

## THE 4 PILLARS OF

## Alzheimer's Prevention®

Volume 21, Issue 2

N E W S L E T T E R

Mission Statement: The Alzheimer's Research & Prevention Foundation (ARPF) is dedicated to the prevention of Alzheimer's disease by funding research studies and providing professional training, educational outreach and memory screenings.

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RICE, BS, FAAOSH, CDP

## President's Message

### STRIDES IN SPIRITUAL FITNESS



I am pleased to announce that my article, "Spiritual Fitness: A New Dimension in Alzheimer's Disease Prevention" was published in the prestigious *Journal of Alzheimer's Disease* and confirms that spiritual fitness is a

key component to AD prevention. We hope this article will inspire scientists, clinicians, and patients to embrace this new concept of spiritual fitness and make it a part of every Alzheimer's prevention strategy. To read the entire article, [click here](#). I am delighted to have yet another strong piece of evidence supporting our mission.

This is thanks to all of our donors who have enabled us to grow and reach our goals in AD prevention research. Please continue to support this work generously. I can't thank you enough.

**Yours in Brain Health,**

**Dharma Singh Khalsa, MD**  
**President / Medical Director**

# Dr. Dharma's Message



## OUTREACH:

### Presentation at San Diego College

Brain Longevity Specialist Trudy Russo presented at the Alzheimer's: The Science of Prevention event hosted by San Diego College. She addressed one of the most important health challenges facing older adults: the growing epidemic of Alzheimer's disease.



*Trudy Russo, MA*

Trudy said, "It was a pleasure representing ARPF in this course! I was already familiar with the documentary series and found it very informative and helpful. The featured experts in the series further confirmed and reiterated the importance of 4 Pillars of Prevention program. I enjoyed the thoughtful questions and the opportunity to present Kirtan Kriya meditation in an easy-to-follow video at the end of class. I was thrilled to have many of the participants stay to experience the research-based practice to enhance their brain wellness."

# Donor Spotlight

Ken and Elizabeth Mellor



Ken Mellor, BA, SW  
&  
Elizabeth Mellor, BA, SW

In 2016, Ken and Elizabeth Mellor were searching the web from Victoria, Australia when they discovered ARPF research. It was the advocacy of meditation's proven benefits of healthy aging that caught their attention. The Mellors run an Australian spiritual and meditation-oriented non-profit, The Awakening Network, and loved ARPF efforts to prevent dementia in our communities.

"The way Dr. Dharma Khalsa presents the information is easy for anyone to understand. The meditation and research are beautifully presented and easily accessible. The particular technique, Saa Taa Naa Maa, is one that quite a few of our trainees do regularly. It is easy and powerful- the impact this meditation has on our trainees is huge," Ken explained. Elizabeth called Alzheimer's the modern plague. "Senior care in Australia is not providing what people need. They pay caregivers very little and therefore the care is not sufficient. There's very little to differentiate between normal aging and dementia. Getting the reform we need is a slow process- that's why we encourage students to empower themselves with preventative choices."

ARPF is thankful to receive the support of Ken and Elizabeth and also to be a resource to their programs and students. These grassroots efforts are the beginning of big change.

# THANK YOU

## TO OUR RECENT DONORS

**WE ARE INCREDIBLY GRATEFUL TO ALL OF OUR SUPPORTERS. HERE ARE OUR DONORS IN MEMORY OF AND IN HONOR OF.**

# Brain Longevity Specialists

**Peggy Gaines** is a published author, professional speaker, and nurse educator. She is a Licensed Reiki Master and a certified Meditation instructor. Peggy began her career teaching relaxation and breathing techniques as a labor and delivery nurse. Peggy started her meditation practice in 1992. She has been meditating for over 20 years and began teaching meditation for stress reduction once she became certified as a Clinical Meditation Specialist in 2009. Currently, Peggy teaches small group and private Brain Longevity meditation classes virtually on Zoom. For more information visit [www.MeditationandReiki.com](http://www.MeditationandReiki.com)



Peggy Gaines, RN,  
BSN

**Anne Rice** has been a dental hygienist for over 30 years and her passion to educate providers and the public about oral-systemic health has taken a front seat in her career. She founded Oral Systemic Seminars in 2017 and has now devoted her time, focus, and study to dementia prevention and sleep hygiene. Anne firmly believes that dental providers can help stem the current trajectory of Alzheimer's disease. Through speaking and consulting, Anne's goal is to give actionable steps to attendees for their own personal lives as well as sharing that information with their patients. You may reach Anne at [anneorice.com](http://anneorice.com) or [anneorice@gmail.com](mailto:anneorice@gmail.com)



Anne Rice, RDH, BS, FAAOSH, CDP



Do you buy or sell on eBay? You can easily round up your purchase or donate a portion of your sale to ARPF! Just follow the prompts and look for "Alzheimer's Research and Prevention Foundation."