



ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™

a 501(c)(3) charitable organization

2014 ANNUAL REPORT

Working Towards Prevention Since 1993

A 501 (c) (3) charitable organization



2014 Annual Report

**From the Founding President & Medical Director
Dharma Singh Khalsa, M.D.**

CREATING A LIFETIME OF PEAK MENTAL PERFORMANCE

This year, a very important article was published by the prestigious medical journal *The Lancet*. It was about aging populations in industrialized countries. The statement that stood out for me was, "By 2020, for the first time in history, the number of people aged 60 years and older will outnumber children younger than 5 years." This begs the question of what are we doing to age well, and especially to keep our brains healthy.

I recently gave a presentation via webinar where the audience was mostly business people. It was a great group, and the work and research of the ARPF were very well-received. This experience made me reflect, once again, on the great interest there is in keeping the brain sharp in our society, at every age. Even people in their 40's are looking for ways to stay sharp, or increase their brain power. It seems there is a great need to be mentally at the top of your game, so that we can be more productive, or competitive, or keep up with ever-evolving technology.

This is a great time in history, because we now have access to much more information and tools than ever before on how to grow older and healthy. There truly is a community movement for healthy aging in many parts of the world. There is also a tremendous amount of research being done on brain health, from innovative diagnostic scans and tests, to genetic testing, and lifestyle-based tools like the studies you are helping to support. **Please visit the research section on our website at www.alzheimersprevention.org** to learn about the many papers we've published, including the FINGER study, is truly a breakthrough study.

ARPF's research, along that of several other renowned institutions, is proving that **Alzheimer's prevention is now absolutely a reality**. In essence, it's revealing that our 4 Pillars of Prevention - diet, stress management, exercise, and psychological and spiritual well being - are associated with less negative pathological findings in your brain as you age.

I believe there is still much to do to provide education and support to people at risk of developing cognitive decline and their caregivers. Many people are confused about various forms of memory loss, and what that really means. I receive questions all the time about someone whose grandma had dementia, and is concerned that he or she might be at risk. This is one of the areas of focus of our work, as you can see in the following pages.

I encourage you to take part in ARPF's programs to ensure that you stay mentally sharp with a healthy brain, no matter your age. We offer memory screenings in various parts of the country, and we have teleseminars so that anyone can participate, even from far away, as well as newsletters, blogs, social media, and interviews. Our local representatives across the US are also helping bring this message to families and seniors. **Thank you for giving us the opportunity to serve and improve our greater community.**

Yours in Brain Health,

Dharma S. Khalsa, M.D.

Dharma Singh Khalsa, M.D.

Founding President and Medical Director



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RESEARCH

FINGER Study The ARPF is a proud supporter and partner of the 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. The two-year study was completed in late 2014 and the preliminary data shows promising results. The main aim is to prevent cognitive impairment, and a secondary aim includes decreasing disability, cardiovascular risk factors, depressive symptoms, and to have beneficial effects on quality of life. We will be reporting news about this project as it becomes available.

Arizona Center on Aging at the University of Arizona & the Interdisciplinary Consortium on Advanced Motion Performance

This pilot project studied virtual balance training to prevent falls in older adults in a senior living center. Although this was a small group, the results were positive and were published in the *Journal of Neuroengineering and Rehabilitation*.

University of West Virginia, Department of Public Health

This study is underway and examines 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. It will be completed in 2015.

University of California, Department of Psychiatry

This research project is also ongoing and examines changes in functional brain connectivity and verbal memory performance following yoga or memory training in older adults with subjective memory complaints. It will be completed in 2015.

DONORS

It is thanks to our 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
- Workplace and Corporate Campaigns
- Supporters of our Research
- Bequests & Trusts
- In-kind Donors



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 & Medical Research Charities of America and the Combined Federal Campaign.

In addition, the ARPF is a proud participant in the State Employee Campaigns for: *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.*

TOKENS FOR BAGS PROGRAM SUPPORTS ARPF



The ARPF was selected by Arizona's Buffalo Exchange new and recycled clothing store as a recipient of their Tokens for Bags program in 2014. Through the program, customers are invited to choose a token in lieu of a plastic bag at checkout, which they can give to the participating charity of their choice. A token is worth \$0.05, approximately the cost of a plastic bag. At the end of six months, the ARPF received a \$228.00 donation, which means 4,560 shoppers chose to support our important work. Thank you!

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BUILDING COMMUNITIES

2014 was a busy year for the Alzheimer's Research and Prevention Foundation. With the support of our local representatives and volunteers, we were able to speak, exhibit, present workshops, and provide memory screenings at events throughout the country and even across the pond, in Denmark. Our education programs reached over 60,000 people through teleseminars and in-person training.

