I remember when I was in medical school there was only one or two paragraphs written about Alzheimer’s disease (AD) in our textbook. I took extra work in pathology and while the bulk of my study was in heart disease, there was little in the brain pathology of AD. Even when we began our work here at ARPF twenty-five years ago, there was very little awareness of AD—let alone the concept of prevention. It has taken quite a bit of time, money and research to get to where we are today.

And we still haven’t attained a full understanding of this complex problem.

One turning point was when President Reagan was diagnosed with Alzheimer’s and eventually succumbed to the disease on June 5, 2004—after battling with AD for almost a decade. It was such big news that awareness about this condition was, sadly, on the rise. At the turn of the 21st century, we started seeing the beginning of the initial shift. As a result, your ARPF received enough funding to carry out our first research project in 2003, ten years after our initial Board of Directors had the foresight to form the ARPF. However, we were still pressured not to use the words “Alzheimer’s” and “prevention” in the same sentence. Because so little was known about the brain, prevention of this disease was unimaginable. Thankfully, thanks to our work and that of other enlightened researchers and organizations, that has now changed.

I know I speak for innumerable individuals and families afflicted by this disease when I say that now we are finally beginning to make great strides in Alzheimer’s prevention. From scientific studies to media coverage for the lay public, it seems that Alzheimer’s and brain health are in the news almost every day. If you’re active on social media, you know that there are countless AD help groups that spread awareness, caregiving tips, coping tools, and prevention strategies. This growing community is truly wonderful; we can all learn from each other. I believe the more people who are aware and informed, the more hope there is to eradicate this disease.

We invite you to participate in ARPF’s 25th Anniversary milestone celebrations this year and continue to make our growth possible. Please consider our new giving goals below.

We can’t do it without your help, and we all need each other to make Alzheimer’s a disease of the past. Give with confidence to your ARPF; we have the highest integrity and commitment to keep our families and memories safe. Thank you.

Yours in Brain Health,

Dharma Singh Khalsa, M.D.
Founding President / Medical Director
Introducing Our Newest Medical and Scientific Advisory Council Member

Lisa Mosconi, Ph.D.

Dr. Lisa Mosconi currently serves as the Associate Director of the Alzheimer’s Prevention Clinic at Weill Cornell Medical College (WCMC)/NewYork-Presbyterian Hospital, where she was recruited as an Associate Professor of Neuroscience in Neurology. She also is an adjunct faculty member at the Department of Psychiatry at NYU School of Medicine, and at the Department of Nutrition at NYU Steinhardt School of Nutrition and Public Health.

Dr. Mosconi founded and was the director of the Nutrition & Brain Fitness Lab at New York University School of Medicine (NYU). She was also an Assistant Professor of the NYU Department of Psychiatry, where she served as the director of the Family History of Alzheimer’s disease research program.

With a Ph.D in Neuroscience & Nuclear Medicine, Dr. Mosconi is a certified Integrative Nutritionist and holistic healthcare practitioner. She is well known for her research on the early detection of Alzheimer’s disease in at-risk individuals using brain imaging techniques such as PET and MRI scans. She is passionately interested in how the risk of memory loss and Alzheimer’s disease can be mitigated, if not prevented through the combination of appropriate medical care and lifestyle modifications involving diet, nutrition, physical and intellectual fitness.

Dr. Mosconi has published over 100 peer-reviewed papers in prestigious medical journals. She has served as guest editor for several peer-reviewed, international medical journals. Her research has received both grants and several awards, such as the Young Investigator in Neurosciences Award. Dr. Mosconi has presented at over 80 international conferences leading to press releases involving TV and radio networks world-wide. She is the author of the newly published book, Brain Food: The Surprising Science of Eating for Cognitive Power.
Community Outreach

Brain Longevity® Therapy Training in Washington, D.C.

Your ARPF was beyond thrilled with the outcome and ongoing support of last year’s Brain Longevity Therapy Training (BLTT). As the need for this integrative and holistic program grows, we are doing everything in our power to meet the demand of our students. With that being said, we are excited to offer our second—and only BLTT session of 2018—in Washington, D.C. Although similar to the UCLA training, this session is condensed into only 2 ½ days and will include CEUs for healthcare providers.

