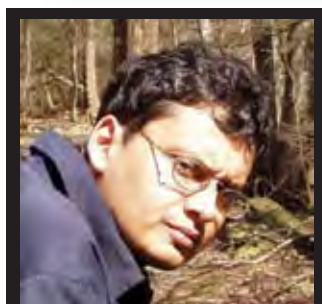




# Currents



IMAGING

ONE

NEURON

AT A TIME

## STAFF PROFILE: SUBHOJIT ROY, MD, PHD

### Investigating Traffic Patterns of Neurons

#### *What is your background?*

I went into medicine with all intentions of becoming a “regular doctor”, but along the way got more interested in the science behind the dull statements in my medical textbooks. My medical school in India had no real research infrastructure, and it seems funny now, but for a long time I was under the notion that a lot of the mechanisms in the books were guesses! So, after medical school, I came to the U.S. and did a PhD in cellular neuroscience at Temple University and a residency/fellowship in pathology/neuropathology at the University of Pennsylvania, both in Philadelphia.

#### *How did you become interested in pathology?*

I wanted to work on the science behind medicine, without actually having to practice it! I found Pathology to be the perfect refuge for a physician-scientist. By its very nature, it is the study of disease at a cellular level, thus encouraging fundamental mechanistic questions on disease processes. Besides, its practice requires minimal bedside manners and is well-suited for the introverted researcher! *(Continued on Page 2)*



## Memories *at the* Museum—Exploring

### *Art & Alzheimer's*

By Lisa Snyder, LCSW



Fall 2006 marked the beginning of a rich collaboration between the University of California, San Diego's Shiley-Marcos Alzheimer's Disease Research Center (ADRC) and the San Diego Museum of Art (SDMA). Inspired by an innovative program at the Museum of Modern Art in New York, Lisa Snyder, LCSW, clinical social worker at the Shiley-Marcos ADRC, trained an enthusiastic group of SDMA Docents to conduct tours for men and women with Alzheimer's. During their training, Docents were given an overview of the symptoms and progression of Alzheimer's. They then reviewed specific ways of *(Continued on Page 3)*

Lewy Body Disorders	Hispanic Caregiver Conference	Clinical Trials	New Staff	Memory Walk '08	Helpful Resources	Early-Stage Support
PAGE 4	PAGE 5	PAGE 6-7	PAGE 8	PAGE 9	PAGE 10	PAGE 11



IMAGING

ONE

NEURON

AT A TIME

## STAFF PROFILE: SUBHOJIT ROY, MD, PHD

### Investigating Traffic Patterns of Neurons

(Continued From Page 1)

#### Do you have specific areas of interest?

I am interested in how things move around in neurons. Neurons have a very unique architecture, with a long process attached to a tiny cell body. Things that are made in the cell body are transported into and along processes, covering enormous distances, much like trucks on a long highway; and disruptions of this transport are seen in neurodegenerative diseases. My lab studies normal mechanisms of axonal transport and its disruptions in diseased states.

#### Who has inspired you personally or professionally?

I did my PhD with Mark Black at Temple University, who showed me how much fun science could be, and instilled the seeds of scientific inquiry in me.

#### Tell us about a typical day in your research lab.

As my lab is still young, I spend at least 50% of my time in designing/doing experiments myself, with the help of my excellent technician Dave. Our work is quite labor-intensive, usually imaging one neuron at a time, and this takes up a lot of my time. I spend the rest of the time discussing projects with others in the lab, writing, reading, and thinking. I will also be working at the VA as a neuropathologist in the near future.

#### What directions do you find most encouraging or exciting in the field of Alzheimer's disease (AD) research?

I recently read an article regretting the fact that despite "an embarrassment of riches" in our understanding of the biology of AD, we have no cure yet. I feel the problem is that though we have a pretty good idea of who the big players in the disease process are, we are not sure exactly what each one does, or how they relate to each other and cause neuronal dysfunction. It is like having most pieces of a puzzle, but not knowing how they fit together, or even what the final picture looks like! Most treatments today are targeting one or more of these big players, but they often fail as we do not completely understand the underlying mechanisms. I feel that our immediate job now is to assimilate all that is known reasonably well, and ask how the puzzle pieces fit together.

