Transforming Brain Health With Lifestyle Interventions: The Future Of Alzheimers Prevention

Early in 2015, with the goal of eradicating mind-robbing illnesses like dementia and Alzheimer’s ever before us, I became aware of a great paradox: the costliness of pharma-based research continues to grow beyond our imagination, and at the same time the larger community of medical researchers is becoming more and more convinced of the tremendous importance of dementia prevention. Of course, prevention has been the focus of ARPF’s innovative research and education for nearly 25 years: there are four areas where almost everyone can apply lifestyle changes that harvest both mind and body health benefits. The application of The 4 Pillars of Alzheimer’s Prevention™ reduce or delay the symptoms of dementia and favorably impact other risk factors - diseases like diabetes, heart disease, obesity, and more.

The original 4 Pillars were Diet, Stress Management, Exercise and Pharmaceuticals. ARPF, however, replaced the 4th Pillar in 2015 in recognition of current research showing that spiritual commitments to a like-minded community and living purposefully contributes more toward care and prevention than results from the billions spent in pharma research in this area. I’m an anesthesiologist by training, so I’m certainly not opposed to the use of pharmaceuticals that work, however, as of yet, the available FDA-approved drugs don’t fit that bill very well.

In July, I was privileged to be one of 200 who attended the White House Conference on Aging, and I was sobered anew by three very clear messages regarding the ongoing “costliness” of the pharma approach to dementia care. First, an epidemic number of Americans - not just Seniors - have a diagnosis and treatment plans that stretch their families and friends to their emotional and financial limits, often with less-than-effective treatments. Second, it was predicted if a way to prevent or delay Alzheimer’s disease is not made available to us before 2025, Medicare may go bankrupt.

The third message reminded me that the costliness of dementia extends beyond the Seniors and their caregivers to younger generations fearing for their own future brain health. Their loss of peace of mind and the ability to enjoy their current life, is a very real cost, indeed.

ARPF must continue to grow every year because our results benefit every generation. ARPF must share its research-based prevention strategies that fight the slow, hidden progression of these diseases and fight back against the common fallacy that memory loss is normal in our senior years.

ARPF must renew its strong message that the 4 Pillars lifestyle is not just for one season of your life! Nor is it too late to start; some research outcomes include measurable brain scan results in as little as 8 weeks. We can all make informed daily choices to help save our memories and impact lifelong brain health.

I also want to share one more bit of good news. In March 2015, in recognition of the great achievements ARPF has obtained through its innovative research, and the growing relationship between ARPF and UNM’s The Center for Life, I was appointed Clinical Associate Professor, Division of General Internal Medicine, Geriatrics, and Integrative Medicine at the University of New Mexico Health Sciences Center in Albuquerque. Needless to say, I was honored and will continue to spend time contributing to the focus on integrative medical programs for brain health, as well as furthering innovative research on behalf of ARPF at UNM.

I hope you find these efforts worthy of sharing with others who would benefit from ARPF’s message and education. I look forward to you joining our championing efforts towards preventing Alzheimer’s and dementia to benefit our families and communities.

Yours in Brain Health,
Dharma Singh Khalsa, M.D.
Founding President and Medical Director
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RESEARCH REVIEW

- Meditation vs. Simple Relaxation for Improving Memory and Related Outcomes in Adults At-Risk for Alzheimer’s Disease is a study by the Research Project “Remember to Relax” at the West Virginia University School of Public Health. The Principal Investigator is Dr. Kim E. Innes, who has a Masters and PhD of Science in Public Health. This study investigates the efficacy and feasibility of a 6-month Kirtan Kriya meditation program compared to a relaxation music listening program for enhancing memory, sleep, mood, and well-being, reducing stress and improving related indices in 60 older adults with early memory loss. The preliminary findings show that those assigned to Kirtan Kriya program showed significant improvements at 12 weeks. This study has been being funded by your ARPF.

