James Brewer Assumes New Role as Shiley-Marcos ADRC Interim Director

How did you become interested in Neurology and Dementia?
I always had a fascination with the brain, even as a child. Where I grew up, the options were a bit limited, but I sought to get my hands on anything I could about this fascinating structure. My parents bought me Carl Sagan’s book, Cosmos, and I used to carry it around, digging into it as much for its mind-blowing discussion about the brain as for its better-known discussion of astronomy. Fast-forward to college, where I studied psychology and biology and loved the opportunities it brought. During my sophomore year, I was awarded a scholarship that allowed me to spend a semester at any of the Department of Energy laboratories, so I chose to travel to Berkeley, California to work with Bill Jagust at Lawrence Berkeley Laboratory.

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UC San Diego Alzheimer’s Disease Cooperative Study Welcomes New Leadership
January 14, 2016 | Scott LaFee and Jackie Carr | Reprinted with permission from UC San Diego Health

The Alzheimer’s Disease Cooperative Study (ADCS) was initiated in 1991 by the late Leon Thal, MD, former director of our Shiley-Marcos ADRC, as a cooperative agreement between the National Institute on Aging (NIA) and the University of California San Diego. The ADCS is a major initiative for Alzheimer’s-related clinical studies in the Federal government, addressing treatments for both cognitive and behavioral symptoms. We are very excited to report that Howard Feldman, MD, FRCPC, (Fellow of the Royal College of Physicians, Canada), an internationally renowned Canadian neurologist noted for his dementia research and his expertise in large-scale clinical trials, has been named the new director of the ADCS. He will also serve as dean for Alzheimer’s and Related Neurodegenerative Research at UC San Diego School of Medicine.

“Dr. Feldman is an extraordinarily accomplished physician and scientist, a thought leader in Alzheimer’s disease clinical research,” said Pradeep K. Khosla, chancellor of UC San Diego. “His research – and the many trials he has led – has been vastly influential in the field. His leadership will take ADCS to new levels, and further elevate UC San Diego’s standing as a pioneering institution in Alzheimer’s research and treatment.”

[CONTINUED ON PAGE 4]
James Brewer Assumes New Role as Shiley-Marcos ADRC Interim Director

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Dr. Jagust was examining Alzheimer’s disease patients using the very earliest techniques of quantitative Magnetic Resonance Imaging (MRI) and Positron Emission Tomography (PET scan). In addition to getting to analyze the images, one of my jobs was talking the patients through the procedures to keep them comfortable and still in the scanner. This proved to be a very formative experience for me, as it was my first opportunity to witness the devastation of this disease. I was shaped by the stories of the patients and decided at that point to go into neurology practice and research and to focus on Alzheimer’s. As it happens, Dr. Jagust remains a very active researcher in this field and sits on the External Advisory Board of the Shiley-Marcos Alzheimer’s Disease Research Center.

You received both an MD and a PhD. What was the focus of your PhD?
With the prior work in Dr. Jagust’s lab, I understood that patients with Alzheimer’s disease suffer from memory problems because the disease ravages the brain’s primary memory structure, the hippocampus. This motivated me to focus on the hippocampus as an important anatomical structure for this disease and something worth knowing more about. My PhD used functional MRI to examine the activity of the hippocampus while healthy subjects formed and retrieved new memories. Through that work, we were first to show that viewing pictures elicits varying levels of activity in the region of the hippocampus that is relevant to memory formation. The level of this activity actually predicts whether you will remember or forget what you are seeing.

Tell us about your specialized work in imaging
My passion right now is in developing imaging approaches that will be useful in the development of new therapies for Alzheimer’s. I also want my work to be directly applicable to patients being seen in the clinic. This has led me to team up with brilliant colleagues to streamline the quantitative assessment (using numbers as measures) of brain structure, as brain structure and anatomy can now be imaged beautifully and accurately using MRI. In fact, one can 3D print a brain volume acquired through MRI and it looks just like a real brain that you can hold and examine. These new quantitative approaches in imaging hold tremendous promise as we seek to better characterize and diagnose patients, and for assessing the effects therapies may have on neurodegeneration.