#### What are your research goals for the next five years?

We hope to connect some of the dots in understanding the underlying mechanisms of AD and Parkinson's disease (PD). History has taught us that an understanding of normal biology is necessary to comprehend pathology, but this message is often lost in the present climate of shrinking funds and political pressures on Science. Our lab is working in two general areas- basic biology of neuronal trafficking and its disruption in neurodegenerative diseases. Over the next five years, we hope to uncover some interesting fundamental aspects of transport and discover some of the biological basis for neuronal trafficking defects seen in AD and PD.

#### What do you do for leisure and fun?

Most of my free time is spent with my two (very enthusiastic) boys- aged 6 and 2. My brain has perfect pitch (or something close to it anyway) that allows me to mimic any music that I hear, thus I can amuse myself playing instruments. I like reading the same books over and over again, much to my wife's chagrin. I am very interested in the history of Science, and feel a vague (and totally unscientific) connection with every scientist- past and present! I also like to explore the diverse natural splendor that our region has to offer.

*History has taught us that an understanding of normal biology is necessary to comprehend pathology.*



# Memories *at* the Museum—Exploring *Art & Alzheimer's*

*(Continued From Page 1)*

facilitating discussions with people with memory loss that would engage their visual, verbal, and mental abilities and provide a stimulating interactive experience. The program entitled Memories at the Museum offers one-hour tours for these men and women with Alzheimer's. Separate simultaneous tours are provided for an accompanying family member, friend, or caregiver.

Discussions are often lively. Joe LaBonte rarely misses a tour and states, "Wiley Ferguson and the other docents bring the paintings to life. The experience brightens the horizon and you feel better about things." Joe's wife, Donna, participates in the concurrent caregiver's tour. She notes the benefit of the separate groups as it affords each their own pace. She states, "It's a wonderful social outing and it's very educational."

*"The experience  
brightens the  
horizon and  
you feel better  
about things."*

Memories at the Museum has also proven to be a rich experience for SDMA docents. Ruth Broudy, SDMA Manager of Docent Programs, recently followed a docent-led tour of guests with Alzheimer's through the Everett Gee Jackson/ San Diego Modern, 1920-1955 exhibition and recalls how fulfilling it was to hear memories come alive for one of the participants who had known painter Everett Gee Jackson personally when he was a professor at San Diego State University. Broudy notes that the participant clearly articulated fascinating details about Jackson and states, "The program helps to bring out the uniqueness of each person with memory loss. Each of these individuals is someone very special and we tend to forget that when someone has Alzheimer's."

In another tour, a daughter observing her mother participating in the exhibition *Image Makers and Rule Breaker: French Art, 1860-1960*, began to cry. Vas Prabhu, SDMA Director for Education and Interpretation who was observing the program, handed her a tissue and expressed concern. She told Vas, "It's amazing to hear my mother talk about Post Impressionism and her experiences in seeing these works in New York City when she was a young woman. I'm her primary caregiver and I am so caught up in the day to day... it feels so good to know that she can access these happy memories!"

**NEXT TOUR  
Friday  
January 23  
2009**

***Memories at the Museum is free of charge to both participants with Alzheimer's and their accompanying family member or friend. If you would like to participate in the next tour scheduled for Friday, January 23, 2009 from 2:00-3:00 pm, please contact Lisa Snyder at the Shiley-Marcos Alzheimer's Disease Research Center (858) 622-5800 or via e-mail at [lsnyder@ucsd.edu](mailto:lsnyder@ucsd.edu) to register.***

# Towards an Understanding of

# Lewy Body disorders

By Joanne Hamilton, PhD and James Brewer, MD, PhD



For many individuals living with Parkinson's disease (PD), the possibility of developing problems with thinking is frightening. Unfortunately, estimates of the prevalence of dementia in patients with PD ranges from 20% to 40%, and may be as high as 80%. To date, little attention has been given to characterizing the cognitive changes that occur in PD. However, it is apparent that the dementia syndrome associated with PD is different from that associated with Alzheimer's disease (AD). Parkinson's

disease dementia (PDD) is characterized by slowed thinking, difficulty retrieving information from memory, and problems with attention, problem-solving, decision-making, organization, and visual-spatial skills. Memory loss is not usually as prevalent as it is in AD.

