

# MIND NEWS AND EVENTS

*Making Memories Last a Lifetime*

August 2012

 UNIVERSITY of CALIFORNIA • IRVINE

## DON'T MISS THE 20TH ANNUAL SOUTHERN CALIFORNIA ALZHEIMER'S DISEASE RESEARCH CONFERENCE

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 Hilton Orange County/Costa Mesa.



Joining worldwide efforts to increase understanding of Alzheimer's disease (AD) and other forms of dementia, the Institute for Memory Impairments and Neurological Disorders at the University of California, Irvine (UCI MIND) and its community partners, the Alzheimer's Association of Orange County and Alzheimer's Family Services Center, are bringing together experts from across the country to address the topic, ***Beyond Memory: The Behavioral and Psychiatric Symptoms of Dementia.***

At least 5.4 million Americans are affected by AD and another 5.3 million by Mild Cognitive Impairment (MCI), a high-risk pre-dementia state. Across the progression of AD, beginning in MCI, affected individuals can experience a variety of behavioral and psychiatric symptoms, ranging from depression and apathy to wandering and aggressiveness.

Such non-cognitive symptoms represent the most challenging aspect of the dementias 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.

Nationally recognized speakers from leading academic institutions, including the University of Pittsburgh, University of Southern California, U.C. San Diego, U.C. Los Angeles, U.C. San Francisco, and U.C. Irvine, will empower physicians, health care professionals and families with best practices in the recognition, assessment, and non-pharmacological management of behavioral and psychiatric symptoms.

Continuing education units will be 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). As needed, family caregivers may take advantage of complimentary respite care being provided by a variety of Orange County living facilities.

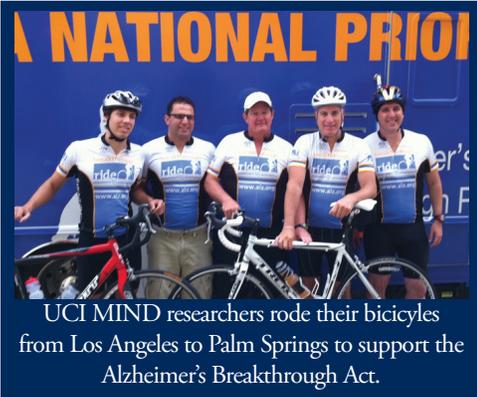


Expert panelists at the 2011 Annual Southern California Alzheimer's Disease Conference (L to R): Dr. Pierre Tariot, Dr. Claudia Kawas, Dr. David Coon, and Dr. Kim Green.

To register for *Beyond Memory: The Behavioral and Psychiatric Symptoms of Dementia*, call the Alzheimer's Association of Orange County at (949)757-3711 or visit <http://act.alz.org/20thAnnualResearchConference>

## From the Director...

*Frank LaFerla, Ph.D.*



As the old saying goes, if you put your mind to it, you can accomplish anything. In 2010, the Alzheimer's Association challenged a group of researchers to participate in a cross-country, relay-style bike ride from San Francisco to Washington, D.C. for the purpose of delivering more than 50,000 signatures supporting the Alzheimer's Breakthrough Act to President Obama. Four UCI MIND colleagues and I took the challenge, hopping on our bicycles to pedal one leg of the journey, from Los Angeles to Palm Springs. Despite heat that topped 115 degrees, we made it. We put our minds and, in this case, our bodies to it, and accomplished our goal. Now two years later, that bike ride and the efforts of Alzheimer's disease advocates nationwide has resulted in the first National Plan to Address Alzheimer's Disease. As a country, we put our minds to it and created a plan that challenges us to accomplish five major goals.

- Prevent and effectively treat Alzheimer's disease by 2025
- Enhance care quality and efficiency
- Expand support for people with Alzheimer's disease and their families
- Enhance public awareness and engagement
- Improve data to track progress

Achieving these goals requires bringing both our minds and resources to bear on the problem of Alzheimer's disease. The National Plan to Address Alzheimer's Disease has placed responsibility squarely on us. It is "not a federal plan," calling on all of us – across public and private sectors – to actively engage in finding the answers that will prevent the disease in the future and make lives better for families today.

The National Plan to Address Alzheimer's Disease is a great first step and President Obama should be commended for increasing support of this cause. The reality, however, is that Alzheimer's research is still woefully underfunded, receiving only \$500 million annually, whereas HIV/AIDS and cancer receive \$3 billion and \$6 billion, respectively, each year. At UCI MIND, we are in a relay-race for better treatments, prevention strategies and ultimately a cure as the best scientific minds in our midst generate new discoveries and collaborate with researchers worldwide. To keep up the pace, we need your support – as a donor, a research participant, or a volunteer. Join us in realizing the goals of our national plan.

## A FOND FAREWELL TO SHIRLEY SIRIVONG



Shirley Sirivong

It is with our deepest appreciation for 17 years of service that UCI MIND wishes Shirley Sirivong a fond farewell as she leaves the Institute to assume the position of Manager of Clinical Operations with the UCI Program in Nursing Science.

Shirley joined UCI MIND in 1994 as a Student Assistant in the Memory Assessment and Research Center. Her multiple talents and commitment to helping families affected by Alzheimer's disease made her the perfect choice for the position of Patient Care Coordinator and later Community Program Health Manager.

As a key team member, Shirley has been actively involved in strategic planning and implementation of programs at UCI MIND, especially for the Memory Assessment and Research Center. Additionally, she has helped extend UCI MIND's reach into the community by organizing countless education and outreach activities, including the highly successful Annual Alzheimer's Disease Research Conference. Finally, using her skills in the graphic arts, Shirley has been the creative design force behind many of the brochures, pamphlets and newsletters the Institute has produced.

We wish Shirley well and invite you to join the UCI MIND family in thanking her for her many contributions to the Institute, the families we serve, and our community at large.



# GIVING AT UCI MIND

*Helping UCI MIND*

*Research Ways to Make Memories Last a Lifetime*

## A DONOR'S STORY - COMMITTED TO UCI MIND

By Linda Scheck, Director of Development and Donor Stewardship

I first met Harry Bubb soon after I joined UCI MIND to help raise awareness and funds for Alzheimer's research at the Institute. He found me in my office in the back of the research labs and, in his quiet manner, asked if we could talk. He shared that his dear wife, Berdie, had recently passed away after suffering from Lewy Body dementia. They had a long, loving and happy marriage and their children and grandchildren were actively involved and close by. Specifically for caregivers of loved ones with an atypical dementia, the UCI MIND support group Harry attended had sustained him and allowed him to help others by sharing his experiences.

Harry wanted to do something to help UCI MIND. He asked if we had any projects that needed funding.

Of course, we did! We talked about a number of innovative research projects that could advance discoveries and ultimately lead to novel treatments. Such innovative projects often don't require a large amount of money to initiate, and they can lead the way to breakthroughs that can later be supported by major funding sources. This is the way many novel ideas are tested and grow.

UCI MIND researchers wanted to explore creating a new mouse model; one that didn't always develop Alzheimer's disease. A mouse that didn't necessarily develop the memory-robbing disease would mirror the occurrence of Alzheimer's in humans. Currently, mice used in research are genetically altered to always develop Alzheimer's disease. Perhaps successful treatments for these mice don't translate well to human beings because expression of the disease in the animals is different from that in humans. If there were a mouse that sometimes developed Alzheimer's and sometimes didn't – a "sporadic mouse model" – perhaps, when treatments worked with these mice, the treatments would also work with humans.

Harry's interests were sparked by UCI MIND's desire to create a "sporadic mouse model," and he stepped into action.

Harry Bubb knows how to make things happen. He came from a small mining town in Colorado where he learned to camp and hunt for small game as a young boy, things he still loves to do. Later, he learned how to fly an airplane, which gave him the opportunity to become a Navy pilot when World War II broke out. After the war, he graduated from Stanford University and Stanford Business School and was offered a job at a large insurance company in 1950. He said he knew very little about insurance, but wanted to give it a try. After a successful forty-year career in the insurance business, Harry retired as CEO from Pacific Life in 1990.

Reflecting on his career, Harry thought he had met a few people who might be able to help UCI MIND. His idea

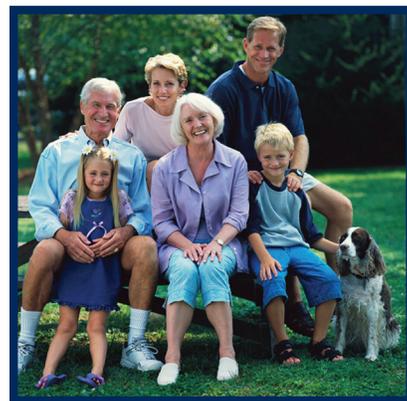
*Continues on reverse*



Patricia Ellis accompanies Harry Bubb to UCI MIND's **Time of Your Life** event

## SHAPING YOUR FUTURE: ESTATE PLANNING WORKSHOP SERIES

Beginning on September 27, an eight-part workshop series on estate planning will be presented by distinguished experts from the community who are generously volunteering their time to provide friends of UCI MIND with important information to strategize for the future. Ranging from attorneys to financial planners, presenters will discuss the various techniques that you can use to establish an effective and comprehensive estate plan, ensuring that your wishes are fulfilled. Topics will include advanced health care directives, estate planning basics, charitable income and tax planning, role of trustee and executor and more.



### *Estate Planning Series*

*Workshops are every Thursday afternoon from 1-2:30 pm.\**

*September 27 through November 15, 2012*

*\*Time subject to change.*

Contact Linda Scheck, (949) 824-3251 or [lscheck@uci.edu](mailto:lscheck@uci.edu), to RSVP or for further details.

### **Commitment to a Safe Learning Environment**

UC Irvine is committed to providing you with a safe learning environment. Consequently, presenters will not be allowed to contact any of the attendees unless specifically requested by the attendee. Furthermore, attendee lists will not be shared with any of the presenters. UCI MIND is partnering with the Center for the Neurobiology of Learning and Memory (CNLM) to offer this series.

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#### *A Donor Story, continued from other side*

was to encourage the Pacific Life Foundation to support development of a sporadic mouse model. The problem was that the Pacific Life Foundation doesn't normally support research. Monitoring research projects is technical and very specialized. Harry spoke to the people he knew, and they talked to others who ultimately made it possible for Pacific Life Foundation to donate funding for the sporadic mouse model project through an organization that has expertise in working with major researchers throughout the country.

Harry's idea successfully launched the initial steps toward the potential discovery of a new genetically altered mouse. Basic science research requires a great deal of funding and it also requires time. Harry and his friends are patiently awaiting an update on the progress of this project.

Harry has remained involved in other ways. He joined the MIND Matters Club, a group of individuals who have an interest in promoting their own cognitive health while supporting research, education and service to the community by contributing an annual gift to UCI MIND.

Harry Bubbs has given much of his time, his expertise, his own funds, and he has encouraged others to support research at UCI MIND.

When I asked Harry if we could share his story, he felt that his support was "modest" but agreed because he wants others to know about the high quality of the nationally and internationally recognized research taking place at UCI MIND. Harry said, "We shouldn't be bashful about pounding the drum hard. UCI MIND is too modest about the research they are doing. They may say that their work speaks for itself, but the world needs to hear about it." He encourages others to step forward in any way they can to help.

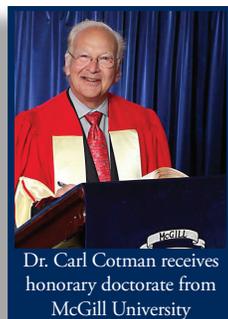
He feels a sense of urgency about broadening community awareness of UCI MIND and, when Harry Bubbs wants to do something to help; he knows just how to do it.

*If you want to learn more about the impact UCI MIND is having on our community or to learn how you, too, can be a part of the innovative research and projects changing the lives of individuals in our community, contact Linda Scheck at (949) 824-3251.*



# PEOPLE IN THE NEWS

*Highlighting Achievements at UCI MIND*



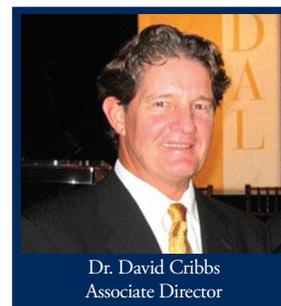
Dr. Carl Cotman receives honorary doctorate from McGill University

## DR. CARL COTMAN RECEIVES HONORARY DOCTORATE

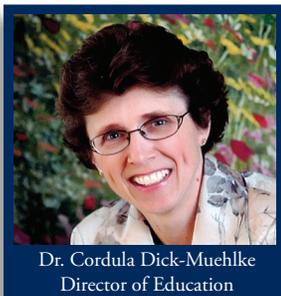
Congratulations to Dr. Carl Cotman, founding director of UCI MIND, who received an honorary doctorate from McGill University in Montreal as part of its 2012 commencement exercises. Dr. Cotman, professor of Neurology, Neurobiology and Behavior, and Biomedical Engineering, was awarded a Doctor of Science, honoris causa, in recognition of the many contributions he has made to our understanding of Alzheimer's disease and other age-related cognitive disorders throughout his distinguished career. He joins a select group of faculty to receive this prestigious honor.

## DR. DAVID CRIBBS ON VA SCIENTIFIC MERIT REVIEW BOARD

Dr. David Cribbs, the associate director of UCI MIND and professor in-residence of Neurology, has been appointed to the Department of Veterans Affairs Joint Biomedical Laboratory Research and Development, and Clinical Science Research and Development Services, Scientific Merit Review Board. Selected for his outstanding scientific credentials, Dr. Cribbs will provide advice on the scientific quality, budget, safety and mission relevance of investigator-initiated research proposals submitted for intramural funding at the VA.



Dr. David Cribbs  
Associate Director



Dr. Cordula Dick-Muehlke  
Director of Education

## DR. CORDULA DICK-MUEHLKE SERVES ON DEMENTIA CARE INITIATIVE

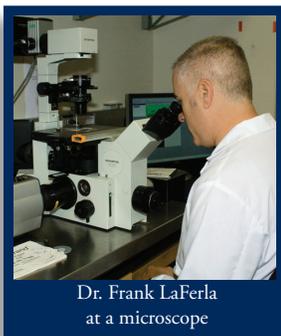
Dr. Cordula Dick-Muehlke, director of education, joined 50 other dementia care experts in Washington, D.C. to begin the development of guidelines for the non-pharmacological management of behavioral and psychiatric symptoms in Alzheimer's disease. The National Dementia Care Initiative led by CCAL-Advancing Person Centered Living and the UCLA Luskin School of Public Policy is aimed at reducing the use of antipsychotic medications among people living with dementia.

## DR. SZOFIA BULLAIN AND MEREDITH CHABRIER RECOGNIZED BY ALZHEIMER'S ASSOCIATION

Congratulations to Dr. Szofia Bullain, Clinical Instructor in the Department of Neurology, and Meredith Chabrier, graduate student researcher in the UCI Department of Neurobiology and Behavior, who both received a Young Scientist Award from the Alzheimer's Association of Orange County in July. In recognition, Dr. Bullain was given a travel fellowship covering all costs of attending the 2012 Alzheimer's Association International Conference in Vancouver, BC and Ms. Chabrier a cash scholarship.



Jim McAleer, CEO of the OC Alzheimer's Association, with Meredith Chabrier (L) and Dr. Szofia Bullain (R)



Dr. Frank LaFerla  
at a microscope

## DRS. FRANK LAFERLA AND BRIAN CUMMINGS LEAD NEW GRANT

UCI MIND has received a \$300,000 Shared Instrumentation Grant from the National Institutes of Health to purchase a state-of-the-art stereology microscope. Drs. Frank LaFerla and Brian Cummings serve as the principal and co-principal investigators of the grant, respectively, with several other UCI MIND faculty collaborating. This highly competitive grant will enable UCI MIND faculty to utilize a very sophisticated microscope system to quantify changes in dementia-affected human brains and animal models of Alzheimer's disease.

## UCI MIND EXPANDS OUTREACH EFFORTS TO CHINESE AMERICANS



Dr. Malcolm Dick  
UCI MIND Neuropsychologist

Seeking to help its local community while expanding its research efforts, UCI MIND has begun offering education on memory loss specifically to Chinese Americans. In California, the number of Asian Pacific Islanders with Alzheimer's disease is expected to triple by 2030 to 194,266, or 17.5% of the total 1,106,650 affected individuals in the state as projected by the Alzheimer's Association.

In May, an overflow crowd of 160 Chinese Americans attended *Memory Loss: Should I Be Concerned?*, presented with translation support by UCI MIND experts Dr. Malcolm Dick and Dr. Cordula Dick-Muehlke at the Irvine Chinese School. In July and August, another nearly 300 Chinese Americans were reached through presentations on memory loss for the Irvine Evergreen Senior Citizens Association at the Irvine Senior Center and the Chinese Cultural Club at Laguna Woods. On Friday, October 26, 10 am – noon,

Drs. Dick and Dick-Muehlke will return to the Irvine Chinese School to present *Reducing Your Risk for Alzheimer's Disease: Lifestyle Strategies and More*.

"We have had a longstanding commitment to serving minority patients," noted Dr. Frank LaFerla, Director of UCI MIND. "Using a culturally appropriate set of cognitive tests, our clinicians are able to accurately differentiate Mild Cognitive Impairment (MCI) and Alzheimer's disease from normal aging among individuals with limited English skills."

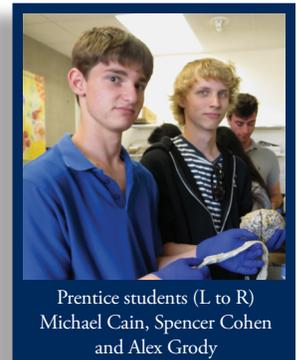
Additionally, the Memory Assessment and Research Center is seeking English-speaking Chinese Americans who are concerned about memory loss or have been diagnosed with MCI or another mild memory disorder to participate in ongoing research that will help clarify ethnic differences in the development, progression, and expression of MCI and Alzheimer's disease. For more information, please contact the Memory Assessment and Research Center at (949) 824-2382, Option 2.

## PRENTICE SCHOOL STUDENTS TOUR UCI MIND

Fourteen students from Prentice School, accompanied by their teacher, Kevin Hernandez, were introduced to the possibilities of pursuing a career in science during a tour of UCI MIND on May 17th. After an introduction to UCI MIND from Administrator Andrea Wasserman, students toured the lab of Director Dr. Frank LaFerla, where they had the opportunity to hold and learn about the human brain.

An independent, private non-profit day school for intelligent and creative students with language-based learning disabilities such as dyslexia, Prentice School is committed to nurturing the full potential of youngsters who learn differently. Karen Lerner, principal, noted, "It's important for our students to get an idea of what the future looks like if you work hard in school. If you are lucky and talented, you get to work on something you are interested in."

UCI MIND is pleased that it could partner with Prentice School to expand the horizons of these special students. To learn more about the unique work of Prentice School, visit [www.prentice.org](http://www.prentice.org).



Prentice students (L to R)  
Michael Cain, Spencer Cohen  
and Alex Grody



MIND News and Events 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 Center (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, Graphic Artist



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