

Memory Matters



A publication of the Johns Hopkins Memory & Alzheimer's Treatment Center and Alzheimer's Disease Research Center

Fall/Winter 2020

A Note from the Directors



For the greater part of 2020, we have all been challenged by the COVID-19 pandemic and have had to adapt to a "new normal." Phrases such as "physical distancing," "self-quarantine" and "flattening the curve" have become part of our regular vocabulary. And, face masks and hand sanitizer have become a necessity instead of an accessory.

While things may look and feel different, the Johns Hopkins Memory & Alzheimer's Treatment Center and Alzheimer's Disease Research Center (ADRC) have continued to provide the care and services you and your family have come to rely on.

In March, the Memory Center suspended in-person appointments and transitioned to telemedicine, using phone and video visits to communicate with patients and families. From mid-March until the end of June, providers conducted over 900 telemedicine visits. This has allowed us to provide continued care to our current patients and accept a small number of new patients. Now that outpatient services have resumed, we are beginning to see an increase in in-person visits.

At the ADRC, most of the research has continued, but primarily through phone visits. A small number of clinical trials were allowed to continue dispensing medication and conducting study visits over the phone. These limitations are slowly easing and we are hoping to see many of you in person soon.

In order to provide the support and education programs that we know you have come to depend on, many activities have transitioned to online platforms, such as Facebook, Twitter and videoconferencing. We also have included information about dementia care during COVID-19 on the Memory Center website. If there are any other resources you think you might need, we encourage you to reach out to us by phone or email.

We are looking forward to seeing you in person soon, while of course implementing safety protocols designed to keep patients, participants, their families and our staff safe.

In good health,

Constantine "Kostas" Lyketsos, M.D.

Director, Memory & Alzheimer's Treatment Center

Marilyn Albert, Ph.D.

Director, Alzheimer's Disease Research Center

To learn more about how Johns Hopkins is preventing the spread of COVID-19 and ensuring the safety of its patients, scan this QR code.



Get Social With Us! Follow us on Facebook ([JHMemoryandAging](#)) and Twitter ([@JH_Memory_Aging](#)) for the latest information, resources, events and research opportunities related to healthy aging, memory loss and dementia.

Please share *Memory Matters* with your family and friends! To request extra copies, please contact **Corinne Pettigrew** at **410-614-0363** or cpettigrew@jhmi.edu.

MEMORY CARE AND THE ARTS

Art is being increasingly recognized as beneficial in the care of individuals with dementia and other memory disorders. In fact, a recent report by AARP's Global Council on Brain Health indicated that music "can improve mood and quality of life, and can reduce anxiety and depression" in those with dementia.

Art-related programs encompass a range of expressive activities, including those that can be performed in one's own home, such as singing; listening to personalized playlists; playing a musical instrument; dancing (seated or standing); drawing or painting; and acting or storytelling. Most recently, the arts have translated well into the virtual environment. Concerts, theater, museum tours and field trips are now offered online and from the comfort of your computer or tablet. The at-home nature of these activities is particularly beneficial since the COVID-19 pandemic has restricted outings and visits from family and friends.

Club Memory – a free social engagement group for individuals with early-stage dementia and their spouses, partners and caregivers – transitioned from in-person to a virtual format earlier this year. **Andrea Nelson, RN**, director of memory programs and moderator of Club Memory, has always incorporated art-related activities into the group's get-togethers. Patients and families have found that including the arts allows for creative expression, including a way for caregivers to communicate with their loved ones and connect with others. Now that Club Memory meets virtually, the activities also provide social connectedness during these uncertain times.

Club Memory meets the first and third Wednesday of every month from 2 to 3 p.m. via [Zoom](#). For more information, email anelso18@jhmi.edu.



Andrea Nelson, RN, hosts a virtual Club Memory gathering to celebrate Cinco de Mayo.

TELEMEDICINE PROVIDES ACCESS TO HEALTH SERVICES



Telemedicine was not commonly used prior to the COVID-19 pandemic; however, changes in regulations regarding who can use telemedicine has dramatically increased its use. By providing an alternative to in-person visits, telemedicine has allowed clinicians to communicate with patients and families easily and quickly.

As we adapt to a "new normal," it has become more clear that phone visits and video conferencing can help overcome some barriers related to health care access. Telemedicine can be particularly beneficial for individuals with mobility and cognitive limitations, those living in underserved and rural areas, and for people who rely on others for transportation. It also provides a level of convenience. When remote evaluation and treatment are possible, visits can occur from the comfort of one's own home. This reduces travel burdens and costs, and makes it easier for caregivers to participate in appointments. With the COVID-19 pandemic, telemedicine also has the added benefit of reducing patient and physician exposure to the virus while maintaining continuity of care.

Argye Hillis, M.D., vice chair, Department of Neurology, believes the use of telemedicine will be an enduring benefit after the COVID-19 pandemic has ended. "It is so helpful to people who have mobility problems, have trouble getting to the Center or who live far away and don't want to travel to see us," she says. "As long as Medicare continues to reimburse us for telemedicine, I think we will continue offering it as an option."

To learn more about how Johns Hopkins Medicine is using telemedicine, visit hopkinsmedicine.org/health.

