The Alzheimer’s Research & Prevention Foundation (ARPF) is dedicated to the prevention of Alzheimer’s disease by funding research studies and providing educational outreach and memory screenings.

**President’s Message**

$18 Billion Dollar Disappointment

By now you’ve probably heard about the latest failed Alzheimer’s drug. Biogen Inc. and their partners have ended not one, but two late-stage trials of their experimental Alzheimer’s medication. Biogen lost $18 Billion in one day, but beyond that, what about the precious time that was wasted? And lives lost?

To put it in perspective, there have been 146 drug failures in the last few years. To be honest, if your ARPF had $5 Million of those wasted Billions, we could make incredible strides in the prevention of Alzheimer’s disease.

The prevention and even the reversal of cognitive decline is not hopeless.

For starters, please realize that losing your memory is not a normal part of aging. Oftentimes we hear someone say he/she has normal memory loss for his/her age, but it’s not standard. I mean, there is some decline in function like every other part of your body as you grow older, but having severe or progressive memory loss is not normal any more than it would be normal for a person to walk up a flight of stairs and have chest pain and shortness of breath. That’s a sign of heart disease, just like memory loss is a sign of an ongoing process that needs to be investigated and then treated to keep it from progressing, using a lifestyle approach.

Instead of these super targeted drugs, the focus should be on what our research reveals already works: lifestyle.

As George Perry, Ph.D., Chief Science Officer of ARPF has said, “The greatest breakthrough for Alzheimer’s disease is the realization that lifestyle is critical to the quality of life and brain health as we age.” Indeed, prevention is the only way forward and our work on lifestyle, including yoga meditation for Alzheimer’s prevention, is where more research should be directed.

If you are wondering when is the optimal time to begin your brain-health lifestyle, the answer is right now. Even if you or your loved one has already experienced symptoms of memory loss or dementia, depending on your level of awareness and cognitive ability, there are still measures that can be taken to likely slow the progression of the disease and improve your current condition and quality of life.

I encourage you to begin your Alzheimer’s Prevention Program today. We have many resources for you at www.alzheimersprevention.org and a growing list of Certified Brain Longevity Specialists who can share their knowledge in your community. Please look them up at www.arpf.com.

Yours in Brain Health,

Dharma Singh Khalsa, M.D.

Founding President / Medical Director

PS: Please remember ARPF in your will and continue to support this work—it’s essential to keep our families together. And we request your donation to help keep it all going. Thank you.
We all know the Alzheimer’s epidemic is not improving. If we, as a collective people, want to stop this dreadful disease, then we need to turn the current situation into an opportunity. What do we know that works? What skills and resources can we use to stop Alzheimer’s development?

Your ARPF’s 4 Pillars of Alzheimer’s Prevention® Program is an effective and state-of-the-art protocol to reduce the chance of developing Alzheimer’s, and this program is now offered as a training where you can become a certified wellness leader. We have the knowledge and methods, but we need the muscle. If you want to make a difference in your community, all while developing and expanding your own career, then Brain Longevity Therapy Training (BLTT) is for you.

BLTT is an evidence-based curriculum that has helped tens of thousands of individuals maintain healthy brain function with age. This renowned medical approach for healthy aging was created by our Founding President, Dharma Singh Khalsa, MD, in the early 1990s as the core program for your ARPF.

#BLTT19 offers the following:

**Module 1: Brain Longevity Therapy Training**

This course is developed to be in a blended-learning format. A portion of your curriculum will be accessible online starting in August 2019 so you can learn it from the comfort of your home and take open-book exams. The second part of the program will take place in a classroom format, live, in Scottsdale on October 24th and 25th.

**Module 2: Brain Longevity Symposium**

All participants and previous graduates from Module 1 are invited and strongly encouraged to extend their registration and participate in the Brain Longevity Symposium on October 26th and 27th. This Symposium is a gathering of all Brain Longevity Specialists to learn the latest developments in breakthroughs of ARPF-sponsored research studies and exchange experiences and ideas with each other. This includes the Welcome Reception and Graduation Ceremony on Saturday evening, October 26th.
Community Outreach: 
Brain Longevity® Therapy Training in Action

Janet Wise has been a licensed Clinical Social Worker for 30 years with a second career in the fitness industry for the last six years. Janet is a group fitness instructor and certified by SilverSneakers to work with seniors. Thanks to the suggestion from her daughter, who has her PhD in neuroscience, Janet decided to incorporate a new level of health into her portfolio. As of last November, Janet is a Brain Longevity Specialist.

“I was very encouraged to hear what the Brain Longevity Therapy Training (BLTT) stood for. I felt excited to incorporate this knowledge into the Raleigh Durham area. I immediately added the 4 Pillars of Alzheimer’s Prevention® into my fitness plan. My workouts are geared towards seniors, so it fit perfectly. This training has opened many doors that I had not even considered. I’ve been very busy because of it!”

Since her BLTT certification, Janet has taken on new roles. From fitness instructor to presenter, she is working with a handful of organizations who want to know more about brain longevity and health. Janet currently gives presentations for the Raleigh chapter of AARP and several senior groups, the latter coming through ARPF referrals. She also works with members of the health ministry, care partners, and local churches.

