In 2018 we have seen yet another growth spurt for your ARPF. As we approach the end of the year, we reflect with gratitude on all who have made this continued growth and success possible.

First of all, we are grateful to our donors and supporters. We know very well that without you, this work would not be possible. A very big Thank You to our volunteers, the dedicated people who are always there to advance ARPF’s mission to prevent Alzheimer’s.

Of course, we recognize our staff and Educational Advisory Committee, a fantastic team of self-motivated and highly adaptable individuals who keep things going to ensure we can meet our deadlines and continue to expand our reach and share prevention research results.

With admiration, we look up to our esteemed panel of Scientific Advisory Council members, many of whom are advancing ARPF research. They are true pioneers in brain and aging research within the developing field of integrative medicine.

And finally, with tremendous respect we acknowledge the commitment, ethics and foresight of our Board of Directors, true stewards of your resources for the benefit of humanity.

In 2018, the main achievements of your ARPF were:

• Finding that telomeres (part of our genetic profile) benefit from a lifestyle-based Alzheimer’s prevention program in yet another breakthrough research result published this year in *JAMA Neurology* from the ongoing FINGER study; this arm of FINGER was designed and funded exclusively by ARPF.

• THE PINK BRAIN™ PROJECT, researching prevention for women at high risk of developing Alzheimer’s was successfully launched in January. It is our most ambitious study yet, taking place at UCLA.

• Poster presentation and education about ARPF’s science and the message of prevention was at the core of the 2018 Alzheimer’s Association International Conference in Chicago during the summer.

• In July, it was revealed that the scientific paper I wrote, titled “Stress, Meditation and Alzheimer’s Disease Prevention,” was in the top 10 most read articles published by the *Journal of Alzheimer’s Disease* in 2017.

• ARPF continued our commitment to providing our research and resources to professionals working with older adults by presenting our second Brain Longevity® Therapy Training in Washington, DC in October.

All these accomplishments happened because you believed in ARPF enough to give from your heart. Please remember ARPF in your year-end giving and continue to support our research and our programs. We count on your generosity to prevent Alzheimer’s and save families.

On behalf of our entire ARPF team, I wish you and your family a Joyous Holiday Season and a Healthy and Happy New Year.

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

Andrew Newberg, Ph.D.

Dr. Andrew Newberg is the
director of research at
the Marcus Institute
of Integrative Health and
a physician at Jefferson
University Hospital. He is
board certified in internal
medicine and nuclear
medicine.

Since his childhood, Dr.
Newberg has been asking
questions about reality,
truth, and God. He has
long been fascinated by the
human mind and its complex
workings. As a medical
student, he met Dr. Eugene d’Aquili, who was studying religious
experiences. Combining interests with Dr. Newberg’s background
in neuroscience and brain imaging, they were able to break new
theoretical and empirical ground on the relationship between
the brain and religion.

Currently, his research largely focuses on how brain function is
associated with various mental states— in particular, religious and
mystical experiences. Dr. Newberg’s research has included brain
scans of people in prayer, meditation, rituals, and trance states, as
well as surveys of people’s spiritual experiences and attitudes. He
has also evaluated the relationship between religious or spiritual
phenomena and health, and the effect of meditation on memory. He
believes that it is important to keep science rigorous and religion
religious.

Aging and dementia have also been on Dr. Newberg’s agenda.
He has conducted neuroimaging research projects to investigate
Parkinson’s disease, epilepsy, depression, and other neurological
and psychiatric disorders related to aging and dementia.

“ til the 4 Pillars of Alzheimer’s Prevention” is
published quarterly by the Alzheimer’s Research &
Prevention Foundation.
Outreach Update

60 New Professionals Graduate at #BLTT2018

On October 12-14, 2018 your ARPF held the second session of the Brain Longevity® Therapy Training in Washington, D.C. Allied healthcare providers, yoga therapists and teachers, and Aging Services providers attended the three-day program. The course is designed around the 4 Pillars of Alzheimer’s Prevention® with lectures, experiential sessions and breakout sessions to help participants master the teaching aspect of the program immediately.

#BLTT2018 was a huge success, participants learned from our all-star faculty: Dr. Chris Walling, Dr. Elissa Epel, Carol Hahn, RN and Pat Cornille, OT, and benefited from networking with other providers.

Thank you for the opportunity to be here, I enjoyed this inspiring (and different than my perspective) training. I enjoyed learning from all the presenters. There is so much to take away as a professional supporting those living with memory loss. BLTT empowers professionals working with older adults to provide powerful information to the community, information that is hopeful.

– B.N., Director of Community Relations of a Memory Care Community

Great program! I learned so much in a format that enhanced learning. Everyone needs this. Good info in reasonable “bits” that you can communicate/use at all levels. – R.A., Wellness Coach

Excellent! Loved it! Stretched my brain, expanded my perspective, motivated me to share with others!

