



ALZHEIMER'S  

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RESEARCH & PREVENTION  

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FOUNDATION™

a 501(c)(3) charitable organization

**2019**  
**ANNUAL REPORT**

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## PRESIDENT'S REPORT

When I sat down to write to you about 2019 naturally I found myself reflecting on the important events of the year, however I also found myself turning again and again to the future.

In 2019 we built on the impact of over 15 years of ARPF cumulative research which shows that increased blood flow to important brain areas that influence memory are directly stimulated by practicing Yoga and Kirtan Kriya. The importance of these foundational research results cannot be overstated, nor can I over-emphasize the importance of at risk individuals adopting these key practices – and the entire 4 Pillars - as lifestyle choices, and that care programs implement regimens that systematically present preventive practices.

One of our largest ongoing studies, The Pink Brain™ Project at UCLA, continued in 2019 to identify paths to prevention through Yoga, Meditation for high-risk women, i.e. those with memory loss, heart disease and menopause. However, the positive impact of any research is only as strong as the commitment made by high risk individuals to commit and pursue prevention by adopting those choices.

So ARPF continued our commitment to a four-year-old effort to spread the science and techniques of applying our research with an incredibly strong training event for professionals from across the country, The Brain Longevity® Therapy Training (BLTT) in Scottsdale, AZ.

In another recognition of progress, I was honored to accept a position on the editorial board of the *Journal of Alzheimer's Disease* to serve on as the first Prevention Editor.

We are disappointed that another pharma failure happened this year with diminished hope for those suffering from mid-late stages of this terrible disease. On the other hand, our resolve is strengthened that ARPF's affordable and easy to implement path of prevention will allow everyone who learns it to move ahead in brain health.



Dr. Chris Walling is the Lead Trainer of the BLTT

Prevention is where more money should be spent and ARPF needs your support to continue to demonstrate to the world the kind of research which affirms new methods of prevention and the gift that Brain Longevity could bring to all.

We continue to be moved and motivated by the generosity of our supporters, donors, volunteers, staff and Board members, who make it all possible. Thank you for your continued support.

Yours in Brain Health,

**Dharma Singh Khalsa, M.D.**  
Founding President and Medical Director

## RESEARCH REVIEW

**This is a short summary of ARPF's research achievements and scientific publications. To see a complete list, please visit us at <http://alzheimersprevention.org/research/>.**

[Paper published in The Journal of Prevention of Alzheimer's Disease – JPAD on Multidomain Interventions to Prevent Cognitive Impairment, Alzheimer's Disease, and Dementia: From FINGER to World-Wide FINGERS.](#)

The WW-FINGERS initiative facilitates international collaborations, provides a platform for testing multidomain strategies to prevent cognitive impairment and dementia, and aims at generating high-quality scientific evidence to support public health and clinical decision-making. Furthermore, the WW-FINGERS network can support the implementation of preventive strategies and translation of research findings into practice.

[Paper published in the Journal of Alzheimer's Disease on Cardiorespiratory Fitness and Cognition: Longitudinal Associations in the FINGER Study.](#)

Cardio Respiratory Fitness was associated with executive functions and processing speed, and was related also to the overall cognitive function in participants who are representative of an important part of the general Finnish older population with several risk factors for dementia, but without pronounced cognitive impairment.

[Paper published in the Journal of Alzheimer's Disease on Self and Informant Memory Reports in FINGER: Associations with Two-Year Cognitive Change.](#)

Results indicate that self-reported SMCs, measured with PRMQ, predict future cognitive change in several cognitive domains. By contrast, reports by informants were not linked to changes in cognition. Among cognitively healthy at-risk elderly individuals, the persons themselves observe more easily problems relevant for their future cognitive trajectories than their informants.

## DONORS

It is thanks to our fantastic 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/ 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 these State Employee Campaigns: *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.*

## SOCIAL MEDIA

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**Join us!**

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**Twitter** <https://twitter.com/PreventAD>

## BUILDING COMMUNITIES

Every year, the educational mission of the ARPF is eagerly advanced by the representatives, volunteers and supporters of the Foundation. The most notable event this year was the Brain Longevity® Therapy Training in October 2019, where 80 healthcare professionals, yoga therapists and aging services providers became certified.

### January 26

Partnered to provide education on stress management at the Caregivers of Alzheimer's and Dementia Retreat 2019 – Houston, TX.

### March 2-3

Offered free memory screenings at its 16<sup>th</sup> Annual Tucson Memory Screening at the Tucson Festival of Books – Tucson, AZ

### March 9

Presented the results of its breakthrough research on yoga and brain function at the Yoga as Lifestyle Medicine: A Prescription for Healthy Living held at the Smithsonian Associates – DC.

### March 24

Held a workshop on Brain Longevity at the Raleigh chapter of AARP – Raleigh, NC.

### May 3

Presented the 4 Pillars of Alzheimer's Prevention® at the inaugural Veterans Health and Resource Fair - Fresno, CA.

### June 13-16

Presented its innovative research on yoga and brain function at the Symposium on Yoga Therapy and Research - Newport Beach, CA.

### July 14-17

Presented results of its breakthrough research on lifestyle measures that improve cognition at the Alzheimer's Association International Conference – Los Angeles, CA.

### November 12

Presented the 4 Pillars of Alzheimer's Prevention program to members of AARP Gaithersburg chapter – Gaithersburg, MD.

### December 15

Collaborated with Assisted Living and Dementia Care unit of Benchmark Senior Living at Putnam Farm to provide education to residents and staff – Danvers, MA.

### Featured Program:

The third session of Brain Longevity® Therapy Training (BLTT) took place in Scottsdale, AZ in October 2019.

Our faculty included:

- \* Dr. Chris Walling
- \* Dr. Dharma
- \* Dr. Miia Kivipelto
- \* Dr. Lori Rubenstein-Fazzio
- \* Dr. Kim Innes
- \* Dr. Christian Habeck and
- \* Dr. Annie Fenn.

Students included caregivers, yoga therapists and teachers, healthcare providers, aging service providers and psychologists/ family therapists.

*"Immediately, I was able to use the materials and information to offer community public education events and to enhance professional and university educational courses. I also use the information in my clinical practice that includes working with individuals living with dementia, caregiver support, wellness interventions and organizational program development.*

*Additionally, I developed a deeper understanding of the clinical benefits of yoga, meditation and Kirtan Kriya. I am collaborating with another course participant who is an inspiring yoga instructor to develop integrated yoga, wellness and educational based stress management programs." – Pat C., OTD, OTRL, CCECL*



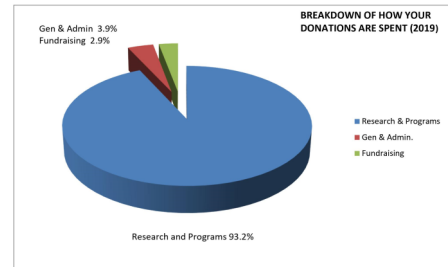
Class of 2019

Brain Longevity Specialists, class of 2019



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## NON PROFIT PARTNERSHIPS

We believe that collaboration between non-profits is a win-win-win and strive to strengthen and expand our network of partnerships. This is a highlight of the most meaningful collaborations:

ARPF partnered with JFK Medical Center in Edison, NJ, to offer educational outreach at their Brain Health Fair open to the community.

Thanks to a local representative, ARPF offered a three-week course on Brain Longevity at the McLennan Community College in Waco, TX.

ARPF began an important collaboration with Arizona State University, Department of Speech-Language Pathology, where they assist with memory screenings in the Phoenix, AZ area.



ASU volunteers at Memory Screenings

## WHO WE ARE



ALZHEIMER'S  
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a 501(c)(3) charitable organization

The Alzheimer's Research and Prevention Foundation is a leading global Alzheimer's disease prevention organization, funding Alzheimer's prevention & integrative medicine research for longer than any other non-profit. We also provide professional training to healthcare providers, caregivers and yoga therapists, and outreach and educational training to laypeople on the 4 Pillars of Alzheimer's Prevention®. To see our complete list of accomplishments, please visit us at [www.alzheimersprevention.org](http://www.alzheimersprevention.org).

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**Thank  
You!**