FACULTY SPOTLIGHT



Arnold Bakker, Ph.D.

*Biomarker Core Leader, Johns Hopkins Alzheimer's Disease Research Center
Associate Professor, Department of Psychiatry and Behavioral Sciences*

In this spotlight, Dr. Bakker explains his research, which uses imaging to improve our understanding of changes in the brain that occur with aging and during the early phases of Alzheimer's disease.

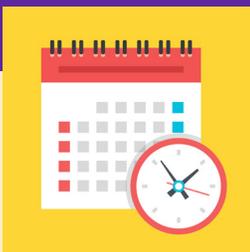
What are some of the advantages of using neuroimaging to study healthy aging and memory loss?

MRI scans provide us with very detailed pictures of the brain's structure and functioning without any invasive procedures. By studying the parts of the brain that support memory function, we gain a better understanding of how the brain changes with age and in individuals with memory disorders.

How is your interest in imaging related to Hope4MCI, the clinical trial you are helping to lead?

We want to see if the drug improves memory, but also how it changes brain structure and function. It is rewarding to see if findings from detailed studies of the brain can translate into benefits for patients and families.

CALENDAR OF EVENTS



Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss (virtual)

Nov. 7, 14, 21 & Dec. 5 (4-week series)

Each session is from 10 to 11:30 a.m.

Info./Register: 800-272-3900 or alz.org/maryland

Journey to Hope Conference on Memory Loss (virtual)

November 14

9 to 11:30 a.m.

Info./Register: 410-550-7211 or anelso18@jhmi.edu

Holistic Health Seminar on Memory Loss

June 5, 2021

8:30 a.m. to 12:30 p.m.

Randallstown Community Center

3505 Resource Dr., Randallstown, MD 21133

Info.: 410-550-2281

Alzheimer's Disease Research Center Annual Conference on Aging and Dementia

June 8, 2021

9:30 a.m. to 2:30 p.m.

Owens Auditorium

Bunting-Blaustein Cancer Research Building

The Johns Hopkins Hospital

1550 Orleans St., Baltimore MD 21287

Info.: 410-614-0363

Faith-based Alzheimer's Awareness

Go purple! Faith communities are invited to help raise awareness about Alzheimer's disease and related dementias, and connect members with information about services and resources.

Options include holding a "Purple Weekend," hosting an on-line caregiver education program or starting a virtual support group.

Info.: 800-272-3900 or mataylor@alz.org

For more information about the events listed, please call the phone number or email the address provided above.

RESEARCH STUDIES SEEKING PARTICIPANTS



Help us learn more about healthy aging, and the diagnosis and treatment of memory problems by volunteering for a research study. Each study has different eligibility requirements. Procedures, length of study and compensation vary.

- **Memory and Aging Study of the Johns Hopkins ADRC** – 410-550-9021
- **Magnetic Resonance Imaging (MRI) Studies in Cognitively Normal Individuals or Individuals with Mild Memory Problems** – 410-955-5057
- **Positron Emission Tomography (PET) Studies in Individuals with Mild Memory Problems** – gsmith95@jhmi.edu
- **Activity-based Engagement and Companion Care Program for Individuals with Dementia** – 410-550-6744
- **Medication Trials in Individuals with Mild Memory Problems** – 410-955-5057
- **Medication Trials in Individuals with Dementia** – 410-550-9022

For more information about research studies conducted by the Johns Hopkins Alzheimer's Disease Research Center, visit alzresearch.org.



The Johns Hopkins Alzheimer's Disease Research Center

Director

Marilyn Albert, Ph.D.

Associate Directors

Constantine Lyketsos, M.D., MHS
Philip Wong, Ph.D.

Community Outreach:

410-550-2281

Education Resources:

410-614-0363

Research Opportunities:

410-550-9054

Web: alzresearch.org

The Johns Hopkins Memory & Alzheimer's Treatment Center

Director

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Clinic Info: 410-550-6337

Web: hopkinsmedicine.org/psychiatry/memory

PATIENT AND FAMILY SUPPORT SERVICES

A variety of support services offer patients and caregivers opportunities to speak with others who have similar concerns and questions about coping with Alzheimer's disease or related disorders. These services also provide practical information and help members learn more about living with memory loss.

The programs below are free, open to the public and held **virtually** due to the COVID-19 pandemic. Call or email for more information and to receive a Zoom link.

Hopkins ElderPlus Caregivers Support Group

Second Thursday of every month, 12:30 – 2 p.m.

Info.: 410-550-8093

Frontotemporal Dementia Group

Second and fourth Wednesday of every month, 10:30 a.m-12:30 p.m.

Info.: 410-294-2409

Club Memory (social group for individuals with dementia and their caregivers)

First and third Wednesday of every month, 2 – 3 p.m.

Join via [Zoom](#).

Info.: 410-550-7211 or anelso18@jhmi.edu

Web-based Family Support Resources

Supported by the Jane K. Shapiro Dementia Care Program

Info.: hopkinsmedicine.org/psychiatry/memory (Click on "Patient and Family Resources.")

For more information about support groups in your area, visit alz.org/Maryland