What excites you most about the research you conduct?
Of course, the new availability of non-invasive imaging tools is tremendously exciting to me because it allows us to get a readout of what is happening in the living human brain as we try to intervene in the disease. Right now, I am particularly excited about serving a leadership role in the Shiley-Marcos ADRC because it fosters wide-ranging collaborations that were previously not readily available to me. I truly enjoy looking for opportunities to help researchers collaborate, even if I am not personally involved in the research. Building and facilitating these relationships is a key role of the Shiley-Marcos ADRC director. My interests in the disease extend far beyond brain imaging. Building collaborations that link fluid biomarkers, genetics, and innovative cognitive tests along with imaging and testing of therapeutics is also exciting and energizing to me.

What strengths in the Shiley-Marcos ADRC would you like to build on?
Wow, there are so many strengths here that it is like being a kid in the candy store. We have world-class researchers here and on the Torrey Pines mesa who will synergize extremely well as we ramp up and lead the search for a cure. We are well suited to build innovative and efficient ‘proof-of-concept’ (early-stage phase 1) trials of promising therapies. The recruitment of Howard Feldman, a visionary leader in this realm, is going to put us squarely in the center of the map with regard to research in new Alzheimer’s therapies. Our existing strengths in fluid (blood and spinal) and imaging (MRI and PET) biomarkers fit well with this mission. The ability to test drugs on human nerve cells grown from patients (through stem cells), but accessible for study in a petri dish, is going to be a
remarkably exciting component of our efforts. It is also absolutely critical that we work to address the disparities in Alzheimer’s research by expanding our unique Hispanic outreach. Alzheimer’s appears to express itself differently in this population and this area is not well-researched. Of course, a major strength of our organization is the remarkable support of our donor network, in particular, Darlene Shiley, who has a true passion for impacting the care of patients and families suffering from this disease. We are about to embark on a new collaboration between the Shiley Eye center and the Shiley-Marcos ADRC to revolutionize the noninvasive examination of the eye for hallmarks of Alzheimer’s that we know are present in the visible neural tissue of the eye. These coming years are going to be a truly exciting time!

**Are there any new directions you would like to explore?**

Absolutely. We have a number of UCSD-affiliated clinics in the community that are collecting valuable data every day. I hope we can better collect this clinical, cognitive, genetic, and quantitative imaging data so it can be pooled for better scientific inquiry and ‘road-testing’ of Shiley-Marcos ADRC discoveries/interventions. I am also a fan of academic-industry collaboration, since industry (biotech companies) brings critical complementary strengths when seeking to speed the delivery of discoveries to patients. We in San Diego are fortunate to have a wealth of nearby biotech partners who are true innovators in genetics, diagnostics, and mobile technologies with clear application to this disease. I hope we will find ways to build collaborations with the tremendous breadth of scientific talent in our region.

**What do you do for fun?**

My wife and I love to be outdoors as much as possible, which is part of what has brought us to this beautiful part of the country. Our three daughters are aged 8, 11, and 14, so we are right in the brief window where we can still, mostly, get them to spend time with us. Right now, we have a lot of fun hanging with them, watching them grow, and traveling with them to other countries or places without cell phone reception.

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**Alzheimer’s Disease Progress Report Available Online**

A new online report provides an easy-to-read overview of recent National Institutes of Health-funded research advances and initiatives in Alzheimer’s disease (AD) and related dementias. Issued by the National Institute on Aging (NIA) the annual report—2014-2015 Alzheimer’s Disease Progress Report: Advancing Research Toward a Cure—discusses research momentum, describes research opportunities, and summarizes scientific advances in several areas including:

- Understanding the biology of AD and related disorders
- Identifying genetic influences on risk for late-onset AD, the most common form
- Detecting the earliest Alzheimer’s-related brain changes, including further development of biomarkers to track the onset and progression of AD
- Understanding gender and racial differences in the impact of AD
- Stepping up research to enable the design and testing of new drugs
- Testing in clinical trials potential new therapies to prevent, delay, or treat AD
- Finding new ways to support caregivers

The report also includes searchable tables of NIA-funded clinical trials that are testing promising interventions for AD, mild cognitive impairment, age-related cognitive decline, delirium and dementia-related psychiatric conditions and symptoms, including agitation, apathy, and depression.

Dr. Feldman has long been active in translating basic research into treatments that benefit patients. In a 2007 profile, the journal Lancet Neurology called Howard Feldman the “master of dementia.” In 2014, the media and information conglomerate Thomas Reuters named him among the “World’s Most Influential Scientific Minds” (2002-2012) and one of the “Most Highly Cited Researchers in Neuroscience and Behavior” (2002-2012).

