

PIONEERS

The Memory and Aging Project Newsletter

....because memories should last a lifetime.



"A little flower blossoms forth on every hill and dale, The emblem of the Pioneers upon the rugged trail."

**FALL / WINTER
2004**

A Note From the Director

The Memory and Aging Project is continuing to grow.

Clean water, housing, antibiotics, and the successful treatment and prevention of common diseases, especially heart disease, are allowing most Americans to get old. Unfortunately, for many Americans, getting old also means losing one's memory. Alzheimer's disease, which can steal the memory of the things we accomplished and the memory of the people we loved, is now among the most common and most feared conditions of old age. But it doesn't have to be. There is no reason why we cannot learn how to treat and prevent Alzheimer's disease like we did for so many other diseases over the past century. It only takes three things:

First, it takes dedicated researchers! The Rush Alzheimer's Disease Center's remarkably talented staff of physicians, psychologists, scientists, nurses, social workers, study coordinators, and other staff have dedicated their careers to the fight against Alzheimer's disease. The Rush Memory and Aging Project is among our most important studies in that effort.

Second, it takes money! The National Institute on Aging is funding the leading research in the fight against Alzheimer's disease, including funding the Rush Memory and Aging Project.

Third, it takes you! The staff of the Rush Alzheimer's Disease Center and the money from the National Institute on Aging cannot win this battle without you. Volunteers like yourself must participate in studies that will teach us about the causes of Alzheimer's disease and the ways to treat it and prevent it.

To the more than 950 people who have joined the fight – Thank You!

For those of you who have not yet joined the Project, you can make the difference. Each of you can help create a world where you and your children do not fear getting old. Please call Traci, Pam, Barb, Karen, Tracy, or Mary to learn more about the Project (see page 3). Please join today.
Thank you.

David A. Bennett, M.D.

New Findings About Vitamin E and Your Health *by Dr. Martha Clare Morris*



A recent study conducted by Rush investigators may be helpful in understanding whether the foods we eat may protect against Alzheimer's disease and memory problems. The investigators were interested in studying whether diets high in vitamin E and vitamin C may protect the brain from diseases and problems associated with aging. These nutrients, known as antioxidants, have been shown in animal and laboratory studies to protect the brain from harmful substances. The Rush study is one of the first studies that examined this effect in humans. The study participants who had higher intake of vitamin E from foods were less likely to develop Alzheimer's disease over a four-year period than the participants who had low vitamin E intake. Even among participants without Alzheimer's disease, those who had high dietary vitamin E were less likely to experience problems with their memory or other kinds of thinking tasks as they age. Many people ask about vitamin E supplements and whether they also protect the brain. The short answer is that we just don't know at this point. We hope to be able to answer this question after a few more years of study. The study results for vitamin C are also uncertain at this time, and will require longer follow-up of the study participants to know with any certainty as to whether it might also have a protective benefit.

What kinds of foods are high in vitamin E? The richest sources of vitamin E in your diet are vegetable oils. These include margarine and mayonnaise as well as oil based salad dressings. The healthiest type of margarine is the liquid or tub brands that do not include trans fats. Other foods that are high in vitamin E include fortified breakfast cereals, seeds (especially sunflower seeds), nuts (especially almonds), kale, collards and many green leafy vegetables, whole grains including whole wheat breads, and selected fruits (such as nectarines, avocados, melons, and apples).



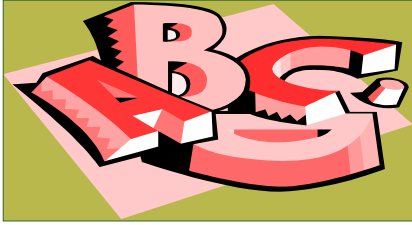
Multi Cultural Outreach News *by Karen Lowe Graham*

More elders of color are agreeing to be a part of the Memory and Aging Project. We have found that many join the study because they have lost and cared for loved ones with Alzheimer's Disease. Several individuals join because they want to be a part of the solution to the problem. They want to help find out why there is a disproportionate numbers of elders of color with the disease.

Individuals from churches, community organizations, social service agencies and senior buildings are joining the fight against Alzheimer's Disease. The Delta Dears, the AKAs and the men of Omega Psi Phi have joined us in helping to educate communities of color about the disease. Apostolic Faith Church and Trinity United Church of Christ have been leaders in creating conferences for caregivers of color.

The Memory and Aging Project was designed to move us towards a cure for Alzheimer's Disease. Our ultimate goal is to prevent it. We invite you to help us!

If you or your organization would like us to provide a free presentation about this study and other research opportunities, please call me at 312-942-6118.



Education Corner by Pam Smith

Alzheimer's disease (AD) is a neurological disorder that robs an individual of one of their most prized possessions, their memories! Currently there are almost 5 million Americans with AD and this statistic has more than doubled since 1980. Recent estimates show the number of people with AD will be as many as 13 million by the year 2050. Researchers are working hard in trying to understand the causes and risk factors for AD as well as developing ways to treat or even prevent this illness.

There are numerous ongoing studies being conducted at the Rush Alzheimer's Disease Center and we are dedicated in our search for learning more about aging and finding preventions or a cure to AD. One study in particular that I would like to make you aware of is the National Alzheimer's Disease Genetic Study. This study is looking into the genetic risk factor of AD and is a nationwide effort. It is funded by the National Institute on Aging (NIA) and is supported by the Alzheimer's Association.

If anyone in your family is living with AD, I think you will agree you know how important it is to find a way to treat or prevent it. Families who have 2 (two) or more siblings (brothers or sisters) with late-life AD hold the key to this important research.

The AD Genetic Study is looking for families who have at least 3 members who can donate blood including:

- 2 siblings (brothers or sisters) who developed AD after the age of 60, and
- Another family member over the age of 50 who may have memory loss OR a family member over the age of 60 who does not have any memory loss.

There is no fee to participate in this study and the participants can live anywhere in the United States. People of all racial and ethnic backgrounds are welcome.

If this sounds like your family, or a family that you know please call me and we can discuss how together we might prevent AD for future generations.

Pam Smith
312-942-7153

How Do I Join the Memory and Aging Project?

It's easy to join the Memory and Aging Project! If you currently reside at one of our participating sites, are over the age of 65, would consider agreeing to having memory tests done each year and signing an anatomical gift act, contact any of the following staff:

Traci Colvin at 800-977-7874 or Traci_L_Colvin@rush.edu.

Barbara Eubeler at 312-942-2293 or Barbara_P_Eubeler@rush.edu

Mary Futrell at 312-942-4657 or Mary_L_Futrell@rush.edu

Tracy Hagman at 312-942-2214 or Tracy_F_Hagman@rush.edu

Karen Lowe Graham at 312-942-6118 or Karen_L_Graham@rush.edu.

Pam Smith at 312-942-7153 or Pam_A_Smith@rush.edu



Radio Spirits



Thanks for the Memory

BOB HOPE left this world about a year ago and ever since that day I have been thinking of his theme song “**Thanks For The Memory**” as it relates to our **MEMORY AND AGING PROJECT**. I am dedicating his song to all of our study participants who I’m sure will remember the famous melody. So **sing along** with the words that are **rewritten** just for you:

THANKS FOR THE MEMORY of listening to our cause, offering applause,
giving us your signature with very little pause, how grateful we are!

AND THANKS FOR THE MEMORY of leaving us your brain, you rarely do complain, of
sessions with the nurse and staff that always are the same,
how patient you are!

Verse: Our goal is to stop this disease now, but we know that it will take time,
assuming it won’t be a breeze now, but we can win, if you’ll hang in...

SO THANKS FOR THE MEMORY of taking tests galore, not caring how you score, we
know they are a headache, but seldom are a bore, how lovely you are!

AND THANKS FOR THE MEMORY of picking up the beat, my you’re awfully sweet, to
leave yourself to other folks you’ll never even meet, **WE THANK YOU SO MUCH!**

Barbara Eubeler
Research Coordinator

Looking forward to seeing you at your site

A little reminder as to why we’re all doing this research study:

Alzheimer’s disease teaches a harsh lesson – that the past is like the rudder of a ship. It keeps you moving through the present, steers you into the future. Without it, without **memory**, you are unmoored, a wind-tossed boat, with no anchor. You learn this by watching someone you love drift away.



Big Welcome to Kristin Krueger

Kristin Krueger is a Postdoctoral Fellow in Neuropsychology at the Rush Alzheimer's Disease Center. She graduated from the University of Wisconsin–Madison in 1989 with a bachelor of arts degree in Psychology. In 1993 she completed a masters degree in Applied Linguistics at Northeastern Illinois University in Chicago. In pursuit of a doctorate in Clinical Psychology, she completed a predoctoral internship at Jackson Memorial Hospital/University of Miami in neurotrauma rehabilitation and spinal cord injury. In February 2004 she finished her dissertation work, validating a reading test for Spanish speakers, and received her doctorate degree from the Illinois Institute of Technology in Chicago.



One of Dr. Krueger's main interests is in providing appropriate and accessible mental health services for Spanish speaking persons. Her research focuses on adapting cognitive abilities tests and research protocols for Spanish speaking populations. Clinically, she provides cognitive evaluations, psychological assessments and therapeutic interventions in English and Spanish. Additionally, she speaks German and Portuguese.

Participating Sites in the Memory and Aging Project:

A Big Thank You to the wonderfully altruistic men and women participating in the Memory and Aging Project from the following sites:

Fairview Village, Downers Grove, 630-769-6000, www.fairview-inc.com

The Holmstad, Batavia, 630-879-4100, www.covenantretirement.org

Covenant Village, Northbrook, 847-480-6380, www.covenantretirement.org

Wyndemere, Wheaton, 630-690-8889, www.cdh.org

Frances Manor, Des Plaines, 847-390-1270

Friendship Village, Schaumburg, 847-884-5050, www.friendshipvillage.net

Peace Village, Palos Park, 708-361-3683, www.pmvci.org

Washington Jane Smith, Chicago, 773-779-8010

Garden House, Calumet City, 708-862-2311

Victorian Village, Homer Glen 708-301-0800, www.resthaven.com

Breakers of Edgewater Beach, Chicago, 773-878-5333, www.senr.com

King-Bruwaert, Burr Ridge, 630-323-2250, www.retire.king-bruwaert.com

The Imperial, Chicago, 773-472-8400, www.carepath.com

Victory Lakes, Lindenhurst, 847-356-5900, www.victorylakes.com

Windsor Park, Carol Stream, 630-682-4377, www.covenantretirement.org

Franciscan Village, Lemont, 630-257-3377, www.franciscancommunities.com

Renaissance, Hillside, 708-544-9933, www.carepath.com

Alden-Waterford, Aurora, 630-851-7266, www.aldenmanagementservice.com

Elgin Housing Authority, Elgin, 847-742-3853

The Oaks, Oak Park, 708-386-5812

The Mills, Oak Park, 708-386-7536

Bethlehem Woods, LaGrange, 708-579-3663, www.reshealth.org

Luther Village, Arlington Heights, 847-670-7200, www.luthervillage.com

St. Paul's House, Chicago, 773-478-4222, www.stpaulshouse.org

Marion Village, Homer Glen, 708-226-3780, www.franciscancommunities.com

Holland Home, South Holland, 708-596-3050, www.resthaven.com

Village Woods, Crete, 708-672-0600, www.resthaven.com

WELCOME ABOARD to our newest sites:

Mayslake Village, OakBrook, 630-654-3280, www.mayslake.com

In Memory of Our Pioneers November 1997– November 2004)

The following participants are treasured; their gift will be remembered for generations to come:

Dorothy Anderson, Fairview Village	Mildred Johnson, Fairview Village
Duane Anderson, Holmstad	Florence Katter, Covenant Village
Alma Asche, Luther Village	Grace Keiser, Holmstad
Nicholas Avender, Wyndemere	Dr. Paul Keiser, Holmstad
Joseph Bosek, Friendship Village	John Kerr, Wyndemere
Alice Brejcha, Fairview Village	Florence Kierscht, Fairview Village
Dr. Raymond Bro, Luther Village	Bill Kilburn, Victory Lakes
Helen Brown , Holmstad	Carl Klein, Victory Lakes
Elmer Brumfield, Wyndemere	Robert Konikow, Fairview Village
Vernie Campise, Alden of Waterford	Dorothy Kraye, The Oaks
Wendell Carlson, Fairview Village	William Krohn, Franciscan Village
Marie Christophersen, Friendship Village	Fred Kuypers, Fairview Village
Ruth Clark, Fairview Village	Eugene Leshner, Holmstad
Eleanor Erickson, Windsor Park Manor	Norman Lipman, Breakers of Edgewater
Oscar Erling, Holmstad	Frances Lutz, Fairview Village
Mary Farley, Fairview Village	Elliott Lundberg, Holmstad
Olive Frantz, Fairview Village	Edward Maxwell, Fairview Village
Norma Frederick, Village Woods	Lorraine Mc Dougall, Friendship Village
Louis Fritz, Luther Village	Henry Meyer, Wyndemere
William Fuller, Wyndemere	Harry Mitchell, Wyndemere
Beatrice Gates, Fairview Village	Rachel Momney, Frances Manor
Gilbert Gibson, Fairview Village	Marjorie Morical, Covenant Village
Henry Gill, Fairview Village	Dorothy Mulholland, Fairview Village
Florence Goodman, Fairview Village	Richard Myers, Holmstad
Robert Goold, Fairview Village	Edna Newhouse, Wyndemere
Jane Gurney, Wyndemere	Virginia Nothnagel, Covenant Village
Rev. Arthur Gustafson, Holmstad	Dorothea Olson, Peace Village
Ethel Gustafson, Holmstad	Albert Ostrander, Friendship Village
Florence Guth, Fairview Village	Mary Ottens, Washington Jane Smith
Wayne Guthrie, Fairview Village	Maria Perretti, Renaissance of Hillside
Anne Hager, Peace Village	Molly Piontkowski, The Imperial
Robert Hart, Friendship Village	Blair Plimpton, Covenant Village
Reynolds Henrickson, Luther Village	James Prutzman, Wyndemere
Arcile Heflin, Covenant Village	Mildred Reynolds, Fairview Village
Helen Hengl, Holmstad	Roland Reynolds, Fairview Village
Ruth Holmes, Covenant Village	Lillian Reuss, Renaissance of Hillside
Dorothy Herrick, Fairview Village	Vlasta (Val) Ruzicka, Bethlehem Woods
Agnes Hincks, Washington Jane Smith	Ruth Sampson, Covenant Village
Maurice Hull, Fairview Village	Dorothy Saxton, Holmstad
Mary Ann Humphreys, Fairview Village	May Schlichting, Covenant Village
Elbert Johnson, Jr., Windsor Park Manor	Clarence Shaffer, Breakers of Edgewater

(cont.)



In Memory of Our Pioneers (November 1997- November 2004)

(cont.)

Ruth Shields, Windsor Park Manor
William Smith, Wyndemere
Marion Sobania, Fairview Village
Bertha Sparks, The Oaks
Herbert Sterling, Covenant Village
Charles Strayer, Fairview Village
Ruth Swartout, Covenant Village
Reynold Vann, Holmstad
Mary Jane Watson, Fairview Village
Lois Wells, Wyndemere
Lucille Wenzel, Wyndemere
Dr. Everett Westland, Wyndemere
Dorothea Wetherhold, Fairview Village
Abraham E. Williams, Chicago
Samuel Willis, Elgin Housing Authority
Eugene Zachwieja, St. Paul House

....because memories should last a lifetime



The staff thanks you for your continued enthusiasm and dedication to the Project.

Physicians

Neelum Aggarwal
Zoe Arvanitakis
David Bennett
Jere Kelly
Raj Shah

Study Coordinator

Traci Colvin

Multicultural Outreach

Karen Lowe Graham

Assistant Coordinators

Jonathan Davidson
Mary Futrell
Tracy Hagman
George Hoganson

Education and Recruitment

Barbara Eubeler
Pam Smith

Neuropsychologists

Lisa Barnes
Robert Wilson

Research Assistants

Juno Chang
Jackie Diaz
Nicole Fender
Holli Jacobs
Debra Markovitz
Sandra McCain

Editor

Sherry Carroll

Neuropathologist

Julie Schneider

Donald Murry
Cynthia Najdowski
Tracey Nowakowski
Tony Owili
Bennie Pelky

Nurses

Laurel Ahlenius
Emmanuel Anderson
Sherry Bradshaw
Pamela Locklin

Phlebotomist

Charles Dombrowski