

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
2005**

A Note From the Director

Some 2005 Memory and Aging Project Milestones

In 2005, we first passed 1,000 and then passed 1,100 participants. The Memory and Aging Project is now the largest study of its kind in the world. A total of 301 men and 800 women have signed up (and 1,073 have been tested). Your average age at the time you started was 81.5 for men and 80.5 for women.

In 2005, some of you will be tested for the ninth time.

In 2005, we enrolled subjects from the 40th participating site.

In 2005, the name "Memory and Aging Project" was formally introduced to the scientific community in a new publication (see Publications, page 8, Bennett and colleagues, The Rush Memory and Aging Project: Study design and baseline characteristics of the study cohort.).

In 2005, we introduced acticals (the activity device you wear on the wrist) and the bioimpedance machine which measures percent body fat (as if we really wanted to know!) into the project which will allow us to study physical frailty which is such a common problem in older persons.

On a sad note, in 2005, the 150th person in the study died. It is truly unfortunate that this must occur for us to learn how to prevent Alzheimer's disease. But we thank and will always remember these wonderful individuals (see pages 6-7). Further, with your ongoing support and continued participation, you honor their efforts and their memory. For that, Traci, Tracy, Pam, Barb, Karen, Mary and I, and our children, and future generations will always be grateful.

My staff and I wish you the very best for this holiday season.

David A. Bennett, MD

One of the most stressful events in anyone's life is going to the emergency room for the treatment of an acute illness. However, with a little preparation, the stress can be reduced and better medical care can be provided.

STEP #1: AVOID MEDICAL EMERGENCIES—While not all emergencies can be prevented, many can. Many visits to the emergency room are caused by exacerbations of chronic medical conditions, running out of medications, and lack of preventive services. Regular follow-up with a primary physician can help stabilize chronic diseases. Taking medications as prescribed can prevent the worsening of chronic diseases. Preventive measures such as immunizations, tobacco cessation, and seat-belt use can have a significant impact.

STEP #2: KNOW YOUR MEDICATIONS— Some emergency visits are due to side effects of medications. Medications include prescription medications, over-the-counter medications, and alternative medications. Talk with your doctor or pharmacist about how to take a medication properly, its indication, its adverse effects, and its interactions with other medications or foods.

STEP #3: WRITE DOWN YOUR MEDICAL HISTORY- Take the time to write down your medical history. Recording your contact information, your physicians' names, chronic medical problems, past surgeries, past hospitalizations, medication allergies, medications, social history and family history can shorten the time of an emergency room evaluation. Having a written copy of your medical history allows the emergency medical team to concentrate on your current issues rather than having to ask you multiple questions about your past.

STEP #4: ASSIGN SOMEONE TO MAKE DECISIONS IF YOU CANNOT- A health care power of attorney is someone who you elect to make decisions on your behalf when you cannot. Assigning a health care power of attorney does not require a lawyer. Common forms are available at many doctor's offices. Be sure to talk with the person you would like to make decisions for you. Let them know what you would want done if your heart stops, if you cannot breathe on your own, if you cannot eat or drink, or your kidneys fail. While no one wants to think of these situations, discussing them can be very helpful to your surrogate in a time of crisis. Also, let your doctor know who your health care power of attorney is.

STEP #5: PACK AHEAD OF TIME- It might be worthwhile to create an emergency suitcase. A small, carry-on piece of luggage can be packed with a set of clothes, pajamas, underwear, and spare glasses or hearing aides or dentures. Include a folder in the bag that has your medical information and a copy of your health care power of attorney form. Let your health care power of attorney know where the bag is located and inform the Emergency Response Team of its presence when they come to evaluate you.

Multi Cultural Outreach News by Karen Lowe Graham

“In the heart of the community ever seeking to win the community's heart” is the philosophy of a prominent south side church in Chicago. Giving back to the community is a philosophy that Dr. David Bennett has espoused for many years. Our staff works diligently to make the Memory and Aging Project one of the most successful studies in the country. The entire staff does this by recruiting and retaining over 1100 participants into the study this year. We also do this by finding multiple ways to give back. This year the Multicultural Community Outreach staff has given over 30 free presentations to churches and organizations locally and nationally. We have planned and participated in over 10 health fairs around the city. We continue to keep MAP participants informed about our study and important findings through our Healthy Aging newsletter and our MAP newsletter.

Annually, we plan programs on the south, west and the far southeast sides of the Chicago. Through our participation in the Hispanic Provider Council, Senior Service Coalition of Southeast Chicago, Chicago Department on Aging's Caregiver Advisory Board, and Southside Dementia Consortium, we continue to expand our outreach. We continue to educate underrepresented communities and provide needed services not previously provided. Additionally, we assist the West Side Coalition for Seniors in planning a senior citizen prom for over 800 seniors each year.



Education Corner by Pam Smith

Facing the holidays when a family member has memory loss can carry unique challenges. Because of these challenges, the holidays can be bittersweet for care partners. Usually when thinking back of holidays of the past, it brings happy, warm memories. When you mix those feelings with the current difficulties of the present, and add to that the extra demands it is easy to become overwhelmed just thinking of how the holidays will be this year!

Thoughtful planning is the key to success for the holidays. If you are able to plan ahead, not only will it lessen stress of the person with memory loss, but it will also help the care partner in balancing all the emotions of the events surrounding the holidays as well.

Know that you just cannot do it all, focus on what you enjoy rather on what you think others expect of you. Simplify the traditions. Do you need to bake so many of those cookies? Let others help you with getting the house decorated and ready. Accept help from others when they offer to help with the shopping, cleaning, cooking and decorating. There is nothing saying that you cannot turn that into a new tradition.

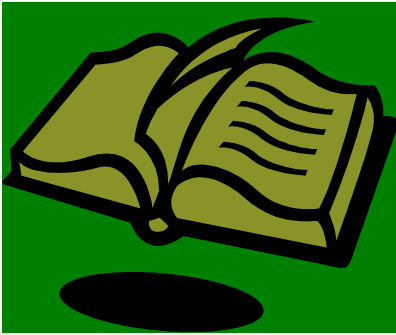
Look at your loved one with memory loss. How can they be a part of the events leading up to the holidays? What are their remaining abilities and strengths? You know best how they can participate in helping. Ask them what they would like included in the holiday cards. Reminisce about the people on the card list. Take time to sit down and read the cards that you have received together. Discuss favorite holiday foods and plan them on menus leading up to the holiday. Sing holiday songs together. And take time to drive around town to see the festive lights and decorations. As always, maintain your normal routine as much as possible. Realize that this is a new year and this holiday may be unlike holidays of past. Be gentle with yourself.



Patricia Boyle, PhD, assistant professor in the Department of Psychology, is a neuropsychologist with the Rush Alzheimer's Disease Center (RADC). Dr. Boyle received her bachelor of arts in psychology from Emory University in 1994 and her doctorate in clinical psychology from the University of Massachusetts at Amherst in 2000.



She received specialized internship and post-doctoral training in neuropsychology at Brown University from 2000-2002, then became faculty at the Boston University School of Medicine. Dr. Boyle relocated to Chicago and joined the RADC in 2005. Her research focuses on the neuropsychology of aging and dementia, with emphasis on the medical and psychosocial factors that contribute to cognitive impairment in aging. Dr. Boyle has several publications and has received funding from the National Institute on Aging and other agencies to support her research. She is working with the Memory and Aging Project and other RADC studies.



Mr. Robert Feinstein of Fairview Village recently passed away. Below are a few of his humorous verses that were published in a book called “Oysters in Love”. Mr. Feinstein was first a biochemist, then “afflicted with retiree’s curse, began committing humorous verse”. I know he would like you to enjoy these poems in his memory:

Heimlich, Freud, and Alzheimer

Of Heimlich’s maneuver there’s no longer doubt
It’s the wisest technique for getting stuff out.
And disciples of Sigmund are wholly devout
In believing his tenets and theories throughout.

I forget what the third one’s about.

Maturity

Maturity means when you’re lacing your shoe, or
You’re bent from the waist for some similar chore,
You can’t help but think, “Is there anything more
I can do while I’d down here so close to the floor?”

Still, I really don’t think of myself as a griper,
And I’d rather be seen in a beard than a diaper.
No, I have no objection to getting some ripper
If I weren’t for this matter of paying the piper.

Virture

Virtue is its own reward
Though not in dollars nor in fame.
The angel Gabriel will record
In script of gold, one’s worthy name.
Or so they claim.

But script of gold, far off in time,
To me has zero valuation,
For no one’s more aware than I’m
It needs my prior termination.

Epitaph

When I’ve gone to my rest,
Let this be my adieu:
“He left a bequest
Of a chuckle or two.”

Over the past year, I have been spending time visiting the various sites around the city and suburbs. At these visits, I am bringing you research updates and presenting some of the new measures that will be included in your future evaluations, i.e. **The Actical (like a wrist watch)** that will measure activity and movement, **a weight and body measurement that will give us readings on free fat mass, wt. change, and body mass index.** A **Physical Function test** that will involve some simple foot-tapping on a machine and the questionnaire on nutrition **You Are What You Eat**. I have also requested feedback as to how the study has been treating each of you over the long haul. I am always happy to hear kind words about our staff that come to conduct the evaluations at your site once a year, but I am most interested in any problems or negative experiences you may have encountered along the way. We realize that we are asking a great deal of you and we want to know how we can make it as smooth and comfortable for you as possible. We cannot improve unless we hear your comments and suggestions. Talk to us, let us know how you feel, communication is the key to a successful study. I would particularly like to hear from those of you who have experienced the new added measures. How did it go?

As I look around the world, I see earthquakes, tsunamis, hurricanes and other terrible, frightening changes. It gives me great pleasure to come to your sites and feel stability, consistency and warmth. You always make me feel so very welcome. It’s good to know some things don’t change! My very best wishes for a Happy Holiday Season. Good health for us all!

Barbara Eubeler, Research Coordinator
(312) 942-2293

A Big Thank You to the Participating Sites in the Memory and Aging Project:

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.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/The Mills, Oak Park, 708-386-5812
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
Mayslake Village, Oak Brook, 630-654-3280, www.mayslake.com
Lawrence Manor, Matteson, 708-481-4264
St. Andrews, Phoenix, 708-596-9930
Cedar Village, Arlington Heights, 847-506-1010
The Birches, Clarendon Hills, 630-789-1135, www.birches.net
The Moorings, Arlington Heights, 847-437-6700, www.presbyterianhomes.org

WELCOME ABOARD to our newest sites:

Kingston Place, Chicago, 773-933-9333
Prete/North Park Apartments, Chicago, 773-478-6890
Freedom Village, Homewood, 708-647-1440, www.housingseniors.com

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](mailto:Traci.L.Colvin@rush.edu).

Barbara Eubeler at 312-942-2293 or [Barbara P Eubeler@rush.edu](mailto:Barbara.P.Eubeler@rush.edu)

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Pam Smith at 312-942-7153 or [Pam A Smith@rush.edu](mailto:Pam.A.Smith@rush.edu)

In Memory of Our Pioneers (November 1997– November 2005)

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

Dorothy Anderson, Fairview Village
Duane Anderson, Holmstad
Alma Asche, Luther Village
Nicholas Avender, Wyndemere
Allan Baker, Wyndemere
Joseph Bosek, Friendship Village
Isabelle (Jean) Block, Windsor Park Manor
Stanley Block, Windsor Park Manor
Robert Born, King Bruwaert House
Martha Borzykowski, Covenant Village
Alice Brejcha, Fairview Village
Harriet Brennan, Franciscan Village
John Briggs, Victorian Village
Dr. Raymond Bro, Luther Village
Helen Brown, Holmstad
Elmer Brumfield, Wyndemere
Benjamin Burch, Franciscan Village
Vernie Campise, Alden of Waterford
Wendell Carlson, Fairview Village
Clara Castino, The Imperial
Marie Christophersen, Friendship Village
Ruth Clark, Fairview Village
Ruthmary Crawford, Luther Village
Ruth Cusack, Frances Manor
Eleanor Engeman, Covenant Village
Alice Erickson, Covenant Village
Eleanor Erickson, Windsor Park Manor
Oscar Erling, Holmstad
Mary Farley, Fairview Village
Robert Feinstein, Fairview Village
Ruth Feucht, Fairview Village
Olive Frantz, Fairview Village
Norma Frederick, Village Woods
Louis Fritz, Luther Village
William Fuller, Wyndemere
Beatrice Gates, Fairview Village
Gilbert Gibson, Fairview Village
Henry Gill, Fairview Village
Florence Goodman, Fairview Village
Florence Goold, Fairview Village
Robert Goold, Fairview Village

Ronald Grosz, Victorian Village
Jane Gurney, Wyndemere
Rev. Arthur Gustafson, Holmstad
Ethel Gustafson, Holmstad
Florence Guth, Fairview Village
Wayne Guthrie, Fairview Village
Anne Hager, Peace Village
Robert Hart, Friendship Village
Reynolds Henrickson, Luther Village
Arcile Heflin, Covenant Village
Albert Hengl, Holmstad
Helen Hengl, Holmstad
Dorothy Herrick, Fairview Village
Agnes Hincks, Washington Jane Smith
Ruth Holmes, Covenant Village
Ruth Howard, Wyndemere
Maurice Hull, Fairview Village
John Malcolm Hume, Covenant Village
Mary Ann Humphreys, Fairview Village
Kathryn Iverson, Windsor Park Manor
Elbert Johnson, Jr., Windsor Park Manor
Janet Johnson, Windsor Park Manor
Mildred Johnson, Fairview Village
Charles (Chuck) Jones, Wyndemere
Florence Katter, Covenant Village
Grace Keiser, Holmstad
Dr. Paul Keiser, Holmstad
John Kerr, Wyndemere
Florence Kierscht, Fairview Village
Rowland (Bill) Kilburn, Victory Lakes
Carl Klein, Victory Lakes
Albert Klingsporn, Covenant Village
Robert Konikow, Fairview Village
Paul Korner, Luther Village
Dorothy Krayner, The Oaks
William Krohn, Franciscan Village
Muriel Kubitz, Covenant Village
Fred Kuypers, Fairview Village
Eugene Leshner, Holmstad
Henry Linabury, Fairview Village
Ruth Lindberg, Fairview Village



In Memory of Our Pioneers (November 1997- November 2005)

(cont.)

Norman Lipman, Breakers of Edgewater
John Lucas, Friendship Village
Frances Lutz, Fairview Village
Elliott Lundberg, Holmstad
Edward Maxwell, Fairview Village
Loretta Gleason Maxwell, Fairview Village
Marion Mc Carthy, Fairview Village
Lorraine Mc Dougall, Friendship Village
Mary Meintzer, Victorian Village
Dr. Paul Meredith, Wyndemere
Henry Meyer, Wyndemere
Harry Mitchell, Wyndemere
Arvid Molitor, Luther Village
Rachel Momney, Frances Manor
Marjorie Morical, Covenant Village
Dorothy Mulholland, Fairview Village
Richard Myers, Holmstad
Edna Newhouse, Wyndemere
Virginia Nothnagel, Covenant Village
Jean Olsen, Wyndemere
Dorothea Olson, Peace Village
Albert Ostrander, Friendship Village
Lucille Ostrander, Friendship Village
Mary Ottens, Washington Jane Smith
Jean Pabst, Friendship Village
Mary Parrilli, Lake Forest
Carl Pedersen, Holmstad
Maria Perretti, Renaissance of Hillside
Molly Piontkowski, The Imperial
Blair Plimpton, Covenant Village
Dr. Robert Pocotte, The Imperial
Frances Posner, St. Paul's House
James Prutzman, Wyndemere
Madelena Raimondi, Itasca
Mildred Reynolds, Fairview Village
Roland Reynolds, Fairview Village
Lillian Reuss, Renaissance of Hillside
Vlasta (Val) Ruzicka, Bethlehem Woods
Ruth Sampson, Covenant Village
Mildred Sandquist, Washington Jane Smith
Dorothy Saxton, Holmstad
May Schlichting, Covenant Village
Rev. Robert Schultz, Wyndemere
A. Duncan Scott, Holmstad

Clarence Shaffer, Breakers of Edgewater
Walter Sheble, Luther Village
Ruth Shields, Windsor Park Manor
Earl Siemsen, Village Woods
William Smith, Wyndemere
Marion Sobania, Fairview Village
Bertha Sparks, The Oaks
John Stepp, Holmstad
Herbert Sterling, Covenant Village
Charles Strayer, Fairview Village
Verna Stott, Windsor Park Manor
Donald Svenkeson, Friendship Village
Ruth Swartout, Covenant Village
Reynold Vann, Holmstad
Glenn Voss, Fairview Village
Mary Jane Watson, Fairview Village
Lois Wells, Wyndemere
Lucille Wenzel, Wyndemere
Dr. Everett Westland, Wyndemere
Dorothea Wetherhold, Fairview Village
Wilbur Wilkinson, Washington Jane Smith
Abraham E. Williams, Chicago
Samuel Willis, Elgin Housing Authority
Donald Wilson, Renaissance of Hillside
Viola Yanz, Franciscan Village
Eugene Zachwieja, St. Paul House

.....because memories should last a lifetime



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

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