Here is a sampling of the events we were a part of in 2014:

American Society on Aging Conference
Workshop Presenter
March 14, 2014
San Diego, California

Central Texas American Holistic Nurses Association Meeting *Presenter*
April 24, 2014
Killeen, Texas

Inaugural Born to Thrive Conference for Women
Sponsor & Exhibitor
May 5, 2014
Phoenix, Arizona

International Research Congress on Integrative Medicine and Health
Exhibitor
May 13-16, 2014
Miami, Florida

Symposium on Yoga Therapy and Research Conference *Exhibitor*
June 5-8, 2014
Austin, Texas

Alzheimer's Association International Conference *Poster Presenter*
July 12-17, 2014
Copenhagen, Denmark

AARP Ideas@50+ Conference
Exhibitor
September 4-6, 2014
San Diego, California

Symposium of Integrative Medicine Professionals in the Land of Enchantment
Exhibitor
October 13-15, 2014
Albuquerque, New Mexico

Fannie & Charles Penikoff Research Symposium and Health Expo
Exhibitor
October 18, 2014
Rosemont, Illinois

2014 TELESEMINARS

- **March** | *The Power of Medical Yoga to Create Optimal Health*, with Linda Stern Lang, Yoga Therapist
- **May** | *Nutrition and Your Brain: The Latest Discoveries*, with Dr. David Perlmutter, renowned neurologist and best selling author of 'Grain Brain'
- **July** | *The Wisdom Journey: Discover the New Power of Elder Circles*, with Del Jones, Co-Founder of Elder Circles and Executive Director Emeritus of Wellness Council of Tucson
- **November** | *A Leading Holistic Physician's Program for Healthy Aging and a Sharp Memory*, with Dr. Karen Koffler, a practicing physician specializing in holistic and functional medicine

FEATURED VOLUNTEER: ANN MURPHY

I have been in the fitness industry for 48 years. I have multiple certifications and teach a variety of populations, as well as being a wellness coach. I was drawn to ARPF after I picked up your brochures at a YogaFit conference. After reading, I was blown away by the statistics and the possibility of prevention, especially the Kirtan Kriya, which I was already familiar with thru Kundalini Yoga.

I utilize the Kirtan Kriya and the information in ALL my classes, we are all aging everyday! I pass out brochures and teach the Kriya. All my students are extremely interested in healthy aging. They are very impressed with the ARPF information that I provide to them. The ARPF's message of brain aerobics fits in great with body aerobics. **Taking charge of your health is important at any age, but especially in seniors.** I promote movement, body and mind, to keep us all enjoying life.

Ann Murphy
Monticello, Georgia

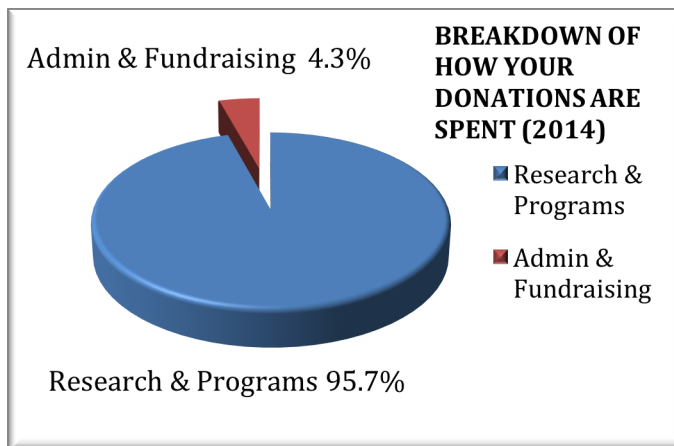


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NONPROFIT PARTNERSHIPS

When nonprofits join forces, they can take even bigger strides towards achieving their missions and fostering a better world. ARPF is proud to collaborate with the following nonprofit organizations:

- **Center for Community Dialogue of Our Family Services** | We worked on a joint program to bring Elder Circles discussions to seniors who are house-bound or live in rural areas.
- **Beacon Group** | Provides job opportunities for people with disabilities in the mailing industry.
- **EPI-HAB Phoenix** | Provides job opportunities for people with disabilities in the mailing industry.
- **Puzzles to Remember** | Provides puzzles to veterans' and other facilities that care for Alzheimer's and dementia patients.

And many more – check out our resource page at <http://alzheimersprevention.org/alzheimers-info/resources>.



IN THE NEWS

- **The Examiner** | "Can 12 minutes of daily Kundalini Yoga chanting improve Alzheimer's Disease?"
- **Huffington Post** | "Women Getting Crushed By Alzheimer's"
- **USA Today** | "Lifestyle Changes are Key to Easing Alzheimer's Risk"

WHO WE ARE

The Alzheimer's Research and Prevention Foundation (ARPF), is a 501(c)(3) nonprofit organization based in Tucson, Arizona. Our mission is to prevent Alzheimer's disease by funding research studies and providing educational outreach and memory screenings. For over 20 years, the ARPF has been on the leading edge by researching, advocating, and educating about a holistic or integrative approach to preventing memory loss and Alzheimer's.