

ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™

a 501(c)(3) charitable organization



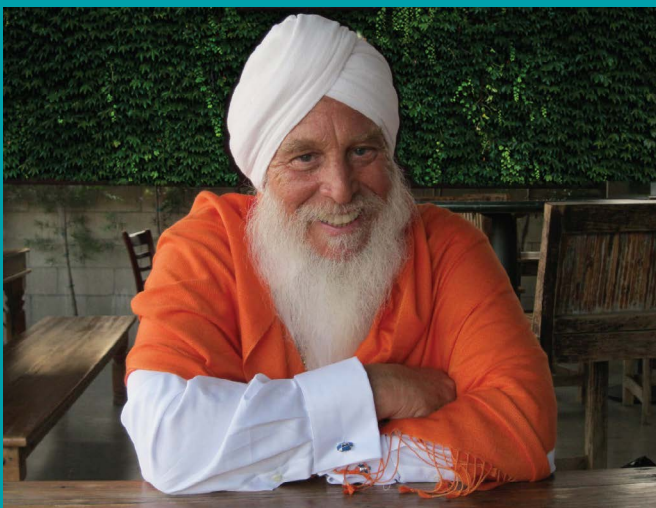
ANNUAL
REPORT

2021

PRESIDENT'S MESSAGE

As we enter the third year of a global pandemic, we still experience great uncertainty and, therefore, stress in our lives. Nevertheless, simple and effective solutions are ever more essential to maintaining brain health and wellness. In spite of this challenging environment, I feel encouraged and enthusiastic that we at ARPF have been successful over the past year in expanding our reach and improving the lives and outlook of the community we were founded to serve.

As the performance of pharmaceutical drugs for Alzheimer's continue to fail, we stand firm that the most powerful therapy for this devastating condition is the human body, mind, and spirit. Every year, more research is published that supports the 4 Pillars of Alzheimer's Prevention®.



Gratefully, our holistic approach is gaining popularity:

- BLTT membership increased by over 150%
- Webinar attendance grew 113%
- International presence
- Social media reach increased by 98%
- Five scientific research papers were published

Your kindness and generosity make our work possible. We extend our deepest gratitude and hope that you and your loved ones derive strength and joy from your support of our work in the challenge that Alzheimer's poses to everyone. Through all of the turmoil of this difficult period, pushing ahead with research, education, and enlightenment in this critical endeavor brings us all forward.

Yours in Brain Health,
Dharma Singh Khalsa, M.D.
President / Medical Director

OUR MISSION

The mission of the Alzheimer's Research and Prevention Foundation is to prevent Alzheimer's disease by funding research studies, providing professional training, educational outreach and memory screenings.

HOW WE WORK

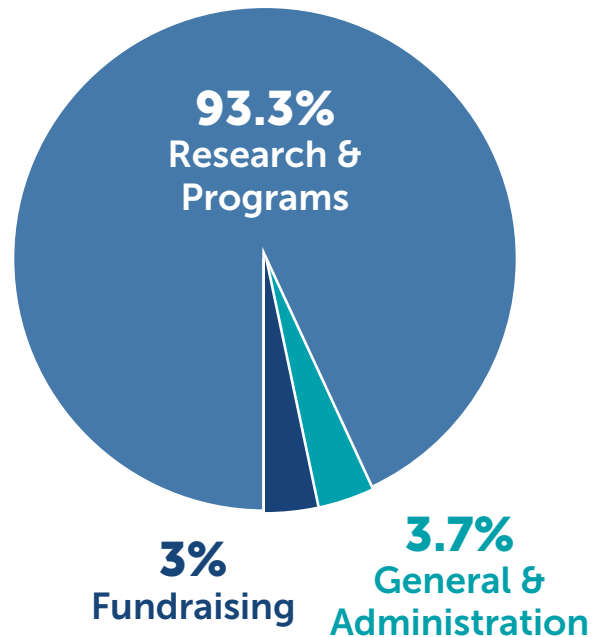
The ARPF provides an alternative to the conventional, "magic bullet" drug approach.

We believe that you can help yourself, right now, by utilizing a holistic or integrative medical approach, based on the lifestyle tools we advocate. Modern medical research reveals that all of the aspects of the ARPF's 4 Pillars of Prevention Plan, including Spiritual Fitness, especially when used together, help build a healthier and stronger brain and memory. You can also review our latest work in our published White Papers and publications on our [Store page](#).

Research continues to validate that the only effective way to prevent Alzheimer's, or slow its progression, is by harnessing the power of an integrative medical approach. That's why we launched the Brain Longevity® Therapy Training, so people have the tools and knowledge to better themselves, loved ones, and clients.

By understanding the key elements of prevention—the 4 Pillars of Alzheimer's Prevention—you and your loved ones can live a healthier, stronger, and more independent life.

HOW YOUR DONATIONS WERE SPENT IN 2021



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RESEARCH & PUBLICATIONS

Since our inception in 1993, Dharma Singh Khalsa, M.D. has spearheaded research on the integrative or holistic 4 Pillars of Alzheimer's Prevention, including a simple, 12-minute yoga meditation called Kirtan Kriya (KK), and the world-renowned FINGER Study. Here is a selection of the most important published work this year:

A paper by ARPF President Dr. Khalsa and Andrew Newberg, MD titled "Spiritual Fitness: A New Dimension in Alzheimer's Disease Prevention" was published in the *Journal of Alzheimer's Disease*. A growing body of evidence finds that spiritual practices and meditation mitigate the negative effects of stress and reduce the risk of memory loss, cognitive decline, and Alzheimer's disease.

An original study paper "Incorporating a Usual Care Comparator into a Study of Meditation and Music Listening for Older Adults with Subjective Cognitive Decline: A Randomized Feasibility Trial" was published in the *Journal of Alzheimer's Disease Reports*. It reports on the results of the research study at West Virginia University.

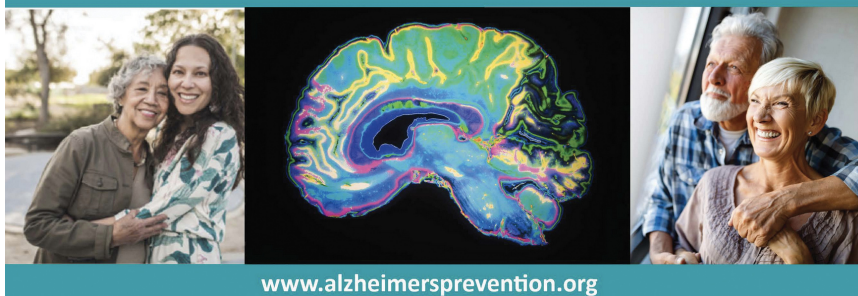
The FINGER Study, now in its 10th year, is continuing to prove that a multidisciplinary intervention is beneficial to brain function. Several scientific papers were published in 2021, and ARPF is proud to be a partner in this breakthrough research study.

In addition to research articles, ARPF published a White Paper outlining its research from 2003-2021: "Our Innovative Research Throughout The Years." You can find this White Paper at [this link](#).



WHITE PAPER OUR INNOVATIVE RESEARCH THROUGHOUT THE YEARS

A SUMMARY REPORT
2003-2021



COMMUNITY & OUTREACH

ARPF was delighted to present at the Alzheimer's: The Science of Prevention event hosted by San Diego College. The presentation addressed one of the most important health challenges facing older adults: the growing epidemic of Alzheimer's disease. One attendee shared, "The presentation was wonderful, I feel motivated and inspired!" We are grateful for the opportunity to empower the public through this collaboration.

BLTT COURSE

Brain Longevity Therapy Training (BLTT) teaches participants lifestyle modalities to modify risk factors that contribute to the development of Alzheimer's disease (AD). BLTT offers hands-on tips for people who already have AD and shows each student the proven steps to take to help their clients prevent this disease. Our membership went up 167% in 2021.



"This course was truly transformative, hopeful, and life-changing. Thank you so much for your dedication to humanity, as you continue to help others prevent Alzheimer's by following the 4 Pillars." Michelle F., BLTT Graduate



Above: BLTT Class of 2021

2021 HIGHLIGHTS

ARPF held webinars, a meditation challenge, and other online programs that saw an increase of 113% in attendance.

MARCH

Spiritual Practices and Brain Longevity: Imaging Research Revealed

MARCH

Meditate for Your Memory Challenge

JUNE

Music as Medicine for Your Brain

JULY

How Preventing Frailty Can Prevent Dementia

SEPTEMBER

Yoga for Depression as Alzheimer's Prevention

OCTOBER

Supporting African American Families Facing Dementia

NOVEMBER

The Art and Science of Kirtan Kriya

DECEMBER

The Pink Brain Project and How Women's Brain Health Changes with Age

PARTNERSHIPS

ARPF was delighted to present at the annual Palliative Care Conference organized by The New Jewish Home in New York City. The conference title was "The Long Haul: Supporting Patients and Caregivers During a Complex Time."



Dr. Khalsa presented "Peace of Mind: Meditation, Faith, and Emotional Well-Being for Brain Health" for the Brain It On summit. The virtual event was sponsored by Maria Shriver's organization, Women's Alzheimer's Movement (WAM), and actor Seth Rogen and his wife Lauren Miller Rogen's organization, Hilarity for Charity (HFC).



ARPF partnered with The Elizabeth and Tab Williams Adult Day Center providing educational brochures to seniors and their families.

"Our center's primary focus is assisting folks with cognitive impairments. Your brochures are always popular items for those interested in staving off any further decline with their loved ones," as their staff show in this picture.

ARPF is beyond thankful for the volunteers who graciously stepped up to support this organization and serve our mission, individuals, and families at-risk around the world.



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