

Shiley-Marcos Alzheimer's Disease Research Center

CURRENTS

UPDATES IN RESEARCH AND RESOURCES



SMADRC Bilingual Team: Lilly Pacheco, Brandon Pulido, Cynthia Avalos, Cecilia Salcedo-Borrego, Carmen Contreras, Leslye Santiago, Ivonne Arias, Jade Serrano, Madel Penaloza

Introducing the Spanish Language Programs

The UC San Diego, Shiley-Marcos Alzheimer's Disease Research Center (SMADRC) is the only university-based Alzheimer's disease research center (ADRC) in San Diego. It is one of the original five of the now 31 federally funded ADRCs in the USA. Researchers at these centers are working to translate research advances into improved diagnosis and care for people with Alzheimer's disease, as well as finding a way to cure and possibly prevent Alzheimer's. The SMADRC offers free services for the local community and a wide array of opportunities to participate in research studies which may provide no cost access to dementia-specific expertise, neuroimaging, innovative interventions, and ongoing monitoring of thinking abilities and brain function with feedback to study volunteers. In addition, the SMADRC has a robust training program and a mission to educate and train the next generation of physicians and researchers with aging and dementia-specific expertise. We also offer education and outreach programming in the community to enhance awareness and understanding about dementia, caregiving, and research updates in this area.

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Co-localization of the UC San Diego Memory Disorders Clinic and the Shiley-Marcos ADRC

by Emily Little, MPH

We are excited to announce the co-localization of the UC San Diego (UCSD) Memory Disorders Clinic (MDC) and the Shiley-Marcos ADRC in January 2020. This means that UC San Diego Health patients who see a doctor for memory concerns will have access to a group of specialists and to the wealth of research opportunities offered by the Shiley-Marcos ADRC. For many patients interested in clinical trials, this clinic represents the best chance of referral to a trial that is appropriate for them.

Unlike our previous memory clinic location, everyone in this new clinic is singularly dedicated to caring for patients with memory disorders, improving the quality of the care we provide, and focusing on both the patient and their loved ones. Creating one place that is the hub of activity for both medical care and research, we also seek to simplify the experience of our patients and caregivers. Many departments and divisions in the school of medicine are collaborating to create this clinic in order to provide comprehensive, holistic and personalized evaluation and care. A multidisciplinary team will be brought together specifically to provide the best health care to persons with Alzheimer's Disease and Related Disorders and their families. This clinic will also be supported by an additional social worker, a nurse, and medical assistants who will be available to support families throughout the process of receiving a dementia diagnosis, living with dementia, and caregiving. The specialists practicing in the group will include the following practitioners:

Douglas Galasko, MD, is a neurologist with special expertise in memory disorders, Alzheimer's diseases, and unusual neurological conditions such as dementia with Lewy bodies

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Spanish Language Programs *continued from page 1*

Much of what is known about Alzheimer's disease and related disorders (ADRD) is due to research findings that include volunteers who lacked the diverse representation of our society. Researchers are challenged to diversify their samples to ensure the results apply to the whole population rather than a subset who consistently volunteer to participate. Special attention to this problem in conjunction with genetic studies which reveal differences between various ethnic groups' risk for dementia have led to increased funding to ensure diverse groups, including Latino, are included in and become the focus of research on ADRD. Due to its proximity to the Mexico border and high prevalence of Latino community members, San Diego offers a unique opportunity to lead the national effort to better understand normal aging, mild cognitive impairment, and ADRD in Latino populations, specifically those of Mexican descent. Our center is committed to identifying and breaking down barriers that have prohibited Latino volunteers from participating in ADRD research in the past.

Our SMADRC is committed to addressing these disparities and have instituted a variety of initiatives focused on the Latino population.

1. A bilingual bicultural team of social workers, neurologists, clinical coordinators and psychometrists

2. Study visits may offered in Spanish for most studies
3. Free memory screening services are offered in the community at various locations
4. A new location in Chula Vista within the South Bay Latino Research Center where research participants may complete their study visits
5. Compensation is offered for mileage and gas
6. Outreach and educational programming offered in Spanish in the community
7. Opportunities to participate in research projects matched to varying individuals' health histories, preferences, and comfort levels
8. Quality of Life programs offered in Spanish to support persons with dementia and their families
9. Study participants offered feedback about current cognitive status

If you or a family member are Latino and 65 and older or have a diagnosis of MCI or dementia, we need your help and we have help to offer you. Make a difference and help future generations through your contribution to this important work.

Presenting the Promotora Showcase at the SMADRC

By Jade Serrano, BS

On November 15, 2019, the Shiley-Marcos Alzheimer's Disease Research Center hosted its first Promotora Partner Showcase to honor and give voice to local promotoras who serve as valued partners in outreach and education efforts in the Latino community. Special recognition was given to promotoras who demonstrated ongoing commitment and dedication to the Latino community by bridging elders with services and research opportunities available through the SMADRC.