– D.L., Brain Health Coach

Most of all, I learned so much and am so inspired about using it in the future and using my science background to explain this to people. – B.C, Scientist, Yoga Instructor

The workshop was extremely valuable. This has been an amazing experience for me. I met so many wonderful people. I would recommend this to everyone I come in contact with! – M.R., Yoga Instructor

Since the launch of this training last year, there are now 100 graduates of the BLTT program making a difference in their community. We are grateful to all of them for spreading this message of hope and empowerment. Here’s to another 100 by 2019!
Carl George Crawford was known for his compassion. A man of many values, throughout his entire life Carl lifted others. Whether serving his country, his family, his church and community, Carl was well recognized as a wholesome and noble man.

Born on June 9th, 1924 to Rowland Thomas and Lena Crawford, Carl was one of 13 children. He grew up in a full house with six brothers and six sisters. In 1943, after graduating from high school, he enlisted in the Navy and served for three years. After, he attended Morehead State University where he met fellow education student, Wilma Reed, who became the love of his life. Under the condition that Wilma would move to sunny Florida with him—Wilma and Carl wed September 8th 1951.

As the couple rose together as educators, living a passionate life around school and church, other aspects of Carl’s family declined. Carl’s father Rowland was severely affected by Alzheimer’s. Three of his sisters and one brother also developed Alzheimer’s. Carl witnessed five of his family members surrender to this crippling disease. This affected him gravely, so he rose to take part in preventing Alzheimer’s.

After his wife’s passing, Carl moved back to Kentucky to live with his niece Patty. She explained, “He was concerned about getting people the help they needed. Carl very badly wanted to prevent Alzheimer’s from spreading. He was such a benevolent man. He donated to a children’s foster home, his church, and to Alzheimer’s research. Throughout his entire life Carl was genuinely caring. He stayed active, watched his weight, and was mentally alert until the very end. We are so proud of him.”

Carl remained mentally sharp, physically and spiritually active until his passing at age 92 on May 13, 2016. Carl will be remembered as a kind, caring man who loved his church, family, and friends.

Although Carl has moved on, he left an incredibly generous legacy to Alzheimer’s prevention by naming ARPF beneficiary of his estate, for which we are deeply honored. With Carl’s gift, your ARPF can continue to fund much needed educational programs and research for Alzheimer’s prevention—making a difference for generations to come.
Research Update

ARPF Ranks Top Ten in Most Read JAD Articles

In July, during the Alzheimer’s Association International Conference, the Journal of Alzheimer’s Disease (JAD) editorial board held an important meeting. JAD is one of only a handful of scientific journals that publishes research on Alzheimer’s studies. In our opinion, JAD is the top journal in this field. Editor-In-Chief of JAD, George Perry, PhD presented the good news during the 2018 JAD Editorial Update.

At the meeting, Dr. Perry revealed that the article written by Dr. Dharma S. Khalsa, ARPF President/ Medical Director, made quite a splash. “Stress, Meditation, and Alzheimer’s Disease Prevention: Where The Evidence Stands,” was one of the top ten most read articles in 2017.

JAD publishes 600-700 articles annually, so this is terrific news for your ARPF.

The paper reviewed lifestyle and stress as possible factors contributing to AD and the effects meditation has on cognition and well-being for reduction of neurodegeneration and prevention of AD. “It is one of only a handful of Integrative Medicine articles that ranked so high and the top article published by JAD on yoga/meditation and AD prevention,” Dr. Dharma added.

Needless to say, your ARPF is very pleased to see our research reach a growing audience. Beyond the statistics, it’s finally the time we’ve been striving for… our work is becoming mainstream and making a real impact on society. If medical professionals are reading about meditation and yoga, then the current medical trend is about to change— and we’re all on the forefront.

THANK YOU

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Please see our website for a complete list of workplace campaigns that support your ARPF.

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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.

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A Gift of Health: The Brain Longevity® Diet Cookbook

As the holiday season is upon us, consider a gift that keeps on giving. We invite you and your friends and family to take a seat at our table. Enjoy over 50 brain boosting recipes from the ARPF kitchen. This cookbook has been carefully designed to introduce you to delicious meals that provide select nutrients to keep mind and body at optimal health. The recipes follow a fiber-rich, low-carb, and lean protein diet. The meals are mostly vegetarian– entrees to desserts– that promote brain function, weight loss, and whole body health. Each nourishing dish is created with ample flavor.

Wellness is a journey and we hope you take this opportunity to cook up good health and savor your memory with every bite. All proceeds benefit Alzheimer’s awareness programs. You can find it on our online store at www.alzheimersprevention.org