In 1991, the same year the ADCS was founded, he established the Alzheimer Clinical Trials Program at the University of British Columbia (UBC). He has also served as director of UBC Hospital’s Clinic for Alzheimer’s Disease & Related Disorders. He led a national cohort study of disorders of Mild Cognitive Impairment (ACCORD study, 1997-2005) and contributed to the Canadian Study of Health and Aging, a highly influential project that followed 10,000 elderly Canadians over a ten-year period from 1991 to 2001, chronicling their changing health status. He has been a lead principal investigator on a number of clinical trials exploring the use of cholinesterase inhibitors for Alzheimer's disease and Mild Cognitive Impairment, a condition that often precedes Alzheimer's. In addition, Dr. Feldman and colleagues have identified two causal genes of frontotemporal dementia (FTD) and amyotrophic lateral sclerosis (ALS), disorders which severely affect language behavior and motor function. These discoveries have provided important, new areas of interest in the development of treatment targets and biomarkers.

In a 2014 paper published in the Annals of the New York Academy of Sciences, Dr. Feldman and colleagues called for “a new research roadmap, one that pulls together government, regulators, industry, academia and the community in an unprecedented collaboration focusing on four key priorities: the fundamental mechanisms of disease; new translational research to speed basic research to clinical testing; innovative partnerships; and preventing Alzheimer’s.”

“We also have to emphasize the mantra of prevention,” Feldman said. “It has been projected that if in the coming three decades we can delay the onset of dementia by one year, we will be able to reduce the prevalence by 10 percent. Furthermore, if we delay it by five years, we can reduce the prevalence by 50 percent. Any scientific or medical advances that slow or prevent disease progression can exponentially benefit every aspect of society.”

Dr. Feldman’s arrival coincides with the launch of a University of California (UC) program to accelerate the most promising Alzheimer’s disease research into clinical trials. Sponsored by the UC Office of the President with a foundational grant of $4 million, the UC Cures for Alzheimer’s Disease Initiative invites hundreds of laboratories throughout the 10-campus system to find new answers to Alzheimer’s and related disorders. The clinical trials will be coordinated at UC San Diego at the ADCS. “Alzheimer’s disease is a growing and unprecedented public health threat,” said UC president Janet Napolitano. “Many of the world’s best scientists and physicians dedicated to understanding and ultimately conquering Alzheimer’s work at UC. This initiative and the important work done – and still to be done – at ADCS under the leadership of Dr. Feldman is intended to more speedily translate some of their best ideas into new treatments and hopefully, an eventual cure.”

“Dr. Feldman is an extraordinarily accomplished physician and scientist, a thought leader in Alzheimer’s disease clinical research….His leadership will take ADCS to new levels, and further elevate UC San Diego’s standing as a pioneering institution in Alzheimer’s research and treatment.”

“I think dementia research has entered a new stage,” said Feldman. “Over the past two decades, we’ve learned an enormous amount about the biology of disease, and have advanced our ability for the first time to visualize the pathology of the dementias in the living brain. This heralds a new era in being able to mark the impact of treatment as we seek the elusive goal of slowing or preventing these dementias. Though progress has been slow, and the urgency and scale of AD great within our aging society, I am optimistic that with a focused global effort we will succeed at improving the quality of life of those at risk or with dementia.”
Prestigious Honors for our Shiley-Marcos ADRC Researchers

Two of our exemplary scientists, Douglas Galasko, MD and Eliezer Masliah, MD, are included in the 2015 listing of “The World's Most Influential Scientific Minds.” The listing represents a review of approximately 9 million researchers producing over 2 million published studies around the world each year. Those included on the “most influential” list are recognized as most often cited by fellow scientists in their own work and publications. Inclusion on this list speaks to the far-reaching impact Drs Galasko and Masliah have on researchers and scientists around the globe who are making efforts to advance the understanding, diagnosis, treatment, and cure of Alzheimer’s (AD) and related disorders.

