In 2016, I am excited to say, we began to see the public, scientific and medical communities come together to promote the importance of lifestyle protocols for preventing dementia. I have to say, this is happening in ways that, a few years ago, I could hardly begin to imagine.

This may have been fueled by the widening frustration as pharmaceutical research continues to rise at unimaginable levels without the discovery of “the cure”. Whatever the reason, this shift towards promoting prevention across diverse platforms is critical, given the ever-increasing number of global victims - 6.75 million on our continent alone.

In 2016, we expanded our outreach through our first International Service Project; ARPF and American and Mexican Rotary Clubs united forces to provide education, awareness and free memory screenings in Spanish to residents of Nogales, Mexico.

At the 14th Annual Mild Cognitive Impairment (MCI) Symposium in Miami Beach, we announced our on-going sponsorship of research based in Sweden and Finland, which we hope will have continuing implications for prevention of dementia and other diseases. Hear the encouraging words of The FINGER (Finnish Geriatric Intervention Study for the Prevention of Cognitive Disability) Study scientists: "The results unquestionably show that a combination of a refined diet, physical exercise, mental and social stimulation, and management of cardiovascular problems can reduce the risk of developing dementia, especially over time.”

Continuing the theme of “Integrative Medicine Strategies for the Prevention of Alzheimer’s Disease: From Research to Clinical Practice” ARPF sponsored a symposium by that name at the International Research Congress on Integrative Medicine and Health in Las Vegas, Nevada. This panel of renowned university professors brought the message of prevention strategies for dementia to a very high level and received tremendous reviews.

At the Alzheimer's Association International Conference (AAIC) in Toronto, Canada where thousands of international advocates, physicians and scholars gathered for a week, your ARPF presented three different studies – an exceptional accomplishment – and several papers were published about our studies.

It is hard to say how many memories and livelihoods may be saved due to this shift towards understanding and promoting prevention. In between the big events, your ARPF works tirelessly to raise awareness and funding in order to continue our own strides towards prevention. Take this news with a full heart... Together, we are one step closer to preventing Alzheimer’s disease through integrative medicine. Our mission is still ongoing and I thank you for your continuous support – we rely on it. I am very excited to see what the future has in store for us.

Yours in Brain Health,

Dharma Singh Khalsa, M.D.

Founding President and Medical Director
Together with four Tucson Rotary Clubs, ARPF organized a Multi-Club International Service Project for underserved seniors in Nogales, Mexico. For this event, residents received free memory screenings, as well as lectures and information on the best practices for brain health and Alzheimer’s prevention. Many came out for a successful day of screenings—residents also relayed the need for future interventions and educational materials.

**RESEARCH REVIEW**

This is a short summary of ARPF’s research achievements and scientific publications. Please visit us at [http://alzheimersprevention.org/research/](http://alzheimersprevention.org/research/).

**The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER) extension is ongoing.** Your ARPF continues to collaborate with and contribute to this outstanding research— which has the largest participant pool for a cognitive prevention study to date. FINGER is proving that a healthy lifestyle can enhance cognition even after age 60. The results unquestionably show that a combination of a refined diet, physical exercise, mental and social stimulation, and management of cardiovascular problems can reduce the risk of developing dementia, especially over time. More papers are expected to be published as the study progresses.

**Neurochemical and Neuroanatomical Plasticity Following Memory Training and Yoga Interventions in Older Adults with Mild Cognitive Impairment.** This study took place at UCLA under the leadership of Helen Lavretsky, MD and explored how the brain reacts after Memory Enhancement Training (MET) or a Kundalini Yoga (KY) mind-body practice (yogic meditation). The group who practiced KY showed benefits equal to or greater than MET, including verbal memory and executive function improvements, as well as lower depression scores. These results earned Dr. Harris Eyre the International Psychogeriatric Association 2016 Junior Research Award.

**Effects of Meditation versus Music Listening on Perceived Stress, Mood, Sleep and Quality of Life in adults with early memory loss: A Pilot Randomized Controlled Trial.** This trial took place at West Virginia University and assessed the effectiveness of two 12-week relaxation programs, Kirtan Kriya Meditation (KK) and music listening (ML), on stress, sleep, mood, and health-related quality of life in older adults with Subjective Cognitive Decline (SCD). Sixty older adults with SCD participated in a KK or ML program for 12 minutes a day for 12 weeks, with an optional 3 month extension. Both groups reported improvements in psychological well being, mood and sleep. However, the KK group showed greater gains in various measures of quality of life and mental health.

**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
- Donors in Honor of a Loved One or for a Special Occasion
- Participants in Workplace and Corporate Campaign
- 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 and 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.
BUILDING COMMUNITIES

Every year the educational mission of the ARPF is eagerly advanced by the representatives, volunteers and supporters of the founda-
tion - not just across the country but across the continent. Additionally, 2016 includes several extraordinary first time events,
including the opportunity to be a supporter of the 2016 Alzheimer Award, in conjunction with The Journal of Alzheimer’s Disease
(JAD) and IOS Press, which was presented to Mark W. Bondi, PhD, ABPP/CN, Professor of Psychiatry at UC San Diego and Director
of the Neuropsychological Assessment Unit at the VA San Diego Healthcare System, in recognition of his outstanding work on a
novel and promising method of staging preclinical Alzheimer’s disease (AD).

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<tr>
<th>January 14-15</th>
<th>March 12-13</th>
<th>March 20-24</th>
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<td>Presentation of current research results from The FINGER Study at the Mild Cognitive Impairment Symposium in Miami, FL.</td>
<td>13th Annual Tucson Free Memory Screening Day, held at the Tucson Festival of Books in Tucson, AZ.</td>
<td>Poster presentation at the American Society on Aging Annual Conference entitled, &quot;Yoga Meditation Enhances Cognitive Function: a Decade of Research&quot; in Washington, D.C.</td>
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<td>April 23</td>
<td>April 29-30</td>
<td>May 17 - 20</td>
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<td>Free Memory Screenings in Spanish in Nogales, Sonora, Mexico, an International Service Project in conjunction with Rotary Clubs in Tucson, AZ and Nogales, Mexico.</td>
<td>Free Memory Screenings in Ability 360’s 7th Annual Health and Wellness Fair in Phoenix, AZ.</td>
<td>Symposium Presentation, “Integrative Medicine Strategies for the Prevention of Alzheimer’s Disease: From Research to Clinical Practice” at the International Research Congress on Integrative Medicine and Health in Las Vegas, NV.</td>
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<td>June 1</td>
<td>July 24-28</td>
<td>September 17</td>
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<td>Published “How to Meditate Manual, The Art &amp; Science of Kirtan Kriya, Perfect Health, Happiness, and Inner Peace in 12 Minutes a Day”, Tucson, AZ.</td>
<td>Five poster presentations - an extraordinary accomplishment - and a booth at the 2016 Annual Alzheimer’s Association International Conference, in Toronto, Canada. The posters each represented ARPF involvement in research regarding various areas of lifestyle medicine or lifestyle choices for brain health.</td>
<td>Free Memory Screenings in Spanish for the participants at the Ability 360’s Latino Disability Summit in Phoenix, AZ.</td>
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<td>October 11</td>
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<td>ARPF joins Health Improvement Partnership of Maricopa County, a group of over 100 private and public organizations addressing health and health policy matters in the country’s 4th largest county, Phoenix AZ.</td>
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November
ARPF launches “A Guide to Working with Seniors and People at Risk”, the first-ever training course for fitness professionals on best practices and programs for working with older adults at risk of dementia. Completely online, this Continuing Education course is a proud collaboration with Fitness Learning Systems and the Medical Fitness Network.

FEATURED VOLUNTEER - LAURA KOKOSKA, RN

As she represented ARPF in July 2017 at Annual Alzheimer’s Association International Conference in Toronto, and looked beyond the hype of the posters and presentations, Laura Kokoska, RN, a member of ARPF’s Education Advisory Committee, could see that stress management was as much needed by the busy professionals attending the conference as the seniors and caregivers they serve. Professionals from healthcare, long-term care, social services, educational and research institutions, and business and government grappled with the challenges of finding “the cure” and treating those with a dementia diagnosis. However, many presentations were based on platitudes because solutions are not yet found through pharmaceutical research. Laura speaks from both her own life experience and her years of professional service to individuals with cognitive disabilities - as well as a broad knowledge of the ARPF research on brain longevity - when she speaks to others on how to reduce the overwhelming impact of stress on their minds and health. Join ARPF in thanking Laura for her fine work.

OUTREACH BY THE NUMBERS

2016 was a growth year for ARPF. From performing 240 memory screenings in 5 different events throughout the US and one in Mexico, to sponsoring 5 separate research projects and generating 6 research papers, to strengthening our service projects in collaboration with Rotary Clubs, and growing our educational participation in local health fairs and community events by 20%. Our social media outreach increased by 45% compared to 2015. All of this tells us that our work is very much relevant, both for individuals at risk and families of dementia patients. We are delighted to be able to serve so many people with our message of hope and empowerment.
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 lent its experience and support to a yoga pilot program for veterans at the Reno, NV Veterans Administration.
- ARPF assisted the Kansas Area on Aging in Leavenworth, KA by sharing its Alzheimer’s prevention tools and resources.
- ARPF collaborated with the Thomas Branigan Memorial Library in the education of families and individuals at risk in the Las Cruces, NM area.
- ARPF worked with volunteers at the International Drop-In Senior Center for Filipino residents of the Seattle, WA area to assist with education about dementia prevention.
- ARPF collaborated with Syracuse University, Dept of Communication Sciences & Disorders in New York for their free community memory screenings.
The Alzheimer’s Research and Prevention Foundation (ARPF) is a 501(c)(3) non profit 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 almost 25 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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THANK YOU!