

Brain Aging Bulletin

University of California, Irvine

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CONTENTS

FEATURE STORY

Institute's Director
Receives UCI's
Highest Honor **1**

What's New at the
Institute **2**

Institute's New Alliance
is formed **2**

9th International Conference
on Alzheimer's Disease and
Related Disorders **3**

Faculty Spotlight:
Awards and
Achievements **4**

2004 Annual Alzheimer's
Disease Research
Conference Highlights **6**

Memory Walk **7**

Clinical Trials **8**

Donors **9**

Calendar **12**

Brain Aging is the newsletter of the Institute for Brain Aging & Dementia, a non-profit Institute dedicated to improving the lives of those afflicted with Alzheimer's disease through research and education.

Institute Director, Carl Cotman, Receives UC Irvine's Highest Honor

Dr. Carl Cotman, Executive Director of the Institute for Brain Aging and Dementia, is a recipient of the 2004 UCI Medal, UC Irvine's highest honor. The coveted award is given each year to outstanding individuals in recognition of their exceptional support of the UCI mission of teaching, research, and public service.

The awarding of the UCI Medal, granted by Chancellor Ralph J. Cicerone, brings heightened attention to Dr. Cotman's outstanding contributions in the areas of neurology, molecular biology, neurobiology, and biochemistry. As the Institute for Brain Aging and Dementia director, he combines basic science research with clinical science research in an effort to advance the understanding of Alzheimer's disease and other



Dr. Carl Cotman receives a UCI Medal for his outstanding contributions to research

age-related disorders. His landmark studies at UCI since his appointment in 1968, and his recent research in the areas of exercise, antioxidants, and other strategies that promote successful brain aging, have made him the natural candidate for the Chancellor's highest award.

All of us here at the Institute are extremely proud of Dr. Cotman, and we extend our heartfelt congratulations to him for this recognition of his long and successful career – a career marked by hard work, dedication, discovery, and a multitude of accomplishments that have provided ongoing hope to those struggling with Alzheimer's disease and other age-related neurological disorders.

To learn more about Dr. Carl Cotman and the research that is being conducted at the UCI Institute for Brain Aging and Dementia, go to <http://www.alz.uci.edu>.

Dr. Carl Cotman receives congratulations from Joyce and Tom Tucker at the October 23 Medal Ceremony. Mr. & Mrs. Tucker and friends Tom & Elizabeth Tierney, Ron & Sandi Simon, David & Kathryn Moore, and Hadi & Barbara Marekechian were responsible for directing \$20,000 in donations for fellowships and scholarships to the Institute through their support of the Medal event.



2 Brain Aging

UCI Institute for Brain Aging & Dementia

What's New at the Institute

Newest Members of the Institute Family

Kim Bailey, M.S.G.



Kim Bailey, M.S.G., joins the Institute for Brain Aging and Dementia as the new Director of Community Development.

Kim received her Master's degree from Cal State Fullerton in Gerontology, and comes with a strong background in the area of Alzheimer's Disease. Having worked for 12 years as the Director of Education with the Alzheimer's Association of Orange County, Kim brings with her extensive experience and compassion to make a difference. We are very excited to have Kim join our family at the Institute.

Clara Quijano

Clara Quijano is joining us as a new Patient Care Coordinator and will be working primarily in the front



office of the Alzheimer's Clinic. Clara has worked with Latino Health Access and older adults, and will be a valuable addition to our clinical program. We are very excited to welcome Clara to the Institute and are thrilled to continue providing the best care for our patients and families. Please join us in welcoming her!

Join the New Alliance Against Alzheimer's Disease!

First Alliance Event kicks off fundraising campaign!

There's a new Alliance in town... and you are invited to join us in our mission to raise funds to fight Alzheimer's disease and find solutions for the thousands of individuals affected by the disease here in our own community.

The Institute Alliance is a circle of donors. Donors can participate by making contributions at any of the levels listed below. All gifts will help the Institute for Brain Aging and Dementia to forge ahead as we continue our ongoing battle against Alzheimer's and related dementias. New techniques, new findings, new interventions, and new discoveries – all this can be possible when the private community comes together with the scientific community to make a true difference! Families and citizens are not powerless in this fight, and government can not provide a fraction of the dollars needed to expand the research into the cause(s) and cure for this disease which is reaching epidemic proportions in our society.