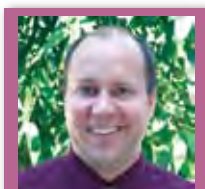
At the Shiley-Marcos Alzheimer's Disease Research Center, researchers are interested in better understanding the distinct characteristics of PDD so that it can be better diagnosed and treated.



*Studying visual-spatial disorders in DLB*

Joanne M. Hamilton, PhD, is studying the relationship between certain types of visual-spatial problems and thinking in patients with PD, AD, and Dementia with Lewy bodies (DLB). Visual-spatial problems include misjudging distances, not recognizing familiar people or objects, and seeing things that are not there. These visual-spatial changes can cause significant problems for patients with these disorders because they interfere with the ability to perform activities of daily living (such as finding your way around the neighborhood) and can contribute to falls. Additionally, there is a relationship between the development of visual-spatial disability and the development of visual hallucinations. Dr. Hamilton and her colleagues are trying to understand why visual-spatial problems, including hallucinations, occur in these disorders and how these problems relate to disease progression.

*For more information on how to participate in this research, please call Dr. Hamilton at (858) 622-5836.*



*Learning how DLB affects brain structure*

James Brewer, M.D., Ph.D. is using new techniques in magnetic resonance imaging (MRI) to examine how Dementia with Lewy bodies (DLB) affects brain structure and the connections between brain regions. Dr. Brewer analyzes the images and measures the size of each brain region to determine whether such quantitative measurements in MRI might aid clinicians in making the diagnosis of DLB. In addition, Dr. Brewer uses a new MRI procedure called diffusion tensor imaging, which can measure how brain structures are connected to one another. Damage to connections between brain structures may underlie the specific symptoms that tend to be present in patients with DLB including visual hallucinations and problems processing the spatial aspects of visual information. The procedure in this research study simply involves resting in the scanner for about 30 minutes. The patient must be able to remain still during the scan.

*For more information, please call Dr. Brewer at (858) 534-1237.*

***We welcome referrals to these studies, so do help us to spread the word to anyone you know who is affected by Parkinson's or Dementia with Lewy bodies. We cannot make advances in research without the generous participation of our volunteers.***



2008

# Hispanic Caregiver Conference

By Frances Martinez-Goodrich, MSW



On August 20, 2008 we held our UCSD ADRC's 9th annual Hispanic Caregivers Conference. This monolingual (Spanish) event with a focus on research and education about Alzheimer's disease was held at the Holiday Inn, National City. The past 9 years have proven that our Hispanic community is definitely interested in learning about

Alzheimer's and its effects. They are becoming aware of the valuable resources that do exist and how to access the help they need.

The conference opened with an 8-member panel of professionals who spoke to the varied consults a family may need when caring for someone with Alzheimer's. Roberto Velasquez from the Alzheimer's Association graciously served as emcee for the panel. Panelists included: Tina Estrada, Social Worker from the San Ysidro Health Center; Dr. Guillermo Cantu-Reyna, Neurologist; Judith Rivera, Nurse Practitioner, and Frances Martinez-Goodrich, Social Worker of the UCSD ADRC; Liz Reinhofer of the George G. Glenner Alzheimer's Family Center; Lourdes Contreras, Ombudsman from Aging and Independent Services; Pablo Palomino a San Diego attorney; and Roberto Velasquez playing the dual role as emcee and representative for the Alzheimer's Association. Three additional presentations by Judith Rivera, Roberto Velasquez, and Lourdes Contreras filled the morning agenda before a sit down luncheon.

The afternoon agenda provided attendees with ample time to participate in a focus group discussion facilitated by San Diego State University Professor, Dr. Ramon Valle. Attendees shared their perspectives on what Alzheimer's means to them, customary views about the disease, seeking assistance, and participating in research. It was amazing to see how animated our attendees became and there was no shortage of people willing to share their views. A format of this type confirms that while they are learning much from us, we believe it is just as important for us to learn from the families we serve.

