

# Memory Matters



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

Fall/Winter 2018

## Staff Spotlight:

### Sarah Lawrence

Research Program Manager



**Sarah Lawrence, MS,** has been a member of the Johns Hopkins Memory & Alzheimer's Treatment Center clinical trials group since 2013. Her career has always focused on examining chronic conditions in older

adults. She has worked in both community-based research and clinical trial settings.

#### **What do you enjoy most about your job?**

I enjoy working with a team of hardworking and dedicated staff and researchers who share the same goal of finding a cure for Alzheimer's disease. I am optimistic that the studies we are currently working on will advance our understanding of the disease.

#### **Do you have any specific initiatives that you are pursuing in order to help raise dementia awareness?**

I think it's important to recognize that younger generations may be the ones to find a cure for Alzheimer's disease. I volunteer some of my time talking to young people about careers in science because I think that early education in science and math is the only way to ensure young scientists are prepared to lead the charge.

We encourage you to share this with your family and friends. To request extra copies, please call **Mattie Smith** at **410-550-9028** or **msmit311@jhmi.edu**.



## Celebrating 10 Years of Patient Care

In the fall of 2008, the Johns Hopkins Memory and Alzheimer's Treatment Center opened its doors with the mission of providing comprehensive evaluations and innovative treatments to patients with concerns about their memory. The Center is unique in that providers from the departments of psychiatry, neurology and geriatric medicine work together to care for patients with memory concerns due to a variety of causes, including Alzheimer's disease and other dementias, traumatic brain injury and brain vascular disease.

Under the leadership of **Constantine "Kostas" Lyketsos, M.D.**, the Memory Center sets a standard of care that goes above and beyond what is provided during typical physician-patient encounters. This is accomplished by providing patients with detailed assessments, treatment recommendations and supportive care. Dementia care nurses also provide patients and their families with education and support that is specific to their needs. Common topics include education about a diagnosis, behavioral problems at home, caregiver resources, financial challenges and service referrals. Patients and their families are also provided with information about research studies for which they might be eligible.

The Memory Center also supports a number of programs, including Journey to Hope, a free annual conference for those caring for someone with Alzheimer's disease or related dementias; a family resource center; and Club Memory, a social club for individuals with dementia.

To learn more about the Johns Hopkins Memory and Alzheimer's Treatment Center, visit [hopkinsmedicine.org/psychiatry/memory](http://hopkinsmedicine.org/psychiatry/memory).

## EDUCATING YOUTH ABOUT ALZHEIMER'S AND STEM CAREERS

When you think about educational programs about Alzheimer's disease, you probably think about those geared toward older adults. The Cure Alzheimer's Now (CAN) Dream Foundation has a different goal in mind.

Led by founder and president **Jacquelyn Seth**, CAN Dream sponsors educational programs about Alzheimer's disease for elementary, middle and high school students in minority communities. The programs are led by individuals who have been touched by the disease and are willing to talk about their own experiences. Sessions are often lively and include a Jeopardy-like game where students answer questions about Alzheimer's disease and brain health as quickly as possible.

In addition to educating students about dementia, CAN Dream also encourages students to pursue health-related careers. The foundation provides scholarships and service learning opportunities to students who may become doctors, social workers, caregivers and researchers.

Members of the foundation are committed to the program because they believe that young people are in a unique position to reach members of their communities. They can help reduce disease stigma by feeling more comfortable talking about it and encouraging those affected by dementia to seek medical assistance. Students also may apply information about dementia risk reduction to themselves, their families, friends and their communities. Additionally, CAN Dream hopes that some students will be inspired to enter STEM careers (science, technology, engineering or medicine), where they may make important contributions to the future health of their communities.

To learn more about the CAN Dream Foundation, including ways you can get involved, visit [candream.org](http://candream.org).



Pictured left to right: 2018 MERIT scholarship winner **Amaya Simpson** and **Jacquelyn Seth**, CAN Dream founder and president

## LIFESTYLE FACTORS THAT MAY IMPACT BRAIN HEALTH

There has been increased interest in lifestyle factors that may promote brain health and reduce the likelihood of developing memory problems. In an era of information overload, it may be difficult to get an accurate picture of what types of activities may be beneficial.

To address this, the American Association of Retired Persons (AARP) established the Global Council on Brain Health (GCBH), a group of experts from around the world who summarize what is known about lifestyle factors that may help maintain brain health. One of the goals is to condense the experts' consensus into reports that AARP makes freely available on their website. The summaries include accessible, easily understandable recommendations for the general community.

The topics covered by GCBH cover a range of lifestyle factors that may affect brain health. Some of their recommendations include:

- Be mentally active by engaging in cognitively stimulating activities and continuing to learn new things.
- Lead a physically active life and engage in purposeful exercise.
- Stay socially engaged and maintain meaningful connections with others.
- Adopt a heart-healthy diet that is rich in vegetables, fruits, whole grains and healthy fats, and low in sugar, saturated fats, salt and red meat.
- Get adequate, quality sleep and have any sleep concerns evaluated by a professional.

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## Lifestyle Factors That May Impact Brain Health cont'd.