“I offer a fitness class at the assisted living center; there’s always a sense of hopelessness among the members regarding chronic illness and limited cognitive capabilities. Most of my presentations are about understanding the basis of dementia and Alzheimer’s. The whole notion that the brain can build new neuron networks and that people are not a lost cause is very important and uplifting. Many people don’t understand that they can do something to help their brain fight off other chronic illnesses that feed into this terrible disease. In my presentations, I explain why it’s important to manage glucose, diabetes, a healthy diet and taking care of yourself in general. Many attendees tell me they feel stressed, not realizing that low level stress wreaks havoc and makes them more vulnerable to inflammation. I want people to know that the brain can do more. You can take steps to manage your health. There is the hope factor—this is not a one and done situation. This has really made a difference in the people who I’ve reached.”

Janet has even encouraged one of her fitness clients to take the next BLTT course available this fall. “There’s a lot of community out there that needs help understanding the importance of lifestyle prevention. More outreach is needed to help seniors and their carepartners harness this life changing knowledge. It’s critical to get involved, especially for communities who don’t have the access or ease of resources.”

If you are interested in becoming a Brain Longevity Specialist email Julie Erla, ARPF Educational Programs Coordinator, at julie@alzheimersprevention.org.
Donor Spotlight:
A Portrait in Generosity: Jay Hanan

Ten years ago, Jay Hanan made a decision that changed his life. He joined a national health group and read three books on mindfulness that lead him to a world of wellness. One of those books, Brain Longevity, written by ARPF President and Medical Director Dr. Dharma S. Khalsa introduced Jay to the 4 Pillars of Alzheimer’s Prevention.

“At the time, I was becoming overweight and out of shape, so I decided on an entire mind and body makeover. I got on the right diet and supplements, and started exercising and meditating. I have had Alzheimer’s in the back of my mind since my father passed away, and he had suffered from dementia in his 60s. It has shown up on my wife’s side as well, and I was worried that I might get it.”

Since Jay dedicated himself to a preventive and wholesome lifestyle, he has dropped the weight, stays in great shape, has quit drinking and maintains a Paleo diet. “Before I had problems with anxiety, but the meditation helps with that. I stay out of stressful situations and practice ACT which is Acceptance and Commitment Therapy. Meditation taught me how to recognize a negative thought and how to let it go. Before that, I held onto things that would bring me down—now that’s all out. I am starting Kirtan Kriya as well, so I’m looking forward to what that brings.”

Jay has not only been a generous donor, month after month, but he is living proof of how lifestyle interventions and preventive care can benefit one’s livelihood.

From all of us at ARPF, we are so touched and honored to have your profound support in all realms of our work.

Jenn Sawinski

My name is Jenn Sawinski and I am the Outreach Coordinator for the Alzheimer’s Research & Prevention Foundation. I’ve been with ARPF since March 2019 when a friend recommended me for the position. She knew that my mother and grandmother passed away from the disease, and that I also tested positive for the gene. I am grateful to be expanding my career while learning and educating others about prevention and ARPF’s breakthrough research.

My background is in promotions, marketing, relationship management, Corporate Partnerships for large National Fitness Center chains as well as Corporate Companies. I have worked in wellness for the last 12 years. Currently, I manage the emails, phone calls and various inquiries that come to us. I reach out to people that have been given our resources to share with their communities. We are planning for our 3rd annual Brain Longevity Therapy Training (BLTT) and I look forward to attending the event and working with the graduates on providing the tools to become ambassadors in their own communities. As we grow, I hope to one day manage all of our large partnerships.

I am from Southern California, but currently reside in Phoenix with my daughter and son. My remote position provides me the ability to stay active in my kids’ busy schedule. I am blessed to be able to educate so many people while helping make a difference for ARPF all while staying present and engaged in my kids demanding school and sports schedules.
Research Update

Update on FINGER Study

By Dharma Singh Khalsa, M.D.

The original Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) study, to which ARPF has been a supporter for almost 10 years, has shown such promising results that it’s now grown into a world wide study. Thanks to your generous support, your ARPF is thrilled to have been one of the pioneer funders of this far-reaching initiative, and to have the founder of FINGER, Miia Kivipelto, M.D., Ph.D., as part of our own Scientific Advisory Council.

This multi-domain intervention model is currently being replicated in Europe, the United States, Asia and Australia. The studies cover a two-year to twenty-year research period and include thousands of participants from diverse populations.

“The World Wide Fingers (WW-FINGERS) is an interdisciplinary network to share experiences, harmonise data, and plan joint international initiatives for the prevention of cognitive impairment or dementia.”

Several factors go into finding a beneficial program that works on such a large scale. It must be accessible, practical, safe and inexpensive for communities with different geographical, economic and cultural settings. A global solution to managing dementia must incorporate integrative approaches.

So far, the results of lifestyle interventions have been overwhelmingly positive and participants have been maintaining stronger and healthier minds.

As we’ve said before, and will say again: prevention is pivotal in taking control of the global dementia epidemic. The easiest and most effective way to maximize your brain health is by following the 4 Pillars of Alzheimer’s Prevention.

To learn more about how you can maintain optimal brain health, visit alzheimersprevention.org.

ARPF 4 PILLARS OF ALZHEIMER’S PREVENTION:

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

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Your ARPF is honored to be a part of Ever Loved’s memorial website. This is a beautiful way to celebrate a loved one's life in an elegant, community-oriented memorial fund. Ever Loved makes funeral planning and connecting with providers, friends, and family as simple as possible.

If you would like to leave a legacy for your loved one through supporting ARPF research and initiatives, please visit everloved.com/charities/alzheimers-research-prevention-foundation/.

We are so thankful to those who wish to include ARPF during such a sensitive time. We will continue to make strides in Alzheimer’s prevention in memory of all those who have been afflicted by dementia.

We are forever grateful.

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