This annual event takes place with a great deal of work for several months prior to its scheduled date. My daughter Julie asks me why I do this to myself every year. In sharing this conversation with my colleague Lisa Snyder, LCSW, she assessed it well when she said, "You're like a mom who goes through labor and pain and when it's all over, it's all worth it and the following year, you do it all over again."

It requires hard work and months of planning to make sure this conference takes place, and our sponsors, presenters, staff, and volunteers make the dream come true. It's just like the expectant mom needing the appropriate staff to bring that special baby into the world. In order to meet goals, we all need one another, which is why "Community Spirit and Working Together Creates Miracles" is our motto.

**Community Spirit  
and Working  
Together Creates  
Miracles.**

**Thank you to: The George G. Glenner Alzheimer's Family Center; San Ysidro Health Center; Alzheimer's Association; Silverado Senior Living; Aging and Independent Services; Collwood Terrace Stellar Care; California Telephone Access Program; Parkinson's Disease Association of San Diego; and Legal Aid Society of San Diego. A special note of appreciation to Eileen da Pena, Rosa Montoya, Larry Janus, Myrna Castro, Celia Medina, and to David Joy from ALL STAR video who helped to make this conference possible.**

# Clinical Trials

THERE ARE MANY NEW CLINICAL TRIALS  
AND RESEARCH PROTOCOLS ENROLLING  
AT THE SHILEY-MARCOS ADRC

If you are interested in participating or would like more information, please contact the Study Coordinator listed with each trial.

- They can all be reached at the Shiley-Marcos ADRC - (858) 622-5800
- There is no cost to participate in any of these research protocols
- The Shiley-Marcos ADRC is under the direction of Douglas Galasko, M.D.

## Clinical Trials Registry

Are you interested in clinical trials but don't find one that suits you?  
You can now join our Shiley-Marcos ADRC registry to be placed on a list for future studies.

- PARTICIPANTS CAN BE:**
- ➔ Normal Controls
  - ➔ Have a mild memory problem
  - ➔ Be diagnosed with early-to-moderate Alzheimer's

Call the Shiley-Marcos ADRC at (858) 622-5800

### Home-Based Assessments

#### PRINCIPAL INVESTIGATOR

Mary Margaret Pay, G.N.P.

#### TIME INVOLVED

Monthly, Quarterly, or Annual visits  
over the course of 4 years

#### DESCRIPTION

Currently, in order to participate in a research study, volunteers must visit a clinic to meet with a health care professional who collects important information for the study. Such visits are time-consuming and limiting. This study will evaluate three in-home types of information gathering and will determine the practicality of each method. The final analysis will compare these methods to the traditional way of collecting information in a clinic.

#### REQUIREMENTS

- ➔ Age 75 or older
- ➔ Normal mental function
- ➔ Fluent in English
- ➔ Able to live independently
- ➔ Willing to take multi-vitamins provided by the study
- ➔ Able to answer and dial a telephone, have access to secure mail, and possess minimal computer skills or a willingness to learn

#### CONTACT

Tracie Caccavale, Ph.D.,  
at (858) 622-5800 and ask for the  
"Home-Based Assessments Study"  
tcaccavale@ucsd.edu

### R.A.G.E. Inhibitor (R.I.)

#### PRINCIPAL INVESTIGATOR

Jody Corey-Bloom, M.D., Ph.D.

#### TIME INVOLVED

22 Months

#### DESCRIPTION

Basic research studies found that blocking the interaction of amyloid beta protein and a receptor called Receptor for Advanced Glycation Endproducts (RAGE) led to a decrease in amyloid deposits. In this study, researchers will test whether a novel drug that acts as a RAGE inhibitor (RI) slows the progression of Alzheimer's disease as well as behavioral problems that may occur. Participants will be randomly assigned to one of three groups: one group will receive a high dose of RI, a second group will receive a lower dose of RI, and the third group will receive an identical placebo (inactive pill).

