

A DRUG DEVELOPED FOR DIABETES COULD BE USED TO TREAT ALZHEIMER'S



The research, published in Brain Research, could bring substantial improvements in the treatment of Alzheimer's disease through the use of a drug originally created to treat type 2 diabetes.

Lead researcher Professor Christian Holscher of Lancaster University in the UK said the novel treatment "holds clear promise of being developed into a new treatment for chronic neurodegenerative disorders such as Alzheimer's disease."

Alzheimer's disease is the most common cause of dementia and the numbers are expected to rise to two million people in the UK by 2051 according to Alzheimer's Society, who part-funded the research.

Dr Doug Brown, Director of Research and Development at Alzheimer's Society, said: "With no new treatments in nearly 15 years, we need to find new ways of tackling Alzheimer's. It's imperative that we explore whether drugs developed to treat other conditions can benefit people with Alzheimer's and other forms of dementia. This approach to research could make it much quicker to get promising new drugs to the people who need them."

Although the benefits of these 'triple agonist' drugs have so far only been found in mice, other studies with existing diabetes drugs such as liraglutide have shown real promise for people with Alzheimer's, so further development of this work is crucial."

This is the first time that a triple receptor drug has been used which acts in multiple ways to protect the brain from degeneration. It combines GLP-1, GIP and Glucagon which are all growth factors. Problems with growth factor signalling have been shown to be impaired in the brains of Alzheimer's patients. The study used APP/PS1 mice, which are transgenic mice that express human mutated genes that

(Cont.) Page 4

THE GENETIC IMPACT OF ALZHEIMER'S DISEASE IS GREATER THAN PREVIOUSLY THOUGHT

A new study in JAMA Neurology shows that the closer a person get to the age at which their parent exhibited the first signs of Alzheimer's, the more likely they are to have amyloid plaques in the brain.

In this study involving a cohort of 101 individuals, researcher Sylvia Villeneuve, an assistant

professor at McGill University and a core faculty member at The Neuro's McConnell Brain Imaging Centre, shows that the difference between a person's age and the age of their parent at the onset of the disease is a more important risk factor than their actual age.

"A 60-year-old whose mother

developed Alzheimer's at age 63 would be more likely to have amyloid plaques in their brain than a 70-year-old whose mother developed the disease at age 85," explains Villeneuve,

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Fax 746-3412

Copper River Basin

(907) 822-5620

Statewide

Toll Free within Alaska
(800) 478-1080

www.AlzAlaska.org

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@AlzAlaska





Letter From The Executive Director

Greetings,

It is with mixed emotions that I announce that I will be retiring on June 30th. While I do look forward to retirement, I will miss the great people of our organization.

Our staff have the profound knowledge, expertise and passion for ensuring the quality of life for the people with disabilities that we serve. Our Board and volunteers also show selfless commitment to this cause. These people have inspired me to do my best.



It has been an honor to be a leader in our organization. We have been able to expand our educational offerings for family caregivers and professionals and added Care Coordination offices in Juneau and the Mat-Su Valley. In short, we are serving more people each year.

I am also optimistic about our future. We have provided outstanding service for vulnerable Alaskans for the past 34 years. Alaska has the fastest growing senior population (me included) rate in the nation. People with Alzheimer's and other disabilities will continue to increase. We will need to continue to provide outstanding service for these Alaskans.

Over the coming weeks, the Board of Directors will be recruiting and selecting a new Executive Director. We also plan for this person to transition with me.

Finally, I hope to see you at our 14th annual Amblin' for Alzheimer's on May 5th at the Anchorage Golf Course. Amblin continues to offer a unique opportunity to celebrate our community, meet others facing similar challenges and to learn more about our organization.

Best Regards,

Karl Garber
Executive Director

A Drug Developed for Diabetes Could Be Used to Treat Alzheimer's

(from page 1)

cause Alzheimer's. Those genes have been found in people who have a form of Alzheimer's that can be inherited. Aged transgenic mice in the advanced stages of neurodegeneration were treated.

In a maze test, learning and memory formation were much improved by the drug which also:

- enhanced levels of a brain growth factor which protects nerve cell functioning
- reduced the amount of amyloid plaques in the brain linked with Alzheimer's
- reduced both chronic inflammation and oxidative stress
- slowed down the rate of nerve cell loss

Professor Holscher said: "These very promising outcomes demonstrate the efficacy of these novel multiple receptor drugs that origi-

nally were developed to treat type 2 diabetes but have shown consistent neuro-protective effects in several studies."

"Clinical studies with an older version of this drug type already showed very promising results in people with Alzheimer's disease or with mood disorders"

"Here we show that a novel triple receptor drug shows promise as a potential treatment for Alzheimer's but further dose-response tests and direct comparisons with other drugs have to be conducted in order to evaluate if this new drugs is superior to previous ones."

Type 2 diabetes is a risk factor for Alzheimer's and has been implicated in the progression of the disease. Impaired insulin has been linked to cerebral degenerative processes in

type 2 diabetes and Alzheimer's disease. Insulin desensitisation has also been observed in the Alzheimer's disease brain. The desensitisation could play a role in the development of neurodegenerative disorders as insulin is a growth factor with neuroprotective properties.

Lancaster University. "Diabetes drug 'significantly reverses memory loss' in mice with Alzheimer's: A drug developed for diabetes could be used to treat Alzheimer's." *ScienceDaily*. *ScienceDaily*, 1 January 2018.

Journal Reference: Jingjing Tai, Weizhen Liu, Yanwei Li, Lin Li, Christian Hölscher. Neuroprotective effects of a triple GLP-1/GIP/glucagon receptor agonist in the APP/PS1 transgenic mouse model of Alzheimer's disease. *Brain Research*, 2018; 1678: 64 DOI: 10.1016/j.brainres.2017.10.012



**Care Coordination
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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



The Genetic Impact of Alzheimer's Disease Is Greater Than Previously Thought

(from page 1)

also of the Douglas Mental Health University Institute and CIUSSS de l'Ouest-de-l'Île-de-Montréal.

Her team of scientists also found that the genetic impact of Alzheimer's disease is much greater than previously thought.

“Upon examining changes in the amyloid biomarker in the cerebrospinal fluid samples from our subjects, we noticed that this link between parental age and amyloid deposits is stronger in women than in men.

The link is also stronger in carriers of the ApoE4 gene, the

so-called ‘Alzheimer's gene,’ says Villeneuve.

The researcher and her team successfully duplicated their results in two independent groups, one consisting of 128 individuals from a Washington University in St. Louis cohort, the other consisting of 135 individuals from a University of Wisconsin-Madison cohort.

They also reproduced their results using an imaging technique that shows amyloid plaques directly in the brains of living persons.

Their study is paving the way for the development of inexpensive methods for the early identification of people at risk for Alzheimer's disease.

Grants from a Canadian research chair, the Canadian Institutes of Health Research, the Canadian Foundation for Innovation, the Canadian Brain Research Fund, the Alzheimer Society of Canada, and the Fonds de recherche du Québec — Santé supported the work.

Bruno Geoffrey for CIUSSS de l'Ouest-de-l'Île-de-Montréal (Douglas Mental Health University Institute) and McGill University

Ninja Dodgers: The North Pole Middle School Champions for Charity

The North Pole Middle School Champions for Charity kicked off its 6th annual McHenry Ball tournament in March. A combination of Capture the Flag, Tag, and Dodgeball, the tournament is designed as a fundraiser for various charities around the Interior including Alzheimer's Resource of Alaska (ARA).

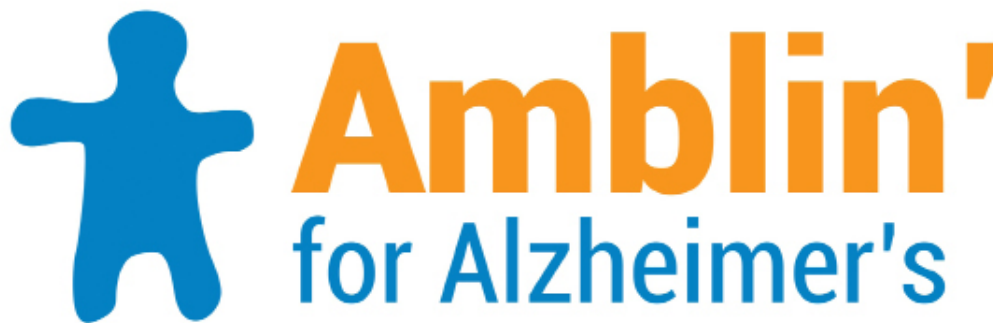
Each selected charity offers services in the Fairbanks and North Pole area and many of the students have a personal connection to the charity they choose to support.

Fundraising activities included a Dinner & Bingo Night, merchandise sales and the main event a Dodgeball tournament. The tournament gave 10 teams of five girls, five boys and two teachers the opportunity to compete and give additional funds to their charity of choice.

The Ninja Dodgers selected our Fairbanks office as their charity. “It is so rewarding to see youth involved in philanthropy” said ARA's Development Director, Lorraine Guyer “Champions for Charity offers the students an exciting and fun way to participate and help those in need in their community. Their involvement is all in!”



Save THE Date...



Saturday, May 5

Walk, run, skip or cartwheel in support of Alaskan Seniors and those affected by Alzheimer's disease or related dementia.

Register today at AlzAlaska.org

Fundraise for a chance to win generous prizes from our sponsors!

Breakfast 9:00 A.M. - Walk 10:00 A.M.

Registration: Adult: \$25 Student & Military: \$20 Child & Seniors: \$15

Presenting Sponsors:



Wayne Holmes & Jonell Snook-Holmes

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ALL THE BASICS ON ADULT GAURDIANSHIP

Are you a family member with questions or concerns about petitioning for an adult guardianship/conservatorship? Are you a provider who sees families struggle with guardianship? Do you want to know more? Are you planning or have already been appointed as a guardian or conservator and need to know more about your responsibilities?

Presented by the Alaska State Association for Guardianship & Advocacy. Free registration at <http://asaga.info/>. Attend one session or attend them all! Questions? Call 907-444-4015 or email asagaak@gci.net. 10:30-5:00 pm in the following locations:

Soldotna - Friday, April 20th Soldotna Library 235 N. Binkley St.
Dillingham - Wednesday, May 2nd BBNA Board Rm 1500 Kanakanak Rd
Anchorage - Friday May 11, 2018 BP Energy Center 900 E. Benson Blvd
Fairbanks - September 14, 2018 Noel Wien Library 1215 Cowles Street
Presented by ASAGA

Memory Cafe

Wasilla Area Seniors, Inc. (WASI)

Tuesdays,

4/17,

5/15,

6/19

1:00 pm - 2:30 pm

Memory Cafe offers an opportunity for persons living with dementia and their care partners to engage in much needed socialization and enjoy the company of others who are on the same journey.

Statewide Webinars

Connect with us via GoToMeeting or by Telephone

Registration is required.

FOR PROFESSIONALS

Contact Amber Smith
907-586-6044

Mouth Care Without a Battle
Tuesday, 4/24
Noon-1pm

Bathing Without a Battle
Tuesday, 5/22
Noon-1pm

Dining and Dementia
Tuesday, 6/12
Noon-1pm

FAMILY SAVVY CAREGIVER

Contact Gay Wellman
907-822-5620
Tuesdays, 5/22 to 6/26
2-4 pm

FOR FAMILY CAREGIVERS

Contact Gay Wellman
907-822-5620

Being the Decision Maker
Thursday, 4/12
7-8:30 pm

The Dementias
Thursday, 5/10
7-8:30 pm

Stages of Alzheimer's
Thursday, 6/14
7-8:30 pm

When Does Memory Loss Become a Disease?
Thursday, 7/12
7-8:30 pm

Northwest Geriatrics

Healthcare Series for Spring

Attend our virtual classrooms from
3:00 - 4:30PM in:

Anchorage:
1750 Abbott Road
561-3313

Fairbanks:
565 University Ave. Suite #2
452-2277

Mat-Su
10355 E. Palmer Wasilla Hwy Ste.110
Palmer, AK 99645
746-3413

Register online at Alaska CACHE
at www.akcache.org

April 10 - Abuse, Neglect and
Exploitation of Older Adults:
A Primer for Primary Care
Healthcare

April 17 - Healthy Brain Aging
and Dementia Prevention

April 24 - Behavioral Management
of Community Dwelling
Alzheimer's Patients

May 1 - Dementia and Multiple
Comorbid Conditions

May 8 - Building on Family
Dynamics in Coping with
Alzheimer's Dementia

May 15 - Transitions of Care

May 22 - Living Will End-of-Life
Care: From Advance Directives to
POLST to MOELI

May 29 - Ethical Dilemmas in
the Care of Older People with
Cognitive Impairment

This series made possible by the Alaska
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Rural Health & Health Workforce & The
Alaska Mental Health Trust Authority.

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These contributions recieved between January 1 - March 31

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Golden Towers	Learning	



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



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***"We signed up for the Dementia Care Essentials
class and learned so much! Everyone should take
the class if they are a caregiver."***



Classes & Events around the state

ANCHORAGE

1750 Abbott Road
561-3313

ABC Presentations

Difficult Behaviors

Debbie Chulick
Monday, 4/9
10-11:30 am or 5:30-7 pm

Medicaid Waiver

Jane Haiar
Monday, 4/16
10-11:30 am or 5:30-7 pm

Three Steps to Better Dementia Care

Kim Jung
Monday, 4/23
10-11:30 am or 5:30-7 pm

Downsizing & Decluttering

Monday, 4/30, 5/7
10-11:30 am or 5:30-7 pm

Fall Prevention

Kim Jung/Dr. Laura Tucker
Monday, 5/14
10-11:30 am or 5:30-7 pm

Legal Issues for Caregivers

Pam Kelley/Guest Ilona Basenyey
Monday, 5/21
10-11:30 am or 5:30-7 pm

Driving and Dementia

Kim Jung
Monday, 6/4
10-11:30 am or 5:30-7 pm

Recreational Activities

Debbie Chulick
Monday, 6/18
10-11:30 am or 5:30-7 pm

Savvy Caregiver

Wednesdays, 5/2 to 6/6
2:00 - 4:00 pm
Registration is required.

Virtual Dementia Tour *

Thursday, 6/21
Call for Appointment.

Brain Works *

Tuesdays, 4/17 to 6/5
10-11:30 am

Mind Matters I *

Wednesdays, 4/18 to 6/6
10 - 11:30 am

Mind Matters II *

Thursdays, 4/19 to 6/7
10-11:30 am

Art Links

Fridays - Every Week
11-12:00 noon

MAT-SU

10355 Palmer-Wasilla Hwy.
Janice Downing 746-3470

ABC Presentations

Guardianship Explained

Speaker: Lisa Wawrzonek
Tuesday, 4/10
1:00 -2:30 pm

Creative Solutions to Challenging Behavior

Thursday, 4/26
5:30-7 pm (Mat-Su Health Services
1363 W. Spruce Ave. Wasilla, AK)

The GEMS* Using Skills That Make a Difference

Thursday 5/14
1:00 -2:30 pm 5:30-7 pm

20 Questions & 100 Answers Part I

Monday 6/18
1:00 -2:30 pm 5:30-7 pm

Savvy Caregiver *

Thursdays 5/3 to 6/7
1:00 -3 pm
Registration is required.

Mind Matters *

Wednesdays, 4/4 to 5/2
Wednesdays, 5/23 to 7/11
10:30 am-noon

Virtual Dementia Tour *

Wednesday, 5/16
12:30 to 4:30 pm Appointment
Required

JUNEAU

3225 Hospital Dr.
Amber Smith 586-6044

ABC Presentations

Movie: Complaints of a Dutiful Daughter

Thursday, 4/26
Noon-1:30 pm

Bathing Without a Battle

Thursday, 5/24
Noon-1:30 pm

The What, When and How of Assisted Living

Thursday, 6/28
Noon-1:30 pm

Savvy Caregiver *

Tuesdays, 5/1 to 6/5
5:30-7:30 pm
Registration is required

Virtual Dementia Tour *

Friday, 6/1
9:00 - 4:00 pm
Appointment is required

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FAIRBANKS

565 University Ave. #2
Joan Adams 452-2277

ABC Presentations

Assisted Living Homes

Tuesday, 4/17
5:30-7 pm
Registration is required.

Healthy Body, Healthy Brain

Tuesday, 5/15
5:30-7 pm
Registration is required.

Overview of Alzheimer's Disease

Tuesday, 6/19
5:30-7 pm
Registration is required.

Virtual Dementia Tour *

Monday, 5/21
10:00 - 5 pm
Appointment Required

Mind Matters *

Thursdays, 3/29 to 5/17
10:00 - 11:30 am

Art Links

Thursdays - Every Week
11:00-noon

See page 7 for additional offerings that include:

- Webinars
- NW Geriatric Spring Series
- Memory Cafe

** 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
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Anchorage

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

Eagle River

Holy Spirit Episcopal Church	Caregiver	2nd Thursday	5:00-6:30 PM	Debbie Chulick
17545 N. Eagle River Loop Rd.				561-3313

Fairbanks

Alzheimer's Resource of Alaska	Caregiver	2nd Tuesday	5:30-7:00 PM	Joan Adams
565 University Ave. Suite 2		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	Caregiver	Call for more information		Bernice
Upper Level				225-8080

Kodiak

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

Mat-Su Valley

Alzheimer's Resource of Alaska	Caregiver	2nd Wednesday	1-2:30 PM	Kim Jung
10355 E. Palmer-Wasilla Hwy.				561-3313
AK Veterans & Pioneer Home	Caregiver	First Friday	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	Caregiver	Call for more info.		747-4600
120 Katlian Street				

Soldotna

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



**Alzheimer's
Resource
of Alaska**

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

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**Alzheimer's
Resource
of Alaska**