On October 12–14, 2018 we are inviting all yoga therapists/professionals, psychotherapists, and allied healthcare providers working with older adults to join our program held on the beautiful American University Washington College of Law campus. The Brain Longevity Therapy Training is an evidence-based curriculum that has helped tens of thousands of individuals maintain healthy brain function with age. This breakthrough medical approach for healthy aging was created by Dharma Singh Khalsa, MD, in the early 1990s as the core program for ARPF.

ARPF is offering this Brain Longevity Specialist certificate program to all professionals who want to become part of the movement to prevent Alzheimer’s disease and other forms of cognitive decline. This session will be in-person only, with negotiated lowered rates at the nearby Marriott Hotel. And what better place to learn and grow than on a beautiful campus in the heart of our country?

This training includes: lecture, discussion, a review of medical and lifestyle risk factors for Alzheimer’s, review of the latest cutting-edge yoga therapy research on Alzheimer’s prevention, and the elements of a holistic approach to healthy aging and optimal brain functioning.

“...now is the time to take it a step further and commit to a path of keeping up, not only for myself, but for those around me— including my clients and family. I am choosing to take part in this course because I know that this will be groundbreaking as it merges both scientific research AND meditative tools that will be presented by some of the best... but most of all, I look forward to taking what I learn from this course and applying it into real life situations.”

–Kat R.

For more information, visit alzheimersprevention.org/training or email Julie Erla, Educational Programs Coordinator Julie@alzheimersprevention.org.

What Others Are Saying About ARPF

“Our relationship with ARPF continues to be an important collaboration here at Hillyard Senior Center. As much of the research shows, exercising the brain in seniors can play a vital role in helping to slow the progression of dementia and Alzheimer’s disease. Partnering with such an organization helps our programs and services at Hillyard Senior Center take advantage of resources and expertise that our staff simply doesn’t have. Our Mission is to keep seniors active in mind, body and spirit by providing programs and activities that stimulate the brain and challenge our senior participants— allowing them to lead healthier and happier lives in their golden years.”

Jerry A. Unruh · Executive Director
Hillyard Senior Center Spokane, Washington

The group who won the puzzle that ARPF provided for Puzzle Day at the Hillyard Senior Center. Puzzle courtesy of www.puzzlestoremember.org.

© 2018 Alzheimer's Research and Prevention Foundation
Outreach Update

ARPF is Honored to Offer its 15th Annual Tucson Memory Screening Day - at the Festival of Books, March 2018

By Le Craven, Office Manager

Over 300 book lovers visited the ARPF booth at the Tucson Festival of Books, drawn in by signs offering free memory screenings, tips on brain health, and the opportunity to meet the authors of brain-boosting publications.

Over 75 people completed a free memory screening during the 15th Annual Tucson Memory Screening Day. Their reactions to the screening process was a very rewarding experience for ARPF volunteers and staff. Our volunteers consisted of members of the Old Pueblo Rotary Club, as well as a recent Brain Longevity® Therapy Training graduate. Many visitors were grateful and intrigued to have established a baseline for managing brain health. In fact, they felt empowered to use our 20+ years of research for their own benefit. More specifically, the attendees were able to share the information they received from the test with their primary care physician. Everyone who spoke with the volunteers walked away with the knowledge behind the 4 Pillars of Alzheimer’s Prevention and are hopefully starting their journey towards brain longevity via healthy living.

What’s It Like– to be the Database Technician for ARPF

By Jennie Brannum

My name is Jennie Brannum and I am the Database Technician here at the Alzheimer’s Research & Prevention Foundation. I’ve been with ARPF since early 2017 after making connections through the Nerdery Overnight Website Challenge. This is an event that pairs web developers with nonprofits to give their website a makeover in 24 hours. ARPF was the recipient of a beautiful new website through the event.

Currently, I manage the database of everyone that has shown interest or support for our organization. This includes donors, product orders, and outreach. In my role of Donor Acknowledgment Staff, I also make sure all donors receive Thank You cards or Tribute certificates. I hand-address all of the envelopes because I think it’s an important personal touch. Most of what I do is behind the scenes, but if you’re receiving this newsletter, it’s because I made sure it got to you.

In my previous work experience, I enjoyed paying particular attention to Customer Service. I am committed to putting the same customer care towards ARPF donors and supporters by handling the database in a highly professional and accurate manner.