#### REQUIREMENTS

- ➔ Age 50 or older
- ➔ Have mild-to-moderate AD
- ➔ Are not diabetic (Type 1 or 2) and do not have a history or symptoms of autoimmune disorders
- ➔ Able to see and hear well
- ➔ Able to read and write in English or Spanish
- ➔ Have a reliable caregiver

#### CONTACT

Karen Wetzel, M.P.A.S., PA-C,  
at (858) 622-5800 and ask for the  
"RAGE Inhibitor Study"  
kwetzel@ucsd.edu

### Biomarkers in Aging, MCI, and Alzheimer's Disease

#### PRINCIPAL INVESTIGATOR

Douglas Galasko, M.D.

#### TIME INVOLVED

Two visits per year for 5 years

#### DESCRIPTION

This study will measure levels of a number of different proteins in cerebrospinal fluid (CSF) and in blood in order to compare these biomarker levels amongst people who have normal cognitive ability, mild memory problems, or early Alzheimer's disease (AD). Participation involves a lumbar puncture and bloodwork.

#### REQUIREMENTS

- ➔ 40-to-90 years of age with no memory problems
- ➔ 60-to-90 years of age with Mild Cognitive Impairment (MCI) or Early AD
- ➔ In general good health
- ➔ No major lower back problems
- ➔ Have a reliable study partner

#### COMPENSATION

Participants will receive up to \$200 per year of the study for undergoing the lumbar punctures.

#### CONTACT

Helen Vanderswag, R.N.C., B.S.N.  
at (858) 622-5800 and ask for the  
"Biomarkers Study"  
hvanderswag@ucsd.edu

### Passive Immunization- Amyloid Antibody Treatment for Alzheimer's Disease

#### PRINCIPAL INVESTIGATOR

James Brewer, MD, Ph.D

#### TIME INVOLVED

18 months with at least 15 visits.

#### DESCRIPTION

A research study to learn if the investigational drug, bapineuzumab (AAB-001) is safe, well tolerated and effective for use in individuals with Alzheimer's disease (AD). It is hoped that bapineuzumab will attach to amyloid in the brain and help remove it from the body. Participants will have a 60% chance of receiving the study drug vs a 40% chance of receiving a placebo (inactive drug). Throughout the study, participants will be monitored by a medical team of doctors and nurses.

#### REQUIREMENTS

- ➔ 50 to 88 years of age
- ➔ Diagnosis of probable Alzheimer's disease
- ➔ Are in good physical health
- ➔ Have a reliable caregiver
- ➔ Blood tests, memory testing, MRIs of the brain and other study-related physical examinations

#### CONTACT

Helen Vanderswag, R.N.C., B.S.N.  
at (858) 622-5800 and ask for the  
"Passive Immunization Study"  
hvanderswag@ucsd.edu

### Eli Lilly and Company Clinical Drug Trial Phase III Study of LY450129, a Gamma-Secretase Inhibitor for Alzheimer's Disease Modification

PRINCIPAL INVESTIGATOR: Douglas Galasko, M.D.

TIME INVOLVED: 23 Months

DESCRIPTION: The primary purpose of the Phase III study of LY450139, a Gamma-Secretase Inhibitor study, is to test whether LY450139 given orally will slow the rate of decline of Alzheimer's disease as compared with placebo. LY450139 has a novel mechanism of action as a functional inhibitor of gamma-secretase with the ability to inhibit the synthesis of amyloid-B (AB) potentially slowing the underlining rate of disease progression.

The secondary objectives of the study are:

- ➔ To test whether LY450139 slows disease progression and does not affect only the symptoms of the disease
- ➔ To compare the safety of LY450139 and placebo
- ➔ To measure the level of LY450139 in the blood, how well it is absorbed and metabolized, and how blood levels of LY450139 are associated with measures of efficacy and safety.

The study will be a multicenter, randomized, double-blind, placebo-controlled, Phase 3 study comparing LY450139, 140 mg and placebo in approximately 1100 patients with mild to moderate AD. Sometime after 64 weeks of treatment, patients receiving placebo will begin receiving LY450139 for the remainder of the study. Patients will be asked to participate in two MRI and lumbar punctures, one at the beginning of the study and another to compare results after treatment at the completion of the study. However, these diagnostic procedures are optional.

