

OLLI Course – Alzheimer's Prevention - Resources

Joining a study or clinical trial

<https://www.vumc.org/vmac/joinstudy>

[Volunteers needed for studies to advance dementia research \(mailchi.mp\)](#) (NIH, Alzheimers.gov)

- Interested in volunteering for research on Alzheimer's, related dementias, and cognitive health? Learn about new and featured studies below or [search for clinical trials and studies](#) near you with the Alzheimers.gov Clinical Trials Finder.
- [Prazosin for Agitation in People With Alzheimer's Disease \(PEACE-AD\)](#)
- [Get more information about these and other Alzheimer's clinical trials online](#). Or, call the ADEAR Center at 800-438-4380 (toll-free) or email adear@nia.nih.gov.

Featured Registries and Matching Services

- [Alzheimer's Prevention Registry](#) — Get information and updates about participating in future Alzheimer's prevention trials.
- [Alzheimer's Prevention Trials \(APT\) Webstudy](#) — Enroll to track memory and thinking skills, and learn about Alzheimer's trials.
- [Brain Health Registry](#) — Sign up for an online study of brain health and learn about possible study opportunities for Alzheimer's and other brain disorders.

Support groups

<https://www.vumc.org/vmac/supportgroups>

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

Adult Day Services

<https://fiftyforward.org/supportive-care/adult-day-services/>

<https://eldercare.acl.gov/Public/Index.aspx>

Care Management Resources

<https://fiftyforward.org/supportive-care/care-management/>

<https://fiftyforward.org/supportive-care/conservatorship/>

<https://www.alzheimers.gov/life-with-dementia/find-local-services>

<https://www.alz.org/help-support/caregiving/financial-legal-planning>

<https://www.nia.nih.gov/health/caregiving/advance-care-planning>

Clinical Services

<https://www.vanderbilthealth.com/service-line/neurosciences>

Learn more about AD science

<https://www.vumc.org/vmac/lunch-learns>

<https://www.alzheimers.gov/>

https://www.alz.org/alzheimer_s_dementia

<https://www.alz.org/alzheimers-dementia/facts-figures>

<https://www.cdc.gov/aging/aginginfo/alzheimers.htm#AlzheimersDisease?>

<https://www.nia.nih.gov/health/alzheimers>

Brain and Tissue Donation for Research

<https://www.vumc.org/vmac/brain-donation>

TN Disability Pathfinder <https://vkc.vumc.org/pathsearch/detail?id=20104&lang=1>

Navigators to help determine where to go for particular needs.

Greater Nashville Regional Council <https://www.gnrc.org/303/Family-Caregiver-Support> The Greater Nashville Regional Council provides a range of resources and support programs that assist family and informal caregivers to care for their loved ones at home for as long as possible.

A Place for Mom www.aplaceformom.com/eldercare-advisors/liz-maxwell

This free resource helps families explore various living arrangements, it is my understanding that they provide resources for in-home support, too. My colleague recommends Liz Maxwell, a Senior Living Advisor. She can be reached by phone (615-656-7916) or email (lizm@aplaceformom.com).

Vanderbilt Home Health <https://www.vanderbilthealth.com/service-line/home-care>

This service provides support with daily tasks including bathing, dressing, eating and managing medications, and their caregivers provide company and emotional support.

OPTIONS for Community Living <http://www.tn.gov/aging/our-programs/options.html>

Tennessee state service that provides resources for “homemaker services, personal care, and home-delivered meals.” 866-836-6678

Caregiver Support Program This local resource offers a free, personalized one-on-one session with a Certified Dementia Specialist. This session is tailored to help the family learn how to care for a loved one with a memory loss disorder. Clients receive free information about caregiving strategies, referrals to community resources, and medical and legal information. Lynn Wood, Caregiver Support Coordinator can be contacted by email (lwood@mhamidsouth.org) or phone (615-269-5355) for more information

