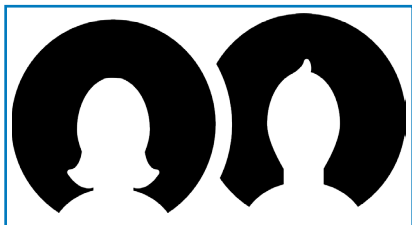




## ALZHEIMER'S PROTEIN HIGHER IN WOMEN, MAY MEAN HIGHER RISK OF SYMPTOMS



Older women with normal cognition had higher measures of tau, an Alzheimer's-related protein, than men, a new study finds, indicating that women have a possible higher risk of developing symptoms of the serious brain disease. The NIA-supported study was published in the JAMA Neurology.

Previous studies have shown that women are at greater risk for

developing Alzheimer's, and that a greater share of women than men have the disease. However, the reasons for this difference are not well understood. The new study, led by researchers at Massachusetts General Hospital, Boston, found that levels of one defining protein seen in Alzheimer's disease—tau in the entorhinal cortex, an area of the brain involved in memory—were higher in women than in men. The findings add to growing evidence of sex differences in the biological underpinnings of Alzheimer's.

The researchers examined positron

emission tomography (PET) brain scans from two studies, the Harvard Aging Brain Study and the Alzheimer's Disease Neuroimaging Initiative, with a total of 296 older adults, including 173 women (average age, 74). All subjects demonstrated normal cognitive function when they first received a brain scan to measure tau. They also had PET scans to measure beta-amyloid, another Alzheimer's-related protein.

Experts believe that people with

*(Cont.) Page 4*

## BREAKDOWNS IN MITOCHONDRIAL HOUSEKEEPING PROVIDE ANOTHER CLUE TO ALZHEIMER'S CULPRIT

Researchers have zeroed in on the role of defects in mitophagy—a process in which cells clean out damaged or defective mitochondria—as a potential new treatment target for Alzheimer's disease in experiments with animal models and lab specimens of human neurons. An international team of scientists led by NIA Intramural Research Program investigators in the Laboratory of Molecular Gerontology published their results in the March issue of Nature Neuroscience.

The brain is a high-octane machine, accounting for up to 25 percent of the body's total energy consumption despite being only about two

percent of body weight. Since mitochondria are the powerhouses of cells, a breakdown in mitophagy impairs neurons' metabolism and makes them more vulnerable to cell dysfunction and death.

The scientific team wanted to better understand whether the large accumulations of damaged mitochondria found in post-mortem brain samples from people who had Alzheimer's disease might be further evidence for mitophagy malfunctions as a major factor in the disease. Confirming their hypothesis, the research team also found significant amounts of damaged mitochondria in neuron samples from Alzheimer's models

in mice and in the worm *C. elegans*, indicating a dramatic reduction in mitophagy.

Next, the team worked to identify drug compounds that would stimulate and reinvigorate the mitophagy process, hoping to see improvements in dementia symptoms and pathology. They found three promising candidates: nicotinamide mononucleotide (NMN), a precursor of nicotinamide adenine dinucleotide NAD<sup>+</sup>, which is crucial for cellular energy

*(Cont.) page 5*

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Classes & Groups .....	pg. 10-11



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Fax 561-3315

### Mat-Su Valley

777 N. Crusey Street  
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Wasilla, AK 99654  
Phone (907) 746-3413  
Fax 746-3412

### Fairbanks

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

### Copper River Basin

(907) 822-5620

### Statewide

Toll Free within Alaska  
(800) 478-1080

### Juneau

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

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

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[@AlzAlaska](#)

Click Here to  
Make a Donation



## Letter From The Executive Director

Dear Friends,

Statewide Education and Support services for persons with Alzheimer's disease and related dementias (ADRD) were the focus of this organization when it was founded in 1984 and they are still at the heart of what we do today.

Many of you are familiar with the programs offered here at Alzheimer's Resource of Alaska because you've used them and have seen them in action. You may have taken a class to learn how best to approach and relate to your loved one with Alzheimer's disease, or arranged to have a care coordinator identify what resources may be available to you, and help you access them.



Recently, another of Alzheimer's Resource of Alaska's Education Specialist became certified in Positive Approach to Care® technique, created by Teepa Snow, a leading educator on dementia care. PAC® certification allows us to pass on techniques that enriches the lives of those who are dealing with the drastic changes that Alzheimer's disease and related dementia brings. We are proud to incorporate the PAC® values by having our Education Specialists become certified to train caregivers through our own programs.