Promotoras are community health workers with a close understanding of the community they serve.

This trusting relationship enables them to act as a liaison between health/social services and the community to facilitate access to these opportunities and improve the quality and cultural competence of service delivery. The SMADRC



bilingual staff work closely with local Promotoras to meet the needs of the local Spanish-speaking community. These collaborations lead to enhanced offerings of community-based memory screening services in underserved areas. In addition, SMADRC staff collaborate with promotoras to

promote other free services such as our Spanish support group, photography program, and the wide array of research opportunities offered in Spanish by the center. This collaboration enables underserved communities to better access the SMADRC's programs and services. The Promotoras' ongoing guidance and suggestions

for further engaging the local Spanish-speaking community continues to shape our efforts; we were grateful for the opportunity to highlight the impact of their work.

Co-localization *continued from page 1*

and frontotemporal dementia. He has published over 300 scientific articles on diagnosis, risk factors, biological markers, and treatment of Alzheimer's disease.

Gabriel Léger, MD, has expertise in the diagnosis and treatment of atypical or focal dementias, including frontotemporal dementia (FTD), primary progressive aphasia, posterior cortical atrophy, and dementia with Lewy bodies including Parkinson's disease dementia.

Kristoffer Nissinen, MD, specializes in providing a thorough evaluation with a detailed history, state-of-the-art work-up, and comprehensive neurological examination. He strives to provide patients and their families with a personalized approach to the most specific diagnosis and up-to-date treatments available.

Jose Soria-Lopez, MD, is a board-certified neurologist who treats patients with general neurology disorders, as well as memory disorders such as Alzheimer's disease and related dementias. Dr. Soria-Lopez speaks Spanish and is also interested in promoting awareness about dementia and Alzheimer's disease, particularly within the Latino community. He has given invited talks to physicians and community groups and published peer-reviewed articles on dementia.

Sarah Banks, PhD is a clinical neuropsychologist. She is a passionate clinician focused on aging and neurodegenerative disease. In addition she is dedicated to the science of

Alzheimer's and specifically how the changes in the brain, detectable with neuroimaging techniques such as PET and MRI, relate to the tests of memory and other thinking abilities used in clinic.

Additional specialists will join this practice— stay tuned!

For most research participants, you will notice only a few changes. If you are enrolled in a therapeutic drug trial, many of your visits will continue to take place in the Altman Clinical and Translational Research Institute and a parking code will continue to be provided to you by the study coordinator. You may also have imaging appointments and special tests in other locations.

Research participants may continue to park their cars in one of the ADRC reserved parking spots, and valet parking service will also be available in the roundabout. The waiting room for both research and clinic visits will be shared and no matter the purpose of the visit, patients, research participants, and family members will have access to educational material. The check-in window will be the same, but a new front office person will greet you and ask if you are here for research or the clinic. A staff member will then greet you and bring you to the appropriate room. This collaboration with the clinic provides an opportunity for patients to more easily explore research opportunities, and it allows the researchers a closer working relationship with clinicians and patients.

Services offered by the MDC:

- Multidisciplinary clinical assessment
- Neuropsychological testing
- Comprehensive assessment of Spanish speakers
- MRI and PET imaging and CSF biomarker testing
- Advice about genetic or family risk
- Management of neuropsychiatric symptoms
- Medication counseling
- Personalized brain health advice
- Social work guidance
- Entrez to support groups, research, and clinical trials

Conditions assessed and treated by the MDC:

- Memory decline
- Mild cognitive Impairment
- Alzheimer's Disease
- Lewy Body Dementia and cognitive changes in Parkinson's disease
- Vascular cognitive impairment
- Progressive aphasia
- Fronto-temporal dementia
- Young Onset Dementia
- Rapidly progressive dementia
- Cognitive changes after surgery or serious illness
- Cognitive changes associated with sleep disorders
- Normal pressure hydrocephalus



Recognizing the Unique Needs of Dementia Caregivers

By Ivonne Arias, MSW



Saturday Oct 19th, 2019 The SMADRC Caregiver Support Group teamed up with ADRC and other UCSD staff to form the "Brain Train" at the Alzheimer's San Diego walk.

The concerns of family care-partners have been a target of our attention since the inception of our research center. We started with one monthly care partner support group and over the years, have expanded to four distinct groups with an aim to meet the diverse needs of family care partners. We maintain a monthly group for atypical dementias such as Frontotemporal or Lewy Body care-partners. This group was initiated by Ken Fousel, a family caregiver who took care of his wife with Alzheimer's disease for many years and his second partner in life who developed FTD. Additionally, we offer a monthly general dementia care-partner group and an early-stage memory loss care partner group graciously facilitated by two volunteers, Jayne Slade and Joyce Camiel. Jayne and Joyce walked the long caregiving path with their husbands' dementias and now offer their wisdom and guidance to others.

It has become clear through years of facilitating these groups, that care partners benefit greatly from the peer support and education derived from attending. Many care partners report a reduced sense of isolation, as well as long-term bonds that are developed and sustained with other care partners through challenging times which help them achieve a sense of community. We are privileged to be able to offer these groups and learn from everyone who attends.

These programs provide meaningful and engaging ways for people with Alzheimer's disease or a related dementia to reduce risk of isolation and to stay involved in their community. Feedback from participants about these programs is consistently very positive. The variety of support groups listed here reveal the unique needs of those impacted by dementia.

Support Groups



A monthly support group for caregivers of any age who are caring for a loved one with any stage or type of dementia. This is offered the second Wednesday of every month from 2:00-3:30pm and is in partnership with Alzheimer's San Diego.



A monthly support group for family members and care partners who face the challenges of Lewy Body, Frontotemporal and other related dementias. This is offered the first Wednesday of every month from 2:00-3:30pm and is offered in partnership with Alzheimer's San Diego.



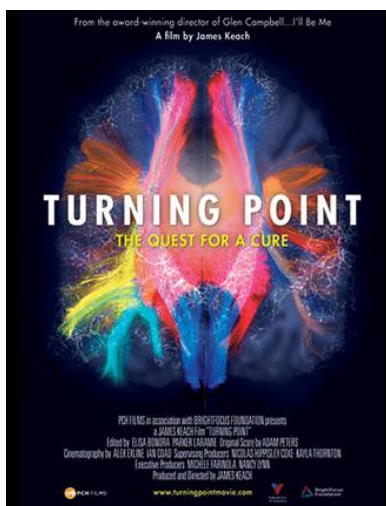
Bi-monthly Spanish support group for caregivers of all ages providing care to individuals with Alzheimer's or a related disorder. Facilitated by SMADRC bilingual social worker, Ivonne Arias, MSW.



A monthly support group for individuals who are in the early stages of a diagnosis and have a diagnosis of young onset dementia. This group is offered the last Wednesday of every month from 12:30-1:30pm at the SMADRC.



A weekly, co-current support group for people with early stage dementia and their care partners. This is a weekly group from 10:30am-12:00pm on Wednesdays at the SMADRC.



Turning Point: The Quest for a Cure

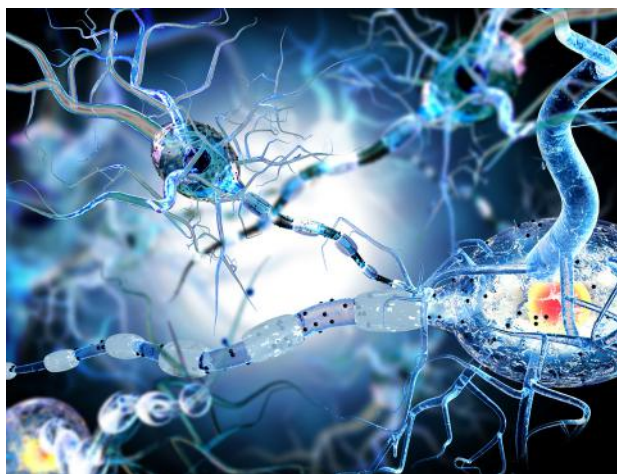
by Nadine Heyworth, PhD

On Nov. 16th, 2019 the ADRC Clinical trials team co-hosted two screenings of the documentary, *Turning Point: A Quest for a Cure*. These screenings were hosted in conjunction with the Bright Focus Foundation and

sponsored by Biogen. The documentary, by filmmaker and director James Keach (*Walk the Line*, *Glen Campbell... I'll Be Me*), follows a team of researchers on the front lines of Alzheimer's research and captures the raw disappointment and renewed hope of those working to find a cure for this incurable disease affecting nearly 5.7 million Americans. Following a screening of the documentary, we had a panel session with clinical trials experts as well as a clinical trials participant and study partner. In Rancho Bernardo, UCSD was represented by Dr. Douglas Galasko and two of our wonderful ADRC study participants. At The LOT in Liberty Station, our panel session included UCSD representation by Dr. Gabriel Leger. There was a great turnout for both locations, and we hope that all attendees found the event to be engaging and informative. If you have additional questions about clinical trials at UCSD, please contact Nadine Heyworth, PhD at nheyworth@ucsd.edu

