



ALZHEIMER'S  

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RESEARCH & PREVENTION  

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FOUNDATION™

a 501(c)(3) charitable organization

**2017**  
**ANNUAL REPORT**

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## ALZHEIMER'S PREVENTION IS THE KEY

Although we approach ARPF's 25th Anniversary, at this moment in time it is important to review our audacious early years when we first dared to combine the word *prevention* with Alzheimer's disease. The prevention idea actually started forming before the 1993 launch of the Foundation. We - the founders and a very few others - were deeply convinced that there was indeed a path to prevention, based on medical literature reviews and observation of corresponding outcomes in the lives of my patients. We knew then, as we know now: **our message changes lives**. In the early years, people joined the movement only by being persuaded to apply our recommendations.

**ARPF performed a balancing act during these years: how to frame the scientific queries, fund the research, and persuade the public - one person at a time - to embrace not just a healthy lifestyle, but a preventive one based on the evolving evidence.** Our convictions had to be very strong indeed, because this extraordinary idea was very, very unpopular.

Over the years, ARPF research results continued to confirm our lifesaving message which increased the rigor of each new scientific query and inspired many of you to join forces with us. We continually embraced what the research supported. During these same years, the 4 Pillars of Alzheimer's Prevention® grew and changed. The 4th Pillar radically so, when "Medication" was replaced by "Spiritual Fitness" on the strength of related research and weakness of pharma studies.

In 2017, ARPF drove forward in 3 important ways. **First, we announced a goal of a million trainers to carry the message, movement and momentum worldwide.** With the rising number of AD diagnoses around the globe (44 million), the need for qualified professionals to share the prevention message across a broad spectrum of medical and caregiving forums was—and still is—unquestionable. ARPF designed and held the first Brain Longevity Therapy Training to meet the needs of professionals who work with aging adults. UCLA was the site of the inaugural training in October 2017. Certified graduates are already carrying the message forward with enthusiasm. The next BLTT will be in Washington, DC in October of 2018.

Second, we contributed a significant article on Alzheimer's prevention in the Dana Foundation publication *Cerebrum*. How gratifying to join forces with another well-regarded non-profit that embraces brain health!

Third, we began a New Movement to Help Women Prevent Alzheimer's by launching the first US-based research focused solely on women: The Pink Brain™ Project (#pinkbrain). This 3-year study has already commenced via the Psychiatry Department at UCLA, with great anticipation.

The ARPF is leading the way in prevention for women who bear the burden of 66% of the diagnoses and face a higher AD death rate than breast cancer... But we need your help to bring the total needed funding in place! This multi-year study will - we believe - provide another breakthrough in understanding more about how to delay the onset and prevent AD. The staff, researchers, subjects and research program are all in place. **Won't you help us secure the completion of this research so needed to protect our mothers, sisters and daughters in the years ahead?**

Yours in Brain Health,

**Dharma Singh Khalsa, M.D.**  
Founding President and Medical Director

## RESEARCH REVIEW

This is a short summary of ARPF's research achievements and scientific publications.

To see a complete list, please visit us at <http://alzheimersprevention.org/research/>.