REQUIREMENTS:

- ➔ A minimum of 55 years of age or older
- ➔ Has a diagnosis of mild to moderate AD
- ➔ MMSE score 16 through 26
- ➔ MRI or CT performed within the last two years
- ➔ Have a reliable study partner

#### CONTACT

Judith A. Rivera, R.N., M.S.N., P.H.N., N.P.  
At (858) 622-5800 and ask for the  
Eli Lilly, Gamma-Secretase Clinical Drug Trial  
jrivera@ucsd.edu



# THE ADRC WELCOMES:

## *Aimee Pierce, MD - Dementia Fellow*



I grew up in Eugene, Oregon. It is a wonderful place if you like mountains, forests, rivers, and rain. I received a B.S. in biology from the California Institute of Technology in Pasadena, California. Next, I moved to New York City and completed medical school and an internship in Internal Medicine at Columbia College of Physicians and Surgeons. My neurology residency was at UCLA, and now I am finally here in San Diego! I am very pleased to be doing my fellowship in dementia at the San Diego VA and UCSD. I am working in Dr. Eddie Koo's laboratory studying synaptic toxicity of different amyloid beta peptides in Alzheimer's disease. I am also seeing participants at the ADRC and patients with memory disorders at the VA and UCSD. When I am not working, I like to ride my bicycle, jog, hike, and do yoga. I hope to meet some of you soon.

## *Steven Tam, MD - Dementia Fellow*



I am from San Diego, and haven't strayed very far from Southern California. I went to UCLA to earn a Bachelor's in Economics and Microbiology, before coming back to UCSD for medical school. It was during medical school that I began developing an interest in working with older patients. So after completing an Internal Medicine Residency at the Scripps Clinic, I went on to do a Geriatric Medicine Fellowship at UCSD. Now, I'm happy to be doing a dementia fellowship here at the San Diego VA and UCSD. I'm currently interested in research involving Alzheimer's patients in long term care settings. I enjoy spending my spare time with my wife and 8-month-old daughter.

## *Christina Ortiz - Clinical Research Associate and Coordinator for ADRC Clinical Studies*



I am a native of Argentina. I received a teacher's degree and license in Journalism from the University of Buenos Aires, Faculty of Law and Social Sciences and am fluent in Spanish and Italian. I have been with UCSD School of Medicine for 10 years. For the last 2 years, I was part of the Clinical Research team under the direction of Tony Reid M.D. and Barbara Parker M.D., Oncology Director, at the UCSD Moores Cancer Center, specializing in preventive and therapeutic breast and prostate studies. Previously, I was responsible for Adherence and Retention for The Woman's Health Initiative (WHI), a nation-wide study sponsored by The National Institute of Health for 8 years (San Diego chapter has 5600 subjects). I volunteer for the Hospice of the North County and Meals on Wheels, and am an avid hiker.

## *Diane Coseo, B.A., Sponsored Projects Analyst*



I was born in Los Angeles, California where I spent my early childhood. I was fortunate to visit and live in some of the country's most beautiful locations, such as New York, South Carolina, Northern California, and Ohio, but always considered Southern California my true home. I received my B.A. in Applied Art from San Diego State University, and continue to hone my skills in painting and photography. I began my career in research administration in 1999 working in pre- and post- award administration for a federally-funded Center at San Diego State University Research Foundation. I relocated to the Bay Area where I worked as a Financial Analyst in sponsored research administration at San Francisco State University and University of California, San Francisco. I joined the ADRC in October of 2008 and manage the complex financial records of the ADRC Cores, Pilots, and Projects, as well as other affiliated research projects. I enjoy hiking, painting, photography, film, and reading.

