

GENETIC RISK VARIANTS LINKED TO ALZHEIMER'S AMYLOID BRAIN CHANGES AT DIFFERENT STAGES OF DISEASE



New NIA-supported research ties several genetic risk variants for late-onset Alzheimer's disease to levels of amyloid at different disease stages. The results, published online Jan. 16, 2018, in *JAMA Neurology*, provide insight into the genetic influences on Alzheimer's-related brain changes, namely, buildup of amyloid, a protein that turns toxic and accumulates in the brains of people with Alzheimer's disease.

There is growing evidence that there is a strong genetic component to Alzheimer's disease. In this study, researchers sought to better understand the genetic contributions to late-onset Alzheimer's, beyond those related to APOE4, the strongest known genetic risk factor for the disease.

Researchers from the Indiana University School of Medicine, Indianapolis, and the David Geffen School of Medicine at the University of California, Los Angeles, analyzed associations between the top 20 Alzheimer's genetic risk variants, as well as other variants previ-

ously associated with amyloid deposition, and amyloid levels measured by brain imaging. The study included 977 participants (average age, 74 years) from the NIA-supported Alzheimer's Disease Neuroimaging Initiative (ADNI): 322 who were cognitively normal, 496 who were in the mild cognitive impairment stage, and 159 who were in the dementia stage.

Findings showed that after APOE4, the gene with the strongest association with amyloid deposits was ABCA7, especially in the asymptomatic and early symptomatic disease

(Cont.) Page 4

LACK OF SLEEP MAY BE LINKED TO RISK FACTOR FOR ALZHEIMER'S DISEASE

Losing just one night of sleep led to an immediate increase in beta-amyloid, a protein in the brain associated with Alzheimer's disease, according to a small, new study by researchers at the National Institutes of Health.

In Alzheimer's disease, beta-amyloid proteins clump together to form amyloid

plaques, a hallmark of the disease.

While acute sleep deprivation is known to elevate brain beta-amyloid levels in mice, less is known about the impact of sleep deprivation on beta-amyloid accumulation in the human brain. The study is among the first to demonstrate

that sleep may play an important role in human beta-amyloid clearance.

"This research provides new insight about the potentially

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Copper River Basin

(907) 822-5620

Statewide

Toll Free within Alaska
(800) 478-1080





Letter From The Executive Director

Dear Friends,

Allow me to introduce myself as the new Executive Director of Alzheimer's Resource of Alaska (ARA). Many of you already know me as the Education Director of this outstanding organization, a position that I have held since January 2015. During that time my predecessor, Karl Garber, kindly mentored me to the world of nonprofit program management. For the last few weeks, he extended that kindness to aid my transition to this new executive role. Karl was instrumental in leading ARA through significant organizational change, working with the board and staff to assure that we remain a fiscally strong and professionally respected organization that delivers compassionate services daily. He will be missed greatly.



I became acquainted with Alzheimer's Resource of Alaska ten years ago, though not as a service provider or other professional. Like many of you, my acquaintance was born of the anxiety that came with the dawning realization that someone I loved had a serious cognitive impairment. I came here seeking help. Over the years, I became a practiced consumer of ARA services. I hired in-home workers through ARA when that program was available. I sought out a care coordinator to help our family navigate the new terrain of services on offer and needs unanticipated. I took the Savvy Caregiver class and attended ABCs with the belief that my role as a care partner could become a better experience for my partner and me. We attended Art Links and support groups. Every step of the way, I gained confidence knowing that this organization was available to us. Nothing in the preceding 20+ years of my professional life in law and academia prepared me better.

You won't see many obvious changes at ARA as a result of this change in roles. We will continue to deliver excellent care coordination services in Anchorage, Juneau and Mat-Su as well as Dillingham and Bethel as Care Coordination Resource of Alaska (CCRA). We will continue to support individuals and families learning to live with AD/DRD, through classes and support groups and socialization activities orchestrated by our Education offices in Fairbanks, Juneau, Mat-Su and Anchorage. We will continue advocating on behalf of Alaskans living with disabilities, and their families, at every opportunity throughout the state. We will continue contributing our expertise in dementia care to the direct care workforce, knowing that this improves the quality of life available to Alaskans experiencing dementia.

Those of us who work at ARA are privileged. Every day we have the chance to make a difference, for the better, in the lives of our clients and in our communities. Every day we have the honor of doing meaningful work in fulfillment of a mission we embrace. I hope you will continue to support us, to utilize our services, and help us support Alaskans living with cognitive and other disabilities. I intend to earn daily the trust that our Board has placed in me, with the help of every dedicated member of our staff, our volunteers, and you.

Optimistically,

Pamela Kelley
Executive Director

Genetic risk variants linked to Alzheimer's amyloid brain changes at different stages of disease *(from page 1)*

stages. Studies have previously connected ABCA7 with Alzheimer's disease processes in the brain; these findings provide further evidence of its role. Research has also shown that African Americans are more likely than whites to have a variant of the ABCA7 gene, with almost double the risk of developing Alzheimer's.

Other Alzheimer's disease risk genes found to be associated with amyloid buildup at different disease stages included

FERMT2, which was most pronounced in people with mild cognitive impairment; SORL1 and EPHA1, which were associated with both the mild cognitive impairment and dementia stages; and CLU, DSG2, and ZCWPW1, which were linked to the dementia stage.

Results suggest genetic variants might affect Alzheimer's disease processes differently across disease stages.

Researchers noted that improved

understanding of these genetic risk factors could help predict which people are most at risk of developing dementia due to Alzheimer's and identify gene-specific drug targets.

National Institute on Aging

Reference: Apostolova LG, et al. Associations of the top 20 Alzheimer disease risk variants with brain amyloidosis. *JAMA Neurology*. 2018 Jan 16. doi:10.1001/jamaneurol.2017.4198.



Alzheimer's Resource of Alaska

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!

Household Safety Tips for Caregivers

Try out these tips to prevent falls and injuries in your household:

- Simplify the home. Too much furniture can make it hard to move around freely.
- Get rid of clutter, such as piles of newspapers and magazines.
- Have a sturdy handrail on stairways.
- Put carpet on stairs, or mark the edges of steps with brightly colored tape so the person can see them easily.
- Put a gate across the stairs if the person has balance problems.
- Remove small throw rugs. Use rugs with nonskid backing instead.
- Make sure cords to electrical outlets are out of the way or tacked to baseboards.
- Clean up spills right away.



Lack of sleep may be linked to risk factor for Alzheimer's Disease *(from page 1)*

harmful effects of a lack of sleep on the brain and has implications for better characterizing the pathology of Alzheimer's disease," said George F. Koob, Ph.D., director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), part of the National Institutes of Health, which funded the study.

Beta-amyloid is a metabolic waste product present in the fluid between brain cells. In Alzheimer's disease, beta-amyloid clumps together to form amyloid plaques, negatively impacting communication between neurons.

Led by Drs. Ehsan Shokri-Kojori and Nora D. Volkow of the NIAAA Laboratory of Neuroimaging, the study is now online in the Proceedings of the National Academy of Sciences. Dr. Volkow is also the director of the National Institute on Drug Abuse at NIH.

To understand the possible link between beta-amyloid accumulation and sleep, the researchers used positron emission tomography (PET) to scan the brains of 20 healthy subjects, ranging in age from 22 to 72, after a night of rested sleep and after sleep deprivation (being awake for about 31 hours). They found beta-amyloid increases of about 5 percent after losing a night of

sleep in brain regions including the thalamus and hippocampus, regions especially vulnerable to damage in the early stages of Alzheimer's disease.

In Alzheimer's disease, beta-amyloid is estimated to increase about 43 percent in affected individuals relative to healthy older adults. It is unknown whether the increase in beta-amyloid in the study participants would subside after a night of rest.

The researchers also found that study participants with larger increases in beta-amyloid reported worse mood after sleep deprivation.

"Even though our sample was small, this study demonstrated the negative effect of sleep deprivation on beta-amyloid burden in the human brain. Future studies are needed to assess the generalizability to a larger and more diverse population," said Dr. Shokri-Kojori.

It is also important to note that the link between sleep disorders and Alzheimer's risk is considered by many scientists to be "bidirectional," since elevated beta-amyloid may also lead to sleep disturbances.

About the National Institute on Alcohol Abuse and Alcoholism (NIAAA): The National Institute on Alcohol Abuse and Alcoholism,

part of the National Institutes of Health, is the primary U.S. agency for conducting and supporting research on the causes, consequences, prevention, and treatment of alcohol use disorder. NIAAA also disseminates research findings to general, professional, and academic audiences.

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.

If you're unable to attend our classes, we offer ABC's of Caregiving and other classes as webinars.

See page 10 for a list of current statewide webinars.

The New Thirty-Five Plus Singles Club Presents

"A Night to Remember"



Saturday, September 8
Carpenter's Hall
407 Denali St., Anchorage
Doors open at 7:00PM

For details, visit
35plusclub.com

Presented by the 35+ Singles Dance Club



"I enjoy attending Alzheimer's Resource events! I always have fun and know that I am contributing to a much needed cause. You should go too..." - Carolyn W.



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BRAZEN BBQ
by doriola's

Friday, November 2
5PM - 8PM
510 West Tudor Road, Suite 7

Enjoy smokey meats, zesty sauces, and savory sides! A portion of your meal cost will benefit the ARA.
No reservations required!

For dinner details or to view the full menu, call 907-375-0494 or visit doriolas.com/bbq_menu.shtml



**A SPECIAL
MOVIE EVENT**

SATURDAY, SEPTEMBER 29
EARL R. BROWN THEATER
Alaska Pacific University
4101 University Dr.

5:00PM | Social Hour & Silent Auction
6:30PM | Special Movie Event
7:30PM | Intermission & Silent Auction
Closing

For ticket information, please call
907-561-3313
or visit www.AlzAlaska.org



Thank you to our generous participants of the 14th annual Amblin' for Alzheimer's. The early morning walk began with breakfast, music and great spirits. The sun came out, and with your contributions, the event raised more than \$54,000 for our programs and services, bringing our 14 years of fundraising through this event to over \$800,000!

We are the only organization in Alaska specializing in Alzheimer's disease, ensuring all of your tax-deductible contributions stay in Alaska, supporting Alaskans!

Thank you again for your thoughtful support of Amblin' for Alzheimer's.

We would like to thank our sponsors for their contributions of cash, food, and prizes that make our walk special. For a complete list of sponsors, please visit <http://www.alzalaska.org/sponsors-of-past-amblins/>.



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We would like to honor the teams that walked during *Amblin for Alzheimer's* in memory of a loved one lost

Team Brunton Team Forget Me Nots Team Gratrix Team Groovin for Grandma Grethe Team Hiking with Dorothy	Team Homewell Senior Care Team Kiefer Team Leonard & Martens Team Memory Marchers Team McLeod Team My Trucks	Team National Resource Center for Alaska NativeElders Team Nicki Team Northern Skies Federal Credit Union Team High Octane	Team Preferred Care at Home / Opus Memoria Team Providence Horizon House Team Red & White Team Strong and Hopeful
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Classes & Events around the state

ANCHORAGE

1750 Abbott Road,
561-3313

ABC Presentations
Movie: Alive Inside
Monday, 07-16
10-11:30 am or 5:30-7 pm

Movie: Backing out of Time
Monday, 07/30
10-11:30 am or 5:30-7 pm

Movie: I'll Be Me
Monday, 08/13
10-11:30 am or 5:30-7 pm

Movie: You're Looking at Me Like I Live Here, but I Don't
Monday, 08/27
10-11:30 am or 5:30-7 pm

Challenging Behaviors
Monday, 09/10
10-11:30 am or 5:30-7 pm

Normal Aging/Not Normal Aging
Monday, 09/17
10-11:30 am or 5:30-7 pm

Explore Community Resources
Monday, 09/24
10-11:30 am or 5:30-7 pm

Savvy Caregiver*
Thursdays, 09/13-10/18
3-5:00 pm

Brain Works*
Tuesdays, 09/04-10/23
10-11:30 am

Mind Matters I*
Wednesdays, 09/05-10/24
10-11:30 am

Mind Matters II*
Thursdays, 09/06-10/25
10-11:30 am

Art Links
Fridays - Every Week
11 am-Noon

*** Registration Required**

MAT SU VALLEY

10355 E. Palmer Wasilla Hwy.,
746-3413

ABC Presentations
20 Questions/ 100 Answers Part II
Monday, 07/09
1-2:30 pm or 5:30-7 pm

Medicaid Waiver
Monday, 08/20
1-2:30 pm

Driving and Dementia
Tuesday, 09/11
1-2:30 pm or 5:30-7 pm

Savvy Caregiver *
Thursdays 09/06 to 10/11
5:30-7 pm
Registration is required.

Mind Matters *
Wednesdays, 07/11 to 07/18
Wednesdays, 08/08 to 09/26
10:30 am-noon

Virtual Dementia Tour *
Friday, 09/24
Appointments available
10 am-4 pm
Registration Required

Art Links
Fridays - Every Week
1-2:00 pm

JUNEAU

3225 Hospital Drive,
586-6044

ABC Presentations
Movie: Looks Like Laury, Sounds Like Laury
Tuesday 07/24
12-1:30 pm or 5:30-7 pm

Behaviors That Challenge Us
Tuesday, 08/28
12-1:30 pm or 5:30-7 pm

PAC "Normal Aging vs. Not Normal Aging"
Tuesday, 09/25
12-1:30 pm or 5:30-7 pm

Memory Cafe

Wasilla Area Seniors, Inc.
(WASI)
Tuesdays,
7/17,
08/21,
09/18
1-2:30pm
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.

FAIRBANKS

565 University Ave., #2,
452-2277

ABC Presentations
When a Loved One Wanders
Tuesday, 07/17
5:30-7 pm
Registration is required.

Downsizing & Decluttering
Tuesday, 08/21
5:30-7 pm

What Is Good for the Brain
Tuesday, 09/18
5:30-7 pm

Virtual Dementia Tour *
Monday, 07/16
9:00 am - 4:00 pm
Appointment Required

Monday, 09/17
9:00 am - 4:00 pm
Appointment Required

Savvy Caregiver*
Wednesdays, 07/11-08/15
5:30-7:30 pm

Mind Matters*
Thursdays, 08/16-10/04
1-2:30 pm

Art Links
Thursdays - Every Week
11:00-noon

Statewide Webinars

Connect with us via GoToMeeting or by Telephone

Professional Webinars

Amber Smith: 586-6044; asmith@alzalaska.org

Stages of Caregiving: Empowering Families Through Every Stage

Tuesday, 07/17
Noon-1pm

Meaningful Activities

Tuesday, 08/21
Noon-1pm

Alzheimer's Disease and Related Dementias

Tuesday, 09/18
Noon-1pm

Registration is required.

Family Caregiver Webinars

Gay Wellman: 822-5620; gwellman@alzalaska.org

Overview of Alzheimer's Disease

Thursday, 07/12
7-8:30 pm

Meaningful Activities

Thursday, 08/09
7-8:30 pm

Honoring Connection: How to Improve Communication

Thursday, 09/13
7-8:30 pm

Savvy Caregiver Class

Mondays, 08/20-09/24
7-9 pm



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 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 Caregiver	2nd Tuesday 1st & 3rd Friday	5:30-7:00 PM 10 -11:30 AM	Ann Farris 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
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Fairbanks

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

Homer Senior Center	Caregiver	2 & 4th Thursdays	2:30-3:30 PM	Pam Hooker 235-7655
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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	Kim Jung 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 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	Judy Warren 262-1280
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Sterling Senior Center	Caregiver	1st Tuesday	1-2 PM	262-1280 or (800) 776-8210
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JUST BY SHOPPING WITH YOUR FRED MEYER REWARDS CARD!**

Was June your re-enrollment month? All current card holders can donate to their charity of choice.

Fred Meyer is donating \$2.5 million per year to non-profits in Alaska, Idaho, Oregon and Washington, based on where their customers tell them to give. Here's how the program works:

- Sign up for the Community Rewards program by linking your Fred Meyer Rewards Card to Alzheimer's Resource of Alaska at www.fredmeyer.com/communityrewards. You can search for us by our name or by our non-profit number 81744.
- Then, every time you shop and use your Rewards Card, you are helping us earn a donation!
- You still earn your Rewards Points, Fuel Points, and Rebates, just as you do today.
- If you do not have a Rewards Card, they are available at the Customer Service desk of any Fred Meyer store.

For more information, please visit www.fredmeyer.com/communityrewards.
THANK YOU FOR SUPPORTING ALZHEIMER'S RESOURCE OF ALASKA!