

January – February – March 2008

Volunteer Update

News and Information for Alzheimer's Association Volunteers

From the President's Desk

A new year is an opportunity to renew our efforts to assist families living with Alzheimer's disease. One way that we can do this is through political advocacy; by asking our legislators to continue funding Alzheimer programs and services.

Advocacy is a major component of our mission here at the Alzheimer's Association. Advocates are people with Alzheimer's and related disorders, caregivers, friends, families, and volunteers, like yourself, whose combined voices are a powerful tool for change.

Advocates are calling for advancements in research and enhanced care and support at the federal, state, and local levels. The payoff for their efforts has been phenomenal to date: substantial increases in federal research funding, growth in state-supported services, and improvements in the quality of care for those in nursing homes.

But there is still more to be done – and our volunteers are an invaluable resource to help us accomplish our goals. I invite each of you to join us Wednesday, March 12 as we travel to the Missouri state capitol to urge legislators to support Alzheimer funding. It will be an opportunity for you to not only further your support for the Association, but to give a face to Alzheimer's disease.

Legislators can be overwhelmed with all the different causes vying for their support, so it's important to leave a lasting impression. Face-to-face meetings can do this. You will receive advocacy training beforehand to make sure we have the greatest impact possible during our short time at the capitol. Memory Day will be a day of fun, service and leadership.

While I hope you will join us when we travel to Jefferson City, I want to remind everyone that advocacy means more than just legislative involvement. An advocate is also someone who helps raise awareness, funds and understanding of the disease. There are many things you can do to help us fulfill our mission, like volunteering.

You can make a difference in our battle against Alzheimer's disease and we invite you to become an advocate.

Joan D'Ambrose, Chapter President

Volunteer Services Update

Seeking Your Nominations

We are seeking nominees for Volunteer of the Year recognition. This award is one of the highest honors we bestow upon volunteers. Past recipients have shown dedication to the Alzheimer's Association and our mission through their compassion, generosity and determination to raise awareness while serving families and the community. Anyone is invited to submit a nomination. Nomination letters must be received by February 23, 2008 to be considered. You may nominate as many volunteers as you want, but please use separate letters for each nominee.

To nominate a volunteer, send a letter of recommendation describing the volunteer's contributions to Jennifer Phillips at the chapter office or by e-mail to Jennifer.Phillips@alzstl.org.

Save the Date!

The tentative date for the annual St. Louis Chapter Volunteer Appreciation event has been set for Friday, April 25, 2008 at *The Heights* in Richmond Heights.

Details will be finalized throughout the spring, with invitations arriving in homes in late March. Please refer to the previous article if you would like to nominate a fellow volunteer for Volunteer of the Year recognition.

Regional volunteer appreciation events will also be hosted in Southeast Missouri and Illinois, with more information coming in the spring. As always, volunteers in outreach areas are invited to both their regional event and the St. Louis-area event.

January - March

Advanced Trainings Scheduled

We have developed our 2008 training calendar to reflect volunteer needs and feedback. As always, **each volunteer is asked to attend at least one advanced training course per year.** Please review the list below and call Jennifer Phillips at 800-980-9080 to make your reservation(s). Nearly all classes are free and held at 9374 Olive Boulevard, St. Louis, MO 63132 unless otherwise stated.

Setting Healthy Boundaries in Caregiving

Wednesday, January 30, 2008; 9:30 – 11:00 a.m.

Caregiving for an aging loved one can be a trying time for individuals and families. Patti Bitter, LCSW, of Tapestry Counseling will share suggestions on setting realistic limits. Learn how to work with family members to reach reasonable and equitable solutions and hear tips for hosting a “family meeting.” This class is ideal for family caregivers, professional caregivers, and anyone who may work with families in need of support and guidance. Class will be held at the St. Louis Chapter office in Olivette.

Tapping Creativity: The Use of Creative Arts in Dementia Care

Wednesday, February 13, 2008; 9-11 a.m.

The Alzheimer’s Association Education Institute’s professional educators will host a class on fun and exciting experiential learning in dementia care. Learn about the use of creative arts for caregivers and persons with dementia. Participants will have the opportunity to experience music, aromatherapy, massage and “snoozelen.” The tuition fee is waived

for active volunteers who have completed Basic Volunteer Training. Class will be held at the St. Louis Chapter office in Olivette. Please register with Jennifer Phillips to be eligible for free tuition.

Memory Day 2008

Wednesday, March 12, 2008; 8 a.m. – 5 p.m.

Travel to the Missouri capitol to meet your legislators and have your voice heard--there is no better time than now! Join us for our annual advocacy visit to fight for services for individuals with dementia and their families. Transportation pickup is provided from a variety of areas (Southeast MO, St. Charles, Olivette, Chesterfield) and training is provided en route. Contact Kevin Messina at 314-801-0400 or kevin.messina@alzstl.org to register. (Please budget \$15 for transportation and lunch.)

We Need Your Input

The St. Louis Chapter anticipates that the Highway 40/64 closure will bring significant changes to the traffic and transportation patterns around our office. In light of these changes, we would like to know how/if this will affect your volunteer activities. Additionally, if you have any suggestions for easing the commute for volunteers and clients, we would like to hear them. Please contact Jennifer at 314-801-0414 or jennifer.phillips@alzstl.org with your thoughts. Thank you.

Development Update

Chapter Enrolls in Schnucks eScrip Donation Program

Now you can contribute to the St. Louis Chapter just by doing your everyday shopping!

The Alzheimer’s Association, St. Louis Chapter recently joined the eScrip program, a fundraising tool that allows merchants to donate a portion of your purchase amount to the St. Louis Chapter.

It’s easy to sign up:

- Simply pick up a Schnucks eScrip card from any Schnucks store
- Register your card by going online to www.eScrip.com or by calling 800.931.6258. Our group name is: Alzheimer’s Association – St. Louis Chapter and our Group ID is 500017112.

Remember to use your card every time you shop at Schnucks and the store will automatically donate up to 3% of your purchase total to the St. Louis Chapter.

Get your card and sign up today to support the St. Louis Chapter!

Education Update

Exciting New Grant Targets Hospitals and Dementia Care

The St. Louis Chapter has received a generous grant from The Retirement Research Foundation (Park Ridge, Illinois) to work with four hospitals in our region. These four acute care settings will assist the Association to research and pilot education and system change strategies to improve outcomes for persons with dementia who go to the hospital.

“Our families consistently tell us on Helpline calls, in support groups, at education sessions, and during care consultations, about the challenges they face and sometimes the negative consequences their loved ones experienced around a hospital stay,” states Chapter President, Joan D’Ambrose, RN, MA. Communication problems, risks for falls and elopement, weight loss, and medication concerns top the list of families’ concerns.

Two hospitals in the region: Southeast Missouri Hospital in Cape Girardeau and St. Anthony’s Hospital in St. Louis County, partnered with the chapter to offer and evaluate pilot training programs. Over 130 nurses and healthcare professionals were educated in April and October at the hospitals. Evaluations from these programs helped our chapter obtain the \$90,000/18-month foundation grant that will allow us to fine tune and expand on these efforts.

The grant objectives are:

1. **Objective:** Review currently available “best practices” in hospital dementia care training materials to develop curriculum appropriate for feasibility testing in selected acute care settings.
Outcome: Training curriculum and resource materials available for further pilot trainings.
2. **Objective:** Formalize and convene a national expert advisory panel to review and refine training curricula, analyze results of 2007 AAIE pilots and determine appropriate course of

educational interventions and outcome measures for this pilot project.

Outcome: 12-15 diverse stakeholders identified to advise on curriculum development and outcome measures for feasibility study of hospital training initiative.

3. **Objective:** Work with four hospitals willing to improve dementia care capability and to commit multidisciplinary staff to participate in pilot AAIE training program and a follow-up process.
Outcome: 75 acute care staff trained in each hospital for total 300 project training participants.
4. **Objective:** Evaluate impact of training curriculum and format and modify as needed in preparation for replication throughout the country.
Outcome: Training curriculum available for dissemination and use by stakeholders, health care and aging networks.

We would also like thank our students and supporters for their help on this exciting opportunity. Among those to be recognized include: **Jessica Lester**, MPH (Medical Student—Washington University), **Charla Shurtleff**, COTA (MA Gerontology Candidate, Lindenwood University), and **Mandy Stinnett Adkins** (Graduate Student—Washington University’s School of Social Work) who all took on huge leadership roles on the hospital initiative. The Missouri Association of Hospital Auxiliaries should also be recognized for adopting the Association as their target charity for the year, providing encouragement, education opportunities, and financial support.

We will keep you apprised in future newsletters about the evaluation findings from the first pilots and activities related to this grant.

Family Ed Reaches New Numbers

During 2007, over 3,000 family members and other interested persons in the community attended our family education programs. Over 120 programs were offered throughout the year on topics such as Understanding Memory Loss, Practical Solutions for Caregivers, and Caring for Persons with Advanced Dementia. These programs could not be accomplished without the dedicated work of our office and Speakers’ Bureau volunteers. Volunteers help with program presentation, facilitation, promotions, packet preparations, and even filing. Many thanks to all our

wonderful office and Speakers' Bureau volunteers for helping us spread education and disease awareness to families and concerned members of our community.

Please refer to the new family education calendar on our website at www.alzstl.org for a current list of family programs.

Family Services Update

Volunteer Opportunities with the Let's Talk Program

*"It makes me feel like I'm part of society again."
"Making the calls gives me a feeling of purpose."*

These are comments that we've received from participants in the *Let's Talk* Program, a program where individuals with mild memory loss receive a friendly phone call every other week from another individual who also has mild memory loss. Many of the call recipients and call volunteers become friends and are able to benefit from the social contact and support that they give one another through these calls.

Let's Talk is open to anyone with early stage memory loss who lives anywhere in the state of Missouri or in the ten counties of Illinois served by the St. Louis Chapter of the Alzheimer's Association. Calls are made every other Saturday and this is an on-going program that individuals can begin participating in at any time.

Please share this information with anyone with mild memory loss who may be interested in being either a call volunteer or a call recipient. Additional volunteers are also needed to assist call volunteers every other week. To learn more about how you or someone you know may become involved in the *Let's Talk* program, please contact Debra Bryer, Early Stage Program Coordinator, at 314-432-3422.

Safe Return Gains Strength through Merger with MedicAlert

On November 1, 2007, the Alzheimer's Association Safe Return program merged with MedicAlert to create MedicAlert® + Alzheimer's Association Safe Return®. Since it began in 1993, Safe Return has helped to reunite thousands of individuals with their caregivers after a wandering incident. More than 133,000 individuals are registered in the program

nationwide. Because it is a national program, Safe Return has had the ability to offer support and assistance in whatever way is necessary, either at a local, state, or national level.

The new MedicAlert + Safe Return program will offer the same type of identification and support in the case of a wandering incident. However, it will have the added benefit of assistance in a medical emergency. Approximately two-thirds of individuals with dementia will become lost at some point during the progression of their disease. It is a situation that is very real and can even be life threatening. The improved MedicAlert + Safe Return program offers the added benefit of a personal medical history that can be accessed 24-hours a day by a medical professional in the event of an emergency. While the identification jewelry offers peace of mind in a wandering incident, it also provides a means to access essential information if that wandering incident leads to the need for medical attention. Current enrollees will have the choice of continuing with their regular assistance in a wandering incident or upgrading their service through completing a personal medical record.

The MedicAlert + Safe Return program assists in the "safe return" of individuals with Alzheimer's or a related dementia that wander and become lost. Should a loved one wander, MedicAlert + Safe Return will fax the person's information and photo to local law enforcement who can begin searching for him or her. If a registrant is found wandering, a law enforcement official or "good Samaritan" can call the 800 number listed on the identification bracelet or necklace, and MedicAlert + Safe Return staff can access the registrant's information through the MedicAlert + Safe Return database to notify loved ones that they have been found.

Interested individuals may contact our 24-hour Helpline at 1-800-980-9080 for more information or a program registration form. The St. Louis Chapter has scholarships available upon request (grant funding dependent) by contacting the Helpline or by mailing a registration form and photograph to the St. Louis office. If you would like to receive registration brochures for your support group or facility, please contact Sarah Holtz.

How You Can Help Safe Return Gain Even Greater Strength

During the bi-annual Core Services Quality Evaluation Initiative (CSQEI), the St. Louis Chapter

received positive scores for the Safe Return program (surveys distributed before merger with MedicAlert). The results showed that the majority of people who are registered in the Safe Return program are very satisfied with the information and safety that it provides. Based on the results, we found that about two-thirds of families registered their loved one because they wanted to be prepared in case of a wandering incident and another fifth registered because someone at the Alzheimer's Association recommended that they join. In looking at how to improve, only a quarter of families said that their loved one wore their jewelry and even fewer said that their doors in their house were alarmed to prevent wandering.

There are a number of ways that you can help us to continue improving the MedicAlert + Safe Return program. Tell people about the program and encourage them to sign up. Scholarships are available upon request. If you work somewhere that you can display brochures, Sarah Holtz can provide those for you. Also, encourage people to request one of our free door alarms (for Missouri residents) that will help to increase the safety of their loved ones. If you have questions about how you can help in other ways, please contact Sarah Holtz.

New Caregiver Products Available

Senior Housing Finder is a new project created by SNAP for seniors. Families can search specific locations of senior housing, group homes, assisted living facilities, and nursing homes. Senior Housing Finder is a multiple listing service like one would use in searching for real estate. The product is free and features:

- Over 60,000 facilities listed in the database
- Housing providers that have vacancies within a geographic area;
- The ability to match a senior's specific lifestyle and care level needs with facilities;
- List of nearby facilities with a map and driving directions;
- The ability for service users to create their own account and save their 'favorite' information;
- A link to Helpline and dementia specific resources and other websites such as the Long Term Care Ombudsman Program;
- SNAP verifies all providers are licensed.

For additional fees SNAP can add pictures and a 'web tour', post bed availability, and provide customized marketing intelligence reports.

A new caregiver organization tool is available now through www.alzheimers.lotsahelpinghands.com. This resource allows caregivers to set up a personal website where they can house a calendar to use to manage the care of the person with dementia. They can create their own 'community' of informal support and send out e-mails to request assistance ("I need someone to take mom to the doctor on Tuesday at 3:00") and then post the dates on the calendar. They can set up private message boards, a photo gallery, and a "Well Wishes Wall" where greetings and supportive comments can be posted.

National is also piloting a **Caregiver Notebook** which they plan to send out to 1-800 number callers in selected chapter areas. This Notebook is designed to provide an overview of what the caregiver might experience and what they need to be prepared for in the future. There will be pockets for keeping information and a resource list of websites and other care giving resources. They are printing 15,000 of these and plan to distribute in November. Each chapter will receive ONE to review. The St. Louis Chapter will participate in the pilot. National will evaluate the test after the test period and make adjustments. They have not determined a fee for products distributed after the pilot phase. A fee for the Caregiver Notebook has not yet been established.

Support Group Facilitator Update

As the holiday season is quickly passing us by, thank you for the powerful work that you do with caregivers in your support groups. For many caregivers, the support group gives them a place where they can bring their feelings, stress, and challenges.

As people come out of the holiday season, many individuals will have recognized new changes in the memory of their parent, spouse, or other loved one. They may want to reach out to attend a support group.

You are our ambassadors who can welcome them and help them know that they are not alone in their feelings. If you have questions about recruiting or welcoming new members, please contact Sarah Holtz at 314.432.3422 or Sarah.Holtz@alzstl.org.

We Need Your E-mail

At the request of many facilitators, we have decided to start a brief monthly e-mail to all support group facilitators. This will be a forum to share one or two ideas, suggestions, research tidbits, or other important information. We ask that all support group facilitators share their e-mail address to begin this important new communication. Please contact Sarah Holtz at Sarah.Holtz@alzstl.org or 314.432.3422.

Taking Care of Caregivers

According to the National Family Caregivers Association, an adult child caring for a parent is twice as likely and a spouse caring for their loved one is six times as likely to experience symptoms of depression, when compared with non-caregivers. Depressive symptoms are a regular part of life for many caregivers and you play a role in helping them through their difficulties, both with your assistance during meetings and your ability to refer them to other helpful services.

A number of symptoms, if seen in your group members, can point to a need to address the topic of depression, either one-on-one or with the whole group. Consider the following symptoms of depression: Loss of interest in pleasurable activities, difficulty sleeping or excessive sleeping, significant changes in weight, lack of energy, feelings of hopelessness or helplessness, feelings of worthlessness, unwarranted guilt, low self-esteem, sudden anger, difficulty thinking or making decisions, and reoccurring thoughts of death or suicide.

If you notice these symptoms in one or more of your group members, there are a number of steps you can take. Check-in with the group member after the meeting to see how she or he is doing and if there is anything extra about which she needs to talk. Put copies of the Alzheimer's Association list of Counseling Resources on your resources table, which can be requested from Sarah Holtz. Discuss the importance of personal time or social time without their loved one. Lack of social support can contribute to depression. Consider openly discussing feelings of sadness or anger, bringing in information about outside counseling resources that are available. Encourage members to take care of themselves physically by eating well, exercising, and getting enough sleep. Talk about having each member set personal goals, which can help with direction and purpose. Call Sarah Holtz for assistance whenever

needed or if there is a situation where a member is discussing suicide or other violent behavior.

Encouraging Safe Return

Please consider devoting a portion of an upcoming meeting to encouraging your group members to register in the newly enhanced MedicAlert® + Alzheimer's Association Safe Return® program. This identification program offers safety and security to individuals with dementia who might become lost. It offers both assistance in a wandering event and help in a medical emergency. Please read about our recent merger with MedicAlert, as well as the new benefits of this partnership, on **page 4** of this Volunteer Update. Scholarships are available through our St. Louis Chapter office. New registration materials should be used, so please throw out any old materials that you have and contact Sarah Holtz to request new materials.

Sign Language Interpretation

In an effort to more fully extend our services to all family members, the Alzheimer's Association will be offering sign language interpretation at support groups upon request. If a family member needing sign interpretation would like to attend a group, he or she should contact Sarah Holtz to request interpretation. Sarah will then contact the support group facilitator to inform her that an interpreter will be attending with a family member. If you have any questions about this, please contact Sarah Holtz.

Quality Assurance Surveys

Thank you to everyone who completed the CSQE/Quality Assurance Surveys with your support group members in September, October, or November. The winners of the restaurant gift certificates will be announced in the next Volunteer Update newsletter, along with the survey results.

New Facilitator Training

We will provide training for new facilitators again on Thursday, February 21, 2008 from 9 a.m. – 3:30 p.m. If you have a new co-facilitator or if you have taken over as facilitator for an Alzheimer's Association Support Group please contact Sarah Holtz to be added to the invitation list for the February training. The following training will be held in May.

Monthly Attendance Reports

Our extra efforts to collect monthly reports have been helping; however, we are still in need of monthly reports from many groups. Please take a few moments to fill out your missing reports, even if no meeting was held. This allows us to track attendance and the need for additional groups. Please keep in mind that this is one of the few mandatory responsibilities of each group. If you would like an electronic copy of the report form, please e-mail Sarah Holtz at Sarah.Holtz@alzstl.org. You can then mail, fax, or e-mail your completed report to Sarah.

Please help us increase our compliance with National guidelines by faithfully mailing or faxing (314-432-3824) in your Monthly Attendance Report Form, even if you had no attendees at a meeting or your meeting was cancelled.

Outreach Update

Funding Awarded for IL Outreach

Thanks to the support of Senator Haine from Alton, Illinois, the State of Illinois has appropriated nearly one million dollars to its four Alzheimer's Association chapters, including the St. Louis Chapter, to be used for Alzheimer services.

The St. Louis Chapter portion of the funding will amount to nearly \$63,000. The funds will be used through June 2008 to support outreach in our underserved communities, local education programs, and family services such as Helpline and safety services.

Get Ready for SEMO Trivia Night

The 2nd annual Southeast Missouri Trivia Night is scheduled for February 23, 2008 in Cape Girardeau. The event will be held at VFW Post 3838 located at 1409 N. Kingshighway. Tables of 8 will be available for \$20 per person, and there will be fantastic trivia, plenty of door prizes, and prizes for top teams and the best decorated table.

The chapter is seeking volunteers support for the planning committee and/or night of event help. Look for table registration to begin in January. If interested please call Lisa Hicks at 573-703-1573.

Research Highlights

Blood Pressure Rx Helpful to AD?

Valsartan (Diovan), a commonly prescribed drug used to treat hypertension, was shown to prevent Alzheimer's disease in mice, reports a new study. The mice were genetically altered to develop Alzheimer symptoms, including build-up of beta-amyloid plaque, a prime suspect in Alzheimer's.

During a two-year study led by Dr. Giulio Maria Pasinetti, M.D., Ph.D., of New York's Mount Sinai School of Medicine, investigators screened more than 1,500 drugs already commercially available for treatment of other disorders, to determine their potential value in treating Alzheimer's disease and cognitive impairment. The researchers identified 7 of 55 candidate drugs commonly prescribed for the treatment of hypertension.

Beta-amyloid production in the brains of the laboratory mice was prevented; even when valsartan was given in doses three to four times lower than the minimal equivalent dose prescribed in humans. Other anti-hypertension drugs with beneficial results included Propranolol HCl, Carvedilol, Losartan, Nicardipine HCl, Amiloride HCl and Hydralazine HCl. The use of these drugs for their potential anti-Alzheimer effects is still highly experimental.

Aricept Doesn't Ease Agitation

Donepezil (Aricept) is no more effective than placebo (inactive substance) in treating agitation in people with Alzheimer's disease, report researchers at the Institute of Psychiatry at King's College, London. Agitation is a major reason for placing these individuals in nursing homes.

During the 12-week trial, half of the 272 participants were randomly assigned to receive 10 mg of donepezil a day or a placebo. While neither group showed a significant difference in agitation, those taking donepezil modestly improved cognitive function.

Previous research had shown that cholinesterase inhibitors — the class of drugs to which donepezil belongs — improved cognitive outcomes in such people, but the benefits of these drugs for behavioral disturbances have been unclear.

"Whatever effect there is, is going to be small and highly individual," said William Thies, Ph.D., Alzheimer's Association vice president of medical and scientific affairs. "If you are going to treat for cognitive symptoms, certainly using a cholinesterase inhibitor is one of the first things you're going to try. If you benefit, that's good and an individual success, but don't expect it to happen all the time."

Ovary Removal May Raise Dementia Risk

In the largest study of its kind, Mayo Clinic researchers have shown that women who had one or both ovaries removed before menopause face an increased long-term risk of cognitive impairment or dementia, compared with women who kept their ovaries. However, the risk was no higher in women who had both their ovaries removed but were treated with estrogen until at least age 50. Research results also showed that the risk increased the younger the woman was at ovary removal.

For more than 30 years, researchers interviewed and followed up with nearly 3,000 women. The study is among the first to provide significant epidemiological evidence supporting the neurological benefits of preserving ovaries in young women and the role of estrogen in protecting the brain functions of younger women.

By contrast, other studies have shown that when estrogen treatment is started after age 60 to 65, the risk of heart problems, stroke and cognitive impairment or dementia increases.

Dementia May Be Delayed in Those with More Education

While higher levels of education may delay the onset of dementia, once it begins, the accelerated memory loss is faster in people with more education, say researchers at Albert Einstein College of Medicine of Yeshiva University.

The study focused on 117 people who had developed dementia out of an original group of 488. The scientists studied the smaller group for an average of six years using annual cognitive tests. Formal education levels of participants ranged from less than three years of elementary school to postgraduate studies.

Each additional year of formal education delayed by about two and one-half months the rapid accelerated memory decline associated with oncoming dementia. However, once that accelerated decline began, the rate of cognitive decline progressed 4 percent faster for each additional year of education.

The study results may confirm an earlier hypothesis that people with more education have a greater brain reserve that allows them to fend off the effects of dementia longer.

Are Conscientious People Less Likely to Develop Alzheimer's?

Conscientious, self-disciplined and purposeful people may be less likely to develop Alzheimer's disease, reports Rush Alzheimer's Disease Center researchers. Conscientiousness — also known as will, work and dependability — refers to a person's tendency to control impulses and be goal-directed. It has been associated with a slower rate of mental decline and a lower risk of mild cognitive impairment, a condition that may precede Alzheimer's disease.

In an ongoing study, nearly 1,000 older Catholic nuns, priests and brothers who did not have dementia when the study began underwent evaluations that included medical history, neurologic examinations and cognitive testing. Conscientiousness was measured with a 12-item inventory. Follow-up examinations were conducted yearly.

Brain autopsies of 324 participants who died during the study did not link conscientiousness to any of the hallmark signs of Alzheimer's disease, including brain plaques and tangles. However, conscientiousness did appear to modify the association of these brain changes with an individual's cognitive abilities before death.

Conscientiousness might protect against Alzheimer's disease in several ways, the researchers note. First, conscientious individuals may be more likely to experience educational or occupational success, both of which have been associated with a reduced risk of Alzheimer's disease. Also, conscientiousness has been linked to resilience and to coping actively with difficulties.

Enclosures

- Holiday Greeting