

## Introducing The 90+ Study

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The **90+ Study** consists of members of the Leisure World Cohort from USC who were 90 years of age or older as of January 2003. Over 760 participants have joined **The 90+ Study** so far making this one of the largest studies of those 90 and over. Many of you have come to see the research team at the Clinic for Aging Research & Education (C.A.R.E.) in Laguna Woods, California and others have been visited by the staff in your homes. Information provided over the last 20 years by participants of the Leisure World Cohort along with new information obtained during visits with **The 90+ Study** will allow us to understand better the determinants of successful aging and longevity.

This is the first edition of *Old News is Good News*, The 90+ Study newsletter. With it we will keep you informed of progress in our research as well as make announcements related to our study. The newsletter is being sent to all 90+ Study participants and friends helping us in this project as well as all Leisure World Cohort members.

### Goals of The 90+ Study

1. Compare characteristics of those who live into their 90's to those who do not live as long.
2. Examine the progression of thinking skills and physical function over time.
3. Determine the number of people with memory problems and the causes of those problems.
4. Study brain tissue of the oldest old.

The 90+ Study is funded by the National Institute on Aging.

### KCET Highlights The 90+ Study

In January, **The 90+ Study** was featured in the Life & Times news magazine on KCET. The show introduced our study as well as other research exploring the latest issues related to aging. Study participants Viola Krahn and Roscoe McGuire shared their stories and experiences and were the stars of the show. Many thanks to Viola and Roscoe!

### We Want To See You

Good news for participants of **The 90+ Study** who live away from Leisure World, California. We would like to see *all* participants, including those who have provided information only by mail or telephone. We can make arrangements to visit you anywhere in the US. If you are interested, please contact us.

### Brain Donation Program

Some participants and their families in **The 90+ Study** have made arrangements for brain autopsy after death. This option is available to all participants whose families agree. A family member should call the pager number (714-506-4004) for the Brain Donation Program immediately after the death of the participant. If you would like a wallet-sized reminder card with this pager number or information about the Brain Donation program, please call our office at 949-768-3635.

### If You Move Or Have Questions

If you move, please send us your new address and phone number. We want to keep you updated on the progress of **The 90+ Study**. We would also appreciate notification from family or friends when a participant dies.

### Appreciation Party

**The 90+ Study** is pleased to announce *The First Annual Appreciation Party*. This event is scheduled for June 11th between 11:30AM and 1:30PM, at the Main Lounge of Clubhouse 2 in Leisure World. Invitations will be mailed out in late spring so be sure to check your mailboxes and get ready to have some fun! If you live outside of Southern California, and plan to be in the area on June 11<sup>th</sup>, please let us know.

Comments, questions, suggestions? Let us know what you think!