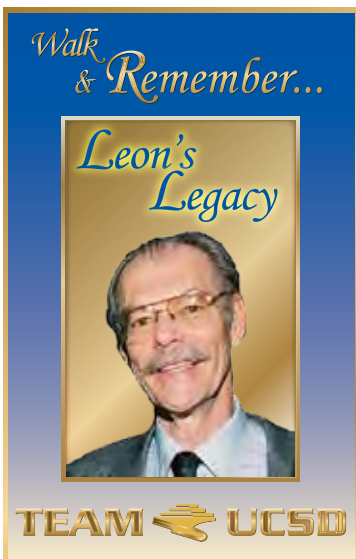
**NEW STAFF** (Cont'd from page 8)

**Frank Zwirlein – Graduate Social Work Intern**



As of September, I've been a Graduate Social Work intern at Shiley-Marcos ADRC. I consider myself unusually fortunate to have been recommended for this field placement through my Master's in Social Work (MSW) program. I've met, and have had the opportunity to learn from and work with, some wonderful, generous clients and staff in the field I ultimately hope to pursue. Though originally from Los Angeles, I spent most of my adult life living in New York City, where work on social-justice-oriented documentaries lead to my interest in the helping professions. Moving back to California, I picked up and completed a college education begun long ago with a B.A. in psychology from SDSU in 2007. I'm looking forward to earning my MSW from SDSU in 2010. I maintain a strong interest in documentary and independent films and when I had free time and resources pre-college, I enjoyed travelling, good food, and "junking" at garage sales.

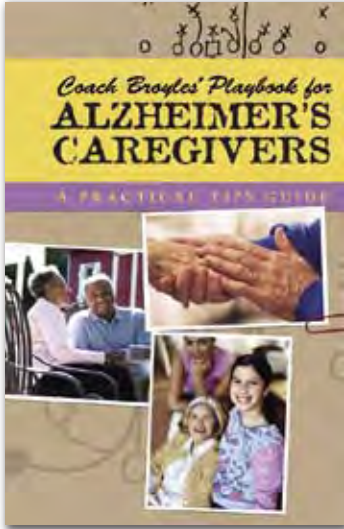
# Memory Walk 2008



On October 25, 2008, "Leon's Legacy-Team UCSD" participated in the local Alzheimer's Association Memory Walk in Balboa Park, in honor of our late director, Dr. Leon Thal. Our team, which was comprised of faculty, staff, families, and friends from the Shiley-Marcos ADRC and the Alzheimer's Disease Cooperative Study, won an award for being 'the largest team.' We had 70 team members and raised more than \$5,500 dollars. The annual Memory Walk is one of the Alzheimer's Association Chapter's largest fundraisers. This year approximately \$300,000 was raised and donations are still coming in. These funds go directly to the Alzheimer's Association to support their programs including information and referral services, care consultation, support groups, safety services, and education. *The Shiley-Marcos ADRC is completely independent of the Alzheimer's Association and does not receive any of the monies generated by our team.* However we are pleased to support the Alzheimer's Association and do so in many ways besides the Memory Walk. We have staff and faculty who serve on their Boards and in their Speakers' Bureau. Our staff also facilitates two support groups that we co-sponsor with them.



## Helpful Free Resources

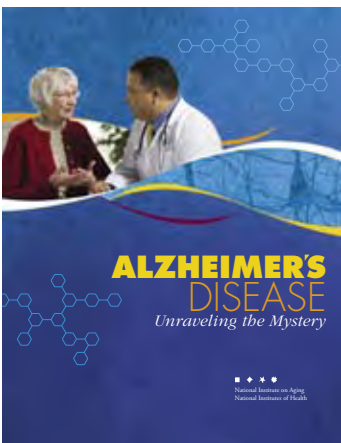


Numerous caregiver support publications are available to assist caregivers and family members with many of the issues relating to care. One such new publication, *“Coach Broyles’ Playbook for Alzheimer’s Caregivers: A Practical Tips Guide”* is lovingly and tenderly written. Frank Broyles, Athletic Director for the University of Arkansas Razorbacks, created this “playbook” to share all that he had learned while caring for his wife, Barbara, who had Alzheimer’s disease. Besides carefully defining the stages of Alzheimer’s disease, Coach Broyles gives practical “survival tips” for caregivers, including staying healthy and getting enough rest, maintaining a sense of humor, sharing with others, and making time for yourself. He offers an inventory of important matters that need attending to such as guardianships, home safety, communication tips, and the organization of health care information, important legal documents and other important personal papers for easy reference.

The playbook includes a practical and handy pocket reference of tips and strategies with sections on pacing, behavior, home safety, dressing and using the bathroom, driving, and meals.