As our organization has grown, so have the opportunities to connect without leaving home. In a state as spread out as Alaska, coming together as a group is just as necessary but is logistically much more difficult and challenging to do. We continue to offer educational and supportive opportunities for those caregivers who live in rural areas, or are not able to leave their loved ones, through our webinars and call in support groups.

This quarter, our webinar offerings include an ABCs of Caregiving on assisted living, as well as one about the end of life process and how one's values and goals can be respected throughout the course of life. Visit page 10 to see our full list of webinars taking place during this quarter. Look for these to grow in the months to come.

We are especially looking forward to creating awareness with what has for the last fifteen years been the highlight of Alzheimer's Resource of Alaska's spring: Amblin' for Alzheimer's. We invite you to join us on May 4th for this annual awareness and fund-raising celebration. Amblin' offers a unique opportunity to celebrate our community, meet others facing similar challenges, and learn more about Alzheimer's Resource of Alaska. I hope to see you there.

Sincerely,

Pamela Kelley  
Executive Director

## Alzheimer's protein higher in women, may mean higher risk of symptoms

(from page 1)

more beta-amyloid also have more tau, and that these proteins interact early in Alzheimer's disease progression—years before memory loss and other symptoms appear.

The study suggests that this interaction may be stronger in women than in men. Compared to the men's scans, the women's scans showed significantly higher tau deposits in the entorhinal cortex in individuals with

high beta-amyloid levels. There were neither strong male-female differences in beta-amyloid levels alone nor evidence that APOE ε4, a genetic risk factor for Alzheimer's, interacts with sex to influence tau.

More work is needed to gain a better understanding of sex differences in the biological processes of Alzheimer's. Small studies such as this one are limited by recruitment procedures and survivor bias (the effects of women

generally outliving men). But having similar results across two studies is intriguing and a promising direction for future research.

National Institute on Aging  
Reference: Buckley RF, et al. Sex differences in the association of global amyloid and regional tau deposition measured by positron emission tomography in clinical normal older adults. JAMA Neurology.

### Memory Cafés

An opportunity for persons living with dementia and their care partners to socialize and enjoy entertainment with peers.

**Anchorage** - Anchorage Senior Activity Center, 1300 E 19th Avenue, Anchorage  
Every 2nd Thursday - 04/11, 05/09, 06/13, 1-2:30pm

**Wasilla** - Wasilla Area Seniors, Inc. (WASI), 1301 S. Century Circle, Wasilla  
Every 3rd Tuesday - 04/16, 05/21, 06/18, 1-2:30pm

Caregiving is often hard. A caregiver can find it rewarding and frustrating at the same time. It's easy to imagine that nobody could know what you're going through, but we do. You don't have to do this alone.

Our caregiver support group is here for you to have a place to share concerns, experiences, and comfort with others experiencing what you are. Check out page 11 for a list of our caregiver support group offerings around the state.



Our future newsletters will be published online! To sign up for our e-mail list, and receive future newsletters, drop us an e-mail at [contact@alzalaska.org](mailto:contact@alzalaska.org) and we'll get you registered!



## Breakdowns in mitochondrial housekeeping provide another clue to Alzheimer's culprit *(from page 1)*

metabolism; Urolithin A, a compound found in pomegranate that induces muscular mitophagy; and Actinonin, a naturally occurring antibacterial agent.

Alzheimer's mice treated with these compounds performed much better in memory tests and showed reduced neuroinflammation and lower accumulation of amyloid-beta and phosphorylated tau in their brains. The compounds also improved the quality of neurons generated from induced pluripotent stem cells (iPSC) grown from skin cell samples of people with Alzheimer's disease.

These results point to mitophagy's importance in the development and progression of Alzheimer's disease and help open doors for potential drug development into mitophagy regulators as an intervention for Alzheimer's.

Additionally, investigators believe their unique cross-species drug development platform—encompassing *C. elegans*, mice, and Alzheimer's disease patient iPSC-derived neurons—can increase the likelihood of finding robust drug candidates for Alzheimer's disease clinical trials.

### References:

National Institute on Aging, Fang EF, et al. Mitophagy inhibits A $\beta$  and p-Tau pathologies and cognitive deficits in experimental models of Alzheimer's disease. *Nature Neuroscience*. 2019;22(3):401-412. Kingwell K. Turning up mitophagy in Alzheimer disease. *Nature Reviews Drug Discovery*.

[Click Here to Make a Donation](#)

### Extra Offerings for our Bethel clients and caregivers:

#### **Dementia Care Workshop**

Wednesday, 4/17 8-Noon  
Yukon-Kuskokwim Elder's Home  
1100 Chief Eddie Hoffman Hwy, Bethel  
Contact: Carol Eichert, 543-6780

#### **Communication in Stages of Dementia**

Wednesday, 4/17 2:30-4 pm  
Yukon-Kuskokwim Elder's Home,  
1100 Chief Eddie Hoffman Hwy, Bethel  
Contact: Carol Eichert, 543-6780

#### **Virtual Dementia Tour**

Thursday, 4/18 9-3 pm  
Yukon-Kuskokwim Elder's Home, 1100 Chief Eddie Hoffman Hwy, Bethel  
Contact: Carol Eichert, 543-6780

#### **Free Memory Screenings**

Friday, 4/19 8-Noon  
Yukon-Kuskokwim Elder's Home, 1100 Chief Eddie Hoffman Hwy, Bethel  
Contact: Carol Eichert, 543-6780

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

Friday, 4/19 2:30-4 pm  
Yukon-Kuskokwim Elder's Home, 1100 Chief Eddie Hoffman Hwy, Bethel  
Contact: Carol Eichert, 543-6780

Did you know...



...that the top individual fundraiser for this year's Amblin' for Alzheimer's will win two free tickets to anywhere Alaska Airlines flies (excluding Guam)?

Each registrant will also receive a door prize entry for a drawing that will take place after the walk! Not only will there be prizes, but plenty of food and fun as well. Enjoy a delicious breakfast, provided by Sal's New York Grill, and there might be a fun surprise or two "out on the green" as you walk around the scenic Anchorage Golf Course.

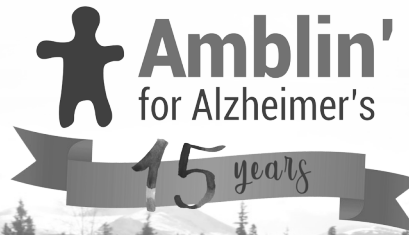
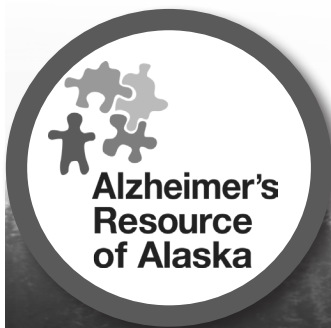


Check out details for the 2019 Amblin' for Alzheimer's on the next page!



# Announcements...

STAY IN THE LOOP



**TURN YOUR STEPS  
INTO HOPE**

**SATURDAY  
MAY 4**

**REGISTER TODAY  
AT:**

[Amblin2019.AlzAlaska.org](http://Amblin2019.AlzAlaska.org)

**ANCHORAGE GOLF COURSE  
3651 O'MALLEY ROAD**

**9:00 AM - Registration | 10:00 AM - Walk**

**Adult - \$25, Students & Military - \$20, Seniors & Children - \$15**

## Funds raised from Amblin' will support:

### Community Engagement

Support groups, art links, memory cafés, and memory screenings.



### ABCs of Caregiving

90-minute presentations that teach family members, friends, and others about various caregiving-related topics.

### Care Coordination

A program that provides care coordination to those needing support so they can live as safely and independently as possible in the home of their choice.



All of the funds raised stay in Alaska and are often used as matching funds for grant proposals. Matching funds are especially significant in that we frequently receive \$10 for every \$1 that we match.

**Thanks for helping us make a difference and provide hope.**

**Register today at: [Amblin2019.AlzAlaska.org](http://Amblin2019.AlzAlaska.org)**

**Thanks to our generous sponsors! Amblin' can't happen without your support.**



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*Rhonda Scott Art*



**Alzheimer's Resource of Alaska - Spring 2019**

**Page 6**



## What is Positive Approach to Care®?

Most education models teach facts and information about dementia. Positive Approach to Care® (PAC) training, a technique pioneered by Teepa Snow teaches caregivers to respond to an individual's cognitive abilities in a way that does not hurt or offend the individual.

As certified independent PAC® trainers, our six Education Specialists are able to teach techniques that give caregivers the ability to know how to meet care needs and minimize distress. The specialists provide more in depth knowledge and exposure to a variety of skills, that will impact quality of life, the safety, and the future direction and guidance for all care partners, professional or family members.

**For questions and more information on our PAC® trainings, give the Education Specialist closest to you a call.**

**Anchorage**  
907-561-3313

**Fairbanks**  
907-452-2277

**Juneau**  
907-586-6044

**Mat-Su**  
907-746-3413



Pictured: Teepa Snow, creator of Positive Approach to Care® training

## Senior Targeted Fraud & Scam Tips

We recently had the privilege of a presentation by the Attorney General's Consumer Protection Unit at one of our Anchorage ABC's of Caregiving that gave a thorough overview of senior targeted fraud and scams. Often times, people do not report or ask for help when they are scammed out of embarrassment or shame. There is nothing to be ashamed of -- it happens to many people every day. Here are some tips, straight from the Consumer Protection Unit, on what to recognize when encountering fraud and scam attempts.

- The three most common types of scams are: tech support, romance scams, or government imposter scams.
- Be on the lookout for scammers and imposters that try to get you to buy them gift-cards in order to pay them.
- When a pop-up appears on your computer, be sure to look for grammatical and spelling errors.
- Be leary of scammers that prey on your emotional feelings -- they are always trying to emotionally manipulate you into getting what they want.

You may be able to help others by sharing your fraud or scam story. If you are currently dealing with fraud or a scam, visit the Attorney General's Consumer Protection Unit website at the link below to file a report, or call the Office of Elder Fraud at 907-334-5989.

**[www.law.alaska.gov/department/civil/consumer/cpindex.html](http://www.law.alaska.gov/department/civil/consumer/cpindex.html)**

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*These contributions received between January 1 - March 31, 2019*

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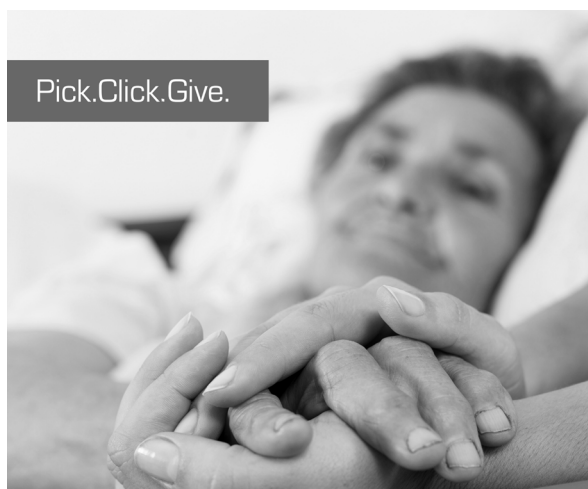
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### **Margaret Langston Griffin Rush**

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Pick.Click.Give.



Even though you may have already submitted your 2019 PFD application, you have until August 31st to select us for your PFD using Pick.Click.Give.

Thanks for considering us as your Pick.Click.Give donation, and thanks for choosing to make a difference and provide hope. For questions or assistance, give us a call at 907-561-3313.

# Classes & Events around the state

## ANCHORAGE

1750 Abbott Road,  
561-3313

### ABC Presentations

#### Honoring Connection

Monday, 4/15  
10-11:30 am or 5:30-7 pm

#### Decision Making

Monday, 4/29  
10-11:30 am or 5:30-7 pm

#### End of Life Questions with guest from hospice of anc

Monday, 5/13  
10-11:30 am or 5:30-7 pm

#### Recreational Activities

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

#### The Music Instinct: Science & Song Documentary and Discussion

Monday, 6/24  
10-11:30 am or 5:30-7 pm

#### Savvy Caregiver \*

Fridays, 5/17-6/21  
2-4 pm  
Registration is required.

#### Virtual Dementia Tour \*

Saturday, 5/11  
10-4 pm  
Registration is required.

#### Brain Works \*

Tuesdays, 4/2-5/28  
10:30-11:30 am

#### Mind Matters I \*

Wednesdays, 4/3-5/29  
10-11:30 am

#### Mind Matters II \*

Thursdays, 4/4-5/30  
10-11:30 am

## MAT SU VALLEY

777 N. Crusey Street,  
Suite B101, 746-3413

### ABC Presentations

#### Honoring Connection - Communication & Dementia

Monday, 4/8  
1-2:30 pm or 5:30-7 pm

#### Movie: Complaints of a Dutiful Daughter

Monday, 4/22  
1-2:30 pm or 5:30-7 pm

#### Early Stages of Alzheimer's

Monday, 5/6  
1-2:30 pm or 5:30-7 pm

#### Middle Stage of Alzheimer's

Monday, 5/20  
1-2:30 pm or 5:30-7 pm

#### Late Stages of Alzheimer's

Monday, 6/3  
1-2:30 pm or 5:30-7 pm

#### Behaviors that Challenge Us

Monday, 6/17  
1-2:30 pm or 5:30-7 pm

#### Savvy Caregiver \*

Thursdays, 5/2-6/6  
5:30-7:30 pm  
Registration is required.

#### Brain Works \*

Wednesdays, 5/29-7/17  
1:30-3 pm  
Registration is required.

#### Mind Matters \*

Wednesdays, 5/29-7/17  
1:30-3 pm  
Registration is required.

## JUNEAU

3225 Hospital Drive,  
586-6044

### ABC Presentations

#### Honoring Connection - Communication & Dementia

Wednesday, 4/17  
12-1:30 pm or 5:30-7 pm

#### Making Visits Positive

Wednesday, 5/15  
12-1:30 pm or 5:30-7 pm

#### Meaningful Activities & Purposeful Days

Wednesday, 6/19  
12-1:30 pm or 5:30-7 pm

#### Savvy Caregiver \*

Tuesdays, 4/30 - 6/4  
5:30-7:30 pm  
Registration is required.

#### Virtual Dementia Tour \*

Friday, 5/3  
9-4 pm  
Registration is required.

See page 4 & 5 for information  
about current Memory Cafe  
offerings in Anchorage  
and Wasilla and extra  
offerings in Bethel.

## FAIRBANKS

565 University Ave., #2,  
452-2277

### ABC Presentations

#### Dining & Dementia

Tuesday, 4/23  
5:30-7 pm

#### Bathing Without a Battle

Tuesday, 5/21  
5:30-7 pm

#### Fall Prevention

Tuesday, 6/18  
5:30-7 pm

#### Dementia Care Workshop \*

Wednesday, 4/17  
1-5:30 pm  
Registration is required

#### Savvy Caregiver \*

Wednesdays, 5/22-6/26  
5:30-7:30 pm  
Registration is required

#### Virtual Dementia Tour \*

Monday, 5/20  
10-5 pm  
Registration is required

#### Mind Matters \*

Thursdays, 5/30-7/18  
1-2:30 pm

## Art Links

**Anchorage**  
1750 Abbott Road  
Every Friday, 11 am - Noon

**Fairbanks**  
565 University Ave. #2  
Every Thursday, 11-Noon

**Mat-Su**  
777 N. Crusey Street  
Suite B101  
Every Friday, 1-2:00 pm

\* **Registration Required**

## Statewide Webinars *Registration is required.*

Connect with us via **GoToMeeting** and **byTelephone**

### Professional Webinars

Amber Smith: 586-6044  
asmith@alzalaska.org

### Dining & Dementia

Tuesday, 4/23  
Noon-1pm

### Stages of Caregiving: Empowering Families Through Every Stage

Tuesday, 5/21  
Noon-1pm

### Meaningful Activities & Purposeful Days

Tuesday, 6/18  
Noon-1pm

### Family Caregiver Webinars

Gay Wellman: 822-5620  
gwellman@alzalaska.org

### Assisted Living - Where,

### When, & How

Saturday, 5/18  
1-2:30 pm

### End of Life

Saturday, 6/8  
1-2:30 pm

### Savvy Caregiver

Saturdays, 6/1-7/6  
10-Noon



## 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 Saturday 1-2 PM 3rd Wednesday 1-2 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	4th Thursday	5:30-7:00 PM	Debbie Chulick
1750 Abbott Rd.	Caregiver	2nd Tuesday	5:30-7:00 PM	561-3313
	Caregiver	1st & 3rd Friday	10 -11:30 AM	Ann Farris 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
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### Ketchikan

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

### 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 Tuesday	1-2:30 PM	Janice Downing 746-3413
777 N. Crusey Street, Ste. B101				
Palmer Senior Center	Caregiver	First Friday	10:00-11:30 AM	Kim Jung 746-3413
1132 S. Chugach Street				

### 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
Sterling Senior Center	Caregiver	1st Tuesday	1-2 PM	262-1280

### Talkeetna

Sunshine Community Health Center	Caregiver	1st Monday	10:00-11:30	Janice Downing 746-3413
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Resource  
of Alaska**

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