- [Paper published in the Journal of Alzheimer's Disease: Baseline Telomere Length and Effects of a Multidomain Lifestyle Intervention on Cognition: The FINGER Randomized Controlled Trial](#). This ongoing trial is taking place at the Karolinska Institute and Finnish Ministry of Health and is studying Telomere Length (TL) –a biomarker of aging– to see if it is associated with the response to lifestyle interventions. Funded entirely by your ARPF, this work assessed whether baseline TL can modify the cognitive benefits of a 2-year multidomain lifestyle intervention. The FINGER intervention revealed greater cognitive benefits with shorter baseline TL, particularly for executive functioning, indicating that the multidomain lifestyle intervention was especially beneficial among higher-risk individuals.
- [Paper published in International Psychogeriatrics: A Randomized Controlled Trial of Kundalini Yoga in Mild Cognitive Impairment](#). Your ARPF continues to collaborate with and contribute to outstanding research initiatives. This study done at UCLA was the first to investigate the effects of Kundalini yoga training on Mild Cognitive Impairment (MCI). The results revealed short- and long-term improvements in executive functioning with the yoga participants. This group also had broader effects on depressed mood and resilience. The study has shown the power of an effective, low-cost, and low side-effect intervention for the treatment and prevention of cognitive decline.
- [Paper published in the Journal of Alzheimer's Disease: Meditation and Music Improve Memory and Cognitive Function in Adults with Subjective Cognitive Decline: A Pilot Randomized Controlled Trial](#). In this trial at West Virginia University, researchers examined the effects of Kirtan Kriya (KK) meditation and music listening on cognitive outcomes in adults experiencing Subjective Cognitive Decline (SCD). Both groups showed significant improvements in memory and cognitive performance. Findings of this study suggest both practices can significantly enhance both subjective memory function and objective cognitive performance in adults with SCD. The KK group, however, showed a more significant effect in all aspects of memory function, biochemical analysis and wellbeing.

## DONORS

It is thanks to our fantastic donors that we are able to continue this important research. They are:

- Donors In Memory of Loved Ones Lost to Alzheimer's and other Dementias
- Donors in Honor of a Loved One or for a Special Occasion
- Participants in Workplace and Corporate Campaign
- Supporters of our Research
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ARPF is also proud to be a member of the Best Charities in America.

We have once again been approved by the Federation of Health and Medical Research Charities of America and the Combined Federal Campaign.

In addition, the ARPF is a proud participant in these State Employee Campaigns: *Arizona, California, Connecticut, Florida, Illinois, Maryland, Massachusetts, Michigan, Missouri, New Jersey, New Mexico, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Texas, Virginia, Washington and Wisconsin.*

## ARPF RECEIVES THE VERYWELL® AWARD

"Congratulations! In recognition of ARPF's hard work, Verywell has named it among the leading Alzheimer's & Dementia organizations of 2017. Your efforts have led so many affected by Alzheimer's & Dementia to lead healthier lives. In the spirit of living very well, Alzheimer's Prevention has truly helped them to "know more and feel better." And in response to your inspiring dedication, Verywell has promoted Alzheimer's Research and Prevention Foundation to our 17 million monthly health seekers. "

**verywell**

# BUILDING COMMUNITIES

Every year, the educational mission of the ARPF is eagerly advanced by the representatives, volunteers and supporters of the foundation. The biggest first-time event was the Brain Longevity® Therapy Training in October 2017, where 43 healthcare professionals and yoga therapists became certified in our brain longevity and healthy aging program. From this training, they are now equipped to stop the advancement of Alzheimer’s in their own communities using ARPF knowledge and resources.

<p><b>January 14</b></p> <p>Presented on ARPF program to members of the Health Improvement Partnership of Maricopa County (HIPMC) meeting - Phoenix, AZ.</p>	<p><b>April 28-29</b></p> <p>Offered free memory screenings at the 8th Annual Ability360 Center Health and Wellness Fair - Phoenix, AZ.</p>
<p><b>February 25-26</b></p> <p>Participated in the UCLA conference on Integrative Medicine &amp; Mental Health and shared ARPF research on mind/body medicine - Los Angeles, CA.</p>	<p><b>May 16</b></p> <p>Collaborated with the JK Robbins Memorial Library for their presentation “Understanding Neuroplasticity” - Ellsworth, KS.</p>
<p><b>March 9</b></p> <p>Presented at the California Academy of Sciences NightLife program, “Focus on Brain &amp; Body” on yogic meditation and its benefits on telomere/genetic health—San Francisco, CA.</p>	<p><b>June 4</b></p> <p>Presented research and joined the Q&amp;A panel at the Move for Mind event hosted by Maria Shriver, held at the Equinox Gyms - Los Angeles and Irvine, CA.</p>
<p><b>April 11-12</b></p> <p>Spoke at a two-day event “Yoga for Lifestyle Medicine” presented by the Smithsonian Institution - Washington, DC.</p>	<p><b>June 10-14</b></p> <p>Performed over 180 free memory screenings and brain health awareness and education to attendees of Rotary International Convention where 33,000 people attended the event representing 174 countries - Atlanta, GA.</p>
	<p><b>July</b></p> <p>Redeveloped our educational brochures in Spanish to better serve the Latino community, which is at high risk for AD.</p>
	<p><b>September 16</b></p> <p>Provided free memory screenings/awareness programs in Spanish to attendees of the 2nd Latino Disability Summit at Ability360 Center Health and Wellness Fair - Phoenix, AZ.</p>
	<p><b>October 22-25</b></p> <p>Presented at the The Academy of Integrative Health &amp; Medicine 2017 Annual Conference - San Diego, CA.</p>