- The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER). Professor Miia Kivipelto, M.D., Ph.D., at the Karolinska Institute in Stockholm, Sweden, led this study. It was published online in The Lancet on March 12, 2015 and presented at the World Health Organization in Washington DC, and in the New York Academy of Sciences. The longitudinal study shows that it is possible to reduce the risk of cognitive decline with lifestyle changes. This landmark study was also partly funded by the ARFP.

- Changes in the Functional Brain Connectivity and Verbal Memory Performance Following Yoga or Memory Training in Older Adults with Subjective Memory Complaints study at UCLA with Dr. Helen Lavretsky. Dr. Khalsa presented a poster session at the Alzheimer’s Association International Conference in July 2015 on behalf of this group about the ongoing study, comparing brain function and verbal memory performance for one group: those who do yoga, and the other group: those who do other memory training methods. The ARFP is a proud sponsor, supporter and partner for this study. Stay tuned for findings

ARPF Research Update: A New Priority. For more than 20 years, our Fourth Pillar has been Medicines. Now, we’ve learned from our research studies that becoming spiritually disciplined bears more fruit than counting on medications in a predictable way. Thus we have changed our fourth pillar into: SPIRITUAL FITNESS that includes activities like: Service, enjoying the company of like-minded people and living your mission and purpose in life. At our annual meeting in October 2015, Dr. Khalsa invited us to understand that all spiritual disciplines can lead to stress reduction, and benefit our overall health. Because ARPF shares values and strategies we can stand behind, we have made “Spiritual Fitness” our new Fourth Pillar.

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.

Fraternal Order of Eagles #4299 Supports Prevention Research

ARPF would like to recognize the Fraternal Order of Eagles Aerie and Auxiliary #4299 from Lake Havasu City, Arizona for their extraordinary support of our on-going research to prevent Alzheimer’s disease. In the past four years, FOE provided over $15,000 to ARPF through both local fundraising and national grants. ARPF’s high percentage of all donations being used for research and education (almost 96% in 2015) was a key factor in their decision to continue supporting ARPF.
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BUILDING COMMUNITIES

2015 was an amazing year for the Alzheimer’s Research and Prevention Foundation to carry out its educational mission. With the support of our representatives, volunteers and supporters, we were able to share our research and provide different workshops, memory screenings and web-based seminars throughout the U.S. Below are the highlights of the events we had the honor of participating in:

FEBRUARY 25, 2015
The "All Things Senior" Expo at the Scottsdale Center for the Arts.
Scottsdale, AZ.

MARCH 14-15, 2015
Free Memory Screenings to participants of the Festival of Books.
Tucson, AZ.

APRIL 30, 2015
Dr. John DenBoer, neuropsychologist for seniors and elite athletes, led "Discover Mental Training Tips to Increase Your Brain Power and Prevent Alzheimer’s. Web-based Seminar.

MAY 14-17, 2015
Free Memory Screenings to seniors attending the AARP Life@50+ annual convention.
Miami, FL.

JUNE 4-7, 2015
Exhibit booth at the Symposium of Yoga Therapy and Research.
Newport Beach, CA.

JULY 13, 2015
ARPF attended the 2015 White House Conference on Aging, held at The White House, which takes place once every 10 years. Washington, DC.

JULY 19-23, 2015
Alzheimer’s Association International Conference. Presentation and booth. Washington, DC.

OCTOBER 8, 2015
Booth at the AARP Mesa Caregiving Forum. Mesa, AZ.

NOVEMBER 2, 2015
Presentation at Fellowship Square Retirement Community.
Tucson, AZ.

NOVEMBER 5, 2015
Presentation and exhibit booth at the Brain Futures 2015 – MHAMD Centennial Conference.
Annapolis, MD.

NOVEMBER 7, 2015
AZ Men’s Health and Wellness Expo, Mayo Clinic. Phoenix, AZ.

NOVEMBER 17-19, 2015
Two presentations at the SharpBrains Virtual Summit. Web-based Seminar.

