The beginning of the ARPF

When my wife and I founded the Alzheimer’s Research and Prevention Foundation (ARPF) in 1993, there was very little social awareness of Alzheimer’s disease. From a medical standpoint, the very first drug was approved that same year. The first genetic risk factor, the APOE-e4, was also discovered then. It was a year later, in 1994, that President Reagan was diagnosed with Alzheimer’s, thus making Alzheimer’s a household name.

I knew the symptoms of memory loss well. As a practicing anesthesiologist at Maricopa Medical Center in Phoenix, Arizona, I was also the Founding Director of the Acupuncture, Stress Medicine and Chronic Pain Program. I had noticed that most of my chronic pain patients developed memory loss and confusion. However, after implementing my holistic pain program, I was amazed to discover that their memory improved considerably.

I also knew from my studies at Harvard Medical School that stress could impact negatively brain function and the opposite – the elicitation of the relaxation response – improved brain function. All of that coincided with my own studies and practice of yoga, thus having great practical impact.

Looking back, it was a pretty ambitious idea – prevent memory loss. Still, when the core group of supporters met as a Board for the first time, they had a vision: your lifestyle can impact the functioning of your brain. That pioneering spirit was gradually embraced by supporters just like you, and has been a part of the Alzheimer’s Research and Prevention Foundation’s programs since then. For a complete list of the ARPF highlights and accomplishments, visit www.alzheimersprevention.org/about-arpf/highlights-and-accomplishments.

The Medical Community

In the beginning, we quickly discovered that Alzheimer’s wasn’t well understood, either by the doctors, health providers or the general public. However, during that time I was invited to speak on Alzheimer’s prevention at important medical conferences. Moreover, in 1996 I wrote the first chapter on this topic in a medical textbook. It took several more years for an actual worldwide awareness movement to finally form, around the year 2000.
In 1999 and 2000, we held 2 Brain Longevity® trainings for physicians. Thanks to your help and encouraged by the interest in this field, in 2003 we organized the “1st International Conference on the Integrative Medical Approach to the Prevention of Alzheimer’s Disease”, which took place in Phoenix, Arizona. We had close to 300 attendees, which indicated that doctors and other healthcare providers were beginning to see the importance of our work.

Development of our Research on the Lifestyle Approach to Prevention

As a result of a wonderful, anonymous benefactor, 2003 was also the year the ARPF was able to carry out its first research project. Since then, because of your growing support, we’ve worked with prestigious Universities around the country and the world to explore ways that lifestyle helps to maintain optimum cognitive function with age. Our research partners include:

- University of Pennsylvania Medical School, Department of Radiology in Philadelphia, Pennsylvania
- Thomas Jefferson College of Medicine
- University of California Medical School, Department of Psychiatry in Los Angeles, California
- University of West Virginia, Department of Public Health in Morgantown, West Virginia
- University of Arizona Medical School and Center on Aging in Tucson, Arizona
- The renown Karolinska Institute and the Aging Research Center in Stockholm, Sweden
- The Ministry of Health and Welfare in Helsinki, Finland.

Working with outstanding and innovating scientists, the ARPF has become the research leader on the holistic or integrative medical approach to preventing Alzheimer’s and maintaining optimal brain function throughout our lives. Your support has made it possible for the ARPF to lead the way in revealing that you’re not prisoner of your genes. Even if a person has the ApoE4 gene, by following our Alzheimer’s prevention medical approach, their risk can be reduced.

Additionally, our research on Kirtan Kriya, a simple singing yoga meditation, has demonstrated that you can influence positively other important genes, such as the ones that control inflammation, a risk factor in every disease process, including Alzheimer’s.

We’ve also shown that utilizing this new approach to prevention, called Epigenetics, we can “down regulate” or turn off bad genes, but we can also “up regulate” or turn on good genes. This leading edge research on how lifestyle factors can alter genes and reduce Alzheimer’s risk is part of emerging medical research that reveals the tremendous potential to greatly reduce the risk and progression of Alzheimer’s disease.

Outreach and Education

The vision of the ARPF is to share our knowledge with the world, from the person at risk for Alzheimer’s and memory loss, to the caregiver, to the researchers, the yoga community, to the world – and back to help you.

Beyond its exceptional research, ARPF continues to lead the way in educating the public on the importance of our daily lifestyle choices. From health fairs, seminars and workshops, media interviews, webinars and tele-seminars, articles and blogs – your ARPF continues to deliver high-quality, usable information and tools that our community needs and demands.

The culture of the ARPF relies on two principles: continued innovation of thought and approach to this disease, and empowering caregivers and individuals at risk to take charge of their own brain health with the knowledge that we share.

You Make it Happen

What has continued to inspire us throughout these years? Your Alzheimer’s Prevention Legacy.

We would not have been able to accomplish these achievements without the help from those who have invested their time and resources. Your philanthropy funds the research, and research discoveries provide innovation and hope.

As you read through this Annual Report, notice the impact your gifts have had upon your ARPF this year, and join us as we look to the future and all that we can make happen together.

This is a new beginning of hope.

Yours in Brain Health,

DHARMA SINGH KHALSA, M.D.
Founding President/Medical Director
The FINGER Study –
A collaboration between the Alzheimer’s Disease Research Center at the Karolinska Institute of Sweden and the National Institute for Health and Welfare of Finland.
2013 Research Projects

FINGER Study
The ARPF is a proud supporter and partner of the currently ongoing FINGER Study (Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability), which is taking place in Finland as a collaboration between the Finnish National Institute for Health and Welfare and the Alzheimer’s Disease Research Center at the Karolinska Institute in Stockholm, Sweden. With 1200 subjects over a two-year period, this study is one of the first intervention trials in the world to take a multi-domain approach to dementia prevention. The main aim is to prevent cognitive impairment, and a secondary aim includes decreasing disability, cardiovascular risk factors and related morbidities, depressive symptoms, and to have beneficial effects on quality of life.

Albert Einstein College of Medicine of Yeshiva University
The ARPF is thrilled to help support the Einstein Aging Study. This is a community-based research project of older adults to identify factors that contribute to cognitive decline, dementia, and other health outcomes. In particular, researchers are interested in the experience of stress and pain among older adults and how they cause, exacerbate, or arise from cognitive dysfunction.

University of West Virginia Department of Public Health
This study is examining the Kirtan Kriya memory meditation versus simple relaxation for improving memory and related outcomes in adults at risk for Alzheimer’s disease in an assisted living community.

Arizona Center on Aging at University of Arizona and the Interdisciplinary Consortium on Advanced Motion Performance
This innovative pilot project is studying virtual balance training to prevent falls and improve cognition in older adults in a senior living center.

Your gift today ensures endless opportunities for present and future generations.
ARPF participated in many events across the nation to educate seniors and caregivers about how they can keep their memory strong as they age.

McLennan County Health Fair - On January 5, 2013, ARPF Outreach Representative Cheryl Babers Hagar presented to attendees at the “Get Healthy” McLennan County Health Fair held at the Waco Convention Center in Waco, Texas.

Senior Expo - On February 20, 2013, ARPF staff exhibited at the 4th annual “All Things Senior” Expo & Tradeshow at Scottsdale Center for the Performing Arts in Scottsdale, Arizona.

Community College Lecture - On March 7, 2013, ARPF Outreach Representative Janice Vick presented the ARPF’s research results to post-graduate students at McLennan Community College in Waco, Texas.

Presentation at Friendship Heights Village Center - On March 15, 2013, ARPF Outreach Representative Jane Stelboum presented the 12-minute memory meditation, Kirtan Kriya, as well as the 4 Pillars of Alzheimer’s Prevention™ program to a group of residents at Friendship Heights Village Center in Chevy Chase, Maryland.
Yoga for People with Brain Injuries -
In the fall of 2013 ARPF outreach representatives taught yoga classes for people with cognitive disabilities and brain injury, featuring the ARPF 4 Pillars of Alzheimer’s Prevention™ in Old Lyme, Connecticut.

ARPF Life@50 - On May 30 - June 1, 2013, the ARPF exhibited at the AARP Life@50+ Conference held at the Las Vegas Convention Center in Las Vegas, Nevada. During the three-day conference, the staff administered over 200 memory screenings and educated attendees about the 4 Pillars of Alzheimer’s Prevention™ program.

International Association of Yoga Therapists Symposium - On June 12-16, 2013 in Boston, Massachusetts, ARPF presented the results of its research at this yoga therapy conference.

Alzheimer’s Association International Conference - On July 16, 2013 in Boston, Massachusetts, ARPF President Dharma Singh Khalsa, M.D. held a presentation on “10 Ways Meditation May Prevent Cognitive Decline: A Research Summary.”

10th Annual Tucson Memory Screening Day -
On October 26, 2013, the ARPF held the 10th Annual Memory Screening Day at the Tucson Women’s Club in Tucson, Arizona.

Memory Screenings at Hollin Hall -
On November 8, 2013, ARPF Outreach Representative Ric Kraus administered free memory screenings to attendees of the Hollin Hall Health Fair in Silver Spring, Maryland

34,000 people reached through online programs
9,000 people reached at in-person events
“Alzheimer’s is touching an increasing number of people in the world, particularly in North America. Research and prevention have become of the utmost importance. Having been a dedicated Kundalini Yoga practitioner for the past several years, I am aware of the wonders of the Kirtan Kriya meditation and have convinced my husband (who is now 70) to practice it with me. We are so grateful to the Foundation and Dr. Dharma for making it available. Thanks and continue your wonderful work!”
– Johanne, Quebec, Canada

“I learned about Kirtan Kriya meditation from Dr. Khalsa at the Smart Brain Summit in 2012 and have been doing it ever since. My experience is of less anxiety, more attentiveness and I am a much better listener. It is now a part of my morning routine that I seldom miss.”
– Dr. John I. Todor

“I am pairing the 12-minute Kirtan Kriya with real-time EEG brain activity/waveband power monitoring through an Emotive EEG headset, but I also plan to start making this singing meditation a daily practice for myself, personally. The medical research underlying this practice is very impressive and definitely underemphasized in the research community, which is a real shame!”
– Dr. Deborah Sewitch, North Carolina

“Dr. Khalsa’s information on how the brain works and is affected by stress is helpful for people to have a better picture of what’s happening. I continue to appreciate the ARPF materials, especially the research sheet along with the Mild Cognitive Impairment pamphlet which has questions to evaluate where someone might be in terms of their cognitive changes. They are effective and popular.”
– Jamie Durner, CAP, ALC Ayurveda Wellness Wisconsin
About our Teleseminars and Resources

“The Super Brain Webinar was a wonderful experience. I learned a lot that I can share with a friend who is caring for a brother who has dementia.” - Ophelia

“Our facility has a memory support unit and I use your materials to educate the families about Alzheimer’s disease. The materials are easy to understand, very nicely done and engaging to the reader. Thank you for the wonderful materials!” - April, South Dakota

“Good overview of stress reducer and prevention tips. You are doing a great job, thank you.” - Sylvia, Texas

Story From Our Volunteer Jane Stelboum

Founder, Sarasvate, Yoga Designed for the Brain

I created a workshop around the 12-minute Kirtan Kriya meditation that’s been the subject of many research studies by the Alzheimer’s Research and Prevention Foundation. My workshop shares this meditation and other tools of yoga that can have a positive effect on memory and brain health. In every session there is at least one person who is currently caring for someone with Alzheimer’s.

Sad, but true. In a recent workshop I conducted at an area senior center, a woman, younger than the rest, sat about three rows back on the aisle seat. I noticed she was nodding at everything I said. (I often share anecdotes from my own personal experience caring for my mother who I lost to Alzheimer’s three years ago. Yoga played an important role in the quality of her life and I explain how the tools I’m sharing can help with daily situations such as getting out of bed, getting a boost of energy, helping to calm or relax, getting a good night’s sleep, etc.)

After the workshop she came up to me and told me that her husband was diagnosed with early-onset Alzheimer’s at the age of 61 and it’s been very difficult. She appreciated learning the Kirtan Kriya and picked up all of the materials that I brought from the ARPF. Even if attendees are not currently impacted by Alzheimer’s in some way, they appreciate learning good sound advice on how to live a healthier lifestyle and keep their brains active and strong.

I am so grateful that I am able to share these tools and all of the good information from the ARPF. The fact that it is grounded in research and scientifically based is so important for people to hear. It motivates them to take it all that much more seriously and continue these practices on their own, which of course is what we all want in that never ending quest to prevent diseases like Alzheimer’s and help those already impacted maintain a high quality of life for as long as possible.
20th Anniversary Celebration

In 2013 we celebrated our 20th Anniversary with monthly online programs to increase awareness about Alzheimer’s prevention; contests, teleseminars, and presentations, culminating with the LIFESTYLE FOR A SUPER BRAIN WEBINAR.

This webinar featured Author and Health Expert Mariel Hemingway, Alzheimer’s Caregiving Advocate Lori La Bey, and Dharma Singh Khalsa, M.D., ARPF Founding President and Medical Director.

Our keynote speaker was famed actress and health author Mariel Hemingway. In her presentation, Mariel revealed her anti-aging lifestyle, talked about how she creates optimal health naturally, and shared her secrets to living a life with purpose, passion and excellence.

2013 Teleseminar List

**MARCH:** Dynamic Aging with Fun Exercise, with Cheryl Babers Hagar, Certified Silver Sneakers Instructor and Yoga teacher;

**APRIL:** The Most Important Questions You Should Ask Your Doctor, with Mariah Hunter, N.P.;

**JUNE:** Spotlight on Male Caregivers: Conversations I’ve had That Can Help You, with Eugene Conrad, Ph.D., MPH;

**JULY:** Downsizing: Turning Your Golden Years into Platinum by Planning for Different Aging Needs, with Linda J. Sharp, M.Ed.;

**SEPTEMBER:** How to Keep Your Brain Sharp, with Alvaro Fernandez, CEO, SharpBrains.com;

**OCTOBER:** Your Brain on Yoga, with Sat Bir Khalsa, Ph.D., researcher at Harvard University;

**NOVEMBER:** ARPF’s Lifestyle for a Super Brain Webinar.

“Stress Management is a big component of Brain Health.”
- Alvaro Fernandez, CEO of SharpBrains.com
Thank You!

Nonprofits Working with Nonprofits

When nonprofits join forces, they can take even bigger strides towards achieving their missions and fostering a better world. Additionally, some donors and funders are encouraging collaborations to apply their grant resources more efficiently. That is one of the main reasons why ARPF is proud to collaborate with the following nonprofit organizations:

Beacon Group

Beacon Group’s mission is to provide employment-related opportunities to people with disabilities. They provide training, development and access to real jobs for a segment of our community that traditionally bears a 70% unemployment rate. Beacon Group provides assembly, packaging, collating, and document shredding. We at the ARPF are delighted to have been utilizing their services and supporting their mission for 10 years.

EPI-HAB Phoenix

EPI-HAB’s mission is to provide meaningful employment for individuals with epilepsy and other challenges by performing valued work for local businesses. They provide fulfillment, mailing and shipping. We at the ARPF are delighted to have been utilizing their services and supporting their mission for several years.

Puzzles to Remember

Puzzles to Remember’s mission is to provide puzzles to nursing homes, veteran’s facilities and other facilities that care for Alzheimer’s and dementia patients. Puzzles to Remember was founded in 2008 by Max Wallack, now a student at Boston University in Massachusetts, after Max recognized the calming effect of puzzles and many other benefits on people suffering from Alzheimer’s disease. Max Wallack kindly donated many puzzles to ARPF ready for distribution to individuals and facilities.

And many more


Thank You to our Fabulous Volunteers and Crucial Partners

Georgia Ames, Las Vegas, NV
Rachel Augustus, Las Vegas, NV
Cheryl Babers Hagar, Waco, TX
Liz Christensen, Tucson, AZ
Jamie Durner, Brookfield, WI
Nicole Esposito, Tucson, AZ
Doug Farra, Las Vegas, NV
Kathleen Holzepfel, Forth Worth, TX
Bahareh Honarvararaghi, Tucson, AZ
Quentin and Molly Hunt, Las Vegas, NV
Phyliss Johnson, Las Vegas, NV
Chiquita Jolliff, Hammond, IN
Del Jones, Tucson, AZ
Guru Sadhana Kaur Khalsa, Espanola, NM
Varnjeet Kaur Khalsa, Espanola, NM
Ric Kraus, Reston, VA
Robbi LaLonde, Moorpark, CA
Janet Latina, Las Vegas, NV
Rion Lyle, Albuquerque, NM
Ann Murphy, Monticello, GA
Abby Peddieson, Las Vegas, NV
Valerie Powors, Tucson, AZ
Austin Rance, Jefferson City, MO
Linda Sharp, Alaska/Arizona
Jane Stelboum, North Potomac, MD
Erich Sweet, Phoenix, AZ
Janice Vick, Waco, TX
Margaret Westcamp, Las Vegas, NV

