Seeking a better understanding of vascular contributions to Alzheimer’s disease, the National Institutes of Health (NIH) has launched the Molecular Mechanisms of the Vascular Etiology of Alzheimer’s Disease (MOVE-AD) Consortium, a team-science venture to build a nuanced model of Alzheimer’s disease that more accurately reflects its many causes and pathways.

Scientists have long been interested in how the vascular system—the body’s network of large and small blood vessels—may be involved in the onset and progression of Alzheimer’s disease and related dementias. Scientists from diverse fields using the latest methodologies will work collaboratively towards shared goals: to dissect the complex molecular mechanisms by which vascular risk factors influence Alzheimer’s disease and identify new targets for treatment and prevention.

Developed by the National Institute on Aging (NIA) and the National Institute of Neurological Disorders and Stroke (NINDS), both part of NIH, the five-year, $30-million program brings together over a dozen research teams working on five complementary projects. Harnessing the power of new molecular technologies and big data analytics, the teams will make biological datasets available to the wider research community.

“Despite evidence that the brains of most Alzheimer’s patients have a variety of vascular lesions, and that mid-life diabetes and high blood pressure are major risk factors for Alzheimer’s, our understanding of the molecular mechanisms involved is quite limited,” said NIA Director Richard J. Hodes, M.D.

“MOVE-AD will not only advance our understanding of molecular, Page 4
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(907) 822-5620

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Letter From The Executive Director

Greetings,

As we present our first newsletter of 2017, I’d like to take this opportunity to wish all of you a happy and healthy new year! In the coming year we are pursuing our strategic plan developed by our Board of Directors last year. The strategic direction is to advance our mission to ensure quality of life for those we serve and to prepare for the growth of these populations.

Alaskans experiencing Alzheimer’s disease and related dementias are expected to increase from 8,000 in 2015 to 14,000 by 2025. Living with dementia is very challenging for both the individual and the family, especially as the disease progresses. With the right supports, people can have a high quality of life with purpose and joy and continue to live safely in their home for as long as feasible. Our Education and Care Coordination Programs provide these supports!

Studies also show that almost all people with Down syndrome will develop the brain changes associated with Alzheimer’s disease by the age of 40. The majority will have clear symptoms of Alzheimer’s disease (AD) in their 50s. As their longevity increases due to improved health generally, there is a prevalence of AD that is also on the rise. As we continue to learn more about the connection between Alzheimer’s and Down syndrome, it becomes increasingly important that we also provide services for these Alaskans. Our Care Coordination Program is the largest, with the most expertise, of any agency in the state. We connect vulnerable Alaskans with the resource options that will meet their needs.

From Education to Care Coordination, we provide the needed supports to ensure quality of life. In the coming year we will continue to take actions that will allow us to serve more people who need our services and we will continue to rely on the expertise and dedication of our staff, Board and community partners to advance our mission.

Best Regards,

Karl Garber

Karl Garber
Executive Director
of these mechanisms, but also identify the molecular signatures—sets of genes, proteins and metabolites—that may be used as markers for disease risk or to track the effectiveness of promising therapies.”

The teams will generate several layers of molecular data from brain tissue donated by deceased Alzheimer’s research participants and from blood cells and plasma donated by living study participants with various types of vascular risk. They will then develop mathematical models of the molecular processes that link vascular risk factors to Alzheimer’s onset and progression by combining molecular data with data on cognition, brain imaging and several measures of vascular health.

In parallel, the teams will use a number of animal models that show different vascular disease traits to tease out the molecular mechanisms linking vascular risk factors and Alzheimer’s and to test the predictions made from the analyses of the human data.

“A growing body of research suggests vascular damage often contributes to Alzheimer’s disease,” said Roderick Corriveau, Ph.D., program director, NINDS. “This focused collaborative effort may push our understanding of Alzheimer’s disease over a tipping point and facilitate the development of better treatments for those who are suffering.”

M²OVE-AD builds upon the open-science approach and the big-data infrastructure established by the Accelerating Medicines Partnership-Alzheimer’s Disease (AMP-AD), a precompetitive partnership between NIH, industry and nonprofit organizations to speed the discovery of promising therapeutic targets and disease biomarkers.

“We’ve also established a panel of external leading experts to help shape the direction of M²OVE-AD research and potentially, bring about new partnerships and avenues of investigation.”

For additional projects supported by M²OVE-AD visit: https://www.nia.nih.gov/newsroom/2016/03/decoding-molecular-ties-between-vascular-disease-and-alzheimers.
Employee Spotlight: Gay Wellman

Gay Wellman is an Education Specialist at Alzheimer’s Resource of Alaska. For 10 years, Gay’s role at the agency has been a special one because she helps us reach people across the entire state through webinars and online support groups. All you need is an internet connection or a telephone. Starting in January, Gay will be offering her telephone support group at a new evening time once a month. We know that some caregivers are working part-time and even full-time and we want to make this critical resource available to as many people as possible.

“Support groups are really critical, anytime you’re being stretched like a caregiver is being stretched, you can benefit from additional support,” Gay said. The advantage of the phone group is that you don’t even have to leave home to attend.

Gay encourages all caregivers to attend a support group. It’s a place for people to share triumphs, concerns and find comfort with others experiencing similar situations. She also makes note that this group is for all caregivers and that no matter what the person they are caring for is experiencing, the trials of the caregiver are very similar.

If you think you, or someone you know, could benefit from this, or any other support group, see page 11 for more information. If the idea of a support group makes you uncomfortable, Gay is happy to talk to you one-on-one to help ease your discomfort before you join the group. She can be reached at 907-822-5620.

Why a Legacy Gift?

Share in our commitment to assist all those who turn to us for help. Please consider a legacy gift to Alzheimer’s Resource of Alaska. Your leadership contribution will secure a brighter future for those individuals with Alzheimer’s disease and other forms of dementia and individual with any disability. Your gift will be instrumental in sustaining vital caregiver programs and services.

Benefits of a Legacy Bequest

Planned gifts offer the opportunity to commemorate or memorialize a family member, friend or loved one. We will recognize your gift in a heartfelt and dignified manner that meets with your wishes.

Legacy contributions allow Alzheimer’s Resource of Alaska to plan ahead with assured confidence. In establishing a planned gift, you also establish a life-long relationship with an organization committed to providing education and care coordination to the communities we serve.

Planned gifts provide the opportunity to maximize and maintain the value of your estate for your family and loved ones. As charitable donations, planned gifts can result in tax savings for your estate.

“There are no words that can express my gratitude for my family and all the families that you touch. That’s why I have included Alzheimer’s Resource of Alaska in my estate planning.”

- M.G. Wasilla, AK

Gift in Your Will

Every gift made to Alzheimer’s Resource of Alaska is greatly appreciated. We want to be there – today and for years to come. You can ensure our work continues by leaving a legacy contribution, a special way to remember those who no longer can.

Chances are, you know someone who has been touched by this devastating disease. Your gift will help transform their care. If you would like more information on bequests contact our development department in Anchorage at 561-3313 and ask for Lorraine Guyer.
Save the Date...

Haggis Basher’s Ball & Burns Supper

Venue: Sheraton Anchorage
Date: January 28

Schedule: Drinks served at 6 p.m. Festivities begin at 6:55 p.m.
Attire: Kilt, Black Tie, or Business Suit

Join us for a gala event including a four-course meal, scotch at every table, Highland Pipers, entertaining speeches and dancing.

Purchase single seats or corporate tables. Sponsorships also available.

The ball will benefit Alzheimer’s Resource of Alaska.

Northwest Geriatric Education Series
10 weeks of high quality geriatric trainings via virtual classroom.

January 3-March 7

Join us at Alzheimer’s Resource of Alaska in Anchorage or Palmer to attend trainings by Northwest Geriatrics Workforce Enhancement Center.

- Medicare 101
- Alphabet Soup of Medicare Provisions Under the ACA
- Geriatric Oral Health
- Intellectual/Development Disabilities in Older Adults
- Kidney Disease & Functional Decline in Older Alaskans
- ...and more

$10/training or $60 for the series. Optional CEs +$40.
Register at www.akcache.org

“Positive Approach To Care Skills” Workshop

“Dementia does not rob someone of their dignity, it’s our reaction to them that does.”

- Teepa Snow

Join us in Anchorage and Fairbanks April 25 & 27 for enlightening and interactive training sessions taught by two skills mentors from Teepa Snow’s Positive Approach LLC.

Space will be limited. Watch for registration information in the coming months.

Amblin’ for Alzheimer’s

Register or Sponsor Today!
www.alzalaska.org/amblin-for-alzheimers/

Presented By: Walter E. and Barbara A. Bauke Foundation

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how brain cells function and increase the risk of developing Alzheimer’s dementia.

However, not all people with these brain plaques will develop the symptoms of Alzheimer’s. Estimates suggest that 50 percent or more of people with Down syndrome will develop dementia due to Alzheimer’s disease as they age.

Many people with Down syndrome begin to show symptoms of Alzheimer’s disease in their 50s or 60s.

But, like in all people with Alzheimer’s, changes in the brain that lead to these symptoms are thought to begin at least 10 years earlier.

These brain changes include the buildup of plaques and tangles, the loss of connections between nerve cells, the death of nerve cells, and the shrinking of brain tissue (called atrophy).

The risk for Alzheimer’s disease increases with age, so it’s important to watch for certain changes in behavior.

Keep in mind, though, that not all dementia symptoms are caused by Alzheimer’s disease. Other conditions, such as medication side effects, depression, and kidney, thyroid, and liver problems, can also cause dementia symptoms. Some of these conditions can be treated and reversed. Currently, Alzheimer’s disease has no cure, and no medications have been approved to treat Alzheimer’s in people with Down syndrome.

National Institute on Aging

www.alzalaska.org
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These contributions received between October 1 - December 31

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Classes & Events around the state

ANCHORAGE
1750 Abbott Road
561-3313

ABC Presentations
Assisted Living: Who, How & When
Monday, 1/16
10-11:30 am or 5:30-7 pm

When a Loved One Wanders
Monday, 1/23
10-11:30 am or 5:30-7 pm

Making Visits Positive
Monday, 2/6
10-11:30 am or 5:30-7 pm

Home & Community Safety
Monday, 2/13
10-11:30 am or 5:30-7 pm

Fall Prevention
Monday, 2/20
10-11:30 am or 5:30-7 pm

When Does Forgetting Become a Disease?
Monday, 3/6
10-11:30 am or 5:30-7 pm

Medicaid Waiver
Monday, 3/20
10-11:30 am or 5:30-7 pm

Working Through Grief I
Monday, 3/27
10-11:30 am or 5:30-7 pm

Working Through Grief II
Monday, 4/3
10-11:30 am or 5:30-7 pm

Savvy Caregiver
Saturday, 3/18 to 4/15
10 am - noon
Registration required.

Mind Matters *
Wednesdays, 1/4 to 2/22
10:30 am - noon

Mind Matters *
Wednesdays, 3/15 to 5/3
10:30 am - noon

Art Links
Fridays - Every Week
1 - 2 pm

Dementia Care Essentials
Thursdays, 1/26 to 2/23
11 am - 1 pm
Registration required.

*Participants Require Pre-Screening

MAT-SU
10355 Palmer-Wasilla Hwy.
746-3413

ABC Presentations
Legal Issues for Caregivers
Monday, 1/23
1-2:30 pm 5:30-7 pm

Healthy Body, Healthy Brain
Wednesday, 2/15
1-2:30 pm

Healthy Body, Healthy Brain
Thursday, 2/16
5:30-7 pm
(Mat-Su Health Services 1363 W. Spruce Ave. Wasilla, AK)

Driving and Dementia
Tuesday, 3/21
1-2:30 pm or 5:30-7 pm

Savvy Caregiver
Saturdays, 3/18 to 4/15
10 am - noon
Registration required.

Mind Matters *
Wednesdays, 1/4 to 2/22
10:30 am - noon

Mind Matters *
Wednesdays, 3/15 to 5/3
10:30 am - noon

Art Links
Fridays - Every Week
1 - 2 pm

Dementia Care Essentials
Thursdays, 3/1 to 3/29
10 am - Noon
Registration required.

JUNEAU
3225 Hospital Dr. 586-6044
586-6044

ABC Presentations
Intro to ADRD
Thursday, 1/19
Noon - 1 pm

Honoring Connection
Thursday, 2/16
Noon - 1:30 pm

Dining and Dementia
Thursday, 3/16
Noon - 1:30 pm

Behaviors That Challenge Us
Thursday, 4/13
Noon - 1:30 pm

Dementia Care Essentials
Wednesdays, 3/1 to 3/29
10 am - Noon
Registration required.

FAIRBANKS
565 University Ave. #2
452-2277

ABC Presentations
Overview of Alzheimer’s Disease
Wednesday, 1/25
5:30 - 7 pm

End of Life Issues
Wednesday, 2/22
5:30 - 7 pm

Legal Issues
Thursday, 3/16
5:30 - 7 pm

Savvy Caregiver
Mondays, 2/22 - 4/3
5:30 - 7:30 pm
Registration is required.

Mind Matters *
Thursdays, 1/26 - 3/16
1:00 - 2:30 pm

Art Links
Thursdays - Every Week
11 am - 12:00 pm

Dementia Care Workshop
Tuesday, 2/28
1 - 6 pm
Registration required.

Webinars
Connect with us via GoToMeeting or by Telephone
Registration is required.

STATEWIDE
Contact Gay Wellman
907-822-5620

ABC Webinars
Middle Stages
Thursday, 1/5
7 - 8:30 pm

Honoring Connections
Thursday, 2/9
7 - 8:30 pm

Activities of Daily Living
Thursday, 3/9
7 - 8:30 pm

Late Stage
Thursday, 4/13
7 - 8:30 pm

Savvy Caregiver Webinar
Contact Gay Wellman
907-822-5620

Tuesdays, 1/17 - 2/21
7 - 9 pm

STATEWIDE
Contact Amber Smith
907-586-6044

ABC Presentations
Legal Issues for Caregivers
Monday, 1/23
1-2:30 pm

Healthy Body, Healthy Brain
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Mind Matters *
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10:30 am - noon

Art Links
Fridays - Every Week
1 - 2 pm

Dementia Care Essentials
Thursdays, 3/1 to 3/29
10 am - Noon
Registration required.
Support Groups around the state

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

<table>
<thead>
<tr>
<th>Statewide Telephone Support Group</th>
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<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
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<tr>
<td>1750 Abbott Rd.</td>
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<tr>
<td>Chester Park Cooperative</td>
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<td>2020 Muldoon Rd.</td>
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<td>Holy Spirit Episcopal Church</td>
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<tr>
<th>Fairbanks</th>
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<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
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<tr>
<td>565 University Ave. Suite 2</td>
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<td>Homer Senior Center</td>
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<tr>
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<tr>
<td>Southeast Senior Services</td>
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<td>419 Sixth Street</td>
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<td>Upper Level</td>
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<td>Kodiak Senior Center</td>
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<tr>
<td>302 Erskine Ave.</td>
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<table>
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<tr>
<th>Mat-Su Valley</th>
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<tbody>
<tr>
<td>Alzheimer's Resource of Alaska</td>
</tr>
<tr>
<td>10355 E. Palmer-Wasilla Hwy,</td>
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<td>AK Veterans &amp; Pioneer Home</td>
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<tr>
<th>Seward</th>
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<tr>
<th>Sitka</th>
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<tbody>
<tr>
<td>Brave Heart Volunteers</td>
</tr>
<tr>
<td>120 Katlian Street</td>
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