The online nature of my position is an important aspect because of the flexibility it affords me. I live in Minnesota with my husband and two sons. It’s a great balance as I’m able to do my part to help make a difference for ARPF all while being home and staying active in my family life as well.
Research Update

Kirtan Kriya Yoga Meditation Featured in New Neuroscience Book

“We all know that there is as of yet no cure for Alzheimer’s disease; but that is not to say there is nothing to be done about it. As someone who is now closer than he’d like to the age range of greatest risk for Alzheimer’s disease onset, I naturally welcomed the optimistic review article by Dharma Singh Khalsa and George Perry on The Four Pillars of Alzheimer’s Prevention.

They [Dharma S. Khalsa and George Perry] summarized recent research in support of four interventions that could make a difference in age-related decline of cognitive performance: diet, exercise (physical and mental), meditation, and psychological well-being. For each of these factors there is empirical evidence of benefit to the aging brain and mind.

The evidence base in support of Kirtan Kriya meditation is particularly interesting. This ancient technique of mindfulness requires just 12 minutes of practice daily but has improved cognitive outcomes in several recent studies. As the authors explain, it is becoming clearer how Kirtan Kriya and other practices that improve psychological well-being might have beneficial effects. Besides controlling stress, meditation is associated with changes in inflammatory gene expression and in MRI measures of brain structure and function in components of the emotional brain network and elsewhere.”

Ed Bullmore, PH.D. Head, Department of Psychiatry Director, Wolfson Brain Imaging Center University of Cambridge, UK

Quoted from the book The Dana Foundation’s Cerebrum: Emerging Ideas in Brain Science - 2017
## DONATIONS IN THIS ISSUE:
**JANUARY-MARCH 2018**

### Donations Made In Honor Of
- Irene Bohlken
- Lori Smith
- Mary Dean
- Sandra Possenti
- Adele Graber
- Samantha Hawson
- Grandma
- Roman Chawen
- Esther Rajner
- Lori Smith
- Shirley Reha
- Linda Thompson
- Goldie Sobel
- Herbert Levy
- Janice Vick
- Mr. & Mrs. Dale Few
- Foyce Miller
- Ivy Worley
- Patricia Roach

### In Memory Of
- John Adams
- Anonymous
- Robert Anweiler, Sr.
- Saundra & Russell Vertner
- Robin Basus
- Anonymous
- Kenneth Berry
- Chaunte Manuel
- Judith Ann Bohn
- Lawrence Todaro
- Retta Brown
- Brenda Dunahoe-Mueller
- Clare, My Mother
- Raema Salmon
- Vincent Decker
- Patricia & Robert Ahrens
- Foncie Dees
- Thelma Monical
- Rose DiDomenick
- Anonymous
- Lynn Furimsky
- Sheri Moore
- Eva G. Fussell
- Willarlea Rutian Club
- June Greene
- Cathy Aron

### Corporate Donors
- Apple, Inc.
- American Express
- Discover Financial Services
- ExxonMobil
- Hewlett Packard Enterprise
- Microsoft
- Symantec

### Donors
- Many Anonymous Donors
- Wendy Ackerman
- Ada Adams
- Kerstin Aiello
- Melvin T. Alexander
- Jordan Allam
- Sharon Allen
- Patricia G. Allen
- Brenda Allen-Curtis
- Winnie Alvarez
- Patti Anderson
- Karen Andrecko
- William Andrews
- Alvo J. Antonelli, Jr.
- Arberg
- Kathleen Arnold
- Jose Arredondo
- Steve Atkins
- Debbie Aubin
- Natalie Austin
- Jonathan Aycox
- Pam & Alan Bader
- Sarah Barber
- Tina Barham
- B.J. Barnes
- Jay Bartusiak
- Leslie Bazzoon
- Doris Bell
- Kim Belt
- Sherril & Ammon
- Benjamin
- Tricia Bennett
- Ruth Benson
- Bernice Benta-Jackson
- Cindy Bentley
- Ed Beyers
- Marie Bifolck
- Agathe Binette
- Timothy Bishop
- Julie Bitter
- William J. Black
- Gabriel Bleser
- Paul Block
- Maureen Booth
- William Bond
- David Boruff
- Courtney B. Boscoe
- Anne Bouquet
- Richard Bowen, Jr.
- Monticue Boyd
- John Braden
- Catherine Bradford
- Dennis Brake
- Amy Brant
- Violet C. Brantley
- David Brener
- Rodger Briley
- Susan Brooks
- Sonja Brown
- Laurie Brown
- Terry Brown
- Jenna Buan
- Cheryle Buggs
- Manny Burgess
- Kathy Burke
- Sara Burnham
- Jonathan Burros
- Francine Bushell
- Stephen Bytheway
- Ann Marie Cadett
- Teddy Cadeil
- Anne Caico
- Marta Calderon
- John F. Callahan
- Tina Callen
- Susan Camarena
- Peter Carmit
- Lauren Campbell
- Mario Campos
- Yvonne Candelario-Morgan
- Allan Capute
- Rochelle Carabetta
- Patra E. Carroll
- Kendra Carter
- Nanette Casanova
- Richard Castro
- William Catlin
- Colleen Caufield
- Jean Chaisson
- Chris Chaplain
- Jamiel Charton
- Andrii Cherkashyn
- Lawrence Cherney
- Clint Christiansen
- Mark Clark
- Gerry, Stefani & Bernice Cohen
- Nicholas Ryan
- Coleman
- Renee Coneff
- Joseph Conroy
- Sandra Coolidge
- Jeffrey Cook
- Daniel Cordero
- William Coutu
- Eva Crager
- Todd Crowley
- Steven Crudaas
- Norma Cuevas
- Nancy Culmine
- Thomas Daley
- Alma Daly
- Jenni Daniels
- Raphael Daniels
- Robert Barrett
- Davidson
- Kelly Davidson
- Virginia Davie
- Elizabeth Davin
- Haley Davis
- Liana De Girolam
- Diane Deltoro
- Andrew Derrick
- Carol Deschenes
- Theresa G. Destito
- Dennis Detar
- James Edwards
- James Eichhorn
- Dean Eklund
- Madeline Elardo
- Michelle Emmmons
- April Everest
- Roderick Eves
- Tanase Fagan
- Todd Farrell
- Amber Favre
- Roxanne E. Feddick
- Lisa Feiner
- Gail Fenton
- Janel Fialho
- John Figueroa
- Dennis Filipe
- Cathy Fisher
- Dana Fisher
- Charlotte Fong
- Curby Fowler
- Richard Fox
- Heather Frazier
- Cara Friel
- Michael Gargano
- Stefanie Garls
- Stephanie Garner
- Richard Garrison
- Michael Gartman
- Katherine Gedney
- John L. Gelineau
- Donna Gemignani
- Andrea K. Gentry
- John M. Gesswein
- Kathleen Gibson
- Dianne Giddens
- Sandra K. Gill
- Bruce Gillingham
- Shamanda Givens
- Jackson Glazier
- Matthew Goff
- Fernando Gonzalez
- Kenneth E. Goodling
- Mara Gordon
- Judith Gorinson
- Tina Goulart
- Richard C. Graeff
- James Grande
- Barbara Greene
- Michelle Groat
- Chris Gruner
- Thomas Guilhur
- Francine Gumkowski
- Barbara Hadley
- Austin Hagemeister
- Nicol Hains
- Dorothea Hall
- Debra & Vern Hall
- John Hansen
- Janice Harvey
- David Haskins
- Anne Hatt
- Audra Hawkins
- Thomas Helget
- James Henderson
- Colleen Hendrick
- Julia Henkel
- Lisa Henry
- Teresa Lynn Henry
- Sainz
- Betty Hewitt
- Elizabeth Hilinski
- Rae Hilyard
- thighs Hines
- Joanna Hoffman
- Teresa Hollingsworth
- Kathleen Hopkins
- Shawn Horigan
- Carolyn Horton
- Stacey M. Horvitz
- Anna House
- Gergen Hovhangisyan
- Jennifer Hoyle
- Austin Huffman
- Brenda Hughes
- Pamela Hughes
- Carol Hunter
- Joan Hurley
- Sylvia Huyck
- Wendy Imber
- Dexter Ishii
- Isabella Iversen
- Wayne Jacobs
- Kathleen James
- Gary Jedlovce
- Catherine Jensen
- Rebecca Johnson
- Rita Johnson
- Jan Johnson
- Donna Johnson
- Carol Johnson
- Carol Johnson-Westbrook
- Scott Jones
- Pochatla Joy

PHONE 1-888-908-5766  EMAIL info@AlzheimersPrevention.org  WEB www.AlzheimersPrevention.org
to Our Generous Donors!

Harman Kandola  
Merle & Bernie Kaplan  
Eleanor Kasella  
Dr. E. Marie Kaye  
Jeffery Kempic  
Michael Kempton  
Ben Kendall  
Katherine J. Korchner  
David Kerr  
Dwayne Kerr  
Siri Ram Kaur & Jai Singh  
Khalasa  
Anne Kirchgraber-McKee  
Christine Kittinger  
Johanna Klein  
Michele R. Kogl  
Andrew Kohler  
Margaret Kozlow  
Janice Kozlowski  
Robert J. Krueger  
William Kuhn  
Tracy-Lee Kus  
John Lagasse  
Kanisha Lamothe  
Regina Lau  
Katrina Lawson  
Eileen Leamon  
Josephine Leary  
Judy Lees  
Renie Lenning  
Alice B. Levesque  
Jennifer Lewin  
Elliott Lewis  
James Lewis  
John Lingsweiler  
Silvia Lom-Ajan  
Erica Lomax  
Robert Lopez  
Lachele A. Love  
Gary Lowe  
Pamela Luther  
Andrea Lynch  
Samantha Mackey  
Deborah Madrigal  
Gary Malaby  
Linda Mandeville  
Jeff Marsh  
Heather Martin  
James Martin  
Ledenta Martin  
Edgar Martinez  
Bryan Martz  
Jason Matteson  
Brian Matthew  
Robert McAllister  
Sue-Del McCulloch  
Vanessa B. McFadden  
Glen McKechnie  
Kelly McNamara  
Chad McVicker  
Ken Mellor  
Alex Mercer  
K.S. Metzker  
Betsy Meyer  
Michael J. Mikos  
Cynthia Millard  
Anthony Mira  
Jheaneili Moncrieffe  
Nicole Moreira-Fabiani  
Annie Morrison  
Marvin Most  
Michael Mullen  
Heidi Nassauer  
Aulaire Naughton  
Abbey Nelson  
Abbie Nestler  
Lisa Newman  
Felix E. Nienstadt  
Janice Noble  
Christopher Norman  
Ken Nyland  
Deborah Ogden  
Nora O’Hanlon  
Lauren Olerich  
Edwin Oliveras  
Richard O’Neill  
Carlos Ortiz  
Carolyn Owens  
Tara Owens  
Paul Pabich  
Alan Paddick  
Clifton Palmer  
Warren Pannell  
Nicole Pannullo  
P. Moki Payne  
Gary Peet  
Nathaniel Pendleton  
Patricia Penza  
Cheryl Peoples  
Nicolas Perez  
Pamela Perkins  
Chelsea Petron  
Sherry Pfaffenberg  
Benjamin Phillips  
Michael Pierce  
Robert Brad Pierce  
William Pierce  
Elena Pietron  
Douglas Pittman  
Julie Poley  
Douglas Polsky  
Cynthia Pope  
Eli Pope  
Robert K. Pope  
Steven Potts  
Jamie Price  
Lennell Quarles  
Rosemary E. Rankin  
Tim Ranzetta  
Jordan Ray  
Susan Redman  
Heather Reed  
Gary Renner  
Brigit & Eddie Rettagliata  
Donald Richard  
Taegu Richards  
Alecia Riznyk  
Joe Rodriguez  
Gerald Roane  
Joseph M. Robbins  
Kent Roberts  
S Cheryl Rogers  
Jackie Roller  
Kym Roncoroni  
Manuel Ronquillo  
Gwen Rosen  
Karen Rousseau  
Bonnie Rubell  
James R. Rucker  
Barbara Ruder  
Kip Rustenburg  
Marjorie Sabbagh  
Theresa Salupo  
Polly Sandness  
Anthony Sang  
Hector Santiago  
Vicki Saran  
Eri n S. Saynuk  
Pat & Dennis Scapone  
Kenton Schaben  
John Scheining  
Kimberly Schrag  
Phyllis J. Sediack  
Frances S. Seigel  
Nicole Seigler  
Diane Seilewski  
John Seilewski  
Steven Serra  
Kay Shaf er  
Syd A. Shamim  
Wayne Sharnick  
Karen Sheen  
Susan Shriver  
Michael Shuler  
Toni Siegel  
Paul B. Silverman  
Henry Simpson  
Devon Smart  
Belinda Smith  
Ronald Smith  
John Smokoska  
Derek Snyder  
Jamil Sojourner  
Mary Solon-Goers  
Christine Sondag  
Rodney Soto, M.D.  
Kathleen & Joe Speck  
Grace Spencer  
Jimmy Springer  
Nancy A. Stanley  
Anika Stark  
Kathleen Stebbins  
Berdella Stephenson  
Charles Stil es  
Teresa A. Stittle  
Roy Stout  
Alan Strom  
Michael Sutherland  
Terrence Sutherland  
Kaveh Tahvildary  
Margaret Taylor  
Debra Tess on  
Jacki Thomas  
Phyllis F. Thompson  
Freddie Torres  
Beth Toupin  
Richard Toye  
Erin Trowbridge  
Maksim Tsionskiy  
Mary Turner  
Daniel Tyler  
Nicole M. Valdez  
Kasey Vail  
Taya Varteresian  
Maria C. Veloso Koenig  
Linda Vento  
Janice Vick  
Valeria Villa  
Stephanie Wade  
Virginia Walker  
Lana Wallace  
Sharon Y. Warner  
Eileen Watkins  
Samuel P. Watkins  
Quent on D. Watson  
Bernadette Weidman  
Kyle Weiner  
Andrew Welborn  
Susan Wenzel  
Beth Wiggins  
Barbara Wietls Bandanza  
Edmonia Wiley  
B arry L. Williams  
Lee Wilson  
Lashonda Wires  
Ruth E. Wolf  
Laurie Wolle  
Tessa M. Wong  
Erica Woodring  
Chase Woolman  
Yea-Huey Wu  
Patricia Wygle  
David Wynn  
Marisol Ybanez  
Kevin Yoshida  
Daniel Young  
Kenneth Zabransky  
Melinda Zeimantz  
Karl Zeeckler  
© 2018 Alzheimer's Research and Prevention Foundation  

The ARPF is a proud participant in the following workplace campaigns:  
Adobe  
Aetna Foundation  
AmazonSmile Foundation  
American Express  
AT&T  
Bank of America  
British Telecom  
Citigroup  
CVS  
Dressbarn  
Discover  
Duke Energy Foundation  
Google  
Hewlett Packard Enterprise  
Just Give  
IBM  
Liberty Insurance  
Lockheed Martin  
Macy’s  
Microsoft  
National Instruments Corp.  
Pacific Gas & Electric  
Company  
Roll Giving  
United Health  
United Way  
YourCause  
Wells Fargo  

Please see our website for a complete list of workplace campaigns that support your ARPF.
The ARPF is a Proud Member of:

ARPF LEGACY SOCIETY
Gold Level ($100,000 - $499,999)
- Mrs. Ethel A. Hoff
- Dr. and Mrs. Dharma Singh Khalsa
Silver Level ($50,000 - $100,000)
- Carl G. Crawford
Bronze Level (Up to $50,000)
- Mr. and Mrs. Randy Brooks
- Edward T. Haats
- Mrs. Marjorie Olmstead
- Shaol and Evelyn Pozez Endowment Fund

LEAVE A LEGACY:
Remember Us in Your Will
If you would like to receive information on how you can leave a legacy to support the Alzheimer’s Research and Prevention Foundation’s critical research initiatives, or to support one of our many other programs, please contact ARPF’s Vice President Randy Brooks at 520-749-8374 or randy@alzheimersprevention.org.

ARPF ACCEPTS IRA CHARITABLE ROLLOVER
Please contact ARPF’s Vice President Randy Brooks at 520-749-8374 or randy@alzheimersprevention.org.

FOLLOW US
Discover all the exciting activities the ARPF has in store for you by visiting us on the web at www.alzheimersprevention.org, following us on Twitter at https://twitter.com/PreventAD, or ‘Liking’ us on Facebook at https://www.facebook.com/PreventAD

The ARPF is a Proud Member of: