



UCI ALZHEIMER'S DISEASE RESEARCH CENTER

Cordula Dick-Muehlke, Ph.D.

UCI MIND is home to an exemplary Alzheimer's Disease Research Center (ADRC) funded by the National Institute on Aging in the National Institutes of Health. As one of 29 federally funded Alzheimer's disease (AD) centers across the country, the UCI MIND ADRC, led by Dr. Frank LaFerla, is committed to translating advances from research in the basic sciences into improved diagnosis, treatment and care of persons with AD while continuously striving for a cure.

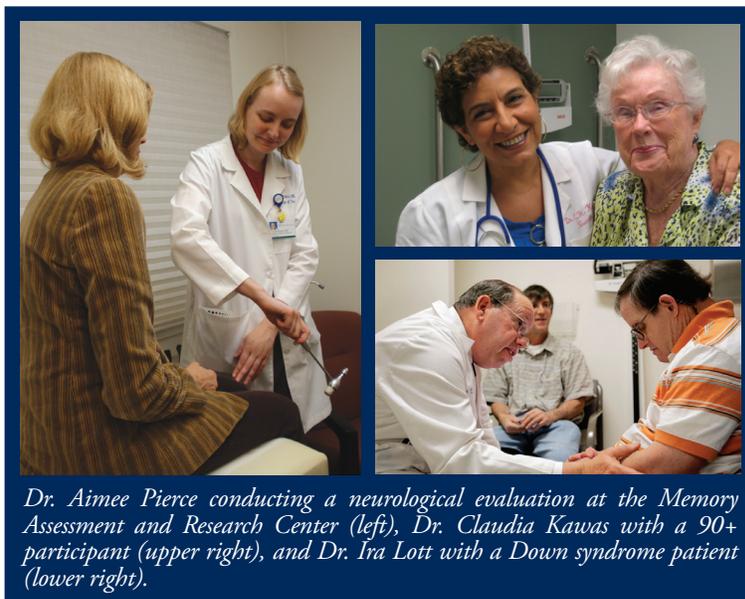
Involving over 100 investigators since its inception in 2000, the UCI MIND ADRC has directed its research efforts at discovering the cellular, molecular and clinical risk factors that precipitate neuronal dysfunction and neuropathological changes in the aging brain that can result in AD or another dementia. In the last 12 years, the UCI MIND ADRC's research efforts have generated 350 peer-reviewed and 17 review articles in a variety of highly regarded scientific journals. Together the 29 centers, each with its own research emphasis, offer a network for sharing findings, germinating new ideas, and developing collaborative studies that draw upon the expertise of scientists from across the nation.

AD and the other dementias are complex multisystem disorders that impact the person at multiple levels (e.g., cognitive, physical, psychological, social) and, therefore, require an interdisciplinary approach to both research and care. Each ADRC integrates clinical and basic science investigators from a variety of disciplines into a comprehensive research team that is organized into five cores – Clinical, Education and Information, Neuropathology, Data Management and Statistics, and Administrative. The UCI MIND ADRC's five cores, as described below, fulfill their goals in line with UCI's commitment to *teach, discover, and heal*.

Clinical Core

Advancing Research While Helping Families

Led by Dr. Claudia Kawas, the Clinical Core helps hundreds of families affected by Mild Cognitive Impairment



Dr. Aimee Pierce conducting a neurological evaluation at the Memory Assessment and Research Center (left), Dr. Claudia Kawas with a 90+ participant (upper right), and Dr. Iva Lott with a Down syndrome patient (lower right).

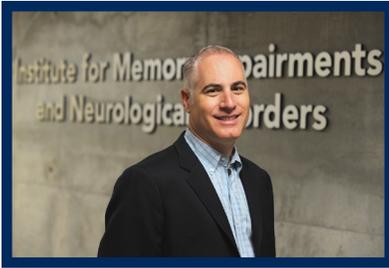
(MCI), AD, or another dementia annually, while gathering invaluable data about the clinical presentation and progression of these cognitive disorders for use by researchers. Within each ADRC, the Clinical Core's primary responsibility is to evaluate both cognitively impaired and intact individuals and follow them annually until death in order to document the normal and pathological changes that can occur with aging.

The UCI MIND ADRC includes a Memory Assessment and Research Center where individuals with memory or thinking difficulties can access a comprehensive, multi-component evaluation. Patients who are interested and eligible may enroll for longitudinal follow-up through the ADRC. Additionally, cognitively normal older adults who want to monitor their own cognitive health may volunteer for participation in the Successful Aging Program of the ADRC. Whether memory-impaired or cognitively normal, all ADRC participants agree to return annually for repeat assessments, conducted at no cost; contribute any information collected to a national database (i.e., the National Alzheimer's Coordinating Center), accessible to researchers worldwide, and, unless cultural or religious beliefs prohibit, brain donation upon death.

Continued on page 6

From the Director...

Frank LaFerla, Ph.D.



At UCI MIND, we have much to be grateful for. As this issue goes to print, we celebrate our donors, who contributed generously to UCI MIND via our recent fundraising event, Time of Your Life, to support research directed at treating, preventing, and ultimately eradicating Alzheimer's disease (AD). Special thanks go to Jacqueline DuPont, Ph.D., Marc Carlson, and Linda Young, event co-chairs, for a successful and smashing event that netted over \$100,000. For full coverage of the event, see pages 8-9 of this newsletter.

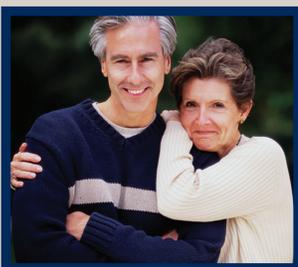
We are equally thankful to our research volunteers, like David and Mary Solomon, featured on page 5, who generously give of their time to participate in studies investigating the continuum from healthy aging to AD or another dementia. Since its inception in 1999, our Alzheimer's Disease Research Center (ADRC) has relied on the support of thousands of individuals like David and Mary in order to continue advancing the UCI MIND mission of *making memories last a lifetime*.