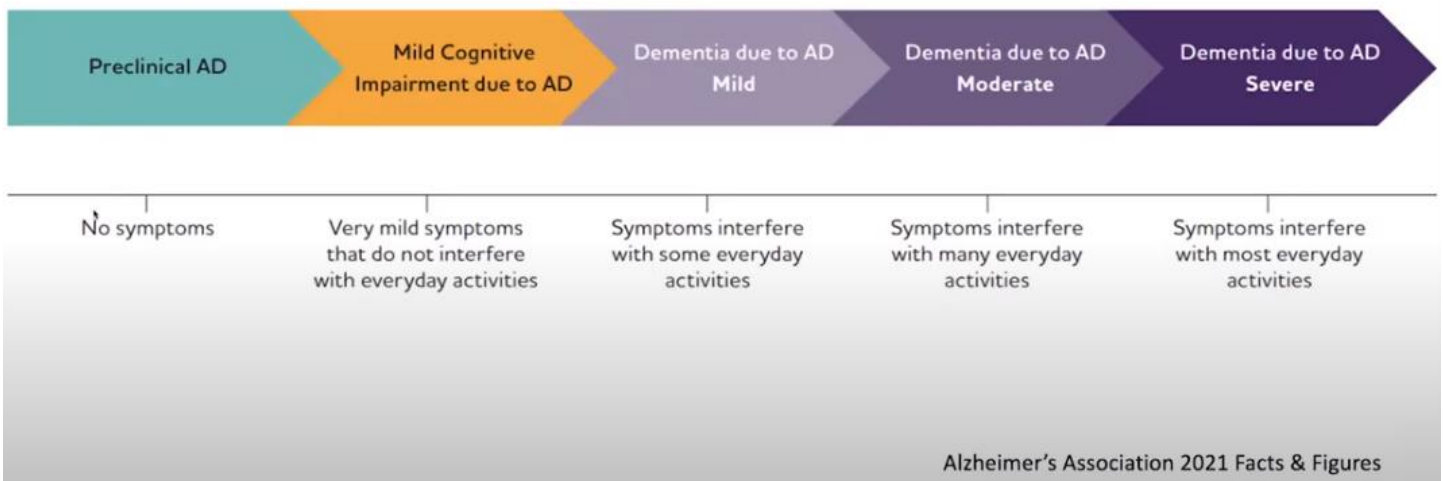
March 22, 2021: Alzheimer’s 101 [Alzheimer’s Disease Prevention - YouTube](#)

Alzheimer’s vs. Dementia, Symptoms, Brain Changes

Alzheimer’s or Other Dementias	Typical Age-Related Changes
Memory loss that disrupts daily life	Sometimes forgetting names or appointments, but remembering them later
Challenges in planning or solving problems	Making occasional errors when balancing a checkbook
Difficulty completing familiar tasks at home, at work, or at leisure	Occasionally needing help to use the settings on a microwave or record a television show
Confusion with time or place	Getting confused about the day of the week but figuring it out later
Trouble understanding visual images and spatial relationships	Experiencing vision changes related to cataracts, glaucoma, or age-related macular degeneration

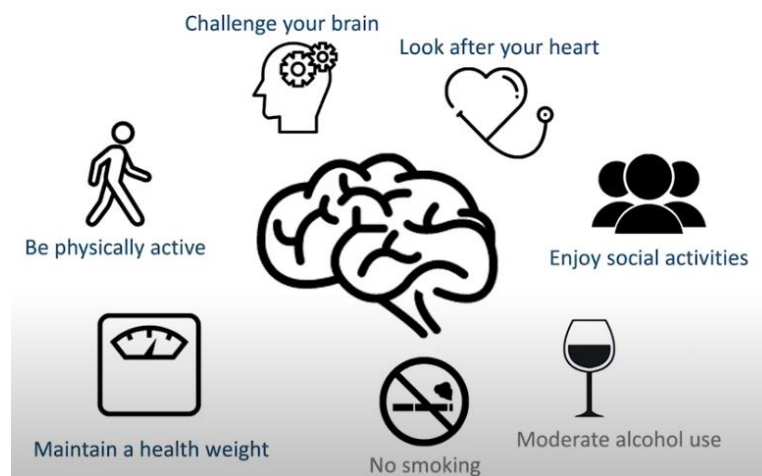
Alzheimer’s or Other Dementias	Typical Age-Related Changes
New problems with words in speaking or writing	Sometimes having trouble finding the right word
Misplacing things and losing the ability to retrace steps	Misplacing things from time to time and retracing steps to find them
Decreased or poor judgment	Making a bad decision once in a while
Withdrawal from work or social activities	Sometimes feeling weary of work, family, and social obligations
Changes in mood and personality	Developing very specific ways of doing things and becoming irritable when a routine is disrupted