Douglas Galasko, MD, is Professor in Residence, Department of Neurosciences, and directs the Shiley-Marcos ADRC’s clinical operations (patient assessments and clinical trials). Dr. Galasko conducts translational research to address questions related to early detection, progression, and mechanisms and markers of AD and other neurodegenerative disorders, including Dementia with Levy Bodies, Frontotemporal dementia, and Primary Progressive Aphasia. He has authored over 250 journal articles and over 30 book chapters, and serves as Co-Editor of the journal Alzheimer’s Research and Therapy. He has served on scientific committees to develop diagnostic criteria for Dementia with Levy Bodies and is internationally recognized for his work in biomarkers for dementia (specifically cerebrospinal fluid) and genetic risk factors for AD and related disorders.

Eliezer Masliah, MD, is professor in the Department of Neurosciences and Pathology. His work investigates the role of synaptic proteins in the development and progression of AD and related disorders. Synapses are the connections between nerve cells in the brain that help to transmit electrical impulses or communications between cells. In collaboration with others at the Shiley-Marcos ADRC, Dr. Masliah identified the synapse as the point where the cascade leading to AD and related diseases starts. He developed experimental models of AD, Parkinson’s disease (PD) and Dementia with Levy bodies in mice that have helped to better understand how the synapse is damaged and how to use these mouse models to develop new treatments. In recent years, Dr. Masliah’s research has focused around α-synuclein- a synaptic protein involved in AD and PD, and he has developed immunotherapy and small molecule drugs that have completed Phase I Clinical Trials. Dr. Masliah has published over 800 scientific papers and over 60 book chapters. He consults with the National Institute on Aging in their scientific endeavors.

Roberto Malinow, MD, PhD is a Distinguished Professor of Neurosciences and Neurobiology and holds the Shiley Endowed Chair in Alzheimer’s Disease Research in Honor of Dr. Leon Thal, former Director of our Shiley-Marcos ADRC. In fall, 2015, Dr. Malinow received the prestigious honor of being elected to the National Academy of Medicine (NAM). This Academy was chartered by Congress in 1970 to provide authoritative, independent, scientifically balanced advice on health and medical issues of national importance. Election to NAM is considered among the highest honors in the fields of health and medicine. Dr. Malinow’s research seeks to understand how the brain forms and stores memories. Last year, Dr. Malinow and colleagues reported being able to form, erase, and reactivate memories in rats – a feat with potential implications for eventually being able to counteract some of the effects of Alzheimer’s disease.

We congratulate Drs. Galasko, Masliah, and Malinow on their ongoing contributions not only to the acclaimed work at UC San Diego, but also for their international influence as scientific leaders in the collective efforts to investigate, diagnosis, treat, and ultimately cure Alzheimer’s and related disorders. What a privilege to have these leaders on our team!
Clinical Trials for Persons with Normal Cognition

A4: Anti-Amyloid in Asymptomatic AD

**Principal Investigator:** Douglas Galasko, MD  |  **Time Involved:** 3 years  
**Contact:** Christina Gigliotti, PhD (858) 822-4800 or cgigliotti@ucsd.edu

This randomized, double-blind, placebo-controlled trial will assess solanezumab (a passive, monoclonal antibody that helps the body rid the brain of beta amyloid) on persons with no symptoms of AD. Solanezumab is administered via monthly infusions.

*Participants who do NOT qualify for randomization on the basis of the amyloid scan will be invited to participate in the “observational” group cohort described as the LEARN study.*

**Requirements:**
- Age 65-85, with a study partner  
- Normal cognition  
- MRI and PET scans required  
- Lumbar puncture optional

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**CIRM: California Institute of Regenerative Medicine**

**Principal Investigator:** Douglas Galasko, MD  |  **Time Involved:** 1 visit  
**Contact:** Christina Gigliotti, PhD (858) 822-4800 or cgigliotti@ucsd.edu

This study will obtain a blood sample, and in some cases a skin sample, from older adults with normal cognition to make pluripotent stem cells that can be reprogrammed into nerve or other cells to study Alzheimer’s disease mechanisms.

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**Cognitive Aging Longitudinal Study (also available in Spanish)**

**Principal Investigator:** Douglas Galasko, MD  
**Time Involved:** Minimum 5 years  
**Contact:** Christina Gigliotti, PhD (858) 822-4800 or cgigliotti@ucsd.edu

The purpose of this study is to learn how the brain changes as we age. This is an observational study with no medication, with behavioral, medical, and cognitive data collection and testing, as well as a neurological exam. This is done annually from the time of enrollment to death. Information about strategies for healthy brain aging is provided as is feedback about one’s annual performance on cognitive testing.