Outreach by The Numbers

In addition to education and memory screening across the country, ARPF has redoubled it efforts to reach out to all generations about brain health. You can now find us on Facebook, Twitter, YouTube, and the blog link on the ARPF website. We have expanded our social media outreach by 35% in 2015, and are thrilled that our message of hope and empowerment is reaching more people. You can also contribute to our education efforts by sharing our news on social media.

Featured Volunteer: Tryn Rose Seley

“I want to lighten the step of those on the journey with Alzheimer’s...” You can hear the intention of her heart as Tryn Rose Seley posts those words on her website. Tryn is a professional photographer, author, musician, caregiver, and ARPF Volunteer. She wrote the book "15 Minutes of Fame: One Photo Does Wonders To Bring You Both Back to Solid Ground" to empower caregivers to support those living with dementia with photos, songs, and stories. She has experienced first-hand how bringing these life-giving elements into daily routines raises positive energy for the caregiver, the one being cared for, and any who join in the circle of care. ARPF is grateful to Tryn Rose for embracing our mission and helping us spread this work to anyone concerned about dementia and interested in the lifestyle approach to preventing dementia and Alzheimer’s.
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SCIENTIFIC ADVISORY COUNCIL

Ma Gloria Borras-Boneu, MD | GRD Health Institute, Barcelona, Spain
Karen Innes, MSPH, PhD | Assoc. Professor, Robert C. Byrd Health Sciences Center, Center on Aging, West Virginia University, Morgantown, WV
Sat Bir Singh Khalsa, PhD | Asst. Professor of Medicine, Harvard Medical School, Sleep Disorders Research Program, Brigham and Women’s Hospital, Boston, MA
Miia Kivipelto, MD, PhD | Professor of Clinical Geriatric Epidemiology, Karolinska Institute, Deputy Head-Aging Research Center, Stockholm, Sweden
Karen Koffler, MD | Medical Director, Canyon Ranch Miami Beach, Miami Beach, FL
Helen Lavretsky, MD | Professor, UCLA Semel Institute and Resnick, Neuropsychiatric Hospital, Los Angeles, CA
George Perry, PhD | Professor of Biology, Dean College of Science, University of Texas at San Antonio, San Antonio, TX
Michelle Sierpina, PhD | Founding Director, UTMB Osher Institute for Lifelong Learning University of Texas Medical Branch, Galveston, TX

NON PROFIT 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:

- ARPF is honored to have the support of the Rotary Club of Pantano in Tucson, AZ, to hold Memory Screenings.
- ARPF is also grateful to work in partnership with Puzzles to Remember to distribute puzzles nationwide to seniors and people with memory concerns.
- ARPF is glad to partner with Steady for Life in Huntsville, Alabama, for educational programs.
- ARPF is delighted to begin an educational and research collaboration with the Center For Life at the University of New Mexico, Division of General Internal Medicine, Geriatrics, and Integrative Medicine in Albuquerque, NM.

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

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.
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TOP 100 DONORS

We are delighted to acknowledge the 2015 Top 100 Donors. Your financial support is essential to our awareness programs and breakthrough research on the prevention of Alzheimer’s. Thank You!

Karen Shiles
Edward Haats Trust
Fraternal Order Of Eagles, Lake Havasu City Auxiliary #4299
Martine Rothblatt, JD, Ph.D.
Stonebridge At Burlington
Time & Again Galleries
Douglas Vincent
Futura Fisheries, Inc.
Vern & Debra Hall
Mark Lawrence
Samuel Watkins
James Edwards
Sarah Orantes
Andra Sojka
Bradley Vickers
Elizabeth Havlik
Sharon Kittrell
Michelle Sierpina, Ph.D.
Shaol & Evelyn Pozez
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David Tabler
Diane Johnson
Leroy Elfmann
Joella Foster
Steven Lambrecht
The Joyful Noise Class
Of Jana Warren