Although it is not yet clear whether specific lifestyle factors are better than others, the GCBH reports emphasize the importance of choosing activities that are both enjoyable and tailored to your current health and ability levels. In addition to benefiting brain health, these activities may also impact physical and mental health, overall well-being and chronic medical conditions, such as diabetes, hypertension, and obesity. The general message from the GCBH reports is that healthy aging is an active process. Even small, incremental changes over time may be beneficial.

To learn more about the GCBH's recommendations, visit [aarp.org/health/brain-health/global-council-on-brain-health](http://aarp.org/health/brain-health/global-council-on-brain-health).

## SAVE THE DATE!



### Journey to Hope

*A free conference for caregivers of individuals with dementia*

**Nov. 10, 2018**

8:30 a.m. to 2 p.m.

Johns Hopkins Bayview

#### Featuring:

- An update on Alzheimer's disease care and research
- Information on caregiving
- Tips for healthy cognitive aging

**Register by Oct. 31 to 800-769-1707.**

*Parking, continental breakfast and lunch are provided.*

## CALENDAR OF EVENTS



### Oct. 27: Walk to End Alzheimer's

9 a.m.

Canton Waterfront Park  
3001 Boston St.  
Baltimore, MD 21224

**Register:** 800-272-3900 or [alz.org/maryland/walk](http://alz.org/maryland/walk)

### Nov. 3: Pythias A. and Virginia I. Jones African-American Community Forum on Memory Loss

8 a.m. to 3 p.m.

New Psalmist Baptist Church  
6020 Marian Dr., Baltimore, MD 21215

**Info./Register:** 800-272-3900 or [alz.org/maryland](http://alz.org/maryland)

### Nov. 10: Journey to Hope

8:30 a.m. to 2 p.m.

Asthma & Allergy Center, Johns Hopkins Bayview campus  
5501 Hopkins Bayview Circle, Baltimore, MD 21224

**Info./Register:** 800-769-1707

### April 12, 2019: Alzheimer's Association Annual Dementia Conference

8 a.m. to 4 p.m.

Sheraton Baltimore North Hotel  
903 Dulany Valley Rd., Towson, MD 21204

**Info.:** 800-272-3900 or [alz.org/maryland](http://alz.org/maryland)

### June 2019: Holistic Health Seminar on Memory Loss

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

Randallstown Community Center  
3505 Resource Dr., Randallstown, MD 21133

**Info.:** 410-550-2281

### June 2019: Annual Alzheimer's Awareness Purple Weekend

Inform your congregation about resources and information on Alzheimer's disease by going purple during the month of June!

**Info./Register:** 800-272-3900 or [jdaniels@alz.org](mailto:jdaniels@alz.org)

### June 11, 2019: ADRC Annual Conference on Aging and Dementia

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

**If you have any questions about an event, please contact the phone number or email address provided above.**

## RESEARCH STUDIES SEEKING PARTICIPANTS



You can help us learn more about the diagnosis and treatment of individuals with memory problems by volunteering for a research study. Each study has different eligibility requirements for participants. Procedures, length of study and compensation vary.

- **Memory and Aging Study of the ADRC**– 410-550-9021
- **Medication Trials in Individuals with Mild Memory Problems or Dementia**– 410-550-9022
- **Dietary Study in Patients with Memory Problems**– 410-955-1647
- **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

For more information about research studies conducted by the Johns Hopkins Alzheimer's Disease Research Center, visit [alzresearch.org](http://alzresearch.org).



## PATIENT AND FAMILY SUPPORT SERVICES

### 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:

410-614-0463

#### Research Opportunities:

410-550-9054

Web: [alzresearch.org](http://alzresearch.org)

### The Johns Hopkins Memory & Alzheimer's Treatment Center

#### Director

Constantine Lyketsos, M.D., MHS

#### Associate Directors

Samuel Durso, M.D.  
Marilyn Albert, Ph.D.

#### Clinical Associate Directors

Paul Rosenberg, M.D.  
Esther Oh, M.D., Ph.D.

Clinic Info: 410-550-6337

Web: [hopkinsmedicine.org/psychiatry/memory](http://hopkinsmedicine.org/psychiatry/memory)

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 and open to the public.

#### Hopkins ElderPlus Caregivers Support Group

Second Thursday of every month, 12:30-1:30 p.m.

Johns Hopkins Bayview, 4940 Eastern Ave., Baltimore, MD  
Mason F. Lord Building, East Tower, Room E106

Info.: 410-550-7044

#### Frontotemporal Dementia Group

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

Alzheimer's Association, 1850 York Rd., Suite D, Timonium, MD

Info.: 800-272-3900

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

First Tuesday of every month, 2-4 p.m.

Johns Hopkins Bayview, 4940 Eastern Ave., Baltimore, MD  
Harrison Library and Education Center

Info.: 410-550-7211 or [anelso18@jhmi.edu](mailto:anelso18@jhmi.edu)

#### Web-based Family Support Resources

Supported by the Jane K. Shapiro Dementia Care Program

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

For more information about support groups in your area, visit [alz.org/Maryland](http://alz.org/Maryland) and click on "Support Groups."