We also applaud President Obama and his administration for creating the first national plan to address Alzheimer's disease and making a \$156 million investment to move forward goals that include preventing and effectively treating AD by 2025. Long hidden, AD is starting to receive the national attention needed to advance both research and care, although financial support still lags greatly behind other areas, such as cancer and AIDS.

At UCI MIND, we have much more to do. AD affects 5.4 million individuals and their 15.2 million caregivers. As of 2012, a new case of AD is developing every 68 seconds! Costing our nation \$200 billion annually, we need an even greater investment of private and public dollars to accomplish the innovative, groundbreaking research needed to stop AD from bankrupting our society both emotionally and financially as the number of those affected escalates to at least 13.5 million by 2050.

As the cover article on our federally funded ADRC describes, UCI MIND is positioned to lead the way in efforts to uncover the cellular, molecular, and clinical risk factors involved in the onset and progression of AD, knowledge that will lead us to effective treatments and prevention strategies. Scientists and clinicians highlighted in this newsletter exemplify the expertise we bring to bear on the problem of AD.

We give you our heartfelt thanks – and, at the same time, we invite you to participate however you can in our quest against AD – volunteer, donate, speak out.



UCI MIND Matters Club

You are invited to join the MIND Matters Club, a group of individuals who by their annual contribution demonstrate their commitment to helping expand our understanding of Alzheimer's disease and other neurodegenerative disorders through research, education and service to the community. MIND Matters Club members make it possible for UCI MIND researchers to advance our mission of *making memories last a lifetime*.

Members have a special interest in promoting their own cognitive health and receive such benefits as quarterly private receptions featuring speakers on cognitive fitness, quarterly news briefs highlighting recent discoveries, an annual appreciation event at the home of UCI MIND Director Dr. Frank LaFerla, and, if desired, a confidential annual screening and personalized brain health consultation, including a review of the individual's risk factors.

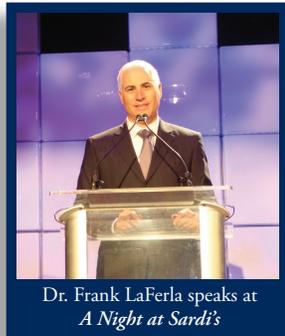
Contact Linda Scheck, Director of Development and Donor Stewardship at 949-824-3251 or lscheck@uci.edu for information about this and other opportunities to support research at UCI MIND.



IN THE NEWS

Exciting discoveries, achievements, and updates from the Institute for Memory Impairments and Neurological Disorders

A NIGHT AT SARDI'S FEATURES DR. FRANK LAFERLA

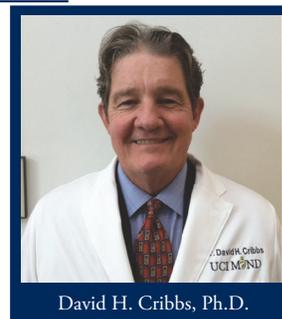


Dr. Frank LaFerla speaks at *A Night at Sardi's*

Dr. Frank LaFerla, Director of UCI MIND, addressed 1,000-plus prominent political and entertainment industry leaders – in addition to celebrities – at *A Night at Sardi's*, a gala supporting the Alzheimer's Association, held on March 21, 2012. In his brief address, Dr. LaFerla asserted that it is time to “declare war on Alzheimer's disease” and shared his optimism about the progress being made in developing drugs that target specific disease mechanisms. Noting that “research is very expensive,” he urged everyone to make a personal investment in achieving the national goal of slowing and preventing Alzheimer's disease by 2025. As Dr. LaFerla pointed out in closing, “Working together, we can ensure that Alzheimer's disease becomes a memory.”

DEMENTIA PUGILISTICA FEATURED AT KEYSTONE SYMPOSIA CONFERENCE

Dr. David Cribbs presented the case of a professional boxer with dementia pugilistica at the Keystone Symposium. Caused by repetitive blows to the head, dementia pugilistica leads to a “punch drunk” syndrome characterized by personality and behavior changes similar to those seen in fronto-temporal dementia, parkinsonian-like motor signs, and prominent impairments in memory and executive abilities. Widespread inflammation was present in the brain of this boxer, who died at age 55 of severe dementia, 30 years after his last fight. Although poorly understood, sports- and military-related encephalopathies involve the slow accumulation of the same misfolded and altered protein that builds up in neurofibrillary tangles in Alzheimer's disease.



David H. Cribbs, Ph.D.

OLDEST OLD RECEIVE ATTENTION AT THE HUMAN AMYLOID IMAGING CONFERENCE



Claudia H. Kawas, M.D.

Dr. Claudia Kawas shared recent findings from The 90+ Study at the Human Amyloid Imaging Conference in Miami. About half of cognitively normal oldest old had amyloid plaques in their brains at autopsy, whereas the other half did not, yet rate of cognitive decline in the years before death did not vary among these individuals. In contrast, participants with positive amyloid imaging during life exhibited precipitous cognitive decline versus those with negative scans. To hear Dr. Kawas' lecture, visit www.alzforum.org.

NIA SUPPORTS RESEARCH OF STELLAR GRADUATE STUDENT

A 4th year graduate student working with Dr. Jorge Busciglio in the Department of Neurobiology and Behavior, Maria Torres has been awarded a Diversity Supplement from the National Institute on Aging to support her research into the molecular basis of neuronal dysfunction and death in Down syndrome and Alzheimer's disease. By furthering our understanding of the underlying pathologies, Maria hopes to develop therapies for individuals with these conditions. Maria is also actively involved in Center for the Neurobiology of Learning and Memory Outreach Program, speaking widely to Hispanic children and teenagers as well as their parents about the importance of the neurosciences and findings of her own work.



Graduate student, Maria Torres, was awarded the Diversity Supplement by the NIA

Meet the Neurologist Down Syndrome Program

IRA T. LOTT, M.D.



Dr. Ira Lott, Professor of Pediatrics and Neurology at UCI, serves as the leader of the Down Syndrome Program, a unique component of the UCI MIND Alzheimer's Disease Research Center (ADRC). Trained in pediatrics and neurology at Massachusetts General Hospital and the National Institutes of Health, Dr. Lott started his career as

the clinical director of the Eunice Kennedy Shriver Center, where he became interested in Down syndrome (DS), the most common known form of genetically determined disability.

Deeply passionate about his work, Dr. Lott recognizes that studying DS may help unlock some of the secrets of Alzheimer's disease (AD). "DS affords a unique model for the relationship of development and aging, particularly relative to AD. Amyloid is laid down very early in DS, in infancy, and accumulates in the brain across the lifespan, so that by age 40, virtually 100% of affected individuals exhibit the neuropathology of AD, yet not all develop the clinical symptoms of dementia." Numerous researchers within the ADRC are working with Dr. Lott to answer questions such as why some individuals with DS exhibit dementia and others do not, although neuropathologically all have AD. Currently, Dr. Lott and his team are attempting to develop a predictive model of which individuals with DS are most likely to develop dementia. "If we could identify early who is at grave risk, we could start treatment then, when it is most likely to be effective."

Committed to decreasing health disparities for people with DS, Dr. Lott initiated a highly successful telemedicine program that serves individuals with intellectual disabilities who live remotely. Additionally, Dr. Lott and his team were the first to publish a clinical trial involving persons with DS, identifying these underserved individuals as deserving of treatment. We applaud Dr. Lott for his efforts to improve quality of life for people with DS and advance knowledge of AD.

Meet the Senior Psychometrist

SUSAN F. RANDHAWA, L.C.S.W.



As senior psychometrist at the UCI MIND Memory Assessment and Research Center (MARC), Susan is a key member of the clinical team that evaluates patients and research participants. Susan regularly administers neuropsychological tests to assess cognitive strengths and weaknesses of the individual, assists in preparing a written

summary of the findings, conducts family interviews, and co-facilitates a monthly support group for caregivers of patients with fronto-temporal or Lewy body dementia. Susan has administered over 400 cognitive exams since joining the MARC in 2008. Under the direction of Dr. Malcolm Dick, senior neuropsychologist, she assists in training Biola University psychology graduate students in the administration, scoring, and interpretation of cognitive tests used to evaluate individuals with memory concerns. Additionally, Susan enjoys speaking to community audiences, passionate to convey that treatments and services are available for Alzheimer's disease. In reflecting on her work, Susan noted, "I particularly enjoy interacting one-on-one with patients and caregivers, and being in an environment dedicated to improving the lives of others through scientific research, education, advocacy, and support."

Susan received a bachelor of science (cum laude) in health care administration in 1990 and a master's in social work in 1999 from California State University, Long Beach. After two years on the board of the National Association of Social Workers, Alabama Chapter (1999-2001), and five years working as a therapist in community and county mental health clinics, Susan joined UCI MIND in 2008. When not at work, Susan enjoys sewing, gardening, and striving to stay fit.

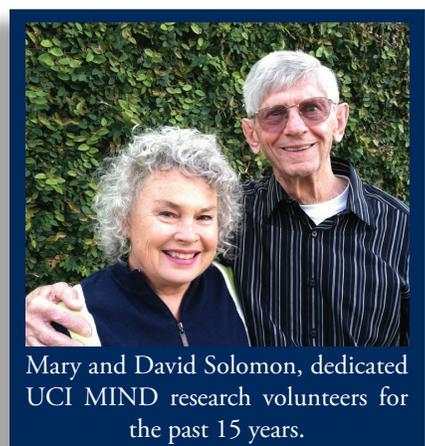
We congratulate Susan on achieving licensure as a clinical social worker in July, 2011 and are pleased she is sharing her expertise with the families seeking assistance and participating in research at the MARC.

Meet Research Volunteers David and Mary Solomon

Cordula Dick-Muehlke, Ph.D.

In 1997, **David Solomon** made a decision to volunteer as a longitudinal research participant for the UCI MIND Alzheimer’s Disease Research Center (ADRC) after having witnessed the effects of Alzheimer’s disease (AD) on his sister, Amy, across the decade he cared for her. Over the past 15 years, Dave has contributed extensive neurological and neuropsychological information, collected through annual evaluations, to the national ADRC research database and participated in several UCI-led studies investigating healthy aging and AD. Dave’s wife, Mary, a retired nurse, has served as a faithful research partner, completing annual interviews and questionnaires about her husband’s everyday activities. Without hesitation, Dave has also agreed to donate his brain for research upon death. He explains, “If using my brain would give them another clue to a medicine or whatever to stop this thing, that would make it all worthwhile.”

Dave enrolled in the ADRC out of concern about his own memory difficulties, noting, “I knew I had to stay on top of it.” And his annual ADRC evaluations did just that, reassuring him that his memory and word-finding difficulties were normal for his age until 2006, when doctors caught the earliest significant cognitive difficulties that suggested a risk for developing AD or another dementia. In 2009, Dave was diagnosed with Mild Cognitive Impairment (MCI), a condition in which a person’s memory and/or thinking abilities are significantly worse than in others the

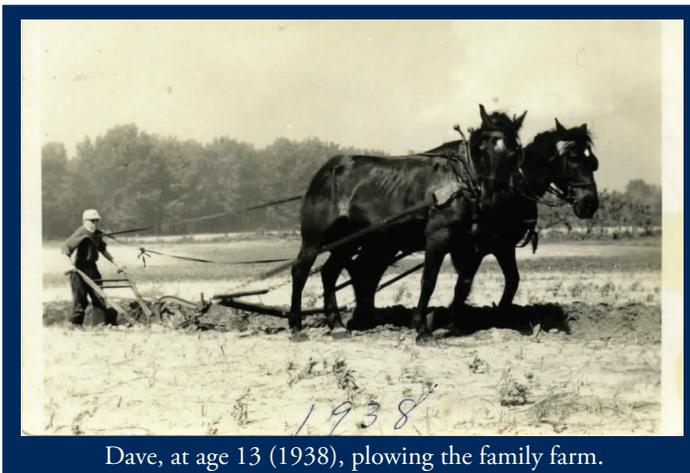


Mary and David Solomon, dedicated UCI MIND research volunteers for the past 15 years.

same age but day-to-day living skills remain intact. Now, another of Dave’s sisters has AD and a third has MCI. Mary is convinced that her husband has done so well because, “He takes care of himself; he goes to the gym three days a week; he eats correctly; he stays engaged. All of that has helped him not to have a diagnosis of MCI until two years ago.”

Dave’s long-term volunteer involvement in our ADRC’s Longitudinal Research Program is characteristic of a life spent giving to others. Born to poor Romanian immigrant

parents, Dave grew up on a farm near South Bend, Indiana. While his father worked in the steel mills and his mother struggled to raise the couple’s 11 children, Dave helped run the farm. Studying fell by the wayside as Dave spent his adolescence farming the family’s own land and that of two neighbors. When he wasn’t tilling the earth with horse-drawn plows, Dave was peddling potatoes, chickens, eggs, and other farm products, honing the sales skills he would use in years to come as a real estate broker. Following a



Dave, at age 13 (1938), plowing the family farm.

three-and-half-year stint in the Merchant Marines as a cook and baker on an old World War II Victory ship, Dave returned to farming for a year before starting his sales career with the Indiana Egg Co-Op. On a dare from one of his brothers, Dave responded to an ad that promised an income of \$1,000 monthly selling real estate and easily surpassed this goal. In December 1954, after visiting one of his sisters in Anaheim, Dave got a drive-away car, packed everything he owned in the trunk and moved to California, where he continued his real estate career until 1970. Ready for a new venture, Dave started working as a real estate developer and eventually started his own very successful building firm, K & S Investments, with a friend.

A man of deep faith, Dave has given generously of his time, talents, and resources to the church, serving as a deacon and elder as well as assisting with outreach projects. “I suppose it’s because I know what it means to be poor.” Dave notes, “I’m not a scholar, or a teacher, or a lot of things, but I can bring people together. It gives me joy to be a coordinator and servant to others.” It was through his church that Dave eventually met Mary, his wife of 31 years.

Continued on Page 11

As a unique part of the Clinical Core, we are tracking the occurrence of dementia within two specialty groups, the oldest old (i.e., 90+) and persons with Down syndrome, under the leadership of Drs. Claudia Kawas and Ira Lott, respectively. Investigating the biological mechanisms and other factors (e.g., lifestyle, genetics) involved in the development and progression of dementia among individuals who survive beyond today's average life expectancy of 78 (i.e., the 90+) and those with a genetic predisposition to AD (i.e., persons Down syndrome) offers a means of identifying targets for new therapeutic interventions that could benefit everyone at risk for or with AD.

"The Clinical Core is truly the heart of the ADRC," notes Dr. Aimee Pierce, Medical Director of the Memory Assessment and Research Center. "All of our efforts, here at UCI and other ADRCs nationwide, are ultimately aimed at preserving memories and curing Alzheimer's disease. None of this could be done without a very well-characterized, reliable, and motivated group of research participants, which we have at UCI." Through their participation, research volunteers may reap a variety of benefits, including access to expert clinicians, medical and psychosocial treatment recommendations, a family conference in which findings of the evaluation are reviewed in detail by a neurologist and neuropsychologist, written feedback, and access to clinical trials and other studies.

Education and Information Core

Engaging Our Community in the Fight Against Alzheimer's Disease

Achieving the goal of preventing and effectively treating Alzheimer's by 2025 – as set forth in the just-released national plan for Alzheimer's disease – requires the proactive involvement of research volunteers from our community. To garner community involvement in research, the Education and Information Core (EIC), led by Dr. Cordula Dick-Muehlke, combats widespread lack of knowledge about AD in the lay public and professionals through a variety of education and outreach activities. In 2011, the EIC educated nearly 7,500 individuals about normal aging, MCI, and AD as well as available community services and opportunities to participate in research studies, including clinical trials of new therapeutic agents.

Highlights of the EIC's activities include the annual **Southern California Alzheimer's Disease Conference**, now in its 20th year (see back cover); a quarterly **Family Education Series** addressing diagnosis, treatment, management of challenging behaviors, and risk reduction in AD; **Ask the Doc** community forums featuring a neurologist, neuropsychologist, and neuroscientist who answer the audience's most pressing questions about memory loss, **Frontiers of the MIND**, a semi-annual educational event over dinner that features a national expert on a topic of particular interest (e.g., traumatic brain injury), and the **ReMIND Symposium** (see page 11), a venue for young emerging researchers in the neurosciences to present their work.

A special focus of the EIC in 2012 will be outreach to Chinese Americans, a large and growing underserved population in Orange County. Through culturally and linguistically appropriate educational events and materials, the UCI MIND ADRC hopes to break down barriers to diagnosis (e.g., shame, belief that memory loss is a normal part of aging) and engage Chinese Americans in research that will ultimately help us better understand ethnic differences in the development and clinical expression of AD.



Frank LaFerla, Ph.D.
ADRC Director



Claudia Kawas, M.D.
Clinical Core Leader



Cordula Dick-Muehlke, Ph.D.
Education and Information
Core Leader



David Cribbs, Ph.D.
Neuropathology Core Co-Leader



Ronald Kim, M.D.
Neuropathology Core Co-Leader



Daniel Gillen, Ph.D.
Data Management and Statistics
Core Leader

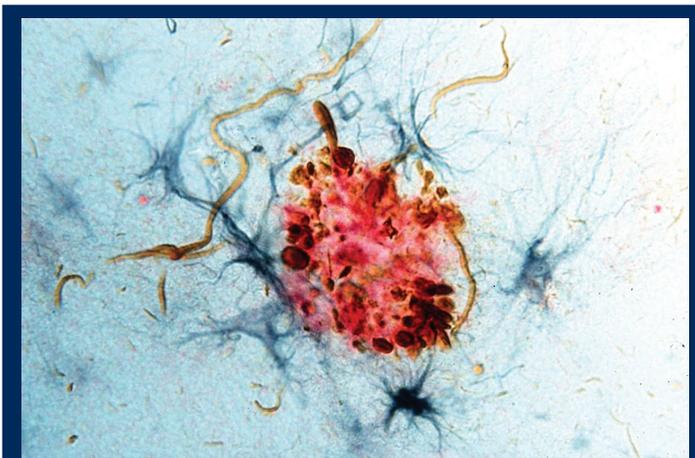


Andrea Wasserman
ADRC Administrator

Neuropathology Core

Finding Markers of Alzheimer's Disease

Was it really Alzheimer's disease? This is the most important question that the Neuropathology Core addresses upon the death of a research volunteer for the children and grandchildren who are concerned about developing dementia. During an autopsy of the donated brain, the neuropathologist examines the diseased tissue, looking for the hallmark signs of AD – senile plaques and neurofibrillary tangles – as well as other pathological changes that may have contributed to the clinical symptoms. Today, neuropathological examination of the brain remains the only way to make a definitive diagnosis of AD or another dementia.



At autopsy, neuropathologists look for senile plaques in the brain.

In addition to providing families with a “final answer,” brain donation enables scientists to conduct innumerable studies that explore the variety of neuropathological changes that occur during the transition from normal aging to MCI and subsequently AD or another dementia, and the relationship of those changes to the cognitive, functional, and behavioral symptoms present in life. Other biological specimens (e.g., plasma, serum, cerebrospinal fluid) donated by our research volunteers while alive are, for example, being used to investigate potential biomarkers for AD. Accurate biomarkers would enable scientists and ultimately clinicians to identify AD in its preclinical state, years before symptoms are evident, and initiate treatment earlier.

Led by Ron Kim, M.D., and David Cribbs, Ph.D., the Neuropathology Core is also responsible for distributing tissue and other biological specimens maintained in the ADRC's Tissue Repository to researchers and promoting cross-center collaborations that maximize use of these precious samples. Every ADRC clinician and investigator

involved in handling brain tissue and biological specimens does so with great care, highly aware of the invaluable gift our research volunteers are making.

Data Management and Statistics Core

Making Sense of the Data

The Data Management and Statistics Core (DMSC), led by Dr. Dan Gillen, is responsible for providing efficient, comprehensive, and secure data management support for the ADRC. As Dr. Gillen explains, “Our ADRC provides an opportunity for developing and applying statistical methodology to a unique patient cohort. The primary mission of the DMSC is to facilitate clinical and basic science research in the area of Alzheimer's disease.”

Faculty of the DMSC, who are experts in clinical and observational methods and value collaborative science, achieve this mission by supporting investigators who use ADRC data with study design and data analyses. In so doing, the DMSC is helping ADRC investigators identify lifestyle (e.g., exercise, diet), biological (e.g., cellular and molecular changes) and other factors that contribute to the onset and progression of dementia.

Finally, the DMSC is responsible for the accurate transmission of ADRC data to the National Alzheimer's Coordinating Center, which houses and makes available data from all 29 Alzheimer's disease centers to researchers worldwide.

Administrative Core

Keeping the UCI MIND ADRC “On Track”

Led by Dr. Frank LaFerla with the support of Andrea Wasserman, the Administrative Core is the “engine” of the ADRC. As such, the Administrative Core is responsible for coordinating the five cores and any research projects funded through the ADRC, attracting and nurturing the development of new investigators, and managing all ADRC operational requirements (e.g., reporting, annual peer review, and compliance with fiscal and regulatory policies).

For more information about the UCI MIND ADRC, visit www.mind.uci.edu or contact us at (949) 824-2382 to schedule a memory assessment, learn more about research participation, sign up for notification about our educational events, or request a speaker.



Pictures: (1) Co-Chairs, Dr. Jacqueline DuPont, Marc Carlson, UCI MIND Director Dr. Frank LaFerla and Linda Young. (2) Bill Edwards, whose wife, Nancy, has Alzheimer's. (3) Dr. Leslie Thompson. (4) MaxMara's own Cathy Frandsen, Joan Perkins and Lauri Feldman. (5) Tim Maguire arriving to present a donation honoring Dr. Jack Silverado Senior Living. (8) Dr. David and Christi Cribbs. (9) Dan Flynn and Emily Crean Vogler. (10) Paul and Aileen Brazeau, San Clemente Villas by the Sea.

More than 500 guests stepped back in time to the 1960s at the Time of Your Life fundraiser, held at the Center Club in Costa Mesa on March 10, 2012. The benefit, in support of Alzheimer's research at UCI MIND, was led by Jacqueline DuPont, Ph.D., Irvine Cottages, and her husband, Marc Carlson, and fellow co-chair, Linda Young. The threesome had volunteered for two previous successful UCI MIND fundraisers. They gathered their team of loyal volunteers to serve on this year's committee to produce a truly unique event. You had to be there!

With the generous support and underwriting of sponsors, Linda Young's EliteOC Productions showcased the creativity of her vendors in transforming all the rooms of the Center Club from their traditional look to memorable scenes from the past. Guests danced to music from the 1960s and enjoyed food, wine and cocktails reminiscent of the era while experiencing the decade again via six thematically decorated rooms – TV Land, Supper Club, Motown, the British Invasion, Futurama, and Surf's Up!

The 1960s was a time when many of the Baby Boomers, who are turning 65 today, were in their teens and early twenties. In 2012, they are entering the age of steadily increasing risk for developing Alzheimer's disease. As Bill

Edwards, caregiver, shared with the guests that night, his wife, Nancy, who, at 63, is in the late stages of the disease, "would be happy to know that people are supporting funding for research to put an end to this disease."

Netting over \$100,000, the event raised much-needed funding to advance UCI MIND's mission of *researching ways to make memories last a lifetime.*

About UCI MIND

UC Irvine's Institute for Memory Impairments and Neurological Disorders (UCI MIND) seeks to conduct research that enhances quality of life by identifying lifestyle and other factors that promote successful brain aging. For more information on the Institute or this event, please visit www.mind.uci.edu or call Linda Scheck, Director of Development and Donor Stewardship, at 949-824-3251 or lscheck@uci.edu.

The Center Club Connection

The Center Club Board of Directors has allocated 30 Center Club Memberships to benefit UCI MIND. Enroll as a \$2,500 Center Club Member and \$1,000 will be donated to UCI MIND. There are many benefits to membership at The Center Club. Contact Amanda Thomas directly for more information on how your membership can not only enhance your business, but raise funds and awareness for UCI MIND. (714) 662-3414, ext. 108. amanda.thomas@ourclub.com



Nancy, 63 years old, is in the late stages of Alzheimer's. He advocates for research on behalf of Nancy. (3) Mike Wannamaker, Southern Wine and Spirits, and Jacqueline DuPont. (6) Kerry and Scott Kavanaugh, hosts of UCI MIND's first fundraising event in 2010, Wine for the MIND. (7) Suzanne and Loren Shook, by the Sea. (11) George Kiviroglu and Dr. Gina Kay, inHomeCare Solutions. *Special thank you to Happy Photos for the event photography.*

Time of Your Life Committee

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Jacqueline DuPont, Ph.D.
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and Linda Young

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- Christi Bennett
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- Monica Castillo
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Thank you to the major sponsors and friends of Time of Your Life who provided support by underwriting the event or giving generous in-kind donations.

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Thank you to all of the major sponsors, underwriters, in-kind donors, and committee members of **Time of Your Life.**



MINDFULNESS MEDITATION: A PATH TO WELL-BEING

Steven M. Savlov, Ph.D., Assistant Clinical Professor, UCI Department of Psychiatry and Human Behavior

Paying attention on purpose without judgment is the definition of mindfulness, according to Jon Kabat-Zinn, Ph.D., director of the Mindfulness Based Stress Reduction (MBSR) program at the University of Massachusetts Medical Center. Interestingly, one does not have to be a Buddhist or even religious to access the benefits of mindfulness meditation, although it does help to be somewhat spiritual. Since 1989, over 18,000 patients with various diagnoses (e.g., chronic pain, congestive heart failure, diabetes, MS, and AIDS) have participated in MBSR at the University of Massachusetts Medical Center with meaningful results.

The MBSR program, now offered throughout North America, Europe and South America, involves attending a two-hour-per-week, eight-week set of classes and engaging in 45 minutes of mindfulness meditation at home on a daily basis. Overall, research suggests that MBSR can produce marked improvements in memory and cognitive processing, as well as depression and anxiety. Two recent studies are of particular interest. First, in a 2010 study, Dr. Dharma Singh Khalsa of the Alzheimer's Research and Prevention Foundation in Tucson, AZ found that cognitively impaired individuals who spent 12 minutes daily meditating had increased blood flow to the frontal and parietal lobes, areas of the brain involved in retrieving memories, and showed improvements in neuropsychological measures of language, memory, attention, and overall cognition. Additionally, as demonstrated by Dr. Sara Lazar of Massachusetts General Hospital and her colleagues, cognitively normal adults who practice mindfulness meditation show increased grey matter density in the left hippocampus, an area of the brain critical for learning, memory and emotional control, as well as in structures associated with self-awareness, compassion and introspection. Mediators in this study also had decreased grey matter density in the amygdala, an area involved in the stress anxiety response. Interestingly, the latter finding correlated with the mediators' own reports of reduced stress.

Given the beneficial effects of practicing mindfulness on the brain and overall well-being, I now regularly recommend meditation and other positive lifestyle practices, such as exercise, hobbies, and a healthy diet, to my patients. As a neuropsychologist, I have been struck by the under-stimulating lifestyle patients seeking cognitive, memory and/or mood assessments frequently practice. For many of these patients, a typical day would involve watching favorite television shows between breakfast, lunch, dinner, and bedtime. Engaging these patients in mentally and physically stimulating activities has helped to alleviate their depression and anxiety. Similarly, mindfulness meditation has the potential to benefit people with Mild Cognitive Impairment, Alzheimer's disease, or another dementia. Rather than relying on anti-dementia medications alone, health care professionals and caregivers can enhance the health and overall well-being of cognitively impaired individuals through a variety of non-pharmacological interventions, including mindfulness meditation. As well, caregivers may find exercises like the one below helpful to reduce their own stress.



A Simple Mindfulness Meditation Exercise

Find a comfortable chair, couch, cushion or bed and take a relaxing position, either sitting up or lying down. You can also do this exercise standing up. Notice the position you are in, such as sitting on the chair; feel the back of the chair supporting your upper back and the bottom of the chair supporting your buttocks and pelvis area. Feel the support under your feet given by the floor. Take some relaxing, regular breaths – not too deep, and don't hold your breath. With your eyes open or closed (except if standing up), notice the movement of the breath as the chest and stomach expand on the in-breath, much like balloon being blown up, and deflate on the out-breath. Experiencing the in and out of the breath is almost like riding the waves of the ocean. Notice how effortless and rhythmic the movement of the breath is and the pause in between in-breaths and out-breaths. After about five breaths, you will probably notice yourself starting to relax. You will also probably notice some thoughts distracting you. Treat your thoughts like clouds in the sky; they are just thoughts passing through, riding the air currents. You can use your breath as an anchor or home base to come back to as you let go of your thoughts. You can do the same with body sensations, such as discomfort where you notice it; breathe with the discomfort to soften it and then let it go as you come back to the breath. Some people find it helpful to count their breaths with the out-breath, that is, silently count each out-breath for up to five out-breaths and then start counting again. It is suggested that you start with daily practice for ten to fifteen minutes and expand the time as your skills and schedule allow.

Research Volunteers, Continued from page 5

Love and marriage came late for Dave, when he finally felt financially secure enough that life for his wife “wouldn’t be like my mother’s, working so hard.”

Over the years, Dave and Mary have continued a life of service through mission trips that, for example, have involved building basic dwellings for people with leprosy (still ostracized) in India, digging water wells in Kenya, and constructing a church for African-Americans in Mississippi.

MCI aside, Dave, now 87, continues an active life, volunteering as a messenger at St. Joseph’s Hospital in Orange and for various activities at church. In addition to exercising regularly, Dave enjoys spending time with his granddaughters, having coffee twice weekly with “a bunch of the guys” from the gym, gardening, and taking in the theater with Mary. Of course, Sunday is reserved for church and lunch with friends.

We are deeply grateful to Dave and Mary, and every person who volunteers to participate in research at the ADRC. Our special thanks to Dave and Mary for sharing their story so openly out of a desire, in Mary’s words, “to give people more awareness of what Alzheimer’s disease is and get them to start treatment early.”

If you are interested in joining our ADRC Longitudinal Research Program or would like more information, please call (949) 824-2382 and select Option 2 to speak to one of our Patient Care Coordinators.



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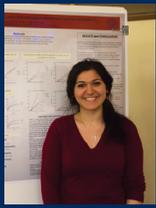
Learn about your memory while advancing knowledge of memory and aging

Volunteers with mild memory or thinking problems are needed for a study on aging

Eligible participants will benefit from:

- Free comprehensive annual evaluations with feedback and recommendations from experts
- Opportunities to participate in additional studies (e.g., imaging, biomarkers, prevention, and clinical drug trials)
- The gratification of helping advance knowledge of aging and how to better treat Mild Cognitive Impairment, Alzheimer’s disease, and other cognitive disorders

To participate, you must be 65 or older, have mild memory or thinking difficulties, and have an adult child, spouse or friend willing to answer questions about your everyday activities. If you would like to participate, or want further information, please contact Dr. Carrie Peltz at 949-824-2382, Option 3, or cpeltz@uci.edu.



*Dr. Karlie Intlekofer,
Meredith Chabrier,
and
Zahra Nematinejad
at the
ReMIND Symposium*

YOUNG SCIENTISTS RECOGNIZED AT 3RD ANNUAL REMIND SYMPOSIUM

Created to encourage young scientists to study neurological disorders, ReMIND (Research and Education in Memory Impairments and Neurological Disorders), hosted its 3rd Annual Emerging Scientists Symposium on February 9, 2012, drawing over 100 attendees from the UCI community. Across the day-long event, 16 graduate and post-doctoral students presented a variety of studies, reflecting the breadth of neurological research underway at UCI.

Dr. Frank LaFerla, director of UCI MIND and advisor for ReMIND, kicked off the day, followed by a series of five distinguished UCI MIND professors who chaired separate sets of presentations from the 16 young scientists, and a keynote address by Dr. Li-Huei Tsai, Director of the MIT Picower Institute for Learning and Memory. Dr. Karlie Intlekofer and Meredith Chabrier received awards for the best post-doctoral and graduate research presentations, respectively, and Zahra Nematinejad for the most outstanding undergraduate poster presentation.

A student-run organization, ReMIND is co-chaired by Erin Burke, Meredith Chabrier, Kara Neely Kayala and Rachel Rice, who organized the successful day. To learn more about ReMIND, visit www.mind.uci.edu.

The Charitable Gift Annuity: One Thing You Can Always Count On

Linda Scheck, (949) 824-3251, lscheck@uci.edu



While stocks may be down and unemployment up, there is one thing that has not changed. It's something that can give you **certainty**, **predictability** and **security** in a topsy-turvy world. Often, the things in life you can count on are not exciting or colorful. That's the nature of dependability. It's just always there for you. Such is the case with the reliable and steady **Charitable Gift Annuity**.

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In essence, a gift annuity is a contract between you and UCI MIND. When you fund a gift annuity with us, we agree to pay you at a fixed rate for as long as you live.

No matter how long you live, or how the economy sways and swoons, your payments are secure and safe with us. Furthermore, the payments are backed by the faith and assets of the University of California.

Just as we have always been there for you in the past, we will be here for you in the future. Please call us at 949-825-3251, email us, or visit our website (www.mind.uci.edu) for more information. If you want something that is dependable, reliable and totally predictable, then you will definitely want to learn more.

What you will also discover is that gift annuities have a second advantage. After a lifetime of payments to you, any funds remaining in the gift annuity go directly to our mission, *researching ways to make memories last a lifetime*, and thus create a legacy in your name. That's something you can

count on, now and for your lifetime.

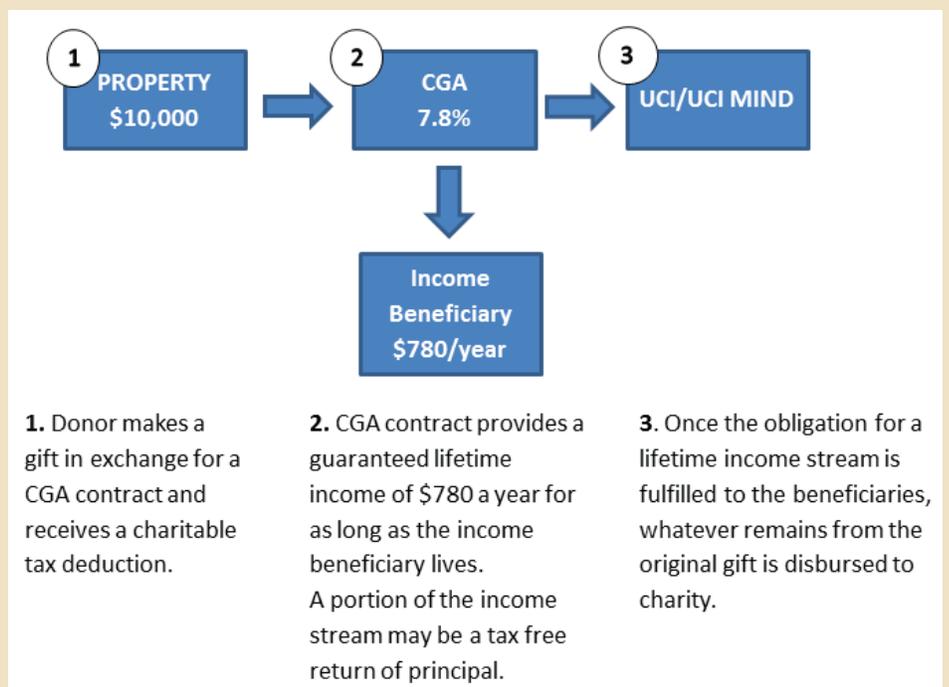
SAMPLE GIFT ANNUITY RATES

AGE	RATE
65	4.7
70	5.1
75	5.8
80	6.8
85	7.8
90+	9.0

How it Works

Gift annuities are simple two-to-three-page contracts which specify that, in exchange for a gift, the charity will pay a fixed dollar amount each year to the donor or the designated beneficiaries. Once the obligation to the income beneficiaries has been satisfied, whatever remains of the initial gift is disbursed to the charity to be used as directed by the donor. Furthermore, because the charity is the ultimate beneficiary, in addition to the guaranteed income stream, the donor also receives a charitable tax deduction.

The following flow chart illustrates how the gift annuity would work for you and UCI MIND.



For more information about financial management, taxes, and estate planning, sign up for our Planned Giving e-newsletter at www.mind.uci.edu/donate/legacy-giving or contact Linda Scheck at (949) 824-3251, lscheck@uci.edu

DONATIONS *from* March 2011 - March 2012

We thank the following benefactors who are making a difference in supporting our mission of *making memories last a lifetime* through research directed at uncovering the causes of memory impairments and neurological disorders such as Alzheimer's disease. Through our discoveries and outreach we are helping achieve the goals of diagnosing Alzheimer's disease earlier, treating it effectively and supporting affected individuals and their families.

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What a wonderful way to commemorate a loved one and to help support Alzheimer's disease research. Many families choose to make a lasting donation in memory of a friend or loved one in lieu of flowers. Once the memorial donations have been received, a thank you acknowledgment is sent to the donor.

As requested by the donor, we notify the family or other appropriate individual of the gift. All donors are recognized in the Mind Matters newsletter, unless the donation is designated as anonymous.

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S.L. Gimbel Foundation Supports UCI MIND Outreach Efforts

In January 2012, UCI MIND was awarded a \$25,000 grant by the S. L. Gimbel Foundation in support of the Memory Screening and Education Project to Advance Alzheimer's Disease Research. Funding will enable UCI MIND to educate the community about memory loss, Alzheimer's disease (AD) and other dementias as well as opportunities to participate in ongoing studies through a variety of outreach activities. Additionally, funding will support development of a two-step (i.e., online and in-person) memory and research interest screening.

Once the project is completed, visitors to the UCI MIND website will be able to access brief online screening tools that assess memory, mood and everyday living abilities as well as interest in research participation. If results suggest further evaluation is needed, users will be directed to the UCI MIND Memory Assessment and Research Center (MARC) for an in-person screening to further assess memory concerns and eligibility for research participation, a primary care physician, or a specialist at UCI or in the community, as most appropriate. In-person screenings will be conducted by Dr. Steve Savlov, a licensed psychologist with a special interest in mindfulness meditation (see article on page 10), and Dr. Malcolm Dick, senior neuropsychologist at the MARC.

Through this project, UCI MIND will grow the number of persons being followed annually at the MARC to at least 300. Individuals receiving repeat annual evaluations, like David Solomon (see article on page 5), generously agree to contribute all of the neurological, neuropsychological, and other assessment data collected to a national database which researchers worldwide can access to conduct studies on healthy aging and AD.

UCI MIND is very grateful to the S. L. Gimbel Foundation for its generous support. Susan Gimbel was an ultra-marathon runner who loved the outdoors. During her lifetime, she was very passionate about a multitude of causes which she supported through her foundation, the S.L. Gimbel Foundation. In 2006, Susan lost a battle with ovarian cancer. In December 2010, the trustees of the S.L. Gimbel Foundation formed a partnership with The Community Foundation serving the Counties of Riverside and San Bernardino to fulfill Susan's legacy of advancing the community work she began.

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MIND Matters is a publication of the UCI Institute for Memory Impairments and Neurological Disorders in collaboration with the Alzheimer’s Disease Research Center (ADRC) and the California Alzheimer’s Disease Centers (CADC). The ADRC is funded by a grant from the National Institute on Aging and supports and promotes interdisciplinary research on Alzheimer’s disease. The CADC is funded by the California Department of Public Health. The CADC provides expert



clinical assessments and diagnosis of memory complaints related to Alzheimer’s disease and other dementias.

Editor: Cordula Dick-Muehlke, Ph.D., Director of Education
Layout: Shirley Sirivong, Community Health Program Manager



20TH ANNUAL CONFERENCE SET FOR WORLD ALZHEIMER’S DAY *September 21, 2012*

Celebrating its 20th year, the annual Southern California Alzheimer’s Disease Conference will be held on World Alzheimer’s Day, Friday, September 21, 2012, at the Costa Mesa Hilton. Experts from across the country, including leading UCI researchers and clinicians, will address the nature, management, and treatment of behavioral and psychiatric symptoms in Alzheimer’s disease (AD) and other dementias during this day-long event.

Beyond Memory: The Behavioral and Psychiatric Symptoms of Dementia was chosen as the theme for the 2012 conference as the non-cognitive symptoms of AD and other dementias – which range from apathy and depression to aggressiveness and wandering – represent the most challenging aspect of dementia for physicians, other health care professionals, and families alike to manage. Occurring in nearly all people with dementia, behavioral and psychiatric symptoms have serious adverse consequences for both patients and families, including faster cognitive decline, more functional limitations, earlier institutionalization, poorer quality of life, and greater caregiver depression.

Led by UCI MIND, this conference is offered in partnership with the UCI School of Medicine, the Alzheimer’s Association of Orange County and Alzheimer’s Family Services Center. Together, UCI MIND and its partners have developed the conference into a leading source of the latest knowledge about AD for physicians, other health care professionals, and families. Continuing education units will be made available for physicians (CME) and a variety of other health care professionals, including social workers (BBS), nurses (BRN), nursing home (NHAP) and residential care facility (RCFE) administrators, and attorneys (MCLE).

For more information, contact Andrew Eng at andrew.eng@alz.org, (949) 757-3711, or visit mind.uci.edu.