Disease progression



- Public Impact: African Americans are 2-3 times more likely to get Alzheimer's than non-Latino Whites, Latinos are 1.5 times more likely to get Alzheimer's than non-Latino Whites
- Set Risk Factors: age, genetics, sex, high blood pressure, heart disease, high cholesterol, stroke, diabetes, obesity
- Modifiable Risk Factors: diet, exercise, blood pressure, chronic conditions
- Diagnosis: medical & family history, family member input, cognitive testing, blood test, brain imaging
- Treatment & Prevention
 - No cure or disease modifying treatments, symptomatic treatments only
 - There is an urgent need for innovative research identifying novel pathways of injury and therapeutic targets, need for developing new drug therapies & focus on prevention

Alzheimer's Prevention Overview



- Living & Caregiving: in the US 83% of care comes from family members, friends or other unpaid caregivers
 - Vanderbilt Memory and Alzheimer's Center: contact support group facilitators Shelbie & Natalie at 615-875-3175
 - Alzheimer's Association: 24/7 Helpline 800-272-3900
 - Fifty Forward: community centers, adult day services, care team services

March 29, 2021: Exercise & Brain Health [Alzheimer's Disease Prevention Session 2 - YouTube](#)

- American Heart Association recommends a minimum of 2 hours 30 minutes per week of moderate-intensity aerobic activity per week, more benefits at 5 hours per week and add muscle-strengthening activity 2 times per week if possible
- Exercise Resources in Nashville
 - Fifty Forward www.silverandfit.com -1/887-427-4788
 - YMCA: downtown 615-259-9622 call for closer
 - www.silversneakers.com or 1-866-584-7389
 - Metro Parks Senior Programs www.nashville.gov 615-862-5000
 - Join OLLI On the Move walking group <https://web.uri.edu/olli/sig/walking-group/> (weekly email with destination) or email oshervu@vanderbilt.edu if you are interested in being on the email list
- walking, swimming, dancing, bike riding
- creative types of exercise include hula hoop, kayaking/canoeing on the river, hop-scotch, 4-square or natural movements such as gardening or using small weights
- 12-minute workout can be effective, any movement is good movement for brain health
- Workout with Jessica Clevenger YMCA Fitness Instructor <https://www.youtube.com/watch?v=bsN1ZeOH8c4>

April 5, 2021: Social Engagement [Alzheimer's Disease Prevention Session 3 - YouTube](#)

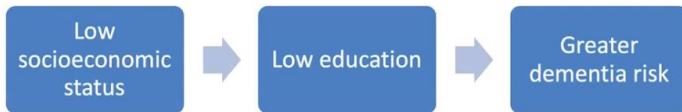
Social Engagement and the Brain

Risk	Prevention
<input type="checkbox"/> Poor social networks or social disengagement are associated with cognitive decline and dementia.	<input type="checkbox"/> Protection against depression, cognitive decline, heart disease, and death
<input type="checkbox"/> Social isolation and less satisfactory contacts leads to increased risk for dementia	<input type="checkbox"/> Reduced stress and hence inflammation in the brain
	<input type="checkbox"/> Increased cognitive reserve
	<input type="checkbox"/> Increased resources and intellectual stimulation

VANDERBILT UNIVERSITY
Vanderbilt Memory and Alzheimer's Center

- Social engagement: Pre-COVID versus during COVID, social resources
 - Church, museums by appointment, private classes, safe visits
 - www.paintingwithatwist.com adult cooking classes
 - www.flourpowerstudios.com/Nashville/events painting classes
 - Video chat: Facetime on Apple users, Google Duo for Android users, try the Marco Polo app [Get The App • Marco Polo](#)

- Education & Dementia risk



- Cognitive (brain) reserve: functional brain adaptability/flexibility, ability of the brain to cope with or compensate for brain damage, increasing cognitive activity decreases risk of Alzheimer's

'Use it or Lose it' Theory

Stimulation of the brain allows for

- preserving brain structure
- gray matter
- neurogenesis
- brain networks
- synaptic density

The Roles of Brain Regions in Social Cognition

The diagram shows three brain regions with their functions:

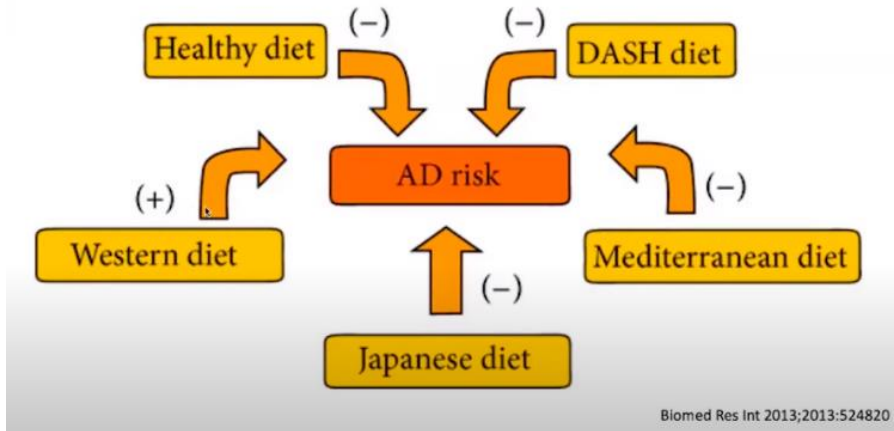
- Orbitofrontal cortex**: Reward-based behavior, Flexibility in thinking, Emotional decision making
- Middle frontal gyrus**: Behavioral adaptations
- Caudate**: Emotion recognition
- Temporal pole**: Familiar face recognition

Sheila Davis, University of Pittsburgh, Newswise.com, J. Gerontology 2018

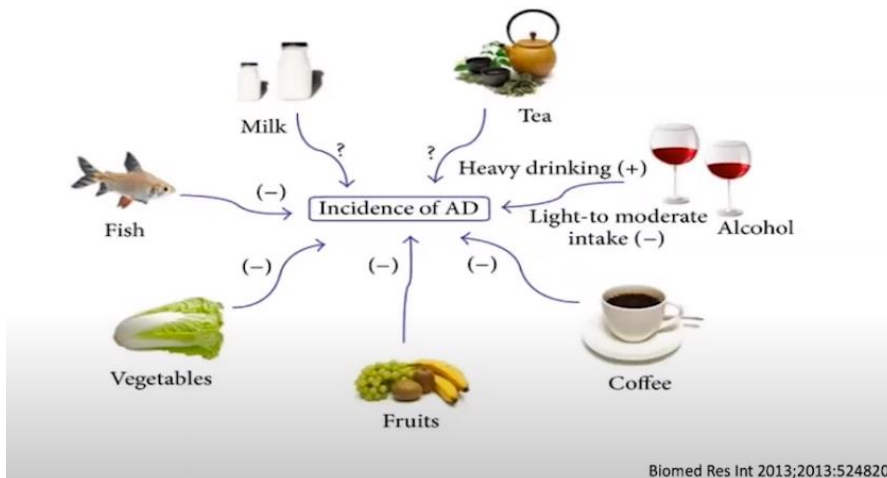
- Education & cognitive research studies
- Continuing education
 - iPad training improved cognition & technological skills improve ability to conduct everyday activities
 - participate in card games, teach a new skill to someone else, listen to or play new music, work a jigsaw puzzle
 - learn a new skill or hobby, use all of your senses, build your vocabulary, take a new route
 - learn a new language: 5 minutes a day with the Duolingo app ([Duolingo - The world's best way to learn a language](#))

- Risk factors in the South: obesity affects 1 in 3 adults in TN, heart disease
- Various diets

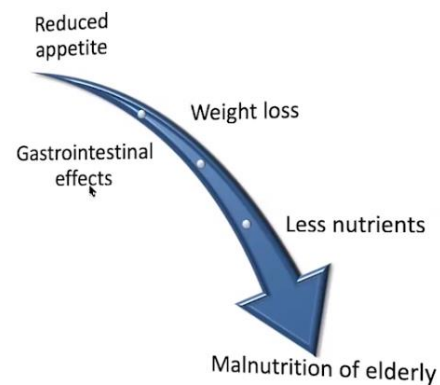
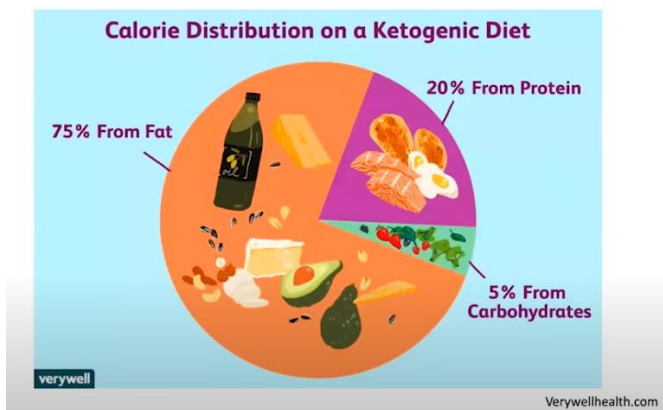
Western diets increase AD risk,
Mediterranean diets reduces risk



Diet is a modifiable risk factor for Alzheimer's



What about ketogenic diets?



- Antioxidants & vitamins
What about vitamins for Alzheimer's prevention?



Images from Amazon

- Microbiome: genetic material of all the microbes – bacteria, fungi, protozoa & viruses – that live on and inside the human body
 - Probiotics & Alzheimer's – more studies are needed
- Madeleine Hallum: Registered Dietician Nutritionist, Specialist in Gerontological Nutrition at Vanderbilt University Medical Center
 - DASH diet: #2 Best Diet, Dietary Approaches to Stop Hypertension
 - Mediterranean diet: #1 Best Diet Overall in 2021 by US News and World Report
 - **MIND Diet: combines the Mediterranean diet and the DASH diet**
 - One study found 35% lower Alzheimer's risk if MIND diet followed moderately, 53% lower risk who adhered rigorously
 - Green leafy vegetables – 6+ servings each week (includes kale, spinach, cooked greens & salads)
 - All other vegetables – try to eat another vegetable in addition to green leafy vegetables at least once daily, focus on non-starchy vegetables
 - Berries – eat berries at least 2x weekly
 - Nuts – try to consume 5+ servings weekly
 - Olive oil – use as your main cooking oil
 - Cooking demo: "Brain" Salad [April 15, 2021 - YouTube](#)

April 26, 2021: Rest & Relaxation

Get plenty of sleep!!!

Black Bean

DESTINATION SALAD

4 Steps, Serves 4 people

1 Open and Rinse



1 can no salt-added black beans (16 oz)



1 can sweet corn (16 oz)

2 Dice



2 Medium tomatoes

2 Medium avocados

1/2 Small red onion

3 Blend



1/3 Bunch of cilantro

3 Lime's juice

3 Tablespoon of Olive oil

3 Tablespoon of Water

4 Mix and Enjoy!



Nutrition Facts:

Per Serving

- ✓ Calories: 481
- ✓ Fat: 23.3 grams
 - ✓ Sat. Fat: 3.39 grams
- ✓ Cholesterol: 0 grams
- ✓ Carbohydrates: 58.7 grams
- ✓ Sodium: 270 mg
- ✓ Vitamin K : 27.7 mcg



Tips:

You can add:

- ✓ Diced fresh mango
- ✓ Jalapenos
- ✓ Roasted corn
- ✓ It goes well with low sodium chips or low sodium tortillas