



MIND MATTERS

The Newsletter for the **Michigan Alzheimer's Disease Center** | Spring 2015

ABOUT US

The Michigan Alzheimer's Disease Center (MADC) is dedicated to the discovery of new ways to diagnose, treat, and prevent Alzheimer's disease and other dementias. We promote state-of-the-art clinical care, conduct memory and aging research, and provide education and wellness programs.

MADC Leadership

Henry Paulson, MD, PhD • Center Director
Bruno Giordani, PhD • Center Associate Director
Benjamin Hampstead, PhD, ABPP/CN • Clinical Core
Peter Lichtenberg, PhD • Clinical Core
Judy Heidebrink, MD • Clinical Core
Roger Albin, MD • Clinical Core
Hiroko Dodge, PhD • Data Core
Ivo Dinov, PhD • Data Core
Andrew Lieberman, MD, PhD • Neuropathology Core
Scott Roberts, PhD • Education Core
Nancy Barbas, MD, MSW • Education Core

MADC website

alzheimers.med.umich.edu

MADC Memory Care blog

uofmhealthblogs.org/neurohealth/memory-care

Interested in research participation?

Contact Stephen Campbell, LLMSW
E-mail: stepcamp@med.umich.edu
Phone: 734-763-2361

Questions about education or wellness programs?

Contact Kristin Cahill, LLMSW
E-mail: kecahill@med.umich.edu
Phone: 734-764-5137

Interested in making a donation?

Contact Michelle Davis
E-mail: bardma@umich.edu
Phone: 734-763-3555

RACE TO RENEW: Jack Miner Raises \$4,000 for the MADC Wellness Initiative

Exceptional talent, innovation, care and research are the norm at the University of Michigan. What do you call it when a leader in one U-M department champions the vision of another U-M department in their free time? The Michigan Difference. Jack Miner, Director of the Venture Center at U-M, is one such champion modeling the Michigan Difference. He took his energy



and applied it to his passion for competitive cycling to raise \$4,000 for the MADC Wellness Initiative. On November 8, Miner raced in the 2014 Iceman Cometh Challenge, the largest one-day, point-to-point mountain bike race in the country. The Iceman attracts more than 5,000 riders for the race from Kalkaska to Traverse City. This year, the weather created additional difficulty, forcing riders to overcome cold temperatures, rain, and mud. Sarah Shair, MADC research assistant, also participated in the race and described it as "brutal." Shair said, "It was about



**Sarah Shair, Laura Rice-Oeschger,
Jack Miner, and Ari Bhaumik**

33°F and sleeting pretty much the whole time Jack was out there. Some sections of the trail were basically huge mud puddles, making it dangerously slick and difficult to see where you were going." Miner and Shair conquered the challenges and finished as victors. The MADC is honored to have been chosen by Miner as the recipient of an extraordinary \$4,000 gift. The donation will make it possible for the MADC Wellness Initiative to continue building programs and providing services for adults living with cognitive changes and their care partners.



Dr. Hank Paulson

Note from the **DIRECTOR**

Spring. A perfect time to reflect on the exciting growth taking place at the MADC. The MADC faculty and staff have been busy performing research projects, hosting conferences, giving keynote presentations, and supporting our community partners. The stories in this issue of Mind Matters highlight a few of our most significant activities.

Looking ahead, I feel that the future looks especially bright partly because of our continued addition of new leadership to our center. I am pleased to announce that the MADC and Udall Center for Parkinson's Disease Research have joined forces to hire a new shared administrator, Nancy Laracey.

Nancy is a great addition to the MADC and will be a dynamic leader in both centers. Her appointment allows Arijit Bhaumik, our Research Projects Manager, to use his impressive research skills to focus on and enhance the MADC's observational and clinical trials.

We couldn't do the various activities we support and carry out, as outlined in these pages, without you. In so many ways, you are the engine that drives us – your ideas, involvement in studies, and generous donations are what make this center a success. The activities of our Center are almost entirely supported by private donations.

Many of you know we applied for center funding from the National Institutes of Health last year to support what we do. While we did not land that grant, we will try again this year – and our odds are better because of the innovative activities you have helped us launch. Thank you so much. I look forward to another great year of continued growth and success with the MADC faculty and staff—and all of you!

With appreciation,

Henry (Hank) Paulson, MD, PhD
 Lucile Groff Professor of Neurology for Alzheimer's Disease and Related Disorders

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CLINICAL DRUG TRIAL **Recruiting Adults with MCI**

The University of Michigan is actively seeking adults with Mild Cognitive Impairment (MCI) and the earliest stages of Alzheimer's disease for a clinical trial of a new drug called BAN2401. The drug BAN2401 is designed to change the disease process by blocking the accumulation of or removing amyloid from the brain.

Dr. Nancy Barbas, Director of the U-M Cognitive Disorders Program and Principle Investigator at the University

of Michigan for BAN2401 says, "It goes without saying that we need better treatments for Alzheimer's disease and Mild Cognitive Impairment." The hope is that the BAN2401 study may result in a much needed new treatment. Individuals with MCI or very early Alzheimer's disease who are ages 50-90 and would like to learn more about the opportunity to participate in the study should call Joanne L. Lord, Research Coordinator, at (734) 647-7760 or email jllord@umich.edu.

Berger Pilot Research Project **Endowment Funds Four Innovative Pilot Projects**

The MADC has a long history of supporting successful pilot research projects at U-M that allow investigators to explore the causes, diagnosis, treatment and prevention of Alzheimer's disease (AD) and related dementias. The Berger Pilot Research Project Endowment has made it possible for the MADC to fund four projects totaling \$90,000, with funding beginning January 1, 2015 and ending on December 31, 2015. Pilot project applications were reviewed and ranked based on their relevance to AD and related dementias, potential significance and impact, investigator and investigative team, research plan, and likelihood of leading to future NIH or private foundation funding. The 2015 pilot awardees are:

Reducing Subjective Memory Complaints in Older Adults through Non-invasive Brain Stimulation

Benjamin Hampstead, PhD, ABPP/CN

Decision Making for Cardiovascular Therapy in Adults with Mild Cognitive Impairment

Deborah Levine, MD, MPH

Screening for Novel G4C2 Hexanucleotide Repeat Expansions in Neurodegenerative Disease

Peter Todd, MD

Novel Approaches to Measuring and Facilitating the Clearance of Soluble Amyloid from the Brain

Vikas Kotagal, MD

Congratulations to our 2015 pilot project award winners!



**What's New
in Research?**

MADC's Collaboration with Wayne State University Continues to Grow

The U-M MADC and Wayne State University have been awarded NIH Exploratory/Developmental Research Grant Award (R21) funding for a new joint project, "Community-Based Early Identification of MCI in At-Risk African Americans." Associate director of the MADC, Dr. Bruno Giordani, and Dr. Voyko Kavcic, from Wayne State University, will study Mild Cognitive Impairment (MCI) among African Americans. Research indicates that community-dwelling African American elders have faster rates of cognitive decline and are almost twice as likely to develop MCI or AD as are older white Americans, but are less likely to be diagnosed or receive treatment in the early stages of these disorders. The study involves the community-based use of computerized cognitive tests and recording of electroencephalographic (EEG) signals to better characterize MCI in African Americans. The aim of the study is to develop reasonable, economically viable, and culturally acceptable methods of early detection among healthy minority elders who may be at risk for MCI or AD.



2014 MADC Appreciation Luncheon Partnering for a Purpose



The annual MADC Appreciation Luncheon was held on Thursday, October 2nd at the Kensington Court Hotel in Ann Arbor. The luncheon, Partnering for a Purpose, highlighted innovative Alzheimer's disease research here at the University of Michigan and at partnering universities across the state. Two hundred of the MADC's donors, research volunteers, community partners, and program participants attended the luncheon and learned from presentations given by four MADC partners in Michigan. Dr. Ken Langa from U-M discussed the global prevalence of dementia; Dr. Peter Lichtenberg of Wayne State University shed light on financial and legal decision making in mild and moderate AD; Dr. Kevin Foley from Michigan State University explained the need for well-trained geriatricians in Michigan and the US; and Dr. Rebecca Davis of Grand Valley State University shared her research on way-finding, environmental design and dementia. The 2014 MADC Appreciation Luncheon was a great success and a wonderful chance to educate our audience about the meaningful ways that the MADC is linking to experts across the state to fulfill our mission and shared vision.



MADC in the COMMUNITY

Team U-M is Top Fundraiser at Alzheimer's Association Ann Arbor Walk

The MADC, Geriatrics Center and Neuropsychology joined together to form one U-M team for the Alzheimer's Association's Ann Arbor/Ypsilanti Walk to End Alzheimer's. Our team was the top fundraiser with over \$8,500 in donations! The walk was held at Washtenaw Community College on Sunday, September 28, 2014. It was an energetic, well-attended event and our U-M team had a great time supporting our friends at the Alzheimer's Association, sharing information about the MADC, and walking for an important cause. Congratulations to the Alzheimer's Association on a fantastic walk!



Dr. Hank Paulson and Ari Bhaumik accept Team U-M's top fundraiser award.

BE A LINK

Volunteer for Research

We need you! The MADC is currently recruiting adults with and without memory loss to participate in our research studies. We have **16 different studies for which you may be eligible.**

- 5 Drug Treatment Studies**
A4, BAN2401, Merck 19, Noble, Merck 17
Recruiting adults without memory changes, adults with MCI, and adults with early, mild or moderate AD.
- 1 Neuroimaging Study**
Semantic Memory Imaging in Late Life
Recruiting adults without memory changes
- 2 Brain Stimulation Studies**
SPiRE and Merit
Recruiting adults with MCI and early AD
- 1 Genetic Study**
neurodegeneration and bipolar affective disorders
Recruiting adults with bipolar or neurodegenerative disease and family history of bipolar or neurodegenerative disease
- 5 Lifestyle Intervention Studies**
UM-MAP, CUES, Wayfinding in Aging, Mind 'n MOTION, Driving study
Recruiting adults with MCI, early AD, or mild AD.
- 2 Care Partnering Studies**
Couples Life Story Project and Retaining Identity
Recruiting care partners and adults with MCI or mild to moderate AD

For a complete list of studies and for more information, contact Stephen Campbell at **734-763-2361** or visit our website, alzheimers.med.umich.edu/join-a-study/enrolling-studies.

Living Well with Memory Loss

Brown Bag Lunch 'n Learn

The MADC Wellness Initiative and the U-M Silver Club Programs sponsored a lunch 'n learn series for adults concerned about their memory and those recently diagnosed with MCI or early Alzheimer's disease. Speakers and participants explored important topics associated with memory loss, including risk and protective factors, driving, strategies for living well, and the use of medications and supplements.

Memory, Aging and Expressive Arts course

TAKE 2

The Memory, Aging & Expressive Arts (MAEA) course, which debuted in winter 2014, is back for the winter 2015 term.

Originally funded by the U-M Transforming Learning for the Third Century grant, the class

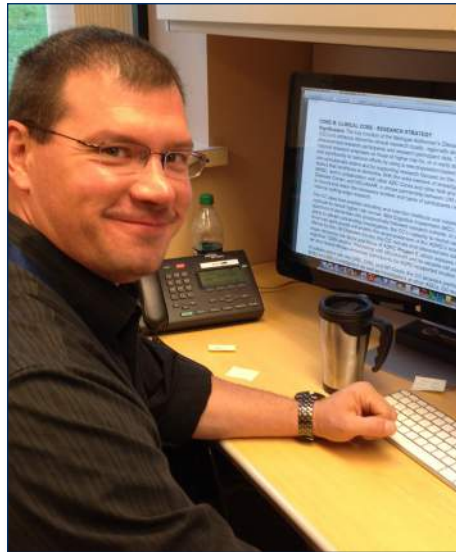


continues with support from the U-M Geriatrics Center and the MADC. The lead instructor of the interdisciplinary course is Professor Anne Mondro from the Penny W. Stamps School of Art & Design and Elaine Reed Silver Club Elderberry Club Program Co-facilitator serves as the course coordinator. Three MADC staff members return as class lecturers, including Dr. Nancy Barbas, Dr. Scott Roberts, and Laura Rice-Oeschger, LMSW. MADC supported researcher, Beth Spencer, LMSW, will also bring her impressive career and dementia expertise to the classroom as an MAEA lecturer.

A new set of students and community members began the 16-week journey of awareness and connection on January 8 and will conclude with an arts and performance exhibition at Matthaei Botanical Gardens on April 16. Lecture topics include the neurology of memory, personhood and wellbeing, psychosocial and social aging, public health and dementia, and expressive arts in healthcare. Through this creative collaboration, the students and Silver Club Coffee House members will share experiences, embrace artistic expression, and learn from each other. To learn more about the MAEA course and to read past students' reflections, visit the course blog at www.retainidentity.com.

From Atlanta to Ann Arbor: The MADC Welcomes Dr. Benjamin Hampstead

Dr. Hampstead joined the U-M faculty in September 2014 as an Associate Professor in Psychiatry and Staff Neuropsychologist in the Ann Arbor VA Healthcare System. Dr. Hampstead's current research complements the primary goals of the MADC by focusing on non-pharmacologic approaches to maximize cognitive functioning in older adults. Specifically, he uses techniques like cognitive rehabilitation and non-invasive electrical brain stimulation to enhance learning and memory. Dr. Hampstead integrates these techniques with functional and structural neuroimaging in order to predict treatment response, identify the neuroplastic changes following treatment, and plan/develop new interventions. The Department of Veterans Affairs, National



Benjamin Hampstead, PhD, ABPP/CN

Institute on Aging, and the MADC fund this research. Dr. Hampstead also has an active line of research evaluating the use of brain stimulation as a novel treatment

for our Veterans with post-traumatic stress disorder thanks to funding from the National Institute of Mental Health.

At the MADC, Dr. Hampstead is the leader of the Clinical Core and, through his appointment in the Ann Arbor VA Healthcare System, is well-positioned to ensure that our older veterans have access to cutting-edge research and clinical procedures.

A Michigan native, Dr. Hampstead returns home after earning an undergraduate degree from Macalester College, his Master's and Doctoral degrees from Drexel University, and spending most of the last decade on faculty at Emory University and the Atlanta VAMC. The MADC is thrilled to have Ben on our team.

Dr. Bruno Giordani Educates Southeast Michigan



Bruno Giordani, PhD

The MADC partnered with the Alzheimer's Association Michigan Great Lakes Chapter for their annual research night programs. The evening programs took place throughout the month of November in Muskegon, Lansing, and Ann Arbor. Dr. Bruno Giordani, MADC associate director and U-M tenured professor in psychiatry, neurology, psychology, and nursing, served as the presenter for all three evenings and brought the latest information in Alzheimer's disease research to more than 150 people. An Ann Arbor attendee reported, "Dr. Giordani broke down very complicated information in a way that could be easily digested by people outside of the medical field." The MADC is grateful for the opportunity to take part in the Alzheimer's Association for their successful annual research nights that bring valuable research information to southeast Michigan. The MADC and Alzheimer's Association have confirmed Dr. Giordani's participation in the 2015 programs, which will take place in August.

SHARE your STORY

Share Your Story is a section devoted to our wonderful wellness program participants, research volunteers, and community partners. Their personal journeys inform our work and inspire us every day. We wish for this space to be a place that highlights their courage, wisdom, and creativity.

We know caregivers need to take care of themselves in order to care for others. As a caregiver for a spouse with dementia, it can be difficult to manage my stress and find time for myself. The Mindfulness Based Dementia Care class, offered by the MADC Wellness Initiative, gave me the much needed encouragement and support I needed for doing just that.

I started learning and practicing mindfulness about a year ago in a Mindfulness Based Stress Reduction class also offered by the MADC Wellness Initiative. After practicing the formal, structured practice of mindfulness meditations for a couple months I began to experience meditation as a calm, safe harbor in my busy, often hectic day. Like any new habit that is "good for you," it had taken me a while to make meditation a daily routine. Like so many people, I find that new healthy habits can easily be forgotten, or the time needed to fit a new routine into an already busy day sometimes seems like a real obstacle. But, I kept coming back to the formal mindfulness practice because I could physically and emotionally feel the benefit. I also noticed that the informal practice of being mindful as a caregiver is something I really need for both myself and my husband.



Author of this piece, Diane Saulter

I signed up for the seven week MBDC class because I thought that spending time every week with the instructor, Laura Rice-Oeschger, and with other caregivers would help me incorporate mindfulness into daily care for my husband, as well as teach me particular mindfulness based techniques for caregiving. The MBDC class offers many mindfulness practices, both formal meditations and specific mindfulness-based tools and techniques for being a better caregiver of someone with dementia. These techniques focus on improving the relationship between the caregiver and person with dementia, whether the person with dementia is a spouse, parent or other loved one. While everyone in the class had a different caregiving situation, most of the mindfulness techniques and caregiving "tools" were adaptable to different situations. Being with a group of people who were experiencing similar stresses and problems gave us the chance to learn from each other, as well as from the curriculum, facilitated by Laura's kindness and care, gentle humor and insightful poetry.

Being a caregiver for my spouse sometimes seems like it is taking away from who I am or how I want to live. The challenge and rewards of developing a mindfulness practice gives me an opportunity for continual growth and development as an individual, a way to look at who I am and how I want to live, even as I continue to be a caregiver. MBSR and MBDC have been uplifting opportunities, one of the truly good things to come out of this caregiving experience. Laura refers to some of the techniques we learned as part of our toolbox, an apt metaphor. I now have several tools in my toolbox that I use regularly. One example is mindful pacing. I now enjoy walking at my husband's pace, whereas I used to find it annoying that he walked so much slower than I wanted. I also programmed my phone to remind me "STOP," which is always a welcomed reminder to take a mindful breath and be aware of my present feelings and thoughts. I've also gotten in the habit of reading and re-reading the poems from the MBDC class that encourage me to practice self-compassion and that remind me to recognize the beauty in the natural world, a practice that gives me a few moments of joy every day. As a caregiver, I now aim to focus on the present with an eye toward the future. I know the journey will be difficult, but I also believe what I've learned and continue to learn about mindfulness will be an important component of how I care for myself as a caregiver.

alzheimers.med.umich.edu/live-well

If you have a story that you would like to share, please e-mail Kristin Cahill at kecahill@med.umich.edu.



MICHIGAN ALZHEIMER'S DISEASE CENTER

UNIVERSITY OF MICHIGAN

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