**Requirements:**
- Age 65 and older  
- Normal cognition  
- Study partner  
- LP and MRI required  
- Brain autopsy required

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**Stem Cells Derived from Skin Fibroblasts**

**Principal Investigator:** Douglas Galasko, MD  
**Time Involved:** One time only  
**Contact:** Christina Gigliotti, PhD (858) 822-4800 or cgigliotti@ucsd.edu

The purpose of this study is to study mechanisms of brain aging by deriving neurons from skin biopsies. A small piece of skin is removed from the forearm, the cells are gown in a dish, and induced to become neurons.
Clinical Trials for Mild Cognitive Impairment

**Clinical Trial for Mild Cognitive Impairment**

**MERCK 19: EPOCH - PRODROMAL AD TO AMCI**

**PRINCIPAL INVESTIGATOR:** Shauna Yuan, MD  
**TIME INVOLVED:** 104 weeks of treatment; 12 visits over 24 months  
**CONTACT:** Christina Gigliotti, PhD (858) 822-4800 (cgigliotti@ucsd.edu)

BACE inhibitor designed to stop the action of an enzyme required to make beta amyloid. 2/3 get study drug; 1/3 at low dose; 1/3 at high dose. Drug administered as one tablet once a day.

**REQUIREMENTS:**
- Age 50-85
- Stable on memory medication for 3 months or no memory medications
- 5 MRIs, 6 ocular exams, 1 PET scan
- Study partner
- MMSE > 24

**Clinical Trials for Alzheimer’s Disease**

**CIRM: CALIFORNIA INSTITUTE OF REGENERATIVE MEDICINE**

**PRINCIPAL INVESTIGATOR:** Douglas Galasko, MD  
**TIME INVOLVED:** 1 visit  
**CONTACT:** Christina Gigliotti, PhD (858) 822-4800 or cgigliotti@ucsd.edu

This study will obtain a blood sample from persons with Alzheimer’s disease to make pluripotent stem cells that can be reprogrammed into nerve or other cells to study Alzheimer’s disease mechanisms.

**REQUIREMENTS:**
- Able to come in for one time appointment to have blood drawn

**STEM CELLS DERIVED FROM SKIN FIBROBLASTS**

**PRINCIPAL INVESTIGATOR:** Douglas Galasko, MD  
**TIME INVOLVED:** One time only  
**CONTACT:** Christina Gigliotti, PhD (858) 822-4800 or cgigliotti@ucsd.edu

The purpose of this study is to study mechanisms of brain aging by deriving neurons from skin biopsies. A small piece of skin is removed from the forearm, the cells are grown in a dish, and induced to become neurons.

**REQUIREMENTS:**
- Study Partner
- One time appointment for skin biospy

**Calling All Persons with Alzheimer’s Disease to Participate in Exciting Stem Cell Research!**

The California Institute for Regenerative Medicine (CIRM) Induced Pluripotent Stem Cell Initiative is one of the California stem cell agency’s major efforts to provide valuable resources to the research community. The goal is to create a bank of high quality stem cell lines developed from thousands of individuals for use in research. Induced pluripotent stem cells are generated from cells easily obtained from living humans, either through blood or a small piece of skin. These cells have unlimited expansion potential in the petri dish, so huge numbers of cells can be generated for research studies or drug development. Stem cells can be coaxed into the types of cells affected in various diseases, such as Alzheimer’s and related brain disorders. This provides an unprecedented opportunity to study the cell types from patients that are affected in disease but cannot otherwise be easily obtained in large quantities from them.

How does it work? Blood or skin samples collected from approximately 3,000 individuals will be turned into stem cell lines. **At the Shiley-Marcos ADRC, we are in need of 235 persons with Alzheimer’s disease to participate in a simple blood draw to contribute to this very promising and state-of-the-art research!** These cell lines will be made available to researchers throughout California and around the world.