Who *wouldn't* want to see an end to this disease?? Step-by-step, side-by-side, we will band together to do our part. Our first event will take place at the Gillespie Neuro-



sciences Building. A wine and cheese reception hosted by UCI Institute Advisory Council members Virginia Atherton, Sharon Bowen, Dr. Diane Edwards, Suzanne Melin, Rick Muth, Linda Scheck, and Joyce Tucker will be followed by an exciting research update by the Institute Director, Dr. Carl Cotman. For more information on future events, or to join the Alliance, please call Kim Bailey, Director of Community Development, at (949) 824-3251.

UCI INSTITUTE FOR BRAIN AGING AND DEMENTIA ALLIANCE

ASSOCIATE
\$1,000

COLLABORATOR
\$2,500

PATRON
\$5,000

PARTNER
\$10,000+

UCI Institute for Brain Aging & Dementia



9th International Conference on Alzheimer's Disease and Related Disorders

July 17-22, 2004, Philadelphia, PA

By Elizabeth Head, Ph.D.

Every other year, the National Alzheimer's Association hosts a conference where researchers from around the world congregate to present and share their most recent research. This year over 4,500 researchers attended and there were over 1,600 presentations, which illustrates how active research in the field has been over the past year!

Several posters described the research findings of different longitudinal aging studies suggesting that specific dietary components may be neuroprotective. In addition, a new chapter to the story of how cholesterol levels may influence your risk for developing AD was presented.

■ Dr. Wengreen at Utah State University reported her findings from the Cache County Study on Memory Health and Aging where she measured the amount of antioxidants each person obtains from their daily diet. She then assessed changes in cognitive function over a 6-year period of time. A total of 5,092 people participated in the study and she observed that higher carotene and vitamin C intake from diet was associated with better cognitive function whereas vitamin E had little effect.

■ In contrast, Dr. Julie Dunn at New England Research Institutes in MA reported her interim findings from a study of 544 subjects over the age of 65 years without dementia from the Women's Health Initiative (WHI) longitudinal study. She measured vitamin E levels in the blood from these subjects and found that the more vitamin E rich your diet, the higher the levels of vitamin E in your blood. Further, although the study is still ongoing there is a trend towards protection against the development of dementia in those subjects with higher blood vitamin E levels.

■ Antonio Martin at Tufts University, Boston, MA, USA reported a comparison between subjects with and without AD in Tuscany, France. Patients with AD had lower levels of dietary w-3 fatty acids and antioxidants compared to those without dementia. The

authors concluded that these findings together strongly indicated that a generous intake of dietary w-3 fatty acids (found in fish oils) and antioxidants may help to preserve brain function and prevent cognitive decline associated with aging. The combination of these studies including others from around the world are consistently showing that the richer your diet is in antioxidants like vitamins E and C, the healthier you and your brain will be as you age!

Another important component obtained from your diet is cholesterol. High cholesterol levels are not only bad for your heart but they may also be bad for your brain. However, whether or not low cholesterol levels or the use of cholesterol-lowering drugs like the statins is protective against AD now has a new twist. Over the past several years, at least 7 epidemiology studies have been published showing that statin use may reduce the risk for developing AD. However, Dr. John C. Breitner at the GRECC, VA Puget Sound HCS, Seattle WA presented his work on the role of statins, the cholesterol lowering drugs, on the prevention of Alzheimer's disease and raised a potential red flag. Over the last 2 years, two large randomized controlled studies failed to show cognitive improvements in AD patients treated with the cholesterol-lowering drugs simvastatin (Zocor) or pravastatin (Pravachol). Further, a prospective study (Li et al, Neurology in press) now reports findings from the Cache County Aging study that statin use has little effect on the risk for developing AD. Why is the literature so confusing? Dr. Breitner suggested that the epidemiological studies supporting a role for statin use in lowering the risk for AD was based upon individuals that started taking statins when they became available in the early 1990s. However, he noted, at that time, doctors recommended statins for healthy middle-aged or elderly individuals and there was a bias against administered these compounds in those patients with signs of dementia. Thus,

"International Conference" Continued on Page 5

UCI Institute for Brain Aging & Dementia

Faculty Spotlights: Awards and Achievements

**Ira Lott, M.D.**

Recently, one of the University's leading researchers in the area of Down's Syndrome, Ira Lott, M.D., was selected for the National Research Award at the 25th anniversary meeting of the Down Syndrome Society in New York. This distinguished award was presented to him in Washington, DC on July 24th, 2004.