Neurodegenerative Diseases: Updates in Research and Community Resources

The Shiley-Marcos ADRC and the Alzheimer's Disease Resource Center for Minority Aging Research (AD RC-MAR) collaborated to co-host the professional continuing medical education conference, "Neurodegenerative Diseases: Updates in Research and Community Resources" on November 8, 2019 at the UC San Diego Altman Clinical and Translational Research Institute (ACTRI) in La Jolla, CA. Attendees visited UCSD centers, met experts, and networked with community partners to optimize understanding of the local landscape in this ever-evolving area of research and care. This conference brought together an internationally-renowned faculty from UC San Diego and the Salk Institute to present the latest developments in neurodegenerative research. The courses addressed the needs of a wide array of clinician groups, including physicians, nurses, social workers, psychologists, and counselors, as well as scientists and trainees. This one-day, comprehensive educational program utilized evidence-based data around the treatment and management of neurodegenerative diseases. Didactic teaching, along with interactive case-based discussions provided clinicians with the ability to apply the latest data to clinical practice and access to greater awareness of where the field is headed. Community practitioners were provided with current, evidence-based data to maximize therapeutic goals and optimize healthcare outcomes for patients living with a variety of neurodegenerative diseases.



Triennial Data Blitz 2019

The 5th Triennial Alzheimer's Disease "Data Blitz" was presented on October 18, 2019 at the Altman Clinical and Translational Research Institute (ACTRI) to celebrate the seventh renewal of the NIA-Funded Shiley-Marcos Alzheimer's Disease Research Center at UCSD. For more than 35 years the Neuroscience Community in San Diego has been a leader in basic and clinical research in the causes, effects, and treatments of Alzheimer's disease and related neurodegenerative disorders. This tradition is possible due to the expertise and vision of a diverse body of neuroscientists in our community, and by the collaborative spirit which characterizes their scientific endeavors. To enhance this tradition, the Shiley-Marcos ADRC hosts a "Data Blitz." Leading research scientists from UCSD, Scripps, Salk, Sanford

Burnham and SDSU presented their most recent and exciting findings on Alzheimer's disease, neurodegeneration, and brain aging. This event helped investigators working in this field to become familiar with the research carried out by their local colleagues, and to identify resources and potential collaborations. A receptive audience of researchers attended the event and highlighted their appreciation for the stimulating, rapid-fire tour of the visionary research on Alzheimer's disease and related disorders underway in San Diego. Attendees left the event energized and full of hope regarding the endless potential for multidisciplinary collaboration and possibilities for enhancing their science.



Observational Studies

COGNITIVE AGING LONGITUDINAL STUDY (ALSO AVAILABLE IN SPANISH)

PI: Douglas Galasko, MD

CONTACT: Tracey Truscott, LCSW
(858) 822-4800 or ttruscott@ucsd.edu

TIME INVOLVED: annual visit until the end of life

DESCRIPTION: The purpose of this study is to learn how the brain changes as we age. This is an observational study that collects behavioral, medical, and cognitive data and assesses neurological functioning. It does not involve an intervention. This is done annually from the time of enrollment to death. Information about strategies for

healthy brain aging is provided, as is feedback about one's annual performance on cognitive testing. We continue to obtain blood and cerebrospinal fluid (CSF) samples to compare changes detected in blood and CSF to changes in cognition and brain structure.

REQUIREMENTS: Age 65 and older if normal cognition or diagnosis of MCI or early dementia due to Alzheimer's, FTD, or DLB; study partner; lumbar puncture (LP) and Magnetic Resonance Imaging (MRI) required; brain autopsy required.

EVOKED RESPONSE POTENTIALS

PI: James Brewer, MD, PhD

CONTACT: Mollie Paster
(858) 822-4800 or mrpaster@ucsd.edu

TIME INVOLVED: minimum 2 years

DESCRIPTION: This study is to examine the utility of non-invasive measures of the brain's electrical activity as an early marker of Alzheimer's disease. Electroencephalogram recordings (EEG) and Event-Related Potentials (ERP) have shown promise in small studies, but no study has examined how they compare to other markers more commonly used in clinical trials of Alzheimer's disease. We will collect EEG and ERP data along with brain imaging using magnetic resonance imaging (MRI) to assess brain atrophy and use positron emission tomography (PET)

to assess for the presence of proteins associated with Alzheimer's disease. We will determine whether EEG and ERP measures are powerful enough to serve as surrogates for these more expensive markers of disease. Clinical/cognitive, imaging (MRI and PET scans), biomarker, and genetic characteristics will be assessed across the three cohorts: Normal controls (NC), Mild Cognitive Impairment (MCI), and mild Alzheimer's disease (AD). Visits will occur once every three years for all subjects with telephone contacts in between visits.

REQUIREMENTS: Age 60-90; fluent English speakers (as of age 12), with normal cognition or a diagnosis of MCI or AD; have corrected visual acuity of at least 20/50 for distant vision; have overall good general health. Subjects are required to undergo an MRI, PET scan, and EEG.

ALZHEIMER'S DISEASE NEUROIMAGING INITIATIVE 3 (ADