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+, which is crucial for cellular energy

(Cont.) page 5
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.


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 and we’ll get you registered!
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:

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!
Turn your steps into hope

Alzheimer’s Resource of Alaska

15 Years

Amblin’ for Alzheimer’s

Announcements...

Stay in the Loop

Register today at:
Amblin2019.AlzAlaska.org

REGISTER TODAY
AT:
Amblin2019.AlzAlaska.org

Saturda y
May 4

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

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

Alzheimer’s Resource of Alaska - Spring 2019
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
Individual & Business Contributors
These contributions received between January 1 - March 31, 2019

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The Alaska Community Foundation
Anchorage Association for Family and Community Education
Anchorage Sand & Gravel Co., Inc.
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Melody & Gerald Springer

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 anch**
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.

**Art Links**

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

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

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

**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.

**Virtual Dementia Tour**
Friday, 5/3 9-4 pm
Registration is required.

**Mind Matters**
Wednesdays, 5/29-7/18 1-2:30 pm

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

**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

**Virtual Dementia Tour**
Friday, 5/3 9-4 pm
Registration is required.

**Statewide Webinars**
Connect with us via GoToMeeting and by Telephone

**Professional Webinars**
Amber Smith: 586-6044
asmith@alzalaska.org

Dining & Dementia
Tuesday, 4/23
Noon-1 pm

Stages of Caregiving: Empowering Families Through Every Stage
Tuesday, 5/21
Noon-1 pm

Meaningful Activities & Purposeful Days
Tuesday, 6/18
Noon-1 pm

**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

**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

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*Registration Required*
Support Groups around the state

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

<table>
<thead>
<tr>
<th>Statewide Telephone Support Group</th>
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<tbody>
<tr>
<td>Alzheimer’s Resource of Alaska</td>
<td>Caregiver</td>
<td>1st Saturday 1-2 PM</td>
<td>Gay Wellman</td>
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<td>3rd Wednesday 1-2 PM</td>
<td>822-5620 or</td>
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<td>Dial in 1-877-216-1555, Code 927989</td>
<td>(800) 478-1080 x5</td>
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<td>Debbie Chulick</td>
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<td>2nd Tuesday 5:30-7:00 PM</td>
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<td>Caregiver</td>
<td>1st &amp; 3rd Friday 10-11:30 AM</td>
<td>Ann Farris</td>
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<td>565 University Ave. Suite 2</td>
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<td>3rd Tuesday 11:30-1:00 PM</td>
<td>452-2277</td>
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<td>Homer Senior Center</td>
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<td>2 &amp; 4th Thursdays 2:30-3:30 PM</td>
<td>Pam Hooker</td>
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<td>Ketchikan Senior Center</td>
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<td>225-8080</td>
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<td>486-6181</td>
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<td>302 Erskine Ave.</td>
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<td>Mat-Su Valley</td>
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<td>Alzheimer’s Resource of Alaska</td>
<td>Caregiver</td>
<td>2nd Tuesday 1-2:30 PM</td>
<td>Janice Downing</td>
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<tr>
<td>777 N. Crusey Street, Ste. B101</td>
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<td>3rd Tuesday First Friday 10:00-11:30 AM</td>
<td>746-3413</td>
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<tr>
<td>Palmer Senior Center</td>
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<td>Kim Jung</td>
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<td>1132 S. Chugach Street</td>
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<td>Seward Senior Center</td>
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<td>4th Thursday 1-2 PM</td>
<td>224-5604</td>
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<td>Sitka</td>
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<td>Brave Heart Volunteers</td>
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<td>Call for more info.</td>
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<td>Judy Warren</td>
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Mini Grants (up to $2,500) are available for individuals with Alzheimer’s disease or related dementia (ADRD) to purchase items or services that are not covered by other funding sources.

Email applications or questions to: ksilver@alzalaska.org.

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