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Registration now open for our 26th Annual Regional

Greetings!

Welcome to the Alzheimer's Association Western and Central Washington State Chapter's electronic newsletter. This monthly publication is meant to keep you up to date on issues and events in the fight against Alzheimer's disease.

What would you like to see in **ENews**? Willing to contribute as a guest writer? What's your story? Contact Keri Pollock, Communications Director at keri.pollock@alz.org

→ Remember, Remember...Growth Factor, Timing and Sleep



Why do elephants never forget? Maybe they have an enormous supply of insulin-like growth factor IGF-II in their brains. Or maybe they just take regular naps. New reports suggest that both can strengthen memory. The authors of a study reported in the January 27 *Nature* claim that IGF-II strengthens fear

memories in rodents...[READ MORE](#).

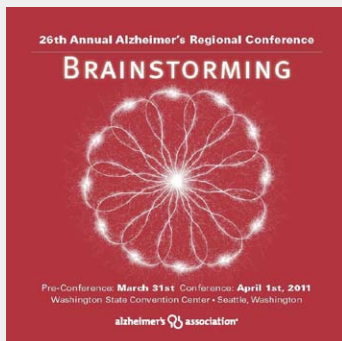
Elaine Peskind, MD, UW ADRC, and **BRAINSTORMING:26th Annual Alzheimer's Regional Conference** faculty is presenting Connections: Concussion, PTSD and Alzheimer's. To learn more, [CLICK HERE](#).

→ Alzheimer's Advocacy Day in Olympia set for March 1, 2011

JOIN THE CAUSE. BE A VOICE! The Alzheimer's Association--Western and Central Washington Chapter--invites you to become an Alzheimer's advocate.

Join us and be a voice for the needs and rights of people with Alzheimer's

Conference

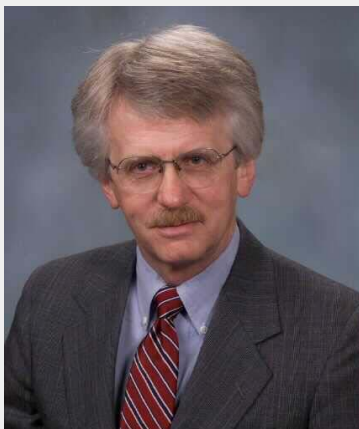


Early Bird rate ends
February 23rd

[CLICK HERE FOR
DETAILS](#)

Meet
BRAINSTORMING
Conference

Keynote Ron
Petersen, MD,
PhD



Director, Mayo
Alzheimer's Disease
Research Center

I have an interest in clinical
research involving aging, mild
cognitive impairment,
dementia, Alzheimer's



disease and their families.

**SAVE THE DATE: March
1, 2011** - Details are forthcoming!

TO REGISTER, CONTACT: Samantha Woodward,
Social Services Assistant, samantha.woodward@alz.org
or 800.848.7097.

→ Aging Across America from Jeffrey M. Levine, M.D.

Last year I [read
about a group of
elderly men from
India and
Pakistan](#) who meet
daily in a shopping
mall in Fremont,
California called The
Fremont Hub. The
article talked about the local population of northern
Indian immigrants, and recounted the trials and
tribulations of these elderly newcomers. I decided that
I would make these men part of my portfolio of **Aging
Across America**, and last week I had my
opportunity...[READ MORE](#)



→ New Approach Needed to Study Nutrition and Alzheimer's



Researchers are calling for a
new approach to investigate
if nutrition plays a role in
slowing or preventing
Alzheimer's disease. Past
research has relied on self-
reported dietary surveys
that ask people to
remember what they have
eaten. The new method of
investigation would assess nutrient "biomarkers" to
objectively assess the nutrient status of elderly people
at risk for dementia...[READ MORE](#)

→ Strains for Hispanic Caregivers

Fabiola Santiago lives in the
Miami suburbs, two miles from
her 81-year-old mother and
87-year-old father, whom she
looks after. As the single
mother of three grown

Disease, and neuroimaging.

[LEARN MORE](#)

1st Annual

Ales for Alzheimer's



Online Registration

Now Open

[CLICK HERE FOR
DETAILS](#)

Retirements Swallowed by Debt



Bill Freedman, 86, felt financially secure. He had a comfortable income from Social Security, an I.R.A., investments and an inheritance. But when he took a fall last October, his daughter, Nancy Freedman, went to his Manhattan apartment and found several credit cards piled up in a desk drawer. After making a few

daughters, she might live in the city or in Miami Beach if she had no family responsibilities - but to her, that's like saying she'd fly if she woke up tomorrow with wings. It's a fantasy.



For Ms. Santiago, 51, as for many other Hispanic adults, *familialismo* - the expectation that family members will support and assist one another, including aging relatives - defines adult life. "Family takes care of family," she said...[READ MORE](#)

Check out details about [El Portal Northwest](#). The El Portal Northwest program was created to serve individuals and families dealing with Alzheimer's and other dementias within the growing Latino/Hispanic community in King County.



Exercise, Brain Volume Linked in Older Adults

Aerobic exercise may help older adults improve their memory, researchers reported.

In a randomized trial involving men and women in their mid-60s, walking three times a week for a year led to increases in the volume of the hippocampus, which plays an important role in memory, according to Arthur Kramer, PhD, of the University of Illinois Urbana-Champaign in Urbana, Ill., and colleagues.

On the other hand, control participants who took stretching classes saw drops in the volume of the hippocampus, Kramer and colleagues reported online in the *Proceedings of the National Academy of Sciences*...[READ MORE](#)

Read the study abstract here: [Exercise training increases size of hippocampus and improves memory](#)



First International Collaboration on the Genetics of Alzheimer's Disease is Launched

**Global Consortium Aims to Discover and Map all
the Alzheimer's Genes**

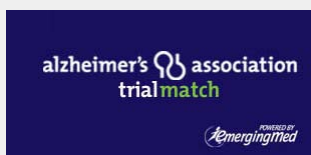
CHICAGO, Feb. 1, 2011 -- The launch of the International Genomics of Alzheimer's Project (IGAP) - a collaboration formed to discover and map the genes that contribute to Alzheimer's disease - was

phone calls, she discovered he was \$15,000 in debt.

"I read him the riot act," said Ms. Freedman. Her father maintains that his finances were manageable. Still, he thought it was a good idea to hand over the reins to his daughter, who now has power of attorney. His bills and statements are mailed to her apartment.

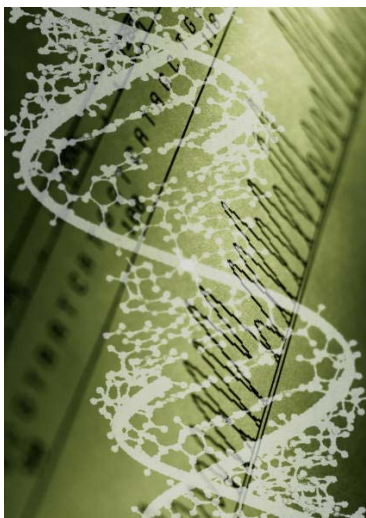
"I urge everyone to have that conversation with their parents" about money, said Ms. Freedman. "I also think it is the parents' responsibility to tell their children."...
[READ MORE](#)

Alzheimer's Association TrialMatch



Alzheimer's Association TrialMatch, a confidential and free tool that provides comprehensive clinical trial information and an individualized trial matching service for people with Alzheimer's disease and related dementias.

[CLICK FOR DETAILS](#)



announced today by a multi-national group of researchers. The collaborative effort, spanning universities from both Europe and the United States, will combine the knowledge, staff and resources of four consortia that conduct research on Alzheimer's disease genetics...[READ MORE](#)

→ SAVE THE DATES!

February and Beyond- [Classes, Seminars and Happenings](#)

February 23, 2011 - Last day to take advantage of [BRAINSTORMING Conference Early Bird Registration](#)



March 1, 2011 - **Alzheimer's Advocacy Day in Olympia.** Contact: Samantha Woodward, Social Services Assistant to register and for more details. samantha.woodward@alz.org or 800.848.7097

March 12, 2011 - [Ales for Alzheimer's](#). Details? Contact **Karen Aparicio**: 206.363.5500, x.241 or karen.aparicio@alzwa.org

March 31 & April 1, 2011 - [Brainstorming: 26th Annual Alzheimer's Regional Conference](#)

May 17, 2011 - [2nd Annual A Reason to Hope Community Breakfast](#), Hyatt at Olive 8

June 16, 2011 - [7th Annual Tasteful Evening Chef & Wine Dinner](#) - Bell Harbor, Seattle

August 27, September 10, 17, and 24, 2011 - [Walk to End Alzheimer's](#) - Tacoma, Seattle, Silverdale and Mount Vernon

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