For more information, contact Christina Gigliotti, PhD at cgigliotti@ucsd.edu or Tracey Truscott, LCSW at ttruscott@ucsd.edu or call 858-822-4800 to schedule a brief, one-time appointment to donate a blood sample for this project.
You may not have seen Cecily Jenkins, PhD around the ADRC in a while, but you should know that her dedication to research aimed at interrupting the natural course of Alzheimer’s and other neurodegenerative diseases is still very much in sight. In her 22 years as a clinical neuropsychologist at UCSD, Cecily is best known for her leadership in developing the Memory in Aging Project (MAP) and community memory screening initiatives to strengthen partnerships between academic research and residents in our local communities. She describes her direct work with patients and families involved in the ADRC research and support programs as most personally meaningful of all activities, something that will be greatly missed in the next professional chapter. Cecily’s expertise in guiding neuropsychological aspects of clinical trials research takes her now to the Alzheimer’s Therapeutic Research Institute (ATRI) where, as Associate Professor of Clinical Neurology in the USC Keck School of Medicine and Director of Neuropsychology at the San Diego-based ATRI, she is leading the clinical research team in matters pertaining to assessment of cognition, training of study personnel, and quality assurance of cognitive data for studies of pre-clinical and symptomatic Alzheimer’s disease. All of us at the Shiley-Marcos ADRC miss Cecily, but are excited for her in this important new chapter of her career.

For Frances Martinez-Goodrich, MSW, the idea of working in research all started after her beloved mother died in 1994. In 1989, with her “Mamasita” (term of endearment) taking ill, Frances took a 6-week trip back home to provide respite. It was this visit that changed the course of her professional career. In 1995 she started working for UC San Diego and was on a mission to learn more about Alzheimer’s disease. When she did, she created and implemented an educational event known as the Shiley-Marcos Alzheimer’s Disease Research Center Hispanic Caregiver Conference. It was actually the first in San Diego addressing Alzheimer’s disease, in Spanish, to our Hispanic community. This full day educational annual event successfully took place from 1999-2008 and is one of her greatest accomplishments. While marketing, recruiting and providing education were all part of her duties, as a social worker, counseling participants and families was among her favorite. To augment this service, the Younger Caregiver Support Group was implemented in 1999. Today, retired or not, she continues to volunteer as a facilitator of this group. Frances is very grateful to UC San Diego for having provided the platform for her accomplishments in community development, health, and education.

Lillian O. Pacheco was born in Juarez, Mexico and raised in Mesilla, New Mexico. Lillian attended New Mexico State University and majored in nursing, then decided to join the US Navy, where she became a Boatswainsmate and was stationed in San Diego on the USS Boxer LHD-4. She then transferred to Honolulu where she started her family. Although Lillian loved Oahu, her heart was in San Diego and she came back to make it her home. Since, she has completed her B.S. in Health Administration and began working at UCSD in 2001 as a lead technician in the Department of Anatomic Pathology, a clinical research manager in the Department of Radiology, and is now in the Department of Neuroscience at our Shiley-Marcos ADRC. Throughout her career she has been awarded with Coordinator of the Year, and has been a co-author in manuscripts, abstracts, and exhibits. Her experience in clinical trials and as a laboratory manager has contributed to the growth of clinical research at UCSD and the many industry and NIH-funded grants. Her passion is helping others by contributing to scientific breakthroughs, her motivation is her husband and her two beautiful children, and her mission is to help in collaboration with her mentors, to find preventive measures and early detection of Alzheimer’s disease.
Mirranda Boshart recently relocated to San Diego from Lebanon, New Hampshire, where she was conducting Multiple Sclerosis research at Dartmouth using novel brain imaging techniques, neurological evaluation, and genetic information. Mirranda attended University at Buffalo, where she received her B.S. in Psychology in 2005, while minoring in Biology. She began her research career at Women and Children’s Hospital of Buffalo and moved to Ann Arbor, MI in 2006 where she assisted with developing and implementing a new clinical program to enhance the quality of care for new patients seen in Pediatric Endocrinology at the University of Michigan Health System. Under the direction of David Sandberg, PhD, Mirranda coordinated a 13-site, NIH-funded research program, focused on understanding and improving the Health-Related Quality of Life for parents and children with disorders of sex development. She also assisted with the organization of a major symposium and contributed to multiple manuscripts and conference presentations. Mirranda moved back to the East Coast in 2010 and worked at Fletcher Allen in Burlington, VT coordinating industry-sponsored oncology trials, until relocating to Dartmouth. In addition to her research focus, Mirranda has also enjoyed working as a residential counselor for clients with combined substance abuse and mental health disorders, who were pregnant or had small children. She has also worked as an advocate/counselor for victims of domestic violence and sexual assault, and continues to volunteer for various social programs.

