

# Old News is Good News



MAY, 2013. VOL. 7

## Meet Dana Greenia

Dana Greenia, RN, MS, has been our Clinical Research Administrator and Co-Investigator in *The 90+ Study* for four years. A registered nurse, she has a BS in nursing science from the University of Delaware and a Master's degree in health administration from St. Joseph's University in Philadelphia, PA. With a career spanning 25 years, Dana's experiences range from bedside neonatal nursing to healthcare management. After serving as the UCI Neurology Department Administrator for five years, Dana joined us in Geriatric Neurology and *The 90+ Study*. We are very fortunate to have Dana, who manages a variety of projects including our amyloid imaging PET scans, functional MRI studies, and the Orange County Aging Project. Dana supervises the staff of *The 90+ Study* and works closely with Drs. Kawas and Corrada on budgets, fundraising, strategic planning, and the coordination of several postdoctoral scientists, graduate, and undergraduate students local and abroad. Some of her accomplishments include obtaining the neurology geriatric fellowship accreditation with the United Council for Neurologic Subspecialties and a manuscript in press titled "Amyloid Imaging and Cognitive Decline in Non-demented Oldest Old: *The 90+ Study*" (Alzheimer's & Dementia, 2013). She



works closely on the study by coordinating imaging trials, case conferences, informant questionnaires, and data collection.

Dana is happily married to Earl and has 3 children, Helen (12), Glendon (10), Danielle (5), plus a puppy. Her job and family keep her very busy without a lot of free time. However, when she is able, she enjoys exercise, reading, gardening, skiing, and movies. She especially likes to entertain at home sharing fine food and wine with her husband, family, and friends. We are sure you all enjoy working with Dana as much as we do!

To help us understand the risk factors and biological mechanisms of aging and cognitive loss in the oldest-old, we will be recruiting many more participants for new research activities. We will be asking you to volunteer for the following:

- \* Amyloid PET and MRI scans of the brain
- \* 24-hour blood pressure monitoring
- \* Brain tissue donation on autopsy

## *The coming years*



We encourage your participation and thank those who have already signed up for these procedures.

**Study Contact Information:** Clinic for Aging Research & Education, University of California, Irvine  
24361 El Toro Road #150, Laguna Woods, CA 92637  
949-768-3635 || [study90@uci.edu](mailto:study90@uci.edu) || [www.90study.org](http://www.90study.org)





## *How Your Participation Has Recently Contributed to Science*

*T*he 90+ Study has produced many scientific publications which have received national and international attention as they advance the field of geriatric research. This research has been featured on Public Television, Russian documentaries, National network news, and newspapers including The Orange County Register, the Los Angeles Times, the New York Times, and news publications in France, Canada, Chile, Turkey, Hungary, and Spain among others. Publications are available on our website

[www.90Study.org](http://www.90Study.org). As we go to press, we are being filmed by “Superquark”, Italy’s most watched science show. You will soon be able to watch the show online at [www.superquark.rai.it](http://www.superquark.rai.it).

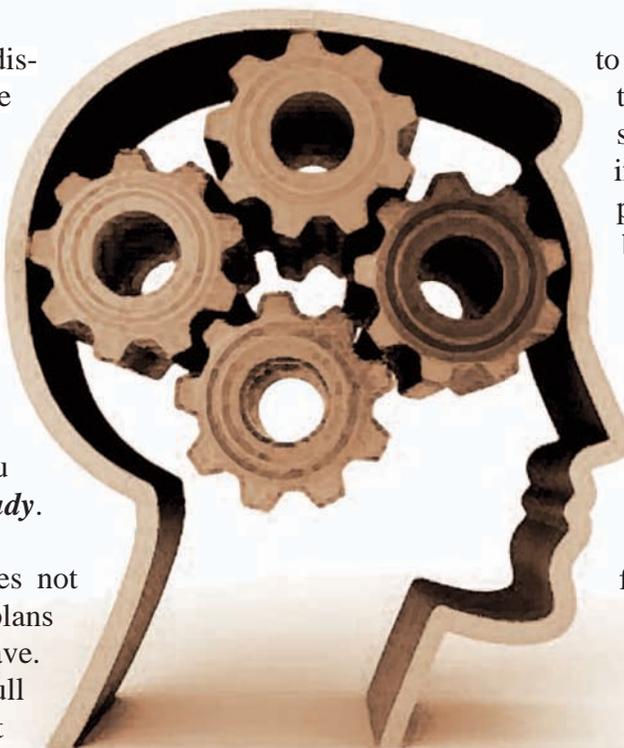


Check it out!

## *Brain Tissue Donation / Autopsy*

*S*ome of our greatest discoveries were possible through the generosity of our participants who agreed to brain donation. Although advanced technologies can image our brains, examining brain tissue under the microscope has provided some of the most important findings from our study. As a participant in *The 90+ Study*, we invite you to enroll in *The 90+ Autopsy Study*.

Enrollment in this program does not interfere or delay with any final plans you and your family may have. Additionally, an autopsy and full report are completed at no cost



to your family who can discuss the results with a neurologist should they desire. By knowing if Alzheimer’s disease or other pathologies are present in the brain, we are uncovering the secrets of successful aging. Families tell us that it is rewarding to know that a loved one’s donation has contributed greatly to scientific research.

Your generous contribution will help future generations with prevention and treatment for age-related diseases. Please call (949) 768-3635 if you are interested in enrolling in the autopsy program.

# Appreciation Party

On August 7, 2012, we had the privilege of enjoying lunch with 170 of our fantastic **90+ Study** participants and families. We thank all who attended this appreciation party! We truly mean it when we say, without you, none of the scientific discoveries of this study would be possible. At the luncheon, our **90+ Study** Principal Investigator, Dr. Claudia Kawas, gave a talk on the study highlights and accomplishments.



Here are a few:

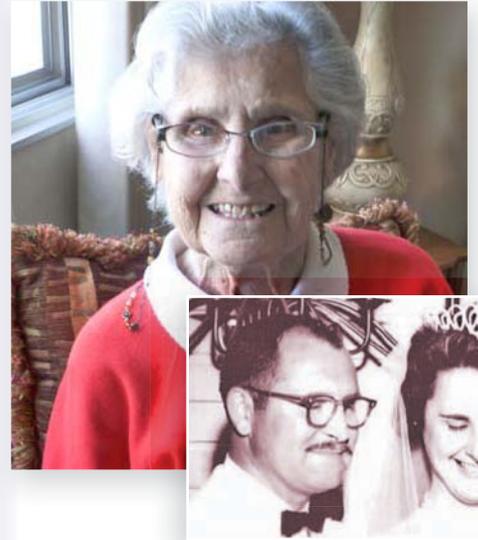
- The participant with the most visits has been seen 19 times, and 125 participants have completed more than 10 visits!
- In *The 90+ Autopsy Study*, half of the people with dementia appeared to have normal brains while half of the people with normal cognition appeared to have significant Alzheimer pathology.

Low oxygen saturation in the blood, and poor physical performance are associated with dementia in the oldest, but hypertension (high blood pressure) may be a protective factor.

- We are also embarking on new research projects, including brain imaging with PET scans and MRIs, and 24-hour blood pressure and oxygen measurements.



## Kudos Korner



Margaret Grimley has always believed in being informed and educated. In fact, this was the primary reason she joined *The 90+ Study* and the Orange County Aging Project (OCAP) three years ago.

Now 93 years young, Margaret recently re-discovered a letter written in 1897 by her mother, at age 12. She marvels at how her Mom paints a picture with her words and notes that these are the things that keep me happy. When asked her secret to a long and healthy life Margaret responds, “My secret is

to stay active, join exercise classes and volunteer in great research programs like the “*The 90+ Study*”. These will keep you both physically and mentally fit.”

By participating in research, Margaret helps us find ways for future generations to live long and fulfilling lives.

When asked if others should consider supporting the program Margaret enthusiastically responds. “Certainly! Volunteer to help others and consider funding the program with gifts. These are ways you can support successful aging and at the same time receive a benefit for yourself.”

Dushams, C. J.  
June 2, 1897  
My dear Papa  
I hope you are having  
a nice time in New York  
we had a nice ride on  
Saturday. Charles and Helen  
have just gone over to  
New York to mail a box of  
for you. It has been very hot  
here until today today it is  
windy and chilly and  
cloudy. Margaret says  
wink for drink. The little  
kittens are very playful.  
The old cat is awfully great  
deal hunting for mice.  
There a quite number of



University of California, Irvine  
 Clinic for Aging Research & Education  
 24361 El Toro Road #150  
 Laguna Woods, CA 92637

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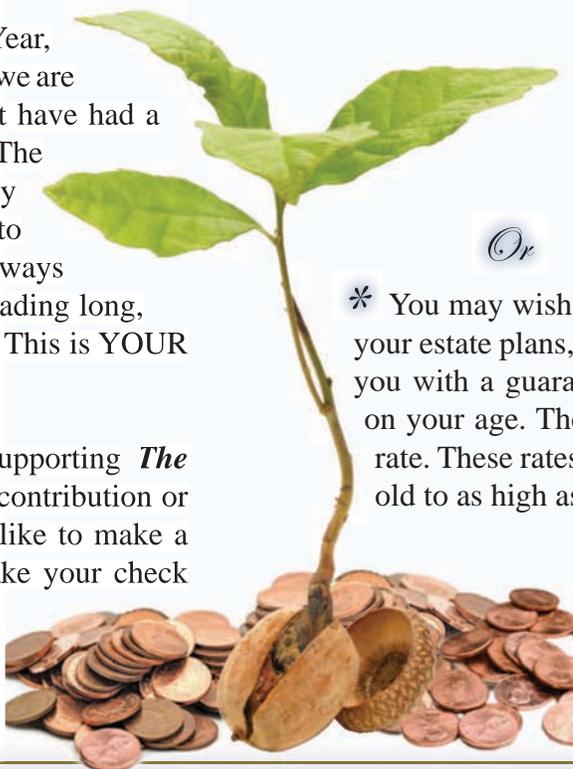
*Old News is Good News is the newsletter of The 90+ Study and is designed to keep you informed of progress in our research. This newsletter is sent to participants and their family as well as members of the Leisure World Cohort.*

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## Donate to the Study

As we begin the New Year, we reflect on all that we are thankful for; those things that have had a positive impact on our lives. The staff of *The 90+ Study* are truly grateful for all you have done to further our understanding of ways to aid future generations in leading long, productive and healthy lives. This is YOUR LEGACY.

We ask that you consider supporting *The 90+ Study* by making a cash contribution or an estate gift. If you would like to make a cash contribution, simply make your check payable to “UCI Foundation” and write “*The 90+ Study*” in the ‘Memo’ section on your check.



Or

\* Mail donations to:  
 Claudia Kawas, M.D.  
 1121 Gillespie  
 University of California  
 Irvine, CA 92697-4550.

\* You may wish to include *The 90+ Study* as a part of your estate plans, or other gift vehicles that will provide you with a guaranteed and fixed income stream based on your age. The older you are, the higher the payout rate. These rates typically range from 5% for a 70 year old to as high as 9% for those 90 years old and over.

To learn more about how you can leave a lasting legacy for the future, contact us at the Clinic for Aging Research and Education by calling (949) 768-3635.