

Health-eBrain Study to Launch Phase II

Mobile Platform Captures and Analyzes Cognitive and Emotional Health of Caregivers of Alzheimer's Patients



Toronto—BrightFocus Foundation, Geoffrey Beene Foundation Alzheimer's Initiative, AnthroTronix, and Mindoula, have launched Phase II of the Health-eBrain Study, investigating the impact the Alzheimer's caregiving experience has on brain and behavioral health. The announcement was made at the Global Alliance for Women's Brain Health Luncheon at the Alzheimer's Association International Conference in Toronto on July 26, 2016.

More than 1,000 caregivers were recruited for Phase I of the study, which documented cognitive impairment in the informal caregiver population compared with matched controls. An informal caregiver is defined as an unpaid person without formal training, such as a family member, who provides

care for an individual with dementia.

"Given the results we found in Phase I, we have set two goals for Phase II. The first is to look at caregiver stressors that could be possible causes for this cognitive impairment as well as provide an intervention that could help these caregivers with their mental health," said Dr. Cori Lathan, board chair and CEO of AnthroTronix.

"The rigor of science can help us better understand and improve caregivers' health," said BrightFocus President and CEO Stacy Pagos Haller. "BrightFocus is honored to support such innovative research."

In Phase II, an international cohort of caregivers will use DANA™, AnthroTronix's FDA-cleared brain health assessment mobile app, to assess their cognitive function over 12 weeks. DANA provides detailed feedback about brain function that can be analyzed for changes over time. All participants in Phase II will use DANA,

Health-eBrain, Page 4

Midlife high blood pressure—a risk factor for cognitive decline

There's a saying, "What's good for your heart is good for your brain." Evidence supports preventing or controlling cardiovascular conditions such as high blood pressure to protect brain health as adults grow into old age.

One in three American adults has high blood pressure, putting them at risk for heart disease and stroke, conditions that are among the leading U.S. killers. High blood pressure (also called hypertension) can also impact brain health in significant ways. That's reason enough to check blood pressure regularly and treat it if it's high, experts say.

How blood pressure affects cognition—the ability to think, remember, and reason—is less well understood. Observational studies show that having high blood pressure in midlife—the 40s to early 60s—increases the risk of cognitive decline later in life. In old age, the impact of hypertension is not so clear.

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www.AlzAlaska.org

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Palmer, AK 99645
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Fax 746-3412

Copper River Basin

(907) 822-5620

Statewide

Toll Free within Alaska
(800) 478-1080





Letter From The Executive Director

Greetings,

Alzheimer's Resource of Alaska is at the forefront of creating greater awareness of Alzheimer's Disease and Related Dementias and we are honored to ensure that Alaskans across the state have access to the very best knowledge, support and care possible. In Alaska, approximately 8,000 individuals are currently living with dementia. Raising awareness is important to both help support those who are impacted, including families, but also so that they know resources are available and that they are not alone.



To raise awareness and support, on October 15th, we will be hosting Stand Up for a Cause with Comedian Wali Collins at the Hard Rock Cafe. This will be a great evening. Wali is well known nationally including appearances on the David Letterman Show, Comedy Central, and many other venues. I hope you can join us for an evening of laughter, beer tasting and a silent auction. Details of the event can be found on page 6 of this newsletter.

November is Alzheimer's Awareness Month nationally. In Alaska, our Education Department will offer additional Memory Screenings and Virtual Dementia Tours across the state in an effort to raise community awareness. Memory Screenings are a great way to check on concerns of cognitive impairment. Memory Screenings provide valuable information to help decide if someone needs further testing by a physician. These are also a good comparison to future screenings as we age. Virtual Dementia Tours provide the opportunity for family caregivers and friends to have a simulated experience and better understand what it is like to have dementia. This significantly improves their ability to provide better care. Please contact us if you would like to learn more about these programs.

We remain active throughout the year to promote awareness as this is critical to improving the quality of life. In addition to this newsletter, please check our web-site for up to date information and upcoming classes and trainings in your area. Together, with our team of staff, board and community partners, we will continue to make a difference in the lives of the people we serve.

Best Regards,

Karl Garber
Executive Director

Health-eBrain *(from page 1)*

with some participants also using Mindoula. DANA will track their sleep, mood, stress levels and self-evaluation of memory. Participants receiving Mindoula will be those who show signs of depression and a high-level of caregiver burden. Mindoula connects users with a case manager who tracks their performance and provides resources to cope with the stressors of caregiving.

“We’re honored that AnthroTronix saw the power of our intervention combined with its FDA-cleared mobile cognitive assessment app,” said Steve Sidel, founder and CEO of Mindoula. “Our virtual solution will provide around-the-clock support to caregivers, with easy-to-use features like secure texting and check-ins, telephonic support, app-based monitoring, and assessments.”

Using tools like DANA, regular screening for cognitive efficiency can track changes in cognitive performance over time, and screen via objective tests for co-morbid conditions such as depression, insomnia, and fatigue.

Phase II’s objective is to evaluate the effectiveness of an intervention that combines virtual case management with a cognitive assessment app, through mobile digital health tools, in reducing depression and improving cognition among

informal caregivers.

“This study offers Alzheimer’s disease caregivers a mobile mirror on their own cognitive vitality. The research also reflects the potential of virtual interventions outside the clinic,” said Meryl Comer, president and CEO of the Geoffrey Beene Foundation Alzheimer’s Initiative.

P. Murali Doraiswamy, MD, an advisor to the study and to AnthroTronix, is professor of psychiatry and medicine at Duke University Medical Center, where his lab has been at the forefront of developing and validating novel technologies for neuropsychiatric disorders.

“Alzheimer’s has a devastating impact on the more than 45 million family caregivers worldwide, who look after their loved ones. Although the emotional toll of caregiving is well-studied, much less is known about its long term impact on the caregiver’s cognitive health,” said Dr. Doraiswamy. “The Health-eBrain study will pioneer the use of mobile tools for assessing and monitoring the emotional and cognitive wellbeing of Alzheimer’s caregivers.”

Results from Phase II will help further the efforts of BrightFocus and The Geoffrey Beene Foundation Alzheimer’s Initiative to provide resources, through

innovative research, to those affected by Alzheimer’s and their caregivers.

The Health-eBrain study is supported by the BrightFocus Foundation and the Geoffrey Beene Foundation Alzheimer’s Initiative, lead funders under the 21st Century BrainTrust (21CBT), designed to empower personal brain health and support early diagnosis using mHealth technology.

About AnthroTronix: AnthroTronix, an engineering research and development company, produces human-centered technologies that advance health, communication, education, and defense. We develop innovative, research-based technologies that influence change and enhance lives around the world. Our company has been recognized among Inc. Magazine’s “5000 Fastest Growing Companies” and selected by the World Economic Forum as a Technology Pioneer company. For more information on us, visit www.atinc.com, follow us on Twitter at @AnthroTronix, or connect with us on LinkedIn.

About DANATM: DANA, which received FDA clearance in October 2014, is a mobile medical app that can be used on a phone or tablet and works on both the Android and

continued on next page



Health-eBrain *(from page 4)*

iOS operating systems. DANA administers game-like tests that can provide data within minutes to help assess and measure a person's brain/cognitive health. The app can help clinicians track cognitive function as a quantitative outcome during treatment for such conditions as depression, dementia/Alzheimer's Disease, and Post-Traumatic Stress Disorder (PTSD). For more information on DANA, visit <http://danabrainvital.com>.

About Mindoula
Mindoula (www.mindoula.com) is a technology-enabled case management company headquartered in Silver Spring, Maryland, that provides 24/7 virtual and in-person support to individuals and families facing behavioral health challenges. Its proprietary telehealth platform, which includes a HIPAA compliant mobile engagement app, proprietary psychometrics, predictive analytics, and collaborative care software, enables its team of case managers and peer support specialists to deliver market leading behavioral health outcome improvements and reduce healthcare costs. An innovator in the areas of case management, collaborative care, and behavioral health population management, Mindoula is at the forefront of the transformation of behavioral healthcare.

About BrightFocus Foundation:
BrightFocus Foundation funds research and promotes awareness to end Alzheimer's

disease, macular degeneration and glaucoma. The nonprofit is currently managing a global portfolio of 150 projects, efforts that were recommended by scientific review committees of leading experts. For more information, visit www.brightfocus.org.

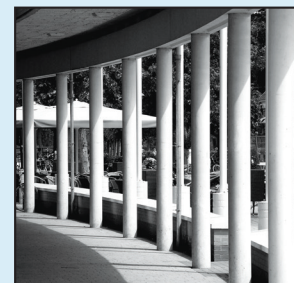
About the Geoffrey Beene Foundation Alzheimer's Initiative:
The Geoffrey Beene Foundation Alzheimer's Initiative is a catalytic donor philanthropy that promotes innovation in early diagnosis and AD prevention. Funded by the Geoffrey Beene Foundation since 2008, it has launched major innovation challenges, national public service campaigns and led the formation in 2012 of the non-profit partnership, 21st Century BrainTrust. Partners: Geoffrey Beene Foundation Alzheimer's Initiative, BrightFocus Foundation, UsAgainstAlzheimers and the Cleveland Clinic/Lou Ruvo Brain Institute. Karen Addis, APR Senior Vice President

Grants Available

APPLY TODAY

Up to \$2,500 per year is available to an individual with Alzheimer's disease or related dementia (ADRD) to purchase items or services. Some restrictions apply.

Visit: AlzAlaska.org
or call 1-800-478-1080



Tips for the Caregivers

During the holiday season as stress levels increase it is more important than ever to take care of yourself.

Tips to being a healthy caregiver: Self-care is about asking yourself what you need.

Realize your expectations. Don't schedule something you will fail at-it's ok. Don't build something up to be a failure. – Little successes.

Schedule something to look forward to – find something separate from the role of caregiver, something that is just yours.

Give yourself permission to do something for yourself.

Meditate-clear your mind- 15 minutes a day, it can be enough to restore you.

Contact any of our locations for assistance, you are not alone.

Visit pages 10 & 11 of this issue to see which classes or support groups might benefit you as a caregiver.

Save Date...



Stand Up!

Living with Alzheimer's



For a Cause

Laughing for Life

Comedian Wali Collins

Date: October 15th

Time: 6:30 Door Opens

Location: Hard Rock Cafe

To Purchase Tickets

Contact:

(907) 561-3313

www.alzalaska.org/events



Walter E. and Barbara A. Bauke Foundation



JOIN US FOR AN EVENING OF LAUGHTER

Alzheimer's Awareness Activities

JOIN US ! AARP Alaska Conversations with Family Caregivers

AARP recognizes the care and dedication of Alaska's family caregivers. As a caregiver, you are invited to join us for three informative "Tele-Town Halls". You don't have to leave home. Just pre-register, and we will give you a call.

AARP Alaska Conversations with Family Caregivers

Part 1: On Tuesday, October 18 at 10:00 a.m., Iiona Besseney, a partner in the law firm of Besseney & Van Tuyn, LLC, will address the legal planning and documents individuals need to handle financial and health care issues. She will discuss the importance of powers of attorney, health care directives, wills and trusts. Her practice focuses on Elder Law and Estate Planning for Alaska families.

Register at <http://vekeo.buzz/AARP-Alaska-Iiona>

Part 2: On Friday, November 18 at 10:00 a.m., Pamela Kelley, education director at Alzheimer's Resource of Alaska, will address caregiving for the long haul with special attention focused on adapting to changing roles in relationships while providing care to a loved one.

Register at <http://vekeo.buzz/AARP-Alaska-Pamela>

Part 3: On Monday, December 19 at 10:00 a.m., Joyanna Geisler, director at the Independent Living Center in Homer, will address aging in place, home modification and safety.

Register at <http://vekeo.buzz/AARP-Alaska-Joyanna>

November is Alzheimer's Awareness month. Check out our website for additional Memory Screening & Virtual Dementia Tours during the month of November. www.alzalaska.org



Blood Pressure *(from page 1)*

In these studies, researchers are investigating how long-standing high blood pressure may harm the brain and lead to cognitive problems. In addition, several blood-pressure drugs and lifestyle changes to control cardiovascular risk are being tested to see if they can maintain or improve cognition in older adults.

“The possibility that controlling hypertension might help delay or prevent cognitive impairment is something we are looking at closely, as hypertension is easily treatable with lifestyle changes and medication,” said Lenore J. Launer, Ph.D., chief of the Neuroepidemiology Section in NIA’s Laboratory of Epidemiology and Population Sciences.

The Brain, a Vascular Organ:

At first glance, the connection between blood pressure and the brain makes perfect sense. While only about 2 percent of body weight, the brain receives 20 percent of the body’s blood supply. Its vast network of blood vessels carries oxygen, glucose, and other nutrients to brain cells, providing the energy the brain needs to function properly. The blood flow that keeps the brain healthy can, if reduced or blocked, harm this essential organ. Uncontrolled high blood pressure plays a part in this damage. Over time,

the force of blood pushing against arteries may cause blood vessels to become scarred, narrowed, and diseased. This damage can hamper blood flow to many parts of the body, including the brain. High systolic blood pressure, the top number in blood pressure readings, is considered especially important to monitor as people age.

“The reality is that multiple pathologies in the brain all contribute to cognitive decline,” Dr. Launer said. The types of pathologies high blood pressure leads to include cerebrovascular damage—such as a major stroke, series of small strokes, white and gray matter shrinkage, and microinfarcts (tiny areas of dead brain tissue)—and possibly the plaques and tangles typical of Alzheimer’s disease. Exactly how high blood pressure contributes to vascular brain damage, and how vascular and dementia-related brain processes may interact biologically, is under study.

High blood pressure is common, affecting one-third of American adults and nearly two-thirds of adults age 60 and older. Many people don’t know they have “the silent killer” because it has no symptoms. Only about half of people with high blood pressure, including those who treat it with medication, have

it under control.

For more information, read NIA’s High Blood Pressure AgePage, and visit the websites of the National Heart, Lung, and Blood Institute and the Centers for Disease Control and Prevention.

U.S. Department of Health and Human Services

National Institute on Aging (NIA)

<https://www.nia.nih.gov/health/features/high-blood-pressure->

Alaskans Supporting Alaskans

Did you renew your charity selection for the Fred Meyer Community Rewards program in July by re-submitting your charity of choice?

If you haven’t yet, you can link your Fred Meyer Rewards Card to Alzheimer’s Resource of Alaska at www.fredmeyer.com/communityrewards.

Search for us by name or by our non-profit number, 81744.

By doing this, everytime you shop using your Rewards Card, you are earning us a donation at no extra cost to you!

For 32 years, we have been the only organization in Alaska specializing in Alzheimer’s disease. Always look for our puzzle piece logo to ensure all of your tax-deductible contributions stay in Alaska, supporting Alaskans!

Memorials and Tributes

Nicki Addonisio
Yael Kaufman

Charlie Akers
Delon A. Brown
Bradley F. Snodgrass

Richard E. Bautista
John McIntosh

Boyd Bennett
John A. & Margene B.
Nittinger

**Russell & Lacy
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Dolores Brzeczek
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Linda Shepard

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Individual & Business Contributors

These contributions recieved between July 1st - September 30st

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**If you're interested in volunteering contact our
Development Director in Anchorage at: 907-561-3313**

November is National Alzheimer's Awareness Month

Alzheimer's is a complex disease that affects the brain and causes serious mental deterioration affecting not only the patient, but also, the family and the community. While there is no cure, there is help. Alzheimer's Resource of Alaska and many other local organizations are dedicated to providing education, support and services to Alaskans statewide.

It is estimated that today there are over 6,100 Alaskans living with Alzheimer's disease. Nationally, over 52 million Americans, one in nine adults over the age of sixty-five and one in two over the age of eighty-five, are currently living with the disease. Of note, Alaska has the fastest growing senior population in the nation.

In 2016, more than 33,000 Alaskans (families and friends) provided more than 38 million hours of unpaid care for a loved one, valued at over \$463 million. Many of these caregivers have no formal care training, are raising families of their own, and are increasingly challenged by caring for their children and their parents.

The aging of the Baby Boom generation is creating a greater need for senior services than this state has ever seen, and when we remember that age is still the main factor in dementia related illnesses we recognize the need for as much education and support as possible. For a look at upcoming classes in your area, visit our website at <http://www.alzalaska.org/event-calendar/> and on page 10 of this newsletter.

During this November we encourage all Alaskans to continue to learn about this disease and reach out for help should this disease touch them or a loved one.

Classes & Events around the state

ANCHORAGE

1750 Abbott Road
561-3313

ABC Presentations

Bathing Without the Battle
Monday, 10/10
10-11:30am or 5:30-7pm

Knowing When to Brake
Monday, 10/17
10-11:30am or 5:30-7pm

S.A.D. - Darkness and Mood
Monday, 10/24
10-11:30am or 5:30-7pm

Do We Need a Care Coordinator?
Monday, 10/31
10-11:30am or 5:30-7pm

Dining With Dementia
Monday, 11/7
10-11:30am or 5:30-7pm

Caring for the Caregiver
Monday, 11/14
10-11:30am or 5:30-7pm

Community Resources
Monday, 11/21
10-11:30am or 5:30-7pm

What is Dementia?
Monday, 12/5
10-11:30am or 5:30-7pm

Activities of Daily Living
Monday, 12/12
10-11:30am or 5:30-7pm

Honoring Connections
Monday, 12/19
10-11:30am or 5:30-7pm

Savvy Caregiver
Saturdays
9/24 to 10/29
10am-12pm
Registration is required.

Mind Matters I *
Wednesdays
12/7 to 1/25
10 - 11:30am

Mind Matters II *
Thursdays
12/8 to 1/26
10-11:30 am

Brain Works *
Tuesdays
12/6 to 1/24
10-11:30 am

Art Links
Fridays - Every Week
11-12:00 pm

MAT-SU

10355 Palmer-Wasilla Hwy.
746-3413

ABC Presentations

Home & Community Safety
Tuesday, 10/11
1-2:30pm 5:30-7pm

Dining & Dementia
Tuesday, 11/15
1-2:30pm 5:30-7pm
(Mat-Su Health Services 1363
W. Spruce Ave. Wasilla, AK)

Holiday Stress & Taking Care of the Caregiver
Tuesday, 12/6
1:00-2:30pm

Healthy Body, Healthy Brain
Thursday, 11/17
1-2:30 pm or 5:30-7pm

Savvy Caregiver
Mondays, 10/24 to 11/28
5-7pm
Registration required.

Mind Matters *
Wednesdays
10/12 to 12/7
10:30-12:00pm

Art Links
Fridays
1-2pm

JUNEAU

3225 Hospital Dr. 586-6044
586-6044

ABC Presentations

Family Meetings
Thursday, 10/20
12-1:30pm

The Holiday Season & AD
Thursday, 11/17
12-1:30 PM

Movie: Looks Like Laury, Sounds Like Laury
Thursday, 12/15
12-1:30 PM

Savvy Caregiver
Wednesdays, 10/5 - 11/9
5:30-7:30 PM
Registration is required.

FAIRBANKS

565 University Ave. #2
452-2277

ABC Presentations

Healthy Body, Healthy Brain
Tuesday, 10/18
5:30-7 pm

Knowing When to Brake
Tuesday, 11/22
5:30-7 pm

Hints to Handle the Day
Tuesday, 12/14
5:30-7 pm

Mind Matters *
Thursdays, 11/10 - 1/5
1:00-2:30 pm

Art Links
Thursdays
11-12:00 pm

**Participants Require Pre-Screening*

Webinars Connect with us via GoToMeeting or by Telephone

Registration is required.

STATEWIDE

Contact Gay Wellman
907-822-5620

ABC Webinars

Home & Community Safety
Thursday, 10/13
7-8:30 pm

The GEMS Approach to Caregiving
Thursday, 11/10
7-8:30 pm

Traveling and the Holiday Season
Thursday, 12/8
7-8:30 pm

Savvy Caregiver Webinar
Contact Gay Wellman
907-822-5620
Thursdays, 8/4-9/8
2-4pm

STATEWIDE PROFESSIONAL

Contact Amber Smith
907-586-6044

The Related Dementias in AD/DRD
Tuesday, 10/25
12-1pm

Person Centered Care
Tuesday, 11/15
12-1pm

The Power of Music
Tuesday, 12/13
12-1pm



Support Groups around the state

A safe place for caregivers, family and friends of persons with dementia to share experiences and solutions.

Statewide Telephone Support Group

Alzheimer's Resource of Alaska	Caregiver	1st and 3rd Wednesday 2-3 PM Dial in 1-877-216-1555, Code 927989	Gay Wellman 822-5620 or (800) 478-1080 x5
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Anchorage

Alzheimer's Resource of Alaska 1750 Abbott Rd.	Caregiver Caregiver	2nd Thursday 4th Thursday	12PM-1:30 PM 5:30-7:00 PM	Debbie Chulick 561-3313
Chester Park Cooperative 2020 Muldoon Rd.	Caregiver	1st & 3rd Friday	10 -11:30 AM	Kim Jung 561-3313

Eagle River

Holy Spirit Episcopal Church 17545 N. Eagle River Loop Rd.	Caregiver	2nd Thursday	6:30-8:00 PM	Linda Shepard 746-3413
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Fairbanks

Alzheimer's Resource of Alaska 565 University Ave. Suite 2	Caregiver	1st & 3rd Tuesday 2nd Tuesday	11:30-1:00 PM 5:30-7:00 PM	Joan Adams 452-2277
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Homer

Homer Senior Center	Caregiver	2 & 4th Thursdays	2:30-3:30 PM	235-7655
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Juneau

Southeast Senior Services 419 Sixth Street	Caregiver	Call for more information		463-6177 or (866)746-6177
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Ketchikan

Ketchikan Senior Center Upper Level	Caregiver	Call for more information		Bernice 225-8080
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Kodiak

Kodiak Senior Center 302 Erskine Ave.	Caregiver	4th Thursday	12:30-1:30 PM	486-6181
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Mat-Su Valley

Alzheimer's Resource of Alaska 10355 E. Palmer-Wasilla Hwy.	Caregiver	2nd Wednesday	1-2:30 PM	Linda Shepard 746-3413
AK Veterans & Pioneer Home	Caregiver	First Fridays	10:00-11:30 AM	Janice Downing 746-3413

Seward

Seward Senior Center	Caregiver	4th Thursday	1-2 PM	224-5604
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Sitka

Brave Heart Volunteers 120 Katlian Street	Caregiver	Call for more info.		747-4600
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Soldotna

Soldotna Senior Center	Caregiver	2nd & Last Tuesday	1-3 PM	262-1280 or (800) 776-8210
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Sterling

Sterling Senior Center	Caregiver	1st Tuesday	1-2 PM	262-1280 or (800) 776-8210
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Alzheimer's Resource of Alaska would like to thank all who donated to us through the Pick.Click.Give program.

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