**Featured Program:** At this inaugural session of the Brain Longevity Therapy Training on the campus of UCLA, ARPF was proud to present this intensive, evidence-based curriculum which offered participants both the heart of Dr. Dharma’s core program written for ARPF in the 1990’s, with up to date science-based knowledge. Classes were often taught by the researchers themselves and provided educational tools to enhance their professional practices in the rapidly expanding field of successful aging. The response from graduates was enthusiastic: Teresa Salama, a health policy analyst, says she highly recommends the training because she was “so pleased with the wealth of information, not to mention research and studies presented at the Brain Longevity train the trainer curriculum...It was an honor to hear from Dr. Khalsa and Dr. Walling among all their scholarly researchers and physicians. I am looking forward to educating as many individuals as I can.” It was a great launch to reaching one of our most important goals for the next 25 years: **to train one million professionals to address the ever-growing need for Alzheimer’s prevention.**



Brain Longevity Specialists, class of 2017

### Outreach by the Numbers

2017 was a growth year for ARPF. We performed 320 memory screenings throughout the US, also in collaboration with Rotary Clubs. Our educational participation in local health fairs and community events across the nation grew by 20% and our social media outreach increased by 40%. Brain health and Alzheimer’s prevention are very much at the center of the conversation on aging and we are honored to share these tools and give hope to so many people.



Offering Memory Screenings at Rotary International Conference

## BOARD OF DIRECTORS

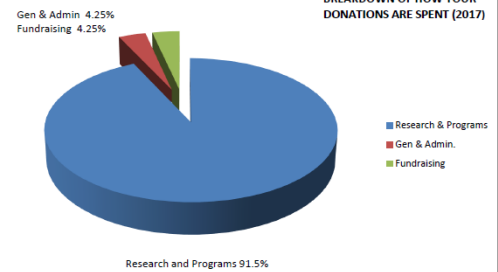
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## NON PROFIT PARTNERSHIPS

When nonprofits organizations forces, they make even bigger strides towards achieving their missions and fostering a better world. ARPF is proud to have collaborated with the following nonprofits in 2017:

- ARPF was a prominent guest speaker at Move4Minds, Maria Shriver's initiative to promote cognitive health in all people, in Los Angeles, CA.
- ARPF provided free memory screenings and brain health education at the Rotary International Conference in Atlanta, GA.
- ARPF lent its support and education on brain health to the Office of Senior Services of Essex County, NJ.
- ARPF assisted the Area Agency on Aging of Central Texas by sharing Alzheimer's research and prevention tools.
- ARPF contributed an educational article on Alzheimer's prevention to *Cerebrum*, a publication of the Dana Foundation.



ARPF's Dr. Walling presents at Maria Shriver Move4Minds event

## WHO WE ARE



ALZHEIMER'S  
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a 501(c)(3) charitable organization

The Alzheimer's Research and Prevention Foundation is a leading global Alzheimer's disease prevention organization, funding more Alzheimer's prevention integrative medicine research than any other non-profit, while providing educational outreach to laypeople, healthcare providers and caregivers on the 4 Pillars of Alzheimer's Prevention. To see our complete list of accomplishments, please visit us at [www.alzheimersprevention.org](http://www.alzheimersprevention.org).

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**Thank  
You!**