and needs to concentrate because it helps in reducing his stress and instilling calm throughout.”

Another Veteran wrote, “The Saa Taa Naa Maa was helpful in centering before and after meditation. Practicing this brings a calm and peacefulness into the daily life of its students. I feel this “calm” greatly contributes to my daily life. I have been dealing with my younger son’s traumatic brain injury and I am trying to get him to practice also. I think he would benefit from it tremendously as I have.”

The advantages of the Back Pain Management program were felt across the board. Although it was only an eight week course, many have incorporated the meditation into their everyday routine. “Everything is positive, I can’t thank Karen and the Alzheimer’s Research and Prevention Foundation enough. I wish yoga and meditation becomes a fixture in the rehabilitation of Veterans. I know it’s hard to believe, but I feel a rebirth of energy I didn’t know I have at the age of 69. And “Saa Taa Naa Maa” is another door that is opening a change for the good. I now stay off of pills and other drugs because yoga and the “Saa Taa Naa Maa” has become my cure.”

Your ARPF is delighted to have been able to participate in this important wellness program for our Veterans and thanks Karen Hairfield for teaching it. You can find out more information about the Kirtan Kriya Yoga Meditation at www.alzheimersprevention.org.
New Research Reveals How You Can Prevent Alzheimer’s

by Dharma Singh Khalsa, M.D.

When I wrote my international best-seller *Brain Longevity*, there was one little secret phrase that really caught on: “What works for the heart, works for the head.” What you can do to protect your heart will also keep your brain sharp.

That has to do with every aspect of our 4 Pillars of Alzheimer’s Prevention:

1. The right diet prevents heart disease.

2. Stress kills brain cells and causes memory loss that leads to heart disease and Alzheimer’s, so you must manage your stress. Our research on kundalini yoga and Kirtan Kriya meditation has revealed many positive benefits that will stand the test of time.

3. Exercise is a must. To keep both your heart and head healthy, you must move. And not just your body; you have to stay mentally active as well.

4. Spiritual fitness has a number of components that reduce risk factors for both heart disease and Alzheimer’s. For example, having a mission or purpose in life has shown to lessen the number of people with memory loss.

It is critically important to make sure you follow this proven plan, because rates of Alzheimer’s disease (AD) have hit epidemic levels and the number of Americans with dementia is expected to double soon.

But now we know how you can also reduce your risk for both heart disease and Alzheimer’s. Through various studies over the last two decades, researchers have identified many lifestyle and environmental factors that slow the development of AD, as well as heart disease. Because these diseases start development much earlier than they can be identified, it is important to adopt lifestyle changes and healthy habits to prevent them both, starting right now.

One of our research partners in Stockholm Sweden, Miia Kivipelto, M.D., Ph.D., has recently published a paper* that confirms what I’m sharing with you here. It reveals further that vascular factors, including high blood pressure, high cholesterol, and obesity increase the risk of heart disease and Alzheimer’s in later life. Dr. Kivipelto’s work, called The FINGER Study will, together with other ongoing preventive research, pave the way for people to adopt our 4 Pillar approach to maintain a healthy brain and heart.

Evidence from the studies show that genetic, vascular, lifestyle-related, and other risk factors often co-occur in the same person and interact across their lifespan to determine their overall risk of developing both AD and heart diseases. The participants in The FINGER Study showed significant progress in cognitive ability and memory, while they also benefitted in other aspects, such as losing weight, and exercising more.

Yes, these results give additional evidence that dementia prevention is now possible—by adopting simple choices into your life. It is also clear that targeting several risk factors simultaneously is needed for an optimal preventive effect.

*From Heart Health to Brain Health by Miia Kivipelto, M.D., Ph.D., published in Global Heart, June 2016.

Remember, it is never too early or too late to begin living a healthy lifestyle.
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