



## Neuroscientists build case for new theory of memory formation



***Existence of 'silent engrams' suggests that existing models of memory formation should be revised***

Learning and memory are generally thought to be composed of three major steps: encoding events into the brain network, storing the encoded information, and later retrieving it for recall.

Two years ago, MIT neuroscientists discovered that under certain types of retrograde amnesia, memories of a particular event could be stored in the brain even though they could not be retrieved through natural recall cues. This phenomenon suggests that existing models of memory formation need to be revised, as the researchers propose in a new paper in which they further detail how these "silent engrams" are formed and re-activated.

The researchers believe their findings offer evidence that memory storage does not rely on the strengthening of connections, or "synapses," between memory cells, as has long been thought. Instead, a pattern of connections that form between these cells during the first few minutes

after an event occurs are sufficient to store a memory.

"One of our main conclusions in this study is that a specific memory is stored in a specific pattern of connectivity between engram cell ensembles that lie along an anatomical pathway. This conclusion is provocative because the dogma has been that a memory is instead stored by synaptic strength," says Susumu Tonegawa, the Picower Professor of Biology and Neuroscience, the director of the RIKEN-MIT Center for Neural Circuit Genetics at the Picower Institute for Learning and Memory, and the study's senior author.

The researchers also showed that even though memories held by silent engrams cannot be naturally recalled, the memories persist for at least a week and can be "awakened" days later by treating cells with a protein that stimulates synapse formation.

Dheeraj Roy, a recent MIT PhD recipient, is the lead author of the paper, which appears in the Proceedings of the National Academy of Sciences the week of Oct. 23. Other authors are MIT postdoc Shruti Muralidhar and technical associate Lillian Smith.

### **Silent memories**

Neuroscientists have long believed that memories of events are stored when synaptic connections, which allow neurons to communicate with each other, are strengthened.

*(Cont.) Page 4*

## Higher brain glucose levels may mean more severe Alzheimer's

***NIH study shows connections between glucose metabolism, Alzheimer's pathology, symptoms.***

For the first time, scientists have found a connection between abnormalities in how the brain breaks down glucose and the severity of the signature amyloid plaques and tangles in the brain, as well as the onset of eventual outward symptoms, of Alzheimer's disease. The study was supported by the National Institute on Aging (NIA), part of the National Institutes of Health, and appears in the Nov. 6, 2017, issue of Alzheimer's & Dementia: the Journal of the Alzheimer's Association.

Led by Madhav Thambisetty, M.D., Ph.D., investigator and chief of the Unit of Clinical and Translational Neuroscience in the NIA's Laboratory of Behavioral Neuroscience, researchers looked at brain tissue samples at autopsy from participants in the Baltimore Longitudinal Study of Aging (BLSA), one of the world's longest-running scientific studies of human aging. The BLSA tracks neurological, physical and psychological data on participants over several decades.

*(Cont.) page 5*

Director's Message .....	pg. 3
News and Events.....	pg. 6
Classes & Groups.....	pg. 10-11



## Staff

### Executive Director

Karl Garber

### Administration & Development

Robyn Langlie	Business Manager
Lorraine Guyer	Development Director
Melissa Saulnier	Executive Assistant
David Chapa	Development & Communication Assoc.
Vanda Hoecher	Receptionist

### Care Coordination

Rebecca Marinelli	Care Coordination Director
Takiya Abdurashid	Care Coordinator
Kimberly Adkison	Care Coordinator
Amy L. Anderson	Care Coordinator
Tami Balts	Care Coordinator
Brandy Barnes	Care Coordinator
Amber Bartz	Care Coordinator
Debra Burt	Program Assistant
Val Cummins	Care Coordinator
Kathy Day	Care Coordinator
Gabriela Harbison	Care Coordinator
Jennifer Ivory	Care Coordinator Supervisor
Sarah Lawrence	Care Coordinator
Amanda Lestenkof	Care Coordinator
Christy Long	Care Coordinator Manager
Audri Mengel	Care Coordinator
Tessa Morris	Care Coordinator
JoEllen Sadler	Care Coordinator
Liz Smith	Care Coordinator
Tess Staton	Care Coordinator
Olga Tanner	Care Coordinator
Samantha Tresham	Care Coordinator

### Education

Pam Kelley	Education Director
Joan Adams	Education Specialist
Debbie Chulick	Education Specialist
Janice Downing	Education Specialist
Ann Farris	Program Assistant
Jane Haiar	Education Specialist
Kim Jung	Education Specialist
Linda Shepard	Education Specialist
Amber Smith	Education Specialist
Gay Wellman	Education Specialist

## Board of Directors

### President

Patty Miller

### Vice President

Ken Acton

### Treasurer

Sharon Gratrix

### Secretary

Mike Lajoie

### Member-at-Large

Lawrence Duffy

### Members

Nicki Addonisio  
 Dawnia Clements  
 Rebecca Hanson  
 Mellisa Heflin  
 Rhonda McLeod  
 Jonell Snook-Holmes  
 Rori Van Nortwick

## Offices & Contact Information

### Anchorage

1750 Abbott Rd.  
 Anchorage, AK 99507  
 Phone (907) 561-3313  
 Fax 561-3315

### Fairbanks

565 University Ave., Suite 2  
 Fairbanks, AK 99709  
 Phone (907) 452-2277  
 Fax 457-3376

### Juneau

3225 Hospital Dr.,  
 Juneau, AK, 99801  
 Phone (907) 586-6044  
 Fax 586-6084

### Mat-Su Valley

Trinity Barn Plaza  
 10355 E. Palmer-Wasilla Hwy.  
 Suite 110  
 Palmer, AK 99645  
 Phone (907) 746-3413  
 Fax 746-3412

### Copper River Basin

(907) 822-5620

### Statewide

Toll Free within Alaska  
 (800) 478-1080

[www.AlzAlaska.org](http://www.AlzAlaska.org)

Stay connected via Facebook and Twitter  
 @AlzAlaska





## Letter From The Executive Director

Welcome to 2018!

As the New Year begins this is a good time to take a wellness inventory. Many people have concerns about becoming more forgetful, for either themselves or a loved one. To alleviate concerns, a benchmark memory screening can help anyone track indicators of cognitive health.

A memory screening takes less than 30 minutes and is offered at our Anchorage, Fairbanks, Juneau and Mat-Su locations. They are confidential and there is no charge for this service. They are useful to serve as a comparison later in life, or as a first step in addressing concerns about memory loss.

Screenings test memory, language, and other cognitive abilities by asking a series of questions and having the participant do a few tasks. Recommendations are made based on the results of the test and if memory impairment is recognized during the process, it is important to then follow up with a qualified medical professional for a diagnostic evaluation. Memory loss can be caused by a number of conditions other than Alzheimer's, like vitamin deficiencies and thyroid problems that can be treated if identified.

If a full medical work-up results in a diagnosis of Alzheimer's disease and related dementias (ADRD) or Mild Cognitive Impairment (MCI), early detection is extremely beneficial. Diagnosis early in the course of illness can improve the quality of life for the individual diagnosed as well as their family members. They can ease uncertainty through proactive planning, joining support groups, and taking classes to prepare. These are available for both caregivers and individuals living with dementia.

An annual wellness inventory is also a useful device for us to consider the kinds of lifestyle modifications we may want to consider to reduce our risks of developing dementia. One of our educational offerings Healthy Body, Health Brain shares how our brain, body and spirit can be affected by living and maintaining a healthy lifestyle. For more information visit page 9.

In closing, I would like to thank our donors, volunteers and community partners who supported our mission in 2017. We appreciate your commitment to Alaskans affected by ADRD and those with disabilities across the state.

Best Regards,

Karl Garber  
Executive Director



---

## Neuroscientists build case for new theory *(Cont.) from page 1*

Previous studies have found that if synthesis of certain cellular proteins is blocked in mice immediately after an event occurs, the mice will have no long-term memory of the event.

However, in a 2015 paper, Tonegawa and his colleagues showed for the first time that memories could be stored even when synthesis of the cellular proteins is blocked. They found that while the mice could not recall those memories in response to natural cues, such as being placed in the cage where a fearful event took place, the memories were still there and could be artificially retrieved using a technique known as optogenetics.

The researchers have dubbed these memory cells “silent engrams,” and they have since found that these engrams can also be formed in other situations. In a study of mice with symptoms that mimic early Alzheimer’s disease, the researchers found that while the mice had trouble recalling memories, those memories still existed and could be optogenetically retrieved.

In a more recent study of a process called systems consolidation of memory, the researchers found engrams in the hippocampus and the prefrontal cortex that encoded the same memory. However, the prefrontal cortex engrams were silent for about two weeks after the memory was initially encoded, while the hippocampal engrams were active right away. Over time, the memory in the prefrontal cortex became active, while the hippocampal engram slowly became silent.

In their new PNAS study, the researchers investigated further how

these silent engrams are formed, how long they last, and how they can be re-activated.

Similar to their original 2015 study, they trained mice to fear being placed in a certain cage, by delivering a mild foot shock. After this training, the mice freeze when placed back in that cage. As the mice were trained, their memory cells were labeled with a light-sensitive protein that allows the cells to be re-activated with light. The researchers also inhibited the synthesis of cellular proteins immediately after the training occurred.

They found that after the training, the mice did not react when placed back in the cage where the training took place. However, the mice did freeze when the memory cells were activated with laser light while the animals were in a cage that should not have had any fearful associations. These silent memories could be activated by laser light for up to eight days after the original training.

### **Making connections**

The findings offer support for Tonegawa’s new hypothesis that the strengthening of synaptic connections, while necessary for a memory to be initially encoded, is not necessary for its subsequent long-term storage. Instead, he proposes that memories are stored in the specific pattern of connections formed between engram cell ensembles. These connections, which form very rapidly during encoding, are distinct from the synaptic strengthening that occurs later (within a few hours of the event) with the help of protein synthesis.

“What we are saying is that even without new cellular protein synthesis, once a new connection is made, or a

pre-existing connection is strengthened during encoding, that new pattern of connections is maintained,” Tonegawa says. “Even if you cannot induce natural memory recall, the memory information is still there.”

This raised a question about the purpose of the post-encoding protein synthesis. Considering that silent engrams are not retrieved by natural cues, the researchers believe the primary purpose of the protein synthesis is to enable natural recall cues to do their job efficiently.

The researchers also tried to reactivate the silent engrams by treating the mice with a protein called PAK1, which promotes the formation of synapses. They found that this treatment, given two days after the original event took place, was enough to grow new synapses between engram cells. A few days after the treatment, mice whose ability to recall the memory had been blocked initially would freeze after being placed in the cage where the training took place. Furthermore, their reaction was just as strong as that of mice whose memories had been formed with no interference.

Along with the researchers’ previous findings on silent engrams in early Alzheimer’s disease, this study suggests that re-activating certain synapses could help restore some memory recall function in patients with early stage Alzheimer’s disease, Roy says.

*Massachusetts Institute of Technology. “Neuroscientists build case for new theory of memory formation: Existence of ‘silent engrams’ suggests that existing models of memory formation should be revised.” ScienceDaily, 23 October 2017.*





## Higher brain glucose levels *(Cont.) from page 1*

Researchers measured glucose levels in different brain regions, some vulnerable to Alzheimer's disease pathology, such as the frontal and temporal cortex, and some that are resistant, like the cerebellum. They analyzed three groups of BLSA participants: those with Alzheimer's symptoms during life and with confirmed Alzheimer's disease pathology (beta-amyloid protein plaques and neurofibrillary tangles) in the brain at death; healthy controls; and individuals without symptoms during life but with significant levels of Alzheimer's pathology found in the brain post-mortem.

They found distinct abnormalities in glycolysis, the main process by which the brain breaks down glucose, with evidence linking the severity of the abnormalities to the severity of Alzheimer's pathology. Lower rates of glycolysis and higher brain glucose levels correlated to more severe plaques and tangles found in the brains of people with the disease. More severe reductions in brain glycolysis were also related to the expression of symptoms of Alzheimer's disease during life, such as problems with memory.

"For some time, researchers have thought about the possible links between how the brain processes glucose and Alzheimer's," said NIA Director Richard J. Hodes, M.D. "Research such as this involves new thinking about how to investigate these connections in the intensifying search for better and more effective ways to treat or prevent Alzheimer's disease."

While similarities between diabetes and Alzheimer's have long been suspected, they have been difficult to evaluate, since insulin is not needed for glucose to enter the brain or to get into neurons. The team tracked the brain's usage of glucose by measuring ratios of the amino acids serine, glycine and alanine to glucose, allowing them to assess rates of the key steps of glycolysis. They found that the activities of enzymes controlling these key glycolysis steps were lower in Alzheimer's cases compared to normal brain tissue samples. Furthermore, lower enzyme activity was associated with more severe Alzheimer's pathology in the brain and the development of symptoms.

Next, they used proteomics – the large-scale measurement of cellular proteins – to tally levels of GLUT3, a glucose transporter protein, in neurons. They found that GLUT3 levels were lower in brains with Alzheimer's pathology compared to normal brains, and that these levels were also connected to the severity of tangles and plaques. Finally, the team checked blood glucose levels in study participants years before they died, finding that greater increases in blood glucose levels correlated with greater brain glucose levels at death.

"These findings point to a novel mechanism that could be targeted in the development of new treatments to help the brain overcome glycolysis defects in Alzheimer's disease," said Thambisetty.

The researchers cautioned that it is not yet completely clear whether

abnormalities in brain glucose metabolism are definitively linked to the severity of Alzheimer's disease symptoms or the speed of disease progression. The next steps for Thambisetty and his team include studying abnormalities in other metabolic pathways linked to glycolysis to determine how they may relate to Alzheimer's pathology in the brain.

### **About the National Institute on Aging (NIA):**

*The NIA leads the federal government effort conducting and supporting research on aging and the health and well-being of older people.*

*NIA provides information on age-related cognitive change and neurodegenerative disease specifically at its Alzheimer's Disease Education and Referral (ADEAR) Center.*

### **About the National Institutes of Health (NIH):**

*NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services.*

*NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov).*



---

# Individual & Business Contributors

*These contributions recieved between October 1 - December 31*

Robert & Kimberly A. Hoffman, Jr. Accurate Hearing Systems Ken Acton The Addonisio Family Allan & Jo Ann Carson Anchorage Sand & Gravel Co. Angela Anderson James C. Anderson Robert & Margaret Auth Apokrisis & Thrively Digital Darlene Appel Barbara Ann Armstrong ASD Charitable Giving Campaign Bagoy's Florist & Home Ronald & Teresa Bailey Mrs. Fred Bast Estol & Elizabeth Belflower Shirley A. Bennett Damon & Joanne Blackburn Julia Bockmon Scott & Coral Bohne Bradley House Betty J. Branson Edward L Bray Wiley Brooks John & Jackie Brunton Helene Brust William Kent Bull Buster's Upholstery, LLC Wily Hall Rudolph F. Chase M. David Cole Julia Coster Tim Covell Gerald & Sandra Covey Bailey M. Crawford Eric & Joanna Croft Debra Crogan Donna Davidson Davis Constructors & Engineers, Inc. Dorka De LaRosa-Fickes Alice Devine Clyde Drew Honora Drew Shari & Greg Durocher	Charles & Ruth Fahl Ann Fallico Ronald H. & Nancy L. Fassett Dennis & Harriet Fenerty Jerry & Janet Flodin Henry Ford Valliere Forrest Bert & Edna Foss Richard H. Garvin Kristin L. George Sharon Pusich Gill Bill & Kate Goodell Judy Gottschalk Shirley L. Gordon Kathleen Grace Craig Graff Laurence & Dahna Graham Grassroots & Liz Dean Sharon K. Gratrix Nancy P. Grota Karlyn Grotts Janice I. Gruhn Scott & Carrie Gruhn Carolyn Gumbleton Larry & Barbara Hagen D.V. & Karen C. Haggstrom Janet Hanenberger Richard Hansen Tim & Michele Hansen Rebecca M. Hanson Sandra Hanson Dorsey Hawkins Kathryn Hawkins Peter J. Henderson Abigale Ryan Hensley Chelsea Higgins Gail Higgins Mark J. & Jean A. Hindermann John Van Hoesen Michelle Wilson & Sean Hogan Nicole Holliday Morris & Lorrie Horning Marilyn M. Houser Ronald Jovanovich Robert & J. Christine Jett Leiza O. Johnson Nancy K. Jones Nancy & Stacy Joseph	Kimberly Jung Charles F. & Julie L. Karl David & Kristin Keddington Terry & Sally Keizer Pamela Kelley Dennis J. & JoAn Kelly Christine Kendrick Dan & Janet Kennedy Kathy Klos Kroger-Fred Meyer Linda L. Kumin Steve & Dee Lambert Steve & Jane Lanford Robyn Langlie Marijo & Wayne Larson Rosemary Leary Weatherell Christy B. Leblond Leland A. & Corrinne A. Bradish James Leonard Don B. Lesco, Jr. Larry & Lenora Leveen Dan & Claire A. Lewis Shirley Luedke Angel Mancari Ernie E. Mangrobang Manley & Brautigam, P.C. Mary Jane Margeson Ronald & Marilyn Martinson Linda Masolini David & Betty Mathews Greg & Joan Mattson Diane McDonald Laura McDonough Stacey L. McKelvey Jane Meacham Midnight Sun Home Care Jean R. & Linda L. Michele Patricia Miller Richard & Ann M. Mize Moose's Tooth Pub & Pizzeria John Mouw Julia Myers-Rachford Bernard & Inge Nelsen Grotta Nelson Network for Good Amy, David, Julia & Gabrielle Newman	John W. & Julie L. Nystrom Valerie Oviatt Mary Patania Rachel M. Paunic Charles & Ann Pilch Guy & Wanda Pere Doris M. Petersen Mike & Mark Pollock James M. & Judith M. Powell Steven J. Price Lynn Ragle Rasmuson Foundation Cathryn E. Rasmuson Nancy Reagan Michael R. & Susan M. Reed Karl Reiche Mr. & Mrs. Richardson Jim Richardson James Robinson Brian Roit Gene R. Salzman Beverly Schupp Rhonda S. Scott Dolores Sczudlo Mary Ellen Segelhorst Evelyn B. Sherwonit James Sherwonit Kay Siira Mae Ann Smith Thetus Smith Magna Sneed Lisa M. Spencer Niesje Steinkruger Mrs. Martha Stey Bruce R. & Julie L. Stingley Leif & Edel Strand Karn Stutzer Joseph P. & Beverly Ann Sullivan Ronni & Lonnie Sullivan Linda Swarner Thomas L. & M.J. McDonald Jane S. Thomas Josephine E. Timmer Timothy Troll Diane M. Thomas Mr. Samuel James Thompson
---	---	--	---



TRUiST  
Turnagain Studios, LLC  
& David Chapa, Jr.  
David & Dianne Tydings  
Underground Dance  
Company, LLC  
Patsy Underwood  
United Way of Anchorage

United Way of  
Matanuska-Susitna  
Borough  
Upper One Studios, Inc.  
Robert R. Utter  
Morgan Vail  
Patrick Von Gemmingen  
Scott Von Gemmingen  
Charlene Walker

Steven Weaver  
David L. Webb  
Gay M. Wellman  
Dewey & Louise  
Whetsell  
Matthew Whitaker  
Karl Wilhelmi  
Glen Williams  
Gene Williamson

The Wilson Agency  
The Wilson Family  
Foundation  
John & Margaret Wolfe  
Georgia & Millard  
Woodson  
Richard & Debborah  
Wright

## Volunteer & In-Kind Donations

2 Friends Gallery  
Ken Acton  
Nicki Addonisio  
Alaska Dance Theatre  
Alaska River Adventures  
Anchorage Senior  
Activity Center  
Merry Bond  
Dawnia Clements  
Lawrence Duffy  
Sadie Edmonston

Fairbanks Pioneer  
Home  
Fairbanks Senior Center  
Rose Feltz  
Grassroots  
Golden Towers  
Sharon Gratrix  
Rebecca Hanson  
Mellisa Heflin  
Jonell Snook-Holmes  
Nancy Jones

Mike Lajoie  
Lynette Lehn  
Noel Wien Library  
Wilma Ljubicich  
Rhonda McLeod  
Patty Miller  
Providence Alaska  
Palliative Care  
Providence Seward  
Mountain Haven  
Raven Landing

ResCare Home Care  
Santa Seniors Center  
Seward Public Library  
Mae Ann Smith  
Lisa M. Spencer  
Darlene Supplee  
Rori Van Nortwick  
Linda Vlastuin

## In Honor & Memory of:

**Mark Acton**  
**Stephen & Leigh Acton**  
**Matt & Kim Crawford**  
**Abby Kirk**  
**Shirley Olson**  
**Gary Holthaus &**  
**Lauren Pelon**  
**LilLing Young &**  
**Nicholas Ponzio**  
**Dorothy & Gale**  
**Williams**  
**Greg & Kat Williams**  
Ken Acton

**Ken Adams**  
**Dorothy B Widmann**

**Lacy Brooks**  
Wiley Brooks

**Jean Adzima**  
Mr. John Thomas Adzima

**David Butcher**  
Amy, David, Julia &  
Gabrielle Newman

**Ida deVille**  
Dewey & Louise

Whetsell  
**Teresa Foster**  
Niesje Steinkruger

**Herbie Green**  
Kathy Klos

**Donna Grota**  
Nancy P. Grota

**Merlyn Gruhn**  
Jan Gruhn  
Scott & Carrie Gruhn

**Kathy Jean Harrington**  
Mark J. & Jean A.  
Hindermann

**Doris Hart**  
Charles F. & Julie L. Karl  
Dennis J. & JoAn Kelly  
Jerry & Janet Flodin  
Jean R. & Linda L.  
Michele  
John W. & Julie L.  
Nystrom  
Karen C. Haggstrom &  
D.V. Haggstrom  
Leland A. & Corrinne A.

Bradish  
Linda Swarner  
Thomas L. & M.J.  
McDonald

**Dorsey Hawkins**  
Kathryn Hawkins

**Annie Heintzman**  
Angela Anderson

**Curtis Hoxworth**  
Nancy K. Jones

**Ronald Jackson**  
Peggy Jackson

**Kara & Stacy Joseph**  
Delana Wilks

**Marilyn Kiefer**  
Carol L. Ernst  
Estol & Elizabeth  
Belflower

**Eugene "Gene" Kulawik**  
Mrs. Fred Bast

**Sally J. Myers**  
Julia Myers-Rachford

**Dorothy Magette**  
John & Jackie Brunton

**Louise Nelson**  
Paul Nelson

**Nancy Sadusky**  
Peggy Jackson

**F. Wayne Scott**  
Mrs. Martha Stey

**Victoria (Torie)**  
**Sherwonit**  
Marilyn M. Houser  
Evelyn B. Sherwonit  
James Sherwonit

**Patricia Versnick**  
Rhonda S. Scott

**Aileen Wilson**  
Michelle Wilson &  
Sean Hogan

# Save Date...

Join Alzheimer's Resource of Alaska at Amblin for Alzheimer's 2018, a walk to support individuals with Alzheimer's disease and related dementia in Alaska. The walk will be held Saturday, May 5 at the Anchorage Golf Course.

Amblin is the largest awareness and fundraising event in the state dedicated to individuals with Alzheimer's disease or related dementia (ADRD). Alzheimer's Resource of Alaska hopes to reach its goal of raising \$65,000 to help frail elders throughout the state.

You can win prizes, enjoy food, activities and listen to great music all for a good cause. Registration is now open online at [AlzAlaska.org](http://AlzAlaska.org).

This is the time to get involved. Alaska has one of the fastest growing aging populations in the nation. Over 8,000 Alaskans are currently affected by Alzheimer's disease and related dementia and with baby-boomers beginning to reach retirement age that number is expected to nearly double in the next ten years. Alzheimer's not only affects the individual diagnosed but also all those around them. Nearly 33,000 Alaskans provided \$463 million worth of unpaid care by providing for a loved one with dementia. It is important that we show our support by raising awareness and funds for programs and services dedicated to assisting those who need it most.

Alzheimer's Resource of Alaska is a 501(c)(3) non-profit and the state's leading source of information, services and support for individuals living with Alzheimer's disease or related dementias. The non-profit organization serves the entire state and is dedicated to ensuring quality of life until a cure is found. All funds raised from this event will remain in Alaska and go to the benefit of Alaskans.



## Amblin' for Alzheimer's

Register or Sponsor Today!

[www.alzAlaska.org/amblin-for-alzheimers/](http://www.alzAlaska.org/amblin-for-alzheimers/)

May 5, 2018  
at 9 a.m.

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

**Additional Sponsors:** Anchorage Sand & Gravel Company, Sandra Hanson, The Wilson Agency  
Bradley House, Davis Constructors Engineers, Inc.





## Healthy Body, Healthy Brain

The research community continues their quest to identify what causes one person and not another to develop the most common form of Alzheimer's disease. Much of their attention is focused on the relationship between three factors: age, genetics and lifestyle. Our age and genetic profile can't be altered. But lifestyle can, and choices made today around health lifestyles can have an impact on the risk of developing dementia.

A recent review of the existing evidence on strategies that show promise for the prevention of cognitive decline concludes that a combined approach of regular exercise, healthy diet, control of stress, treatment of depression and reduction of vascular risk factors holds the most promise. (8 Therapeutic Advances in Chronic Disease 121 (2017)). It is clear that the best thing each of us can do for our brains today, no matter our ages or genetic profiles, is to emphasize and choose healthy lifestyles.

The components of a "brain healthy" lifestyle are:

- Good sleep hygiene
- Moderate exercise
- A diet that includes lots of plants (e.g., Mediterranean or DASH diets)
- Socialization
- Lifelong Learning
- Stress Reduction

Taking a walk with a friend while talking about the challenges you faced during the day – there's a healthy body/healthy brain prescription. It includes exercise, socialization and stress reduction. Follow it up with a bowl of soup from a new recipe you've tried and share the meal with a friend. That incorporates learning, healthy diet and socialization. Start small. Create habits. Recognize what you're doing right.

On January 18, from 7-8:30 pm Education Specialist Gay Wellman will conduct an informative webinar Healthy Body, Healthy Brain that focuses on practical ways to keep your brain and your body healthy. To register for the class contact Gay Wellman at 907-822-5620 or by email at [gwellman@alzalaska.org](mailto:gwellman@alzalaska.org). To view other classes being offered at all our locations visit page 10 of this newsletter.



Care Coordination  
Resource of Alaska

**Gain Guidance**

**Acquire an Advocate**

**Our Care Coordination team provides you with the information you need to select your own health care, financial and social services, advocating for you to help you reach your goals and maximize your independence.**

**[www.ccralaska.org](http://www.ccralaska.org)**

# Classes & Events around the state

## ANCHORAGE

1750 Abbott Road  
561-3313

### ABC Presentations Activities of Daily Living

Kim Jung  
Monday, 1/22  
10 - 11:30 am or 5:30 - 7 pm

### 20 Questions & 100 Answers: Part I

Debbie Chulick  
Monday, 1/29  
10 - 11:30 am or 5:30 - 7 pm

### 20 Questions & 100 Answers: Part II

Kim Jung  
Monday, 2/5  
10 - 11:30 am or 5:30 - 7 pm

### Decision Making

Jane Haiar  
Monday, 2/12  
10 - 11:30 am or 5:30 - 7 pm

### Beneficial Reminiscing

Debbie Chulick  
Monday, 2/19  
10 - 11:30 am or 5:30 - 7 pm

### Honoring Connection

Kim Jung  
Monday, 3/5  
10 - 11:30 am or 5:30 - 7 pm

### When a Loved One Wanders

Jane Haiar  
Monday, 3/12  
10 - 11:30 am or 5:30 - 7 pm

### Savvy Caregiver

Jane haiar  
Saturday, 1/20 to 2/24  
10 - 2 pm

### Art Links: Friday - Every Week 11 - 12 pm.

### Brain Works \*

Tuesdays, 2/6 to 3/27  
10 - 11:30 am

### Mind Matters I \*

Wednesdays, 2/7 to 3/28  
10 - 11:30 am

### Mind Matters II \*

Mondays, 2/8 to 3/29  
10 - 11:30 am

## MAT-SU

10355 Palmer-Wasilla Hwy.  
746-3413

### ABC Presentations Home and Community Safety for Elders

Janice Downing  
Tuesday, 1/9  
1 - 2:30 pm or 5:30 - 7 pm

### Avoiding Senior Scams & Fraud

Janice Downing  
Tuesday, 2/13  
1 - 2:30 pm or 5:30 - 7 pm

### Avoiding Senior Scams & Fraud

Janice Downing  
Thursday, 2/22  
5:30 - 7:00 pm  
Mat-Su Health Services,  
1363 W Spruce Ave.  
Wasilla, AK

### What, When, and How of Assisted Living

Janice Downing  
Tuesday, 3/13  
1-2:30 pm or 5:30 - 7 pm

### Mind Matters \*

Wednesdays, 1/3 to 2/21  
10:30 am-noon

### Mind Matters \*

Wednesdays, 3/14 to 5/2  
10:30 am-noon

### Savvy Caregiver \*

Janice Downing  
Mondays, 3/5 to 3/12  
1 - 4:30 pm  
Willow Sunshine Community  
Health Center  
24091 Long Lake Road, Willow  
Registration is required

### Virtual Dementia Tour \*

Janice Downing  
Wednesday, 2/28  
12:30 - 4:30 pm  
Registration required

### Art Links

Fridays - Every Week  
1 - 2 pm

## JUNEAU

3225 Hospital Dr.  
586-6044

### ABC Presentations The Power of Music

Amber Smith  
Thursday, 1/25  
12 - 1:30 pm or 5:30 - 7 pm

### Savvy Caregiver \*

Amber Smith  
Wednesday, 1/17 to 2/21  
5:30 - 7:30 pm  
Registration is required

### Communication Tips for the Caregivers

Thursday, 2/22  
12-1:30 pm or  
5:30 - 7:30 pm

## **Wasilla** **Neighborhood** **Memory Café**

Wasilla Area Seniors,  
Inc. (WASI)

1301 S Century Cir,  
Wasilla  
1:00 pm – 2:30 pm

Tuesdays,  
2/20 3/20 4/17

## FAIRBANKS

565 University Ave. #2  
452-2277

### ABC Presentations Being a Friend: Staying Connected \*

Joan Adams  
Tuesday, 1/23  
5:30 - 7 pm

### Driving and Dementia \*

Joan Adams  
Tuesday, 2/20  
5:30 - 7 pm

### Decision Making for Family Caregivers \*

Joan Adams  
Tuesday, 3/20  
5:30 - 7 pm

### Art Links

Thursday,- Every Week  
11 am-noon

### Mind Matters \*

Joan Adams  
Thursdays, 1/18 to 3/8  
1 - 2:30 pm  
Registration required

### Savvy Caregivers \*

Joan Adams  
Wednesdays, 1/24 to 2/28  
5:30 - 7:30 pm  
Registration required

### Virtual Dementia Tour \*

Joan Adams  
Tuesday, 3/27  
10 - 4 pm  
Registration required

## **Statewide Webinars**

### **FOR PROFESSIONALS**

Contact Amber Smith  
907-586-6044

### **Behaviors that** **Challenge Us**

Tuesday, 2/20  
12 - 1:00 pm

### **Communication Tips for** **the Caregivers**

Tuesday, 1/23  
12 - 1:00 pm

### **FOR FAMILY** **CAREGIVERS**

Contact Gay Wellman  
907-822-5620

### **Healthy Body/ Healthy** **Brain**

Thursday, 1/18  
7 - 8:30 pm

### **ABC Behaviors that** **Challenge**

Thursday, 2/8  
7 - 8:30 pm

### **ABC Honoring Connection**

Thursday, 3/8  
7 - 8:30 pm

\* Registration Required



## 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 Wednesday 7-8 PM 3rd Wednesday 2-3 PM Dial in 1-877-216-1555, Code 927989	Gay Wellman 822-5620 or (800) 478-1080 x5
--------------------------------	-----------	---	---

### Anchorage

Alzheimer's Resource of Alaska 1750 Abbott Rd.	Caregiver	2nd Thursday	12PM-1:30 PM	Debbie Chulick
	Caregiver	4th Thursday	5:30-7:00 PM	561-3313
	Caregiver	2nd Tuesday	5:30-7:00 PM	Jane Haiar
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	5:00-6:30 PM	Debbie Chulick 561-3313
---	-----------	--------------	--------------	----------------------------

### Fairbanks

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

### Homer

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

### Ketchikan

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

### Kodiak

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

### Mat-Su Valley

Alzheimer's Resource of Alaska 10355 E. Palmer-Wasilla Hwy. AK Veterans & Pioneer Home	Caregiver	2nd Wednesday	1-2:30 PM	Kim Jung 561-3313
	Caregiver	First Friday	10:00-11:30 AM	Janice Downing 746-3413

### Seward

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

### Sitka

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

### Soldotna

Soldotna Senior Center	Caregiver	2nd & Last Tuesday	1-3 PM	Judy Warren 262-1280
------------------------	-----------	--------------------	--------	-------------------------



NONPROFIT ORG  
U.S. POSTAGE  
**PAID**  
ANCHORAGE, AK  
PERMIT NO. 357

1750 Abbott Rd.  
Anchorage, AK 99507

**We would like to thank all who donated to us through the Pick.Click.  
Give program last year.**

**Contributions to Alzheimer's Resource of  
Alaska support programs and services that  
are enhancing the quality of life for vulnerable  
seniors and those with a disability on a daily  
basis. All donations stay in Alaska. Please  
consider partnering with us again in 2018.**