Researchers at the Institute for Brain Aging and Dementia are working closely with Ira Lott to look at the significance of Alzheimer's disease in people with Down Syndrome. People with Down Syndrome eventually develop abnormal brain deposits that can also lead to Alzheimer's disease. Ira Lott's work in Pediatric Neurology and Down's Syndrome has been recognized nationwide. This important research may lead to a better understanding of Down Syndrome, aging, and the development of Alzheimer's disease.

**Elizabeth Head, Ph.D.**

What's up "dog"? Elizabeth Head, Ph.D., has been asking that question for some time, looking at the development of neurodegenerative diseases and use of antioxidants using canine models. Liz Head, director of the neuropathology core at the UCI Institute for Brain Aging and Dementia, has been studying how the

use of antioxidants, such as Vitamins E and C, may be associated with reducing risk for development of Alzheimer's disease. Looking at aging dogs and cognitive function with and without a specialized antioxidant rich diet, Liz has been able to show that with dietary intervention, there can be dramatic improvements in cognitive function in a higher mammal. These studies have shown to be beneficial for the dogs and hopefully, can be shown helpful for patients with Alzheimer's disease as well.

Recently, Liz Head was awarded the van den Noort Award for Outstanding Research by a Junior Faculty Member for 2004, which is awarded by the UCI Department of Neurology.

Frank LaFerla, Ph.D.

Recently declared co-director of the Institute for Brain Aging and Dementia, and shaking up the research world with his recent findings, is our pioneering neurobiologist and eminent researcher, Frank LaFerla.

Due to the groundbreaking accomplishments of Dr. LaFerla & his colleague Salvatore Oddo, researchers are now able to study the two significant lesions of Alzheimer's disease – the amyloid plaques and tau neurofibrillary tangle formations – in a single organism via a newly engineered, genetically altered mouse. Frank's latest study shows that early clinical treatment of the lesion helped to actually halt the earliest stages of Alzheimer's disease in these genetically engineered mice.

LaFerla's transgenic mice have created a leading model for studying Alzheimer-type pathology and potential treatments for the humans who are suffering all over the world from the effects of Alzheimer's. Implications of Dr. LaFerla's study, just published in the July 31 edition of *Neuron*, are critical in that his findings open the door to the possibility that future drugs may be found that can effectively target both of the pathological markers of the disease.

What's next for Dr. Ferla and his team? Their mice won't be allowed to rest for long, as LaFerla and colleagues will now be studying the effects of diet and exercise in slowing the progression of Alzheimer's disease. Frank's mice will be put on a regime that some of us are all too familiar with: daily walking and dieting!

Congratulations are in order for Dr. LaFerla and his entire team for their recent accomplishments!

Ruth Mulnard, RN, DNSc.

The Institute's Associate Director, Dr. Mulnard recently received a UCI Faculty Award, presented by Dean Matkin from the University Extension (UNEX) program. Dr. Mulnard has been involved over the past year with UNEX in the development and launching of a Clinical Trials Certificate Program; she teaches several core courses in the ongoing program.

UCI Institute for Brain Aging & Dementia

“International Conference” Continued from Page 3

he concludes it is very possible that the epidemiological studies are influenced by the observation that those individuals taking statins were and remained healthy whereas patients with dementia did not receive the drug. What do these results mean in the “real world”? There is very strong experimental evidence that cholesterol plays a key role in AD disease development in the brain and several outstanding research groups are critically testing the hypothesis that high cholesterol levels in the brain may promote the development of AD pathology and this work is being conducted using animal models. However, more research and additional tightly controlled clinical studies are required to fully understand and evaluate the potential for statins to slow or prevent the development of AD.

For more information on the 9th International Conference on Alzheimer’s Disease and Related Disorders, or to read News Releases from the conference, please visit: <http://www.alz.org/internationalconference/home.html>

Calendar of Upcoming Events...

Family Educational Series

Co-Sponsored by the UCI Institute for Brain Aging & Dementia, Alzheimer’s Association, and Adult Day Services of Orange County. All sessions meet from 4:30-6:30pm at the University Club, UCI Campus. Call (949) 824-2382 for reservations and details.

December 14- Survival Tips for the Holidays

March 8- Types of Dementia:

Differences in Symptoms and Care

June 7- Advances in Dementia Treatment and Care

September 13- Building a Caregiver Support System



2005 Annual Alzheimer’s Disease Research Conference

July 27-29, 2005

Hyatt Regency, Irvine



The Institute for Brain Aging and Dementia at the University of California, Irvine and the Alzheimer’s Association of Orange County are pleased to announce our third annual collaborative Alzheimer’s Disease Research Conference. The conference will be held from Wednesday, July 27, 2005 through Friday, July 29, 2005, at the Hyatt Regency, Irvine.

This year’s conference has been designed to heighten the community’s awareness and knowledge of Alzheimer’s disease and related disorders. We have invited prestigious speakers who will present information about current research information into the cause, treatment, and cure of Alzheimer’s disease, state-of-the-art caregiver strategies, and better education and understanding about this devastating disease to families and professional caregivers.

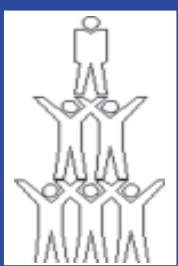
More information and registration details coming soon!

To stay connected with the educational programs and events offered by the UCI Institute for Brain Aging and Dementia, please visit our educational calendar at:

<http://www.alz.uci.edu/calendar/>



Specialized Educational Support Groups for FTD & Lewy Body Dementia Caregivers



We welcome all caregivers of patients with Frontal Temporal Dementia (e.g., Pick’s Disease and Primary Progressive Aphasia) and caregivers of those with Lewy Body Dementia to our monthly meetings.

■ **WHEN?** Meetings are held on the first Wednesday of each month from 9:30am-11:30am

■ **WHERE?** Meetings are held in the 1st floor conference room of the Gillespie Neuroscience Research Facility on the UCI Campus

Co-Facilitators are Lynne Conger of the Alzheimer’s Association and Shirley Sriyordsa of the UCI Institute for Brain Aging and Dementia. For more information about the group, please call (949) 824-8135.

UCI Institute for Brain Aging & Dementia

2004 Alzheimer's Disease Research and Education Conference Highlights

"The Experience of Alzheimer's Disease: Enrichment Paradigms," May 6-7, 2004 at the Hilton Costa Mesa

In May, the two-day, annual Alzheimer's Disease Research and Education Conference was held. Co-presented by the UCI Institute for Brain Aging and Dementia along with the Alzheimer's Association of Orange County, the conference aims to provide family caregivers, professionals, and other community members the most cutting-edge updates and information about Alzheimer's disease and related dementias.

This year's theme for the conference was "The Experience of Alzheimer's Disease: Enrichment Paradigms." There was an outstanding roster of distinguished speakers and researchers discussed topics surrounding various forms of "enrichment" in an effort to raise community awareness about the illness, the cause, the most current findings, and the race to find the cure. From looking at new technological systems that can help to enhance and enrich the lives of caregivers and persons with dementia, to recent scientific studies looking at animal models, clinical trials, and possible therapies for persons with Mild Cognitive Impairment, the conference speakers were able to hold the audience captive with their expertise and information.

The following is a summary of conference highlights. Eric Dishman, Ph.D. of Intel Corp., shared some "hot-off-the-press" information about the development of new technological systems that will help enhance the lives of caregivers and dementia care, stemming from collaborations

between Intel Corp. and the National Alzheimer's Association.

The Institute's own Frank LaFerla, Ph.D., talked about the use of vaccination in a remarkable animal model that he has developed, and how we are now able to better evaluate therapeutics on a "super Alzheimer's mouse." This is important since the closer the animal models parallel the human condition, the more accurate the prediction will be of efficacy in human clinical trials.

Cordula Dick-Muehlke, Ph.D., once again lead an engaging, well-received early stage panel of individuals diagnosed with Mild Cognitive Impairment, and their spouses. They discussed real-life situations and life enriching strategies that have allowed

them to cope with their current situations.

Closing was Former President Reagan's own neurologist, Dr. Ron Petersen, who has been dubbed as "Mr. MCI." He shared the importance of early detection, possible therapies and treatments for Mild Cognitive Impairment and Alzheimer's Disease.

With over 200 participants, the conference was a success with great community partners, sponsors, and exhibitors. We look forward to another exciting event in 2005. For more information on the upcoming 2005 Conference, please call (949)955-9000 at the Orange County Alzheimer's Association for registration dates and details.

Alzheimer's Disease Research Center of California

at the
UCI Institute for Brain Aging & Dementia
1100 Gottschalk Medical Plaza
Irvine, CA 92697-4285
website: www.alz.uci.edu

For information and appointments please call: (949) 824-2382

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Clara Quijano

Patient Care Coordinator

Kim Bailey, M.S.G.

Director of Community Development

UCI Institute for Brain Aging & Dementia

A Decade of Giving: The UCI Team Still Going Strong The UCI Institute for Brain Aging Memory Walk Team Once Again Wins “Largest Team” for 8th Consecutive Year at the Orange County Memory Walk

Ordinary people joining forces to take part in an extraordinary event to raise awareness and funds that will go towards helping a countless number of families and patients through the Orange County Alzheimer’s Association.

For the past ten years, Orange County has boasted about being one of the largest “Memory Walk” events in the nation, raising over \$3 million in support of the many free programs and services provided through the local Alzheimer’s Association chapter.

In 2003, the UCI Institute for Brain Aging Team participated in this event, rallying support from over 250 walkers and “forget-me-nots” to win title of the “Largest Memory Walk Team” for its eighth consecutive year!

A big “Thank You” goes out to the hundreds of walkers and ralliers that helped to make the Memory Walk a success! Special acknowledgment to Dr. Diane Edwards (Professor at the Saddleback College Emeritus Institute) and Milly Polash who helped to recruit almost 200 Leisure World Exercisers! What a wonderful job you ladies do! Keep up the great job!

Please join us on Sunday, November 7 for the 2004 Memory Walk! New Date, New Place, Same Goal. The Memory Walk will be held at Camp James in Irvine, located next to the Verizon Amphitheater south of the 405



freeway.

This year, the UCI Institute for Brain Aging Team will be combining with the UCI Medical Center team, becoming one big UCI Family Memory Walk Team! Look out for new, exciting UCI Team T-shirts and join us for a day of fun as we bring in a new decade for this important cause!

For more information about the

Memory Walk or to sign up for the UCI Team, visit the website at: www.ocwalk.com or call the Memory Walk Hotline at (866) MEM-WALK and ask for the UCI TEAM, #100! See you there!



Hundreds of walkers at the starting line, including a sea of the UCI Institute for Brain Aging Memory Walk Team Members

On the Forefront: An Update on Clinical Trials

Current and Upcoming Clinical Study Options



For more information, please call Beatriz Yanez or Aleece Noujaim at (949) 824-5733 or visit our

website at: <http://www.alz.uci.edu/clinicaltrials/>

Subjects must have a "study partner" - a friend or relative who can accompany the participant to all clinic visits and answer questions about him/her.

Homocysteine Treatment Study for AD

- ◆ Double-blind 18-month study of B-6, B-12, and Folic acid for delay of progression in Alzheimer's disease (AD)
- ◆ For men and women over the age of 55 who have been diagnosed with AD
- ◆ Cannot currently be taking B-6, B-12, or Folic Acid supplements

Statin Treatment Study for AD

- ◆ Double-blind 21-month study of simvastatin for delay of progression in Alzheimer's disease (AD)
- ◆ For men and women over the age of 55 who have been diagnosed with AD
- ◆ Cannot currently be taking cholesterol lowering medication

Depression and Alzheimer's Disease

- ◆ Follow-up study for individuals with Alzheimer's disease with and without depression; not a treatment study
- ◆ For men and women who have AD; limited to patients seen at our assessment center; informant needed
- ◆ A small fee is paid at each visit for participation in this study

Valproate Study for Alzheimer's Disease

- ◆ Double-blind 26-month study to test the ability of Valproate to prevent the occurrence of behavior problems in individuals with Alzheimer's disease
- ◆ For men and women 50 years of age or older who have been diagnosed with Alzheimer's disease, and who have not experienced agitation and/or psychosis since the onset of their illness

Huperzine Treatment Study of Alzheimer's Disease

- ◆ Double-blind 24-week treatment study of huperzine A to improve memory and cognition in Alzheimer's disease
- ◆ For men and women 55+ years of age or older who have been diagnosed with AD and are not taking a cholinesterase inhibitor (Aricept, Exelon, Reminyl), but can be on a stable dose of Namenda (Memantine)

STAY CONNECTED!

**New UCI Institute
for Brain Aging
and Dementia
Website!**



<http://www.alz.uci.edu>

***Sections of the new website may still be under construction.**

UCI Institute for Brain Aging & Dementia

A special thank you for all of the donors who have contributed to the UCI Institute for Brain Aging and Dementia. Your generous and thoughtful gifts will help to promote advances in Brain Aging Research at the University of California, Irvine.

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- ? **Dr. & Mrs. Jean Berchtold**
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Make a Contribution, and Help Make A Difference



1.) Checks should be made payable to **UCI FOUNDATION** and in the Memo section, please write: **Alzheimer's Disease Research**

2.) If the donation is being made in memory/honor of someone, please include a note with information as to where the acknowledgements should be sent to.

3.) Please mail all donations to:

*Institute for Brain Aging & Dementia
1113 Gillespie Neuroscience Research Facility
Irvine, CA 92697-4540*

There are many ways to support the clinical and basic science research activities at the UCI Institute for Brain Aging and Dementia. If you would like to receive more information on giving, please contact Kim Bailey at (949) 824-3251 or log on to: <http://www.alz.uci.edu/donate.html>

“Donors” Continued from Page 9

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A Letter to the Families and Supporters of the Institute for Brain Aging and Dementia

Dear Friends,

I am so pleased to have joined the outstanding team of dedicated staff and researchers at the Institute for Brain Aging and Dementia at UCI. For those of you who do not know me, my background is in aging and Alzheimer's disease and, in fact, I recently completed twelve years of service with the Alzheimer's Association of Orange County as Director of Education. During those years, I met literally thousands of individuals and families affected by Alzheimer's disease and related memory disorders. My experience with the Association taught me that we must find a way to stop this terrible illness which impacts so many lives, in so many ways.

My role with the Institute will be to help raise awareness, and financial resources for the cutting edge research efforts of this extraordinary group of men and women researchers and clinicians who are working night and day to unlock the mystery of this terrible disorder, one which affects about 60,000 individuals right here in Orange County. State and federal funding has become very competitive in recent years for Centers such as ours, and private support will become more and more pivotal to the success of our fight against Alzheimer's disease in the future.

There are many ways the community can help our Center further its efforts to seek solutions for individuals and families struggling with memory disorders.

- * Consider making a donation in honor or in memory of a loved one.
 - * Remember the Institute for Brain Aging and Dementia in your will.
 - * Designate the Institute as the beneficiary of your life insurance.
 - * Join the "Alliance" and provide immediate support to our programs.
- See the article on page 2 for more information.

If you would like to help, or if you know others who would like to get involved, contact me so we can get together! I am also looking for volunteers and advocates who can carry our message of support out into the community. If your family has been helped by our clinical programs and you are willing to share your experience publicly, please call me at 949.824.3251 or email kbailey@uci.edu.

I truly believe that great things can happen if we work together as a family!

Kim Bailey
Director of Community Development

UCI Institute for Brain Aging & Dementia

CALENDAR 2004/2005

November 7, 2004

*2004 Alzheimer's Association
Memory Walk
Camp James*

December 14, 2004

*Family Educational
Series Workshop
Survival Tips for the
Holidays*

March 8, 2005

*Family Educational
Series Workshop
Types of Dementia:
Differences in Symptoms
and Care*



“Lorikeets in Paradise” by Bernice

*Artwork borrowed from 2004 Orange County Alzheimer's Association
Memories in the Making[©] Calendar. The Calendar may be purchased by calling (949) 955-9000.*

June 7, 2005

*Family Educational
Series Workshop
Advances in Dementia
Treatment and Care*

July 28-29, 2005

*2005 Regional Alzheimer's Disease
Research and Education Conference
More information coming soon!*

September 13, 2005

*Family Educational
Series Workshop
Building a Caregiver
Support System*

Save the Date!
**2005 Annual Alzheimer's Disease
Research and Education
Conference**
July 28-29, 2005
Hyatt Regency, Irvine
Sponsorship and
Exhibitor opportunities available, reserve
your table today! For more information
or to register, please call (949) 955-9000.



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