My Life Through the Lens Photography Workshop

Come join us in JUNE 2016 for an exciting and hands-on picturing-taking and album-making workshop.

Week 1 - PORTRAIT (June 3rd)
On our first day, we will explore camera basics, talk about our project, and explore taking photos by making portraits.

Week 2 - OBJECTS (June 10th)
In this session, we will photograph objects from our past, share why they are important to us, and learn some useful tips to take a great shot!

Week 3 - RELATIONSHIPS (June 17th)
In our third session, we'll reflect on friendships and relationships within the group, share our thoughts, and pose for a group picture.

Week 4 - MUSEUM VISIT (June 24th)
For our last class, we'll explore the exhibitions at MOPA and see behind the scenes. We will also share and discuss our finished photo albums.

This four-session photo taking, album making workshop developed by the Museum of Photographic Arts (MOPA) is offered a few times a year to participants with Alzheimer’s or a related disorder and an accompanying family member or friend. All cameras, printing supplies, and finished albums are graciously provided by MOPA. This program is also offered in Spanish.

To register for this free workshop, or to inquire for more details, please contact Martha Muniz at 858-822-4800 or mcmuniz@ucsd.edu.
Located a mere thirty miles from the Mexican border, the UC San Diego Shiley-Marcos Alzheimer’s Disease Research Center (ADRC) has a unique opportunity to represent a rapidly growing minority population in the United States. According to state demographers, it is estimated that by 2060, Hispanics will account for 49% of the state’s population. It is in our best interest as a community to extend better medical services and opportunities to this underserved population. As part of our educational outreach, the ADRC’s mission is to educate and train professionals to better diagnose Alzheimer’s disease (AD) and other related disorders. In April, 2016 Dr. Jim Brewer, Interim Director of the ADRC, provided training to San Ysidro Health Center professionals taking part in the new Geriatric Scholar program in the Division of Geriatrics at UC San Diego. During this training, nurses, physicians, and other geriatric health care providers had a unique opportunity to learn about clinical assessments and methods used in research for AD.

Over the years, emerging research findings have given us a picture of what living with AD looks like at a biological, neurological, and behavioral level. We have made great strides through AD research and we continue to be hopeful about finding a cure. Thus far, we have identified that African-Americans and Hispanics face a higher risk of AD and other dementias, at a ratio of 2:1 and 1.5:1, respectively. It is of the utmost importance that we begin to question how and why AD affects these and other minority groups. In order for that to be accomplished, we must strive to include and encourage minority groups to participate in research.

The ADRC is fortunate to have a multidisciplinary bilingual and bicultural team representing neuroradiology, neuropsychology, psychometry, nursing, and other disciplines. As such, we are proud of being able to carry out research that can be offered to English and Spanish monolingual or bilingual speakers. One of our Spanish-speaking participants mentioned that the reason he participates in our longitudinal study is because he wants to contribute to the advancement of science. Although no one in his immediate family has had a diagnosis of AD, he recognizes the importance of participating because it may benefit somebody else in the future. Anyone who participates at our center has their own motivation and their own story. We truly value the time and stories they kindly share with us as we continue to strive towards innovative methods in prevention, diagnosis, and treatment for AD and related disorders.

Staff members also collaborate with several physicians in the community who provide care to monolingual and bilingual-speaking Hispanics patients by providing education and information. Physicians often seek our team’s expertise to assess cognitive function in their patients. Because symptoms of dementia differ from patient-to-patient, cognitive assessments can help rule out certain types of dementias, such as vascular dementia, Lewy-Body dementia, and AD. Our team is delighted to provide this service and to contribute to medical research and clinical practice where it can provide help to families who are looking for an answer. Furthermore, our staff offers access to quality of life programs, such as “My Life Through the Lens”, a photography-focused program for English and Spanish speakers, offered by the Museum of Photographic Arts in collaboration with the ADRC (see page 9). We believe that keeping our loved ones involved in meaningful or novel activities enhances their quality of life.

This year we’ve welcomed new staff members who appreciate the interactions they have with families who walk through our door. We hope that our efforts to engage with families continue to open up the conversation about AD. Scientifically, there are still many unknowns about Alzheimer’s disease, but with your help, we can continue learning. We need you to be a part of helping us find the cure!
San Diego Musical Theatre (SDMT) is a local, nonprofit, professional theatre dedicated to passionately producing and providing musical theatre that ignites the human spirit. Founded by Erin and Gary Lewis in 2006, the organization now performs a full season of Broadway-style musicals at the historic Spreckels Theatre in downtown San Diego. The leadership of SDMT believes that theatre has the power to do more than entertain. In 2015, they launched the YOU GIVE, WE GIVE campaign to raise support and awareness for other nonprofit organizations serving the needs of San Diegans. This season, the SDMT selected the Shiley-Marcos ADRC to benefit from this relationship.

San Diego Musical Theatre has set aside “special performance” dates and times for each show for their nonprofit partner communities, including our Shiley-Marcos ADRC. Individuals from the Shiley-Marcos ADRC community, including research participants and study partners, as well as our Quality of Life program participants (support groups and museum program participants) can receive free tickets to these upcoming special performance productions. With this season, SDMT also wanted to create deeper relationships with the organizations they are serving. Not only will they provide free tickets to our research center families, but they will also raise money for our Shiley-Marcos ADRC with their upcoming production of 42nd STREET. Ten percent of all funds raised for their “YOU GIVE WE GIVE” campaign at the theatre during performances of 42nd STREET will be donated to the Shiley-Marcos ADRC.

The staff and leadership of the SDMT hope that their productions delight all of their patrons, but they feel that at its core, theatre is about connection and collaboration. It allows a group of people - including actors, musicians, technicians, and audience members - to share something that is unique to each performance and never done in exactly the same way. Musicals help an audience transcend the everyday and take their guard down – they can escape reality for that time and get absorbed into the story, music, and dance offered through a performance. And who doesn’t love a great tap number?

Thus far, the responses from Shiley-Marcos ADRC families who have attended a performance have been very positive. The first production was the musical, “Ragtime.” One caregiver stopped on the way out of the theatre and thanked the San Diego Musical Theater staff for the opportunity to relax for a spell. The Shiley-Marcos ADRC would like to evaluate the experience of these performances and is asking that theatre performance attendees complete a brief, one-page questionnaire at the end of the show.

MARK YOUR CALENDARS for these special free performances for the Shiley-Marcos ADRC

42nd STREET
May 26, 2016 at 7:30pm

THE PRODUCERS
September 22, 2016 at 7:30pm

We would like to give special thanks to San Diego Musical Theatre’s Executive Director, Colleen Kollar Smith, for reaching out to us in this exciting opportunity to partner on this wonderful program. We are very grateful for the generosity extended to us in the form of free tickets, fundraising, and most importantly, the possibility of providing the opportunity for an enjoyable experience for our Shiley-Marcos ADRC families.

Please contact Tracey Truscott, MSW at 858-822-4800 or truscott@ucsd.edu to register for free tickets to either of these shows.

Visit the San Diego Musical Theatre’s website for more information about their productions and programs at: www.sdmt.org.
Shiley-Marcos Alzheimer's Disease Research Center

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2016 SERIES

Memories at the Museums

SAN DIEGO MUSEUM OF ART
January 8, May 13, September 9

MINGEI INTERNATIONAL MUSEUM
February 12, June 10, October 14

TIMKEN MUSEUM OF ART
March 11, July 8, November 11

MUSEUM OF PHOTOGRAPHIC ARTS
April 8, August 12, December 9

Join us on the second Friday of each month from 2:00 - 3:00 at one of these exceptional San Diego museums for a unique docent-led discussion and tour. Museum docents engage people with mild-to-moderate Alzheimer’s or a related disorder and an accompanying family member or friend in discussions about the artwork to stimulate visual and verbal abilities and to spark memory. Memories at the Museums alternates between the four co-sponsoring museums that are all located in central Balboa Park. Museum admission and tours are free of charge to participants.

Each monthly tour is limited to 8 pairs (16 participants total). Pre-registration is requested. Please contact Tracey Truscott, LCSW, at the Shiley-Marcos Alzheimer’s Disease Research Center at 858-822-4800 or ttruscott@ucsd.edu to register for a tour.