Coach Broyles’ Playbook was created to help and support caregivers and family members who are dealing with Alzheimer’s disease. The book is free of charge, a gift to you, in hopes that you can benefit from his experiences.

**You can order this book from the National Alzheimer’s Association by calling (toll free) 1-800-272-3900. You can also review the book online at: <http://www.alzheimersplaybook.com/>.**



The National Institute on Aging (NIA) has a new edition of *Alzheimer’s Disease: Unraveling the Mystery*, an illustrated, 80-page book written for people with Alzheimer’s disease (AD), their families, health care professionals, students, and others interested in the disease. This update to the 2003 edition helps readers understand AD, its impact on individuals and society, and research advances to prevent or diminish the effects of the disease. The new edition:

- Describes the basics of the healthy brain;
- Focuses on changes that occur in a brain affected by AD;
- Highlights findings from recent NIA-funded research into the causes of AD, new developments in diagnosis, and the search for new treatments; and
- Addresses issues of concern to AD caregivers and families.

The book also includes a glossary, a comprehensive list of organizations offering more information, and a list of recommended reading.

**To view, download, or order copies of *Alzheimer’s Disease: Unraveling the Mystery*, go to: <http://www.nia.nih.gov/Alzheimers/Publications/Unraveling>, or call NIA’s Alzheimer’s Disease Education and Referral (ADEAR) Center at 1-800-438-4380.**

**Bulk orders are welcome. To order copies in bulk, go to: <http://www.niapublications.org/adearorder/bulk.asp>.**



## MAKE YOUR VOICE HEARD: EARLY-STAGE TOWN HALL MEETING

On Saturday February 21st, 2009 the San Diego/Imperial County Chapter of the Alzheimer's Association will hold a forum for people with mild memory loss, early-stage Alzheimer's or a related dementia, and their care partners or family members. If you have mild memory loss, this is an opportunity to meet others who understand your experience, discuss the issues that matter most to you, and help the Alzheimer's Association learn how best to serve you. A panel featuring a clinician, a physician, and persons with early-stage Alzheimer's will also be available to respond to your questions and concerns.

**LOCATION:** University of San Diego, Manchester Conference Center  
5998 Alcalá Park  
San Diego, CA 92110

**DATE:** Saturday February 21st, 2009

**TIME:** 10:00am-1:00pm

Refreshments and a light lunch will be provided. Registration is free for this event. For more information or to register, please call the Alzheimer's Association at **(858) 492-4400**.

## ENCORE!

### **The Charitable IRA Legislation Is Back For A Repeat Performance. Don't Miss This Second-Chance Opportunity To Make Tax-free Gifts From Your IRA!**

There's good news for individuals aged 70½ or older with individual retirement accounts. Thanks to the extended charitable IRA legislation, you can once again make outright gifts using IRA funds without tax complications up to \$100,000 per year.

If you are required to receive minimum distributions from your IRA and you do not need the money for personal use, consider using those funds as a charitable gift. While you cannot claim a charitable deduction for the IRA gifts, you will not pay income tax on the amount.

Gifts must be completed by December 31, 2009.

This is an excellent opportunity to give to our Shiley-Marcos Alzheimer's Disease Research Center (ADRC). Donations can be designated to go to research, support programs, or other components of our Shiley-Marcos ADRC. If you have any questions or would like a free copy of our brochure entitled, *Use Your IRA the Smart Way*, please contact Geoff Graham at **(858) 822-6619** or visit the UCSD Planned Giving website at **[www.plannedgiving.ucsd.edu](http://www.plannedgiving.ucsd.edu)**.

**YOU'RE INVITED!**

**January 14, 2009**

**10:00 AM - 12:00 PM**

Shiley-Marcos

**ADRC**

**OPEN**

**HOUSE**

**Sheraton Hotel**  
**3299 Holiday Court**  
**La Jolla, CA 92039**

(Across the street from the ADRC, behind the gas station as you're coming up the hill)

To RSVP for this event, please call (858) 622-5800

# Currents

## University of California, San Diego

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**Shiley-Marcos**  
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