3HO Kundalini Yoga
Alzheimer’s Speaks
Charity Charms
Cranium Crunches
Lifeforce Yoga
Puzzles To Remember
Russell Public Communications
Sarasvate
SharpBrains
Spirit Voyage Music
Sunlight Chair Yoga
Yoga Alliance
YogaFit

We couldn’t have done this without our volunteers and key supporters. Your passion to spread the word about Alzheimer’s Prevention is truly remarkable. THANK YOU for being a part of the ARPF community.
“The pace of the last 10 years, this age of stress and anger, is not good for our health,” says Dr. Dharma Singh Khalsa. “It creates subtle changes in a person’s hormonal system and brain patterns. We need to slow down and take time to put our health first. The #1 priority is stress management, because chronic, unbalanced stress kills brain cells.”
Organization Info

Our donors come from many walks of life and many sources:

- Donations in memory of loved ones lost to Alzheimer’s and other dementia diseases
- Event sponsors
- People who attend our events and are compelled to give
- Workplace campaigns
- Bequests
- Trusts
- In-Kind donations
- Recurring donors

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

The ARPF is a proud participant in the State Employee Campaigns for:


ARPF is also proud to be a member of the Best Charities in America

Upon rigorous independent review, this award is presented only to those charities that have been able to certify, document, and demonstrate on an annual basis that they meet the highest standards of public accountability, program effectiveness and cost effectiveness.

ARPF Financial Information

The Alzheimer’s Research and Prevention Foundation’s financial records were independently audited by Addington & Associates, PLLC of Tucson, Arizona, in accordance with auditing standards generally accepted in the U.S.A.

Breakdown of how your donations are spent (2013)

Gen & Admin $23,533 = 3%
Fundraising $11,326 = 1.5%
Research and Programs $742,260 = 95.5%

Breakdown of sources of support (2013)

Investment Income $367 = 0.01%
Contributions $740,578 = 99.9%

We gratefully acknowledge our Beloved Donors, Volunteers and Supporters, who continue to provide their time, expertise, and financial aid. We could not do what we do without your investment in our Mission, and we thank you for your support. The complete donor list can be found online at www.alzheimersprevention.org/2013donors.
Message from Board Treasurer
Carolyn Sechler, CPA

According to recent studies, more than 5 million Americans are living with Alzheimer’s Disease. These studies also project a staggering increase in the number affected not to mention the emotional and financial toll over the next ten years. Your support of the Alzheimer’s Research and Prevention Foundation enables us to continue to deliver practical information to the community and grants to important research making strides worldwide.

A Word from Scientific Advisory Member
Karen Koffler, M.D.

When it comes to brain health and being sure you are not one of the almost 50% of us who may develop dementia, the name of the game is prevention. There is no pill, no magic bullet, that will keep your brain functioning optimally. For that, lifestyle strategies like diet and exercise have been shown to be of enormous benefit. But there is also the practice of meditation, and specifically Kirtan Kriya, that is emerging as an important tool for optimizing brain capacity and improving mood. The Alzheimer’s Research and Prevention Foundation is the only organization undertaking a serious scientific evaluation of this non-invasive technique for the betterment of our brains.
These are the names of the Top 100 Donors during 2013.

We are extremely grateful for your financial support, which has an especially meaningful impact on our educational programs and essential research to prevent the devastating effects of Alzheimer’s.

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Looking to the Future

When we look towards the future, the Alzheimer’s Research and Prevention Foundation (ARPF) is one of the main organizations poised to make a profound difference and a lasting impact in Alzheimer’s research. Why?

Because the ARPF is still the only 501(c)(3) organization dedicated to preventing the tragedy of Alzheimer’s disease via an innovative lifestyle approach, and keeping people healthy and mentally sharp throughout their golden years.

In 2013, in spite of the economic downturn, we were able to reach well over 40,000 people with our programs and research... and it was all thanks to your financial support.

We are committed to saving families from the loneliness and the despair of Alzheimer’s, and to preserving the legacy of our elders. We are delighted to invite you to share this vision with us.

Please watch some of the videos on our YouTube channel to see first-hand how people’s lives are touched by the work that we are doing together. Yes, you can make a difference by donating to ARPF today, and we look forward to welcoming you to our team.

For more information about helping us to create a new trend of health for our seniors and for the coming generations, and to learn about philanthropic opportunities at the Alzheimer’s Research and Prevention Foundation, please email ARPF’s Vice President Randy Brooks at randy@alzheimersprevention.org.

The ARPF is a Proud Member of: