

The Johns Hopkins Memory & Alzheimer's Treatment Center and Alzheimer's Disease Research Center invite you to

Journey to Hope

A free virtual conference for caregivers

Join us to learn about the connection between hearing loss and memory loss, and how to manage the unexpected. You also will have an opportunity to "Ask the Expert" your questions about memory-related disorders.

Saturday, November 13, 2021

9 to 11:30 a.m.

Virtually, from the comfort of your home or office

Featuring:

The Connection Between Hearing Loss and Memory Loss – presented by Esther Oh, M.D., Ph.D.

Panel – Connecting the Dots: Managing the Unexpected – Lead panelist: Alicia Arbaje, M.D., Ph.D., MPH

Ask the Expert – Constantine Lyketsos, M.D., MHS

Information/Registration: bit.ly/JourneyToHope2021





Agenda

9 a.m. Welcome: Conference Overview and Goals

Constantine Lyketsos, M.D., MHS

Director, Johns Hopkins Memory & Alzheimer's Treatment Center;

Director, Department of Psychiatry and Behavioral Sciences, Johns Hopkins Bayview

Introduction of Patient-Family Advisory Council

Andrea Nelson, MSN, RN

Director, Memory Care Programs, Johns Hopkins Memory & Alzheimer's Treatment Center

Director, Patient-Family Advisory Council

9:10 - 9:30 a.m. The Connection Between Hearing Loss and Memory Loss

Esther Oh, M.D., Ph.D.

9:30 - 9:40 a.m Q&A with Dr. Oh

Moderated by Jennifer Mason, MSN, RN, and Andrea Nelson, MSN, RN

9:40 - 9:45 a.m Break

9:45 - 10:30 a.m Panel Discussion - Connecting the Dots: Managing the Unexpected

Moderated by Jennifer Mason, MSN, RN, and Andrea Nelson, MSN, RN

Lead Panelist: Alicia Arbaje, M.D., Ph.D., MPH, Director, Transitional Care Research

Janet Michel, Family Caregiver and Patient-Family Advisory Council Member

Dee Fowlkes, Family Caregiver

10:30 a.m. Presentation of Awards (pre-recorded)

Caring Hands Award – Presented by Jane Marks, MSN, RN, Johns Hopkins Geriatric Workforce

Enhancement Program

Trailblazer Award – Yolanda Wright, MSW, Alzheimer's Association

Pioneer Award - Jane Marks, MSN, RN

10:45 - 11:30 a.m. Ask the Expert

Constantine Lyketsos, M.D., MHS

Moderated by Jennifer Mason, MSN, RN, and Andrea Nelson, MSN, RN

11:30 a.m. Closing Remarks

Constantine Lyketsos, M.D., MHS

Call to Action

Helen Hovdesven

Chair, Memory Center Patient-Family Advisory Council

Pam South

Member, Memory Center Patient-Family Advisory Council



November 13, 2021

Dear Journey to Hope Participant:

Welcome to the 14th Annual Journey to Hope Conference on Memory Loss. This is our second year presenting the conference virtually. We are excited to bring you a great line up of speakers and participants including Johns Hopkins University faculty members, memory care experts, and Memory Center families.

Below are details regarding the event logistics, we hope you find this information helpful.

- 1. Sit back and relax!
- This event will be recorded and available soon afterwards on our website: https://www.hopkinsmedicine.org/psychiatry/specialty_areas/memory_center/events/journey_t o_hope.html
- 3. All attendees will be muted. If you have questions, please use the chat function, explained in the introduction.
- 4. Event packet includes:
 - Event flyer/agenda
 - Dr. Esther PowerPoint handout
 - Dr. Alicia Arbaje PowerPoint handout
 - Bios of speakers, panelists, awardees
 - List of Covid-19 Resources for Caregivers
 - Club Memory flyer
 - Information on memory research studies
 - Interested in Research form
 - Patient Family Advisory Council (PFAC) Membership Application
 - List of abbreviations
 - Pledge form
 - Link to the Memory Center Website check back next week for the video recording of today's event

We hope you enjoy the conference!

Sincerely,

The Journey to Hope Planning Committee

5300 Alpha Commons Drive/ 4th Floor/ Baltimore, Maryland 21224

The Connection Between Hearing Loss and Memory Loss

Journey to Hope

November 13, 2021

Esther Oh, MD, PhD
Associate Professor
Division of Geriatric Medicine and Gerontology
Johns Hopkins University School of Medicine
Co-Director of the Johns Hopkins Memory and
Alzheimer's Treatment Center

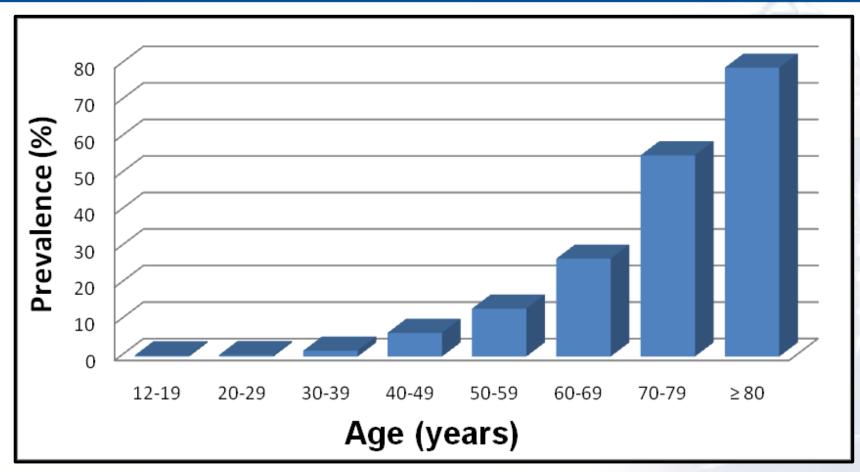


Disclosures

National Institute on Aging/NIH R01AG057725



Prevalence of Hearing Loss by Age Decade

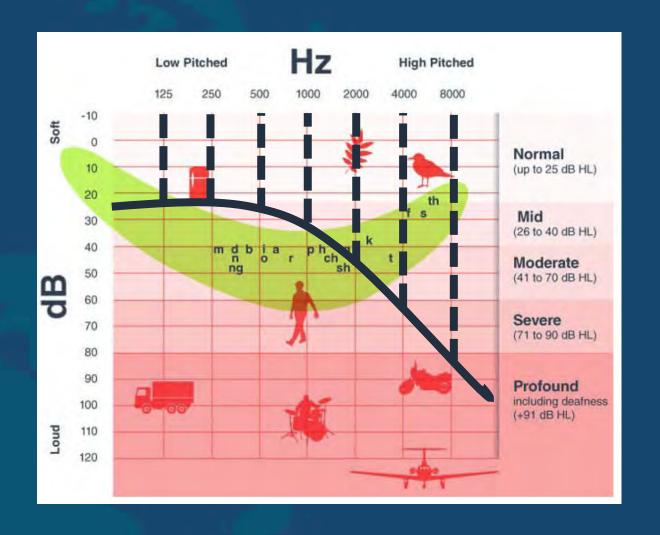


Hearing loss defined as a better-ear pure tone average of 0.5-4kHz tones > 25 dB

Arch Int Med. 2011



Hearing Loss Primer: Limited Communication





Hearing Loss Primer: Limited Communication





Case of the "Irritable" Patient



- 72 year old woman with memory problems accompanied by her daughter
- Past medical history included hearing loss, depression, anxiety, high blood pressure and high cholesterol levels
- Long standing depression and apathy, not motivated to go out, sees a psychiatrist and a therapist and takes an antidepressant
- She becomes irritable when she is not the "center of attention"
- She finds pocket talker to be helpful during the clinic visit
- Mini-Mental State Examination (MMSE) 22/30



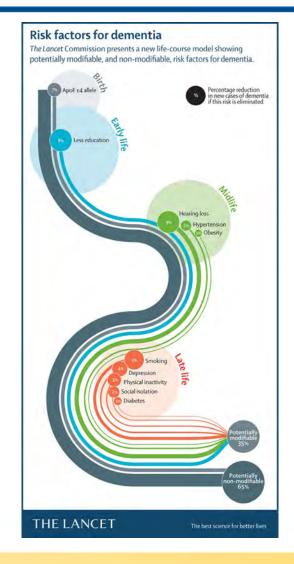
Case of the "Irritable" Patient

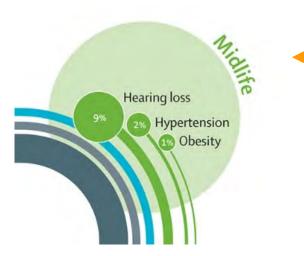


- The patient returns for a follow up visit 2 years later
- She now has hearing aids that she obtained from the Hearing and Speech Agency (HASA) for \$500
- Daughter
 - Patient's speech is better (speech was slurred before)
 - More positive and less frustrated with her primary care physician who tends to be soft-spoken
 - Patient had avoided social gatherings because of the background noise which hindered her from hearing clearly
- MMSE 29/30



Lancet Commission on Dementia Prevention, Intervention & Care





 Hearing loss in mid & late life identified as the single largest potential modifiable risk factor for dementia

Livingston et al., Lancet, 2017

JOHNS HOPKINS

MEDICINE

SCHOOL OF MEDICINE

Hearing Loss is Associated with Dementia Risk

- Having hearing loss puts you at a high risk of developing dementia
 - Greater severity of hearing loss is associated with increased risk of dementia (Lin et al., Baltimore Longitudinal Study of Aging)
- Hearing loss is associated with faster cognitive decline over time
 - (Lin et al., Health ABC Study)



How Does Hearing Loss Impact Individuals with Dementia? (Neuropsychiatric Problems)

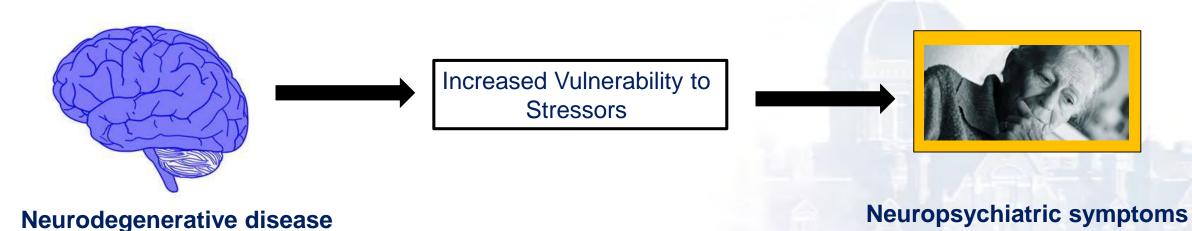


- Irritability
- Loss of Interest
- Delusions
- Hallucinations
- Agitation or Aggression (screaming, physical aggression)
- Resistance to help (bath,etc)

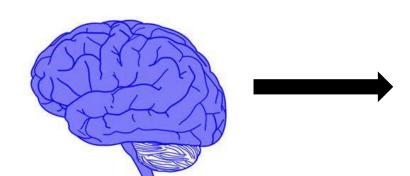
- Anxiety
- Apathy or Indifference
- Depression
- Aberrant motor symptoms
- Disinhibition,
- Sleep disturbance
- Appetite changes



Factors Associated with Neuropsychiatric Symptoms



Factors Associated with Neuropsychiatric Symptoms



Increased Vulnerability to Stressors



Neurodegenerative disease



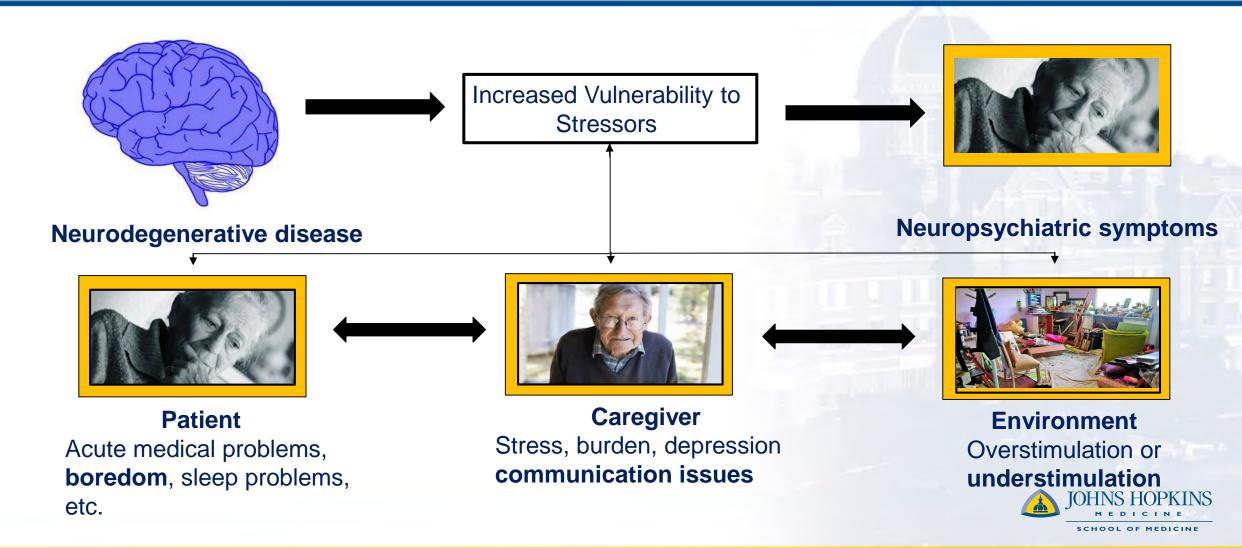
Neuropsychiatric symptoms

Medications for NPS Side effects:

Anticholinergic properties
Black box warning:
Higher rate of stroke
Higher mortality



Factors Associated with Neuropsychiatric Symptoms



Impact of Addressing Hearing Loss

- Johns Hopkins Memory and Alzheimer's Treatment Center
 - Hearing aid users reported fewer behavioral problems and less severe behavioral problems
- Hearing intervention
 - Individuals with a lot of behavioral problems and depression symptoms benefited from 1 month intervention

Communication Tips and Tricks





Hearing Intervention: Choosing a Device

CS-50



Pocket Talker





Impact of Addressing Hearing Loss

- Hearing intervention
 - Individuals with a lot of behavioral problems and depression symptoms benefited from 1 month intervention



Caregiver's Assessment

"She began telling her historical stories more accurately.

She asked questions in smoother sentences...Her

willingness to make decisions is stronger. Such decisions

have made more sense. Note: The dimensha [sic] is still

there, but it seems to take more of a back seat in her life."



Caregiver's Assessment

 "My mother listens to music more and when she's watching television she seems to understand what she's watching and laughs or smiles at appropriate times. She also speaks louder, asks more questions, and seems to follow the conversation better. She is reading more often."

Communication Results

 80% said they noticed the benefit when their partner used the listening device

- 95% said the intervention was worth the trouble

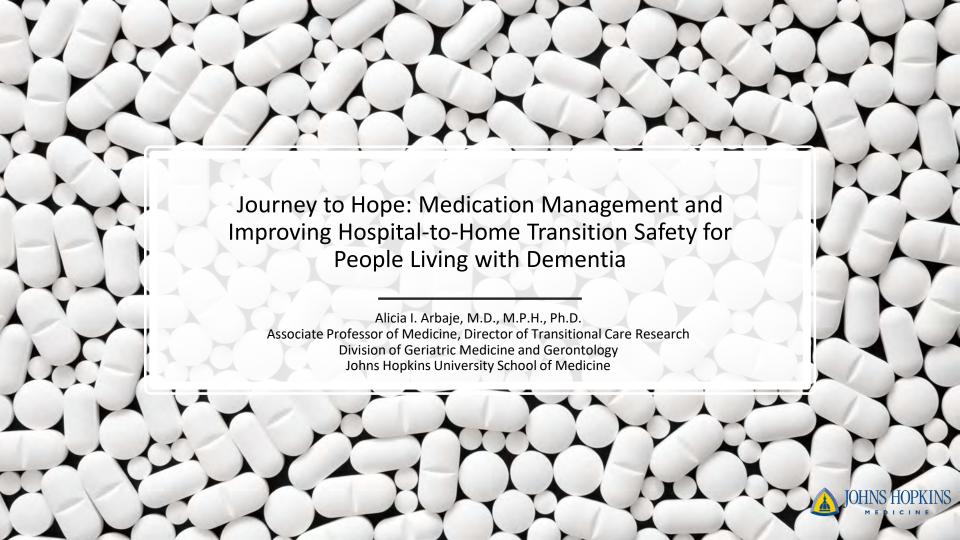


Case of an "Irritable" Patient



- Brain MRI and neuropsychological testing vascular dementia
- Pandemic
 - Video visit patient had difficulty understanding questions over video (iPhone)
 - In-person visit MMSE 23/30, wearing a pocket talker on top of her hearing aids
 - Stable mood







Ayse Gurses, PhD



Alicia Arbaje, MD, MPH, PhD



Researchers

OF THE JOHNS HOPKINS

TRANSITIONS STUDIES



Bruce Leff, MD



Yea-Jen Hsu,



Dawn Hohl, RN, PhD



Kimberly Carl, RN, BSN



Sarah McGann, MSN, RN, COS-C



HOME CARE

Maningbe Keita, BA



Katie Harbison, BA



Rhea Sharma, BS



Cecilia Cai, MD



Sylvan Greyson, BA



Sara Keller, MD, MPH, MSPH





Questions for Discussion

- Is there anything particularly striking or surprising in the information presented that would best inform caregiver resources?
- Does this research ring true to your experience?
- What resources or perspectives are still needed?



Background

- Hospital-to-home transitions are high-risk for medication errors and adverse events for older adults
- People living with dementia have higher risks of hospital readmission
- Older Latino population is understudied in dementia research
- Latin American older adults with dementia have health, language, and cultural differences that may further affect health outcomes

Objective

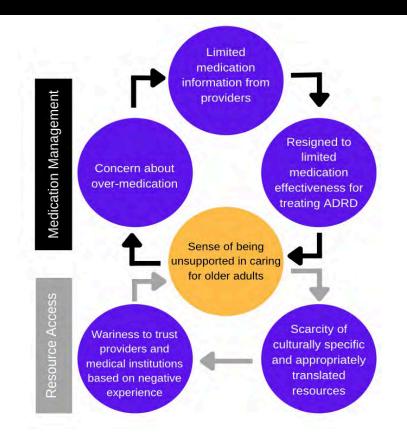
Elicit and categorize family caregivers' perceptions of dementia and views on medication use during the hospital-to-home transition of older adults living with ADRD via 21 semi-structured interviews and participant-solicited diaries



Feeling Alone

Recurring themes expressed by caregivers:

Issues with medication
management and resource
accessibility contributed to a sense
of caregivers feeling <u>alone</u> and
without practical sources of support





Additional Learnings

Emotional distress regarding moral conflict in caregiving situations

 Morally conflicted about strategies that rely on deceit to convince older adult with ADRD to take medications or follow care instructions

Pandemic-related concerns

- Increasing dependence on caregiver
- Fewer social interactions leading to declining health
- Limits on visiting family members during a hospitalization

Frustration with lack of helpful information from providers and preference for information from other caregivers

 Provider information too general, not novel, and has potential for exploitation (asking for donations or selling a product/service)



Conclusions

Families described feeling alone and described challenges around caregiving, medication management, and resource accessibility.

Call to action:

- 1. Developing culturally appropriate resources
- 2. Increasing trust among caregivers, older adults, communities, and care providers
- Providing dementia-specific support and programming



Questions for Discussion

- Is there anything particularly striking or surprising in the information presented that would best inform caregiver resources?
- Does this research ring true to your experience?
- What resources or perspectives are still needed?

Acknowledgements

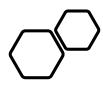
Authors:

Alicia I. Arbaje, MD, MPH, PhD^{1,2}, Sylvan Greyson, BA¹, Maningbe Keita, BA^{1,2}, Rhea Sharma, BS^{1,3}, Sara Keller, MD, MPH, MSPH¹, Ayse Gurses, PhD, MS¹ and Quincy M Samus, PhD¹,

(1) Johns Hopkins University School of Medicine, Baltimore, MD, USA, (2) Johns Hopkins Bloomberg School of Public Health, Baltimore, MD, USA, (3) Virginia Commonwealth University School of Medicine, Richmond, VA, USA

Disclosures:

Funded by the National Institute on Aging (NIA) and the Johns Hopkins Alzheimer's Disease Resource Center for Minority Aging Research (JHAD-RCMAR)

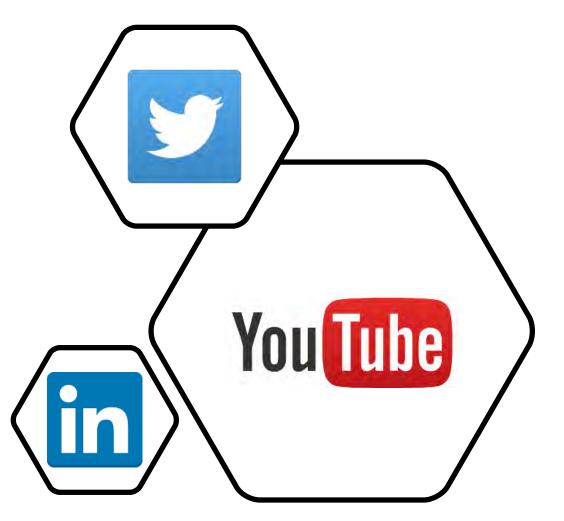


Let's connect!

Alicia I. Arbaje, M.D., M.P.H., Ph.D.

aarbaje@jhmi.edu

www.hopkinsmedicine.org/geriatrics



Results: Representative Quotes

Participant: Look, for me the most difficult part is when they don't transfer it to Spanish and it gives me everything in English.

- Researcher: The papers? The bottles?
- Participant: Yes. And the other most difficult part for me, because since our language is very different, when they tell me "daily," right, and when they say "nocturnally." So, the doctors have to say in the morning, in the afternoon, or when to take it in the night. Like if they tell me in the morning, I have the whole morning...

Scarcity of appropriately translated resources

Emotional distress at moral conflict

• Participant: She forgets. But she wants to eat constantly. She can't see food. We have to hide everything and this is her obsession you know, everything she sees. "No, I haven't had anything. I need coffee. I need soup. I need this. Please give me something." Like begging. Like, "Oh, my God. I feel so horrible like I'm starving her."

• Participant: My mom is going to a doctor for 30 years, her general doctor, who misdiagnoses her with sleep apnoea, even though I asked her, can you please test for dementia. And she (the PCP) got upset with me, you know, says "What are you talking about, I didn't say your mother has dementia, she has cognitive decline." ... And I asked her to explain what that was, and she said "It just happens. It happens when people are old. ... that's not her problem, her problem is sleep apnoea." ... Took her to a neurologist, they tell her that she has severe dementia, just six months later. And the Neurologist, with that diagnosis, was basically like, "There's nothing you can do."

Lack of trust in medical providers

Covid-19 Resources for Dementia Caregivers

Andrea Nelson, MSN, RN
Paul Rosenberg, MD
Valerie Cotter, DrNP
Updated March 19, 2021

CHALLENGES	SOLUTIONS/RESOURCES	
1. Social distancing and resultant changes in social networks	Gain understanding that the	
Isolation and loneliness – people who live alone or with their caregiver, are suddenly	challenges they are experiencing	
cut off from social networks; strain from spending too much time together.	are to be expected and there are	
	resources and support systems	
AARP –Coronavirus Updates for Caregivers	available	
https://www.aarp.org/health/conditions-treatments/info-2020/coronavirus-	Utilize social media (Facetime,	
facts.html?intcmp=AE-CAR-HEA-R1-C1-CORONA	Zoom, Skype, etc.) to stay in touch	
	with friends, family, social contacts	
AARP – Nursing Homes and the Coronavirus	and improve the quality of support	
https://www.aarp.org/caregiving/health/info-2020/nursing-homes-coronavirus-faqs/	and interactions	
	Seek out education, support and	
Alzheimer's Disease International: ADI Offers Support and Advice During Covid-19	resources specific to caring for a	
https://www.alz.co.uk/news/adi-offers-advice-and-support-during-covid-19	loved one with dementia	
	Distance caregivers can enroll	
Centers for Disease Control and Prevention (CDC) – Covid 19: Supporting Your Loved	community support networks	
One in a Long-Term Care Facility	(neighbor calls and checks, local	
https://www.cdc.gov/coronavirus/2019-ncov/downloads/supporting-loved-one-in-	community centers) to check on	
long-term-care-facility.pdf	family members/ neighbors with	
	dementia who live alone	
CDC - Guidance for Administrators and Leaders of Community- and Faith-Based	Utilize faith-based communities in	
Organizations to Plan, Prepare, and Respond to Covid19	providing services for PWD and	
	their caregivers (emotional and	

https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/guidance-community-faith-organizations.html

CDC - Guidance for Caregivers of People Living with Dementia in Community Settings https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/caregivers-dementia.html

CDC - Living in or Visiting Retirement Communities or Independent Living Facilities https://www.cdc.gov/coronavirus/2019-ncov/community/retirement/residents.html

Department of Health and Human Services - Recommended Preventative Practices and FAQs for Faith-based and Community Leaders during Covid-19 https://www.hhs.gov/sites/default/files/3-17-20-faith-and-community-based-covid-19-faq.pdf

spiritual support, virtual religious services, meal delivery, education regarding virus prevention and safety)

2. Worry and anxiety related to the pandemic

Anxiety, stress, worry related to the pandemic; concern about contagion for person with dementia or caregiver contracting the virus; concerns about shopping for necessities, groceries, medication

AARP - Apps for Caregivers

https://www.aarp.org/home-family/personal-technology/info-2019/top-caregiving-apps.html

CDC - Running Essential Errands: Grocery Shopping, Take-Out, Banking, and Getting Gas

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html

Alzheimer's Foundation of America: Coronavirus Information for Caregivers https://alzfdn.org/coronavirus/

Daily Caring – Website for Dementia Caregivers https://dailycaring.com/?s=covid+19

Family Caregiver Alliance – Resources for Family Caregivers https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers

National Council on Aging: Ensuring Access to Needed Medications During Covid19 https://www.ncoa.org/blog/ensuring-access-to-needed-medications-during-the-covid-19-pandemic/

- Provide basic reminders about how to stay safe and avoid exposure to the virus
- Utilize online shopping with delivery service, or take advantage of special shopping hours for seniors
- Pharmaceutical delivery bubble packs for daily med dosing
- Avoid TV/ news or only watch once daily
- Utilize resources to take one's mind off of crisis (see activities below)
- Suggest caregiver-assisted apps or apps specifically designed for dementia caregivers

3. Concerns about financial stability

Consumer Financial Protection Bureau: Tips for financial caregivers during the coronavirus pandemic

https://www.consumerfinance.gov/coronavirus/older-adults/

- Address concerns about elder financial exploitation, scammers or financial abuse
- Allow trusted family and/or friends access to monitor financial activity through access to online banking and credit card statements

4. Changes to daily routine and loss of caregiver respite resources

Disruption of daily schedule – no longer attending adult day center, seeing friends/family on a regular basis

Alzheimer's Association – Treatments for Sleep Changes

https://www.alz.org/alzheimers-dementia/treatments/for-sleep-changes

Alzheimer's Society – UK

Exercise in Early To Middle Stages of Dementia

https://www.alzheimers.org.uk/get-support/daily-living/exercise/early-middle-dementia

Better Health Channel – Department HHS Victoria Australia

 $\frac{https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/dementia-activities-and-exercise}{activities-and-exercise}$

Caregiver.com – Preserving Routines During Coronavirus Pandemic: Tips for Alzheimer's Caregivers

https://caregiver.com/articles/routines-coronavirus-alz/

Gentle Chair Yoga for Dementia

https://www.youtube.com/watch?v=uEihWUbnqdk

National Institute on Aging - Staying Physically Active with Alzheimer's

- Establish a new daily schedule to include simple activities in the home such as gardening, household chores (folding laundry, dusting, sweeping, etc.)
- Learn basic relaxation/meditation skills for coping
- Maintain healthy habits:
 - Regular exercise (short walks outside, seated exercise, gentle stretching)
 - Health diet healthy food prep or delivery
- Sleep hygiene maintain consistent sleep schedule

https://www.nia.nih.gov/health/staying-physically-active-alzheimers

Seated Tai Chi for Seniors

https://www.youtube.com/watch?v= V29hE0 oBE

Vive Health: 18 Chair Exercises for Seniors & How to Get Started

https://www.vivehealth.com/blogs/resources/chair-exercises-for-seniors

5. Caregivers' increased need for emotional help and practical problem-solving

Caregivers feeling overwhelmed, refusing to ask for help, not recognizing their need for help, dealing with challenging behaviors - potential for abuse/neglect

Alzheimer's Association: Tips for Caregivers

https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementiacare

Alzheimer's Association: Tips for Caregiver Professionals

 $\underline{https://www.alz.org/professionals/professional-providers/coronavirus-covid-19-tips-professionals/professional-providers/coronavirus-covid-19-tips-professionals/professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-providers/coronavirus-covid-19-tips-professional-$

for-dementia-caregivers

Alzheimer's Association - HelpLine 24 hours/day

https://www.alz.org/help-support/resources/helpline

Alzheimer's Association - Online Support Groups

https://www.alz.org/help-support/community/support-groups

Alzheimer's Foundation - HelpLine 7 days/week

https://alzfdn.org/afahelpline/

- Provide outside support for caregiver (offer to do errands or arrange grocery/medication delivery, connect seniors with community organizations,)
- Provide phone based HelpLine support services for caregivers, 365 days per year
- Maintain contact, devise daily check-in systems via community groups/friend/family to determine potential for elder abuse

Daily Caring – Caregivers get speedy meditation benefits with 5 simple apps https://dailycaring.com/caregivers-get-speedy-meditation-benefits-with-5-simple-apps/

Daughterhood – Support site for daughters of aging parents https://www.daughterhood.org/

Department of Health and Human Services - How do I report elder abuse or abuse of an older person or senior?

https://www.hhs.gov/answers/programs-for-families-and-children/how-do-i-report-elder-abuse/index.html

Mindfulness & Grief Institute - Reducing Dementia Caregiver Stress: A Focus on Mindful Meditation

https://mindfulnessandgrief.com/mindfulness-dementia-caregiver-stress/

National Caregiving Foundation – Free Caregiver's Support Kit https://caregivingfoundation.org

National Center on Elder Abuse: Covid-19 and Elder Abuse

https://ncea.acl.gov/Resources/COVID-19.aspx

The Conversation: Reaching Out to Isolated Older Adults During Covid-19

 $\underline{https://theconversation.com/reaching-out-to-isolated-older-adults-is-essential-during-based of the property of the propert$

<u>coronavirus-here-are-7-specific-things-you-can-do-just-for-starters-134221</u>

6. Lack of fulfilling activities for both caregivers and persons with dementia

12 World-Class Museum online tours

https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online

28 Free Virtual Field Trips and Activities for Families in Quarantine https://www.wearethemighty.com/MIGHTY-SURVIVAL/free-virtual-field-trips-guarantine?rebelltitem=1#rebelltitem1

African American Museum - Virtual Tour

https://www.smithsonianmag.com/smithsonian-institution/national-museum-african-american-history-and-culture-interactive-museum-tour/

Aging Care – Lockdown Activities for an Aging Loved One https://www.agingcare.com/articles/lockdown-activities-for-an-elderly-loved-one-457557.htm

Alvin Ailey Dance Theatre – Ailey All Access

https://www.alvinailey.org/performances-tickets/ailey-all-access

Apollo Theatre - Digital Stage

https://www.apollotheater.org/digitalstage/

Classical Music – Free online classical music

https://www.accuradio.com/classical/

Fact Slides – Online trivia site with tons of interesting information

https://www.factslides.com/

Frank Lloyd Wright Virtual Visits

- Engage in activities to stimulate conversation and interest, deter boredom
- Incorporate creative interventions into daily schedule: games storytelling, crafts, virtual concerts, zoo tours, nature tours, museum tours, travel, trivia, science facts
- Reminiscence by looking at photo albums, listening to favorite music, watching classic movies/TV shows, listening to audiobooks

https://savewright.org/news/public-wright-sites-swap-virtual-visits/

Georgia Aquarium - Webcam

https://www.georgiaaquarium.org/webcam/ocean-voyager/

Google Arts and Culture – Visit museums, art galleries and famous places online https://artsandculture.google.com/story/xwWh9Tju8Vkcrw

Metropolitan Museum of Art – Virtual Experience

 $\frac{https://artsandculture.google.com/search/asset/?p=the-metropolitan-museum-of-art\&em=m04t7l\&categoryld=medium}{}$

Metropolitan Opera – Free Live Streams during Coronavirus https://www.metopera.org/

NASA Live — Official NASA Live Stream of things happening in space https://www.nasa.gov/nasalive

Nature Cams – access to live nature and animal cams https://www.youtube.com/channel/UC-2KSeUU5SMCX6XLRD-AEvw

Pier 39 Sea Lion webcam — Watch sea lions interact and play https://www.pier39.com/sealions/

ReRun Century – Free Online Classic TV Shows https://www.reruncentury.com/ia/

Smithsonian Museum of Natural History - Virtual Tour https://naturalhistory.si.edu/visit/virtual-tour

Timeslips Creativity website – engagement in the home setting https://timeslips.org/services/family-friend	
Tubi TV – Free Online Classic Movies	
https://tubitv.com/category/classics	
Violin Channel – Living Room Livestream Concerts from Around the World https://theviolinchannel.com/vc-live-violin-channel-living-room-livestream-concerts-coronavirus-covid19/	

7. Specialized Products for People with Dementia

The Alzheimer's Store – comfort and safety products designed for those with Alzheimer's and related dementias

https://www.alzstore.com/

 $\label{lem:mindstart-products} \mbox{ designed by an occupational therapist specifically for engaging people with dementia}$

https://www.mind-start.com/

MedicAlert/Safe Return program – provides wandering support products for people with dementia

https://www.alz.org/help-support/caregiving/safety/medicalert-with-24-7-wandering-support

 Products uniquely designed for the person with dementia, their families and caregivers

8. General Dementia Resources:	
Alzheimer's Association:	
https://www.alz.org	
Alzheimer's Foundation of America	
https://alzfdn.org/coronavirus/	
The Association for Frontotemporal Degeneration	
https://www.theaftd.org/	
Lewy Body Dementia Association	
https://www.lbda.org	



VIRTUAL CLUB MEMORY

A stigma-free social group for people with early-stage Alzheimer's disease, mild cognitive impairment or other forms of dementia, and their caregivers.

3rd Tuesday of every month 12 to 1 p.m.

jhjhm.zoom.us/j/91808133747

2021 - 2022 Upcoming Sessions

Nov. 16 Jan. 18 Mar. 3

Dec. 21 Feb. 15 Apr. 19

For more information, email anelso18@jhmi.edu.

By participating in this session, you acknowledge that those other participants in the session will be able to see and hear information about you. To ensure maximum confidentiality of all participants, please ensure you are connecting from a quiet and private space with no interruptions or distractions from people or other devices. No one else, other than yourself, should be able to hear the content of the session or see anyone on the screen. As a reminder, everything that is discussed or shared during this session including names or contact information, should be kept confidential. While we have taken steps to ensure the platform we are using meets all the requirements of HIPAA, we cannot guarantee absolute privacy, so we are asking all participants to do their part. Finally, recording or photographing the group session or any other group member is strictly prohibited.





Memory Research at Johns Hopkins

- Are you interested in memory research at Johns Hopkins?
- Are you familiar with the different types of research opportunities available?
- The research team at the Johns Hopkins Memory Center offers numerous opportunities for those interested in participating in a study. There are different types of research going on at any given time.

Observational studies – also referred to as paper/pencil studies, observational studies involve a researcher observing and asking questions of a participant and their study partner (close friend or family member). An example of this is our study of Memory and Aging through the Alzheimer's Disease Research Center. Participants visit once a year for 2-3 hours, undergo an hour of memory testing and are given the results of the testing. They also receive a small financial honorarium.

Clinical drug trials – these are studies that evaluate the effectiveness and safety of medications or medical devices by monitoring their effects on study participants. Participants are generally divided into two groups, including a control group that does not receive the experimental treatment, and receives a placebo instead. In most cases, research subjects are paid for their participation.

Imaging studies – studies in which pictures are taken of the brain via CAT scan, PET scan, MRI, or SPECT scans to determine normal and abnormal brain function. The imaging techniques may shed new light on the way a disorder affects the brain, so that new treatment methods can be discovered. In some cases, study participants can receive the results of their scans. In most cases, research subjects are paid for their participation.

If you are interested in learning more, please provide us with your contact information and we will be happy to answer any of your questions.

Submitting this form DOES NOT commit you to participating in a study!

Name
Email address
Phone
For more information, call 410-550-9021.

Patient & Family Advisory Council Membership Application

Thank you for your interest in the Patient & Family Advisory Council (PFAC). Membership on PFAC requires your successful completion of a formal interview with a PFAC member and the completion of the registration process with the Johns Hopkins Bayview Medical Center's Volunteer Services Department, including TB testing, a criminal background check, a formal interview process, as well as a mandatory volunteer orientation.

All of your information will be treated as confidential. Membership on the Council requires attendance at quarterly meetings.

Please PRINT all information clearly:

Name:	
_	
Address:	
City/State/Zip Code:	
Telephone number(s): Please indicate preferred	phone number and best time to reach you:
Work:	Home:
Cell:	Fax:
	of the Council's correspondence is via email. If write I do not have email . The Council will use mmunication with you.
Email Address:	
Please indicate if you are:	
Person with dementia Family member of person with dementia	
Bereaved family member	
If family member, what is relationship to patien	t?
Diagnosis (cause of	
dementia)	
Year of original diagnosis	

2	for the dementia diagnosis at Johns Hopkins? icate estimated months/years
Why would you like to become a m	nember of the Council?
Comments related to treatment expe	erience(s):
Please read before signing	
given voluntarily. I understand the member of the Patient and Family uphold the traditions and standar understand that membership on the Council Co-Chairpersons and	e in this application are true and correct and have been not I will not be paid for my services as a volunteer y Council. I agree to respect patient confidentiality and to rds of the Johns Hopkins Medical Institution. I the Patient & Family Council is based on approval from I Staff Liaison. Volunteers will demonstrate a readiness to collaboration and assist the Memory Center in delivering
Applicant's	D. (
Signature	Date

Please return completed application via mail, email or fax to:
Andrea Nelson, RN, MSN – Director of Memory Care Programs
Staff Liaison - Patient & Family Advisory Council
The Johns Hopkins Memory and Alzheimer's Treatment Center
5300 Alpha Commons Dr. 4th Floor
Baltimore, MD 21224

410-550-7211 Fax: 410-550-1407 anelso18@jhmi.edu



The 14th Annual Journey To Hope Conference November 13, 2020

List of Abbreviations

A D		1 1.				
AD.	— A	เรท	eım	er s	als	ease

ADRC – Alzheimer's Disease Research Center

ALF – Assisted living facility

CCRC – Continuing care retirement community

CIND – Cognitive impairment not dementia

DLB – Dementia with Lewy bodies

FTD – Frontotemporal dementia

MACAB - Memory and Alzheimer's Community Advisory Board

MATC – Memory and Alzheimer's Treatment Center

MCI – Mild cognitive impairment

POA – Power of Attorney

PFAC - Patient Family Advisory Council

SNF – Skilled nursing facility or nursing home

VA – Department of Veterans Affairs

VD – Vascular dementia



We are grateful for your participation in Journey to Hope. This program is offered yearly, free of charge to all participants. We welcome your donations to defray the costs of the conference in the future.

- To make an online gift, go to https://secure.jhu.edu/form/psych
 In the designation box, choose "Other" and enter Journey to Hope
 - If you wish to send a check, please make it payable to:

Johns Hopkins University Memo Area: Journey to Hope

Mail to:

Johns Hopkins University
Department of Psychiatry and Behavioral Sciences
PO Box 49143
Baltimore, MD 21297-9143

If you would like to make a gift of appreciated securities or have other questions, please contact Betsy Rutherford,
Sr. Associate Director of Development
betsy@jhmi.edu or (443) 743-0758

THANK YOU!



LINK TO JOHNS HOPKINS MEMORY CENTER WEBSITE

https://www.hopkinsmedicine.org/psychiatry/specialty areas/memory_center/







Alicia Arbaje, M.D., Ph.D, MPH

Director of Transitional Care Research at the Center for Transformative Geriatrics Research

Lead Panelist

Dr. Arbaje is an internist, geriatric medicine specialist, and health services researcher at Johns Hopkins University School of Medicine. She is Associate Professor of Medicine and Director of Transitional Care Research at the Center for Transformative Geriatrics Research. Dr. Arbaje is interested in the problems older adults face as they navigate through the healthcare system. She is leading several studies that aim to develop performance measures, define best practices, and ultimately improve the quality of care of older adults as they leave the hospital. The focus of her research has been on identifying patient populations at risk of experiencing suboptimal care transitions, identifying care processes and hospital characteristics related to readmissions, and developing clinical interventions to improve care transitions and reduce hospital readmissions. For the past 15 years, she has been investigating risks to older adults' safety as they receive skilled home healthcare services after hospital discharge.

In addition to her research experience, Dr. Arbaje has consultative experience in working to improve care of older adults. She has served as an invited consultant to the American Geriatrics Society, the U.S. Centers for Medicare and Medicaid Services, the National Institutes of Health, and the Agency for Healthcare Research and Quality. In addition to addressing scientific audiences, Dr. Arbaje has developed media content directly for the public. She has been a health commentator at local, national, and international media outlets, including NBC Nightly News and CNN International, to draw attention to issues facing older adults (videos available at www.youtube.com/aarbaje).

Dr. Arbaje received her undergraduate degree from the University of Kansas. She graduated from Yale School of Medicine and earned her master's degree in public health at the Harvard School of Public Health. She completed her internal medicine residency at Yale-New Haven Hospital, and she was selected to be a Robert Wood Johnson Clinical Scholar at the Johns Hopkins School of Medicine to train in health services research. She also completed a clinical and research fellowship in the Division of Geriatric Medicine and Gerontology at the Johns Hopkins School of Medicine. In 2017, Dr. Arbaje completed a Ph.D. in Clinical Investigation at the Johns Hopkins Bloomberg School of Public Health focused on information management during care transitions of older adults receiving skilled home health services after hospital discharge. She continues to practice inpatient and consultative geriatric and general internal medicine at Johns Hopkins Bayview Medical Center.



Andrea Nelson, RN, MSN

Conference Director & Moderator

Andrea Nelson is a geriatric and psychiatric nurse with over 25 years' experience working in long-term care and dementia care. Before joining the Hopkins team in 2004 as a research coordinator for the Alzheimer's Disease Research Center, she worked in numerous settings including hospitals, nursing homes, assisted living facilities, continuing care retirement communities, and for two chapters of the Alzheimer's Association.

She is currently the Director of Memory Care Programs with the Memory and Alzheimer's Treatment Center at Johns Hopkins Bayview. In this role, she works with patients and families in the Memory Center, develops programs for patients at Johns Hopkins Bayview, designs and presents dementia care trainings for a number of long-term care settings and is actively engaged in community outreach.

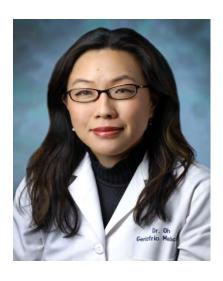
As a former family caregiver for her father and mother-in-law with dementia, she believes people with dementia and their caregivers can and should live active and engaged lives, with daily doses of hope, humor and joy.



Dee Fowlkes

Panelist

Dee is a 24-hour caregiver for her Dad. She is committed to learning all that she can about being a Caregiver of a parent with dementia. This journey of caregiving has been its most challenging because for the first time she is dealing with her father's Alzheimer's Disease. As a former caregiver for her mother and grandmother, it wasn't a hard decision to make to be one for her dad. She thanks GOD for honoring her parents and grandparents because it gives peace of mind and has taught many lessons. She enjoys meeting other caregivers who can give tips and experiences of their journey. Being the best advocate for her Dad has been rewarding and having a deeply rooted spiritual life has kept her grounded.



Esther Oh, M.D. Ph.D.

Co-Director of the Johns Hopkins Memory and Alzheimer's Treatment Center

Keynote Speaker

Dr. Esther Oh is an Associate Professor in the Division of Geriatric Medicine and Gerontology (Department of Medicine) at the Johns Hopkins University School of Medicine. She also holds appointments in the Department of Psychiatry and Behavioral Sciences, Division of Neuropathology, and Cochlear Center for Hearing and Public Health. She is also the Co-Director of the Johns Hopkins Memory and Alzheimer's Treatment Center.

Dr. Oh's clinical and research interests are focused on Alzheimer's disease and Related Dementias (ADRD). She has been closely working with faculty members from the Johns Hopkins Cochlear Center for Hearing and Public Health to better understand the role of hearing loss in caring for patients with dementia. More recent collaborations include addressing hearing loss to improve behavioral problems associated with dementia and improving hearing health care within hospital settings.



Helen Hovdesven

Co-chair Memory Center Patient Family Advisory Council (PFAC)

Call To Action

Helen joined the Johns Hopkins Advisory Board for the Department of Psychiatry in 2003. When the Memory Center was being developed, Helen agreed to be Co-chair of the initial Patient Family Advisory Council, later becoming the Chair when it opened in 2008. Helen has been Chair until 2020 and is presently Co-chair. Helen walked the path with her husband, Arne, and after his death, completed a series of podcasts in 2010 entitiled, "Alzheimer's from Diagnosis to Death" and "Brain Autopsy." These are available on the Memory Center's website.

Helen was awarded the Trailblazer Award at the 8th Annual Journey To Hope conference in 2015 for her "Dedicated Advocacy and Support of Alzheimer's Patients and their Caregivers." She was appointed to the Committee on Care Interventions for Individuals with Dementia and their Caregivers - Phase II of the National Academies of Sciences, Engineering and Medicine in Washington, DC. This is Helen's 14th Journey to Hope.



Jane Marks, RN, MS

Presenter: Caring Hands Award

Pioneer Award Winner

Jane Marks RN, MS is the Associate Director for the Johns Hopkins Geriatrics Workforce Enhancement Program, a HRSA funded grant integrating geriatrics into primary care practices and promoting community outreach. Her work with the project extends across the state of Maryland working with various health care systems and agencies. She has been involved in providing and coordinating education for health professionals and caregivers regarding older adults. She participates in community activities and outreach to seniors as well. For the past 2 years, she participated with Maryland's Dept. of Aging and other organizations to create educational videos regarding dementia for Maryland Access Point Staff and other community-based staff. The goal of this effort is to promote Maryland as a Dementia Capable Community. Jane is involved with the Maryland Gerontological Nurse Group that promotes nursing education regarding care of the older adult and recognition of the important role nursing assistants have in the older adult's care. Jane has been a nurse in the Division of Geriatric Medicine for over 35 years and worked in a primary care team with Dr. John Burton for older adults until 2018.



Janet Michel

Founding Member - Memory Center Patient Family Advisory Council (PFAC)

Panelist

Janet and her husband Kevin live in Havre de Grace, MD. She lovingly takes care of Kevin who is diagnosed with Alzheimer's disease.

She advocates for learning about the disease, coping with the challenges, and utilizing the community resources available to all families. Most recently she was interviewed by a panel from The National Academies of Sciences, Engineering, and Medicine discussing the role of caregiver for persons living with dementia.

Janet is an active, founding member of the Johns Hopkins Memory Center Patient Family Advisory Council. She is also very involved with the Alzheimer's Association Harford County support group.

2020-2021 was a challenging year due to Covid restrictions and the decline in Kevin's health. Support from family, friends, and healthcare workers has made all the difference.



Jennifer Mason MSN, RN, CDP

Conference Moderator

Jennifer Mason received her Bachelor of Science degree from Johns Hopkins University School of Nursing in 1988. She then served in various roles through the years as a medical and psychiatric nurse at Johns Hopkins, as a program coordinator at Union Memorial Hospital's Counseling Center, as well as a school and community health nurse while her children were school age. Jen became part of the original team who opened the Memory Center doors in 2008 and began seeing patients in the summer of that year. From that point on, Jen was instrumental in developing nurseled education visits as well as developing and running the community based educational seminars for caregivers in the Memory Center for the next 7 years. She then went on to become the interim and clinic manager of the Memory Center until she returned to school for her MSN in 2016 attending Stevenson University for a Master's degree in Nursing Education. She currently works with the Department of Behavioral Health at Howard County General Hospital as the Clinical Education Program Manager.

Jen has volunteered as a memory café facilitator for the Alzheimer's association for the past 4 years and has served as a community liaison for caregivers from the café in her community. She is a member of the Alzheimer's Impact movement (AIM) who serve to support efforts to change policy on Capitol Hill, and is a member of the American Nurses Association. Jen hopes to continue her passion for educating caregivers and patients with Alzheimer's disease in the community and is looking forward to many more years supporting this amazing group of people.



Constantine G. Lyketsos, MD, MHS, FACLP, FACPsych, FACNP

Elizabeth Plank Althouse Professor, School of Medicine, Johns Hopkins University Chair, Department of Psychiatry and Behavioral Sciences, Johns Hopkins Bayview Director, Memory and Alzheimer's Treatment Center, Johns Hopkins Bayview

Expert Speaker

A native of Athens, Greece, Dr. Lyketsos graduated from Athens College, Northwestern University and Washington University Medical School in St. Louis. He completed residency and Chief Residency in psychiatry at Johns Hopkins, as well as a fellowship in clinical epidemiology. An active clinician, teacher, and researcher he founded the Johns Hopkins Memory and Alzheimer's Center which he directs. Dr. Lyketsos leads the Johns Hopkins Precision Medicine Center of Excellence on Alzheimer's Disease, and is Associate Director of NIH-funded Alzheimer's Disease Research Center. A world authority in treatment development for Alzheimer's, he has received multiple major awards, and authored over 400 peer-reviewed articles, chapters, commentaries, as well as five books. His work has been cited over 59,000 times with an h-index of 129 (Google Scholar). Castle-Connolly has named him as one of *America's Top Doctors* every year since 2001.



Pam South

Member, Memory Center Patient Family Advisory Council PFAC)

Call To Action

Pam serves as a Care Partner and advocate for her husband Nathan, who for the last 13 years has lived with dementia, and balance and gait issues resulting from a very rare degenerative condition called Spinal Cerebellar Ataxia (SCA17). Pam is a recently retired Marketing professional and business owner who is now blessed to be able to focus her time and attention on the challenges of this journey with Nathan. She leans heavily on her faith and the encouragement, educational and social benefits of the Alzheimer's Support group, Hopkins Club Memory and the Hopkins Ataxia Support group for Care Providers. Pam is also privileged to serve on the Johns Hopkins Memory Center Patient Family Advisory Council and at her local church.

Pam and Nathan live in Bel Air, MD with their son and his family which allows her the ultimate joy of spoiling her 8 year old granddaughter.



Yolanda Wright, MSW, LMSW

Program Manager, Alzheimer's Association Greater Maryland Chapter

Trailblazer Award Winner

Yolanda Wright, a native of North Carolina, comes to us with a background of social work. Upon receiving her Bachelor in Social Work from UNC-Greensboro, she began her early career journey working with special needs children and their families in the Rowan County Public School System; later on moving into the job training and placement field. Ms. Wright then discovered her real passion of helping people in the medical field. She worked with the Rowan County Home Health and Hospice as social worker and later as Supportive Services Coordinator. Ms. Wright moved to Maryland in 1989, which took her to Church Home and Hospital's Home Health and Hospice; eventually becoming MedStar Home Health and Hospice. For 19 years, within the MedStar Health System, she held numerous positions, including social worker, bereavement coordinator, volunteer coordinator, and program coordinator. Additionally, Ms. Wright furthered her education at the University of Maryland- Baltimore and received her Master's in Social Work with a specialization in Health and a concentration in Clinical & Human Services Management. The year 2000 brought on a new adventure as she moved into the medical adult day care arena at Church/Harbor Hospital. The hospital brought opportunities within the in-patient setting and also ER crisis intervention. In 2008, she accepted Center Director position with Active Day-Parkville. She also worked as a Memory Care Director at a Senior Living Community. Yolanda joined the Alzheimer's Association- Greater Maryland Chapter in October 2012 as the Early Stage and Support Group Coordinator. Ms. Wright brings 41 years of experience with dementia, grief and loss on both a professional and personal level.



Seeking individuals to participate in a research study



The Actigraphy in Agitation Study

is interested in learning about circadian rhythms and activity levels in adult participants age 55 or older. The Actigraphy in Agitation study is a 1 week observational study which involves 1 clinic visit at Johns Hopkins at Bayview.

To learn more about this study or to see if you qualify, please call: $\underline{410\text{-}550\text{-}7385}$

Principal Investigator: Paul Rosenberg, MD Protocol number: IRB00151016



Individuals with Mild Cognitive Impairment may qualify for a new clinical research study at Johns Hopkins Memory and Alzheimer's Treatment Center. You (or a loved one) may be eligible for the study if you:

- Have a diagnosis of Mild Cognitive Impairment
- Are between the ages of 60 and 95
- Have a study partner (who can be a family member or close friend) who spends at least several hours per week with you, is willing to accompany you to study visits, and is also willing to participate in the study
- Are available for 3 months of follow up

Please find more information about this study below:

<u>Targeting Cerebrovascular Reactivity for Precision Medicine: Pilot Trial of Atorvastatin</u>

Mild Cognitive Impairment (MCI) causes cognitive changes that are serious enough to be noticed to the person affected and to family members and friends, but do not affect the individual's ability to carry out everyday activities. Approximately 15% to 20% of people age 65 or older have MCI. There are no FDA approved medications for the treatment of MCI. Current approaches are inadequate and better approaches are needed.

The Targeting Cerebrovascular Reactivity for Precision Medicine: Pilot Trial of Atorvastatin study is an open-label, clinical trial, taking place at Johns Hopkins at Bayview. The study is designed to determine the efficacy and safety of Atorvastatin as a treatment for cognitive function in MCI patients.

Individuals in the Atorvastatin trial will undergo 4 in-person research visits and 2 telephone visits over the course of 12 weeks. If you are interested in learning more about this trial, call 410-550-9020, or email shorn8@jhmi.edu.

(Site Investigator: Paul Rosenberg, MD; Principal Investigator: Sevil Yasar, MD., Ph.D.; Protocol number: IRB00256402)

Balance in Alzheimer's Disease – Hopkins Research Study

Individuals with Alzheimer's Disease are at increased risk of falls and injuries. We are doing this study to investigate whether inner ear balance (vestibular) impairment increases the risk of in individuals with Alzheimer's disease.

This is a 2-year study of individuals with mild-moderate Alzheimer's disease (detailed inclusion criteria below). We will measure vestibular function and many other fall risk factors at baseline, including vision and hearing, and will track any falls that occur over a 2-year period. All clinical data will be available to patients and their providers.

Thank you for participating in this study and referring your patients! If you have an interested and eligible patient, please contact the study coordinator Victoria Horta at vhorta1@jhmi.edu

Study inclusion Criteria

- Aged ≥60 years old
- Mild-moderate AD (CDR=1 or CDR=2)
 - o MCI is OK to include
- MMSE ≥ 18
- Lives within 60 miles of JHBMC
- Has a caregiver (Someone who spends ≥10 hours/week with the individual)
- Willing to receive phone calls every 3 months

Principal Investigator

Yuri Agrawal, MD

Email: yagrawa1@jhmi.edu



Are you over 60 and feeling depressed?

- Symptoms of depression in older adults are common yet often go undetected. Symptoms could include:
 - feelings of sadness or hopelessness
 - O loss of energy
 - inability to enjoy pleasurable activities
 - changes in appetite or sleeping patterns
 - poor concentration/memory
- If you are feeling depressed, not taking antidepressant medication and in good physical health, you may be eligible to participate in a research study involving treatment.
- Qualified people will participate at no cost to them. Compensation for time and transportation will be provided.

For more information, please call:

(410) 550-4192

IRB Protocol No: NA_00021615, IRB00068329
Principal investigator: Gwenn Smith, PhD





The Johns Hopkins Memory Center is Recruiting for Research Studies on Healthy Aging & Memory Loss

- ✓ Observational studies that include memory testing
- ✓ Imaging studies that provide information about brain changes with aging or memory loss
- ✓ Studies to test interventions, such as lifestyle changes or drugs, to see if they delay the progression of memory disorders
- ✓ Studies to reduce behavioral problems in patients with memory disorders



- 55-85 years old?
- Have no memory problems but are interested in research studies?
- Experiencing mild memory problems?
- Affected by Alzheimer's disease?
- Willing to travel to Johns Hopkins at Bayview or Downtown?

For more information, call (410) 550-9021



Like us on Facebook at 'Johns Hopkins Memory & Aging' For resources, information, and events related to healthy aging and memory loss



The Johns Hopkins Memory Center is Recruiting for Research Studies on Healthy Aging & Memory Loss

- ✓ Observational studies that include memory testing
- ✓ Imaging studies that provide information about brain changes with aging or memory loss
- ✓ Studies to test interventions, such as lifestyle changes or drugs, to see if they delay the progression of memory disorders
- ✓ Studies to reduce behavioral problems in patients with memory disorders



- 55-85 years old?
- Have no memory problems but are interested in research studies?
- Experiencing mild memory problems?
- Affected by Alzheimer's disease?
- Willing to travel to Johns Hopkins at Bayview or Downtown?

For more information, call (410) 550-9021





Are you more forgetful lately?

- O Do you have trouble with the names of people you've met recently?
- O Do you get lost easily in new places?
- O Do you have a greater tendency to misplace things?
- O Do other people notice that you are forgetful?
- If you are age 55 and older, having memory problems, not taking antidepressant medication and in good health, you may be eligible to participate in a research study.
- Qualified people will participate at no cost to them.
 Compensation for time and transportation will be provided.

For more information, please call: (410) 550-4192

Principal Investigator: Gwenn Smith, PhD IRB Protocol No: IRB00069715

and NA 00026190





We are looking for adults with Mild Cognitive Impairment (MCI) to participate in a research study



The NCFC Study

is interested in learning about brain structure and function related to financial capacity in individuals with MCI and those who have normal cognitive changes related to aging. This research may lead to better identification, prediction, and prevention of financial problems in aging.

To learn more about this study or to see if you qualify, call the Johns Hopkins Memory and Alzheimer's Treatment Center:

<u>410-550-7385</u>

Principal Investigator: Milap Nowrangi, M.D. Protocol number: IRB00129816





Are you over 60 and interested in research?

- We are conducting brain imaging research using a technique called Positron Emission Tomography, or PET for short, to take pictures of the brain.
- If you are in good health and aren't taking medications that affect the brain, you may qualify for participation.
- Qualified people will participate at no cost to them. Compensation for time and transportation will be provided.

For more information, please call:

(410) 550-4192

Principal Investigator: Gwenn Smith, PhD IRB Protocol No: IRB00069715, NA_00026190 and NA_00021615





Seeking individuals with Alzheimer's disease who experience agitation

The Escitalopram for Agitation in Alzheimer's Disease (S-CitAD) study is a 12-week trial of escitalopram taking place at

The S-CitAD Study is looking for volunteers who:

- ✓ Have been diagnosed with Alzheimer's disease
- ✓ Experience feelings of irritability, restlessness, frustration, or anger
- ✓ Have a study partner who can participate in the study



All participants receive:

- Free parking at each visit
- Psychosocial counseling provided to all eligible participants
- All visit procedures administered at no cost

Call

for more information

Protocol: IRB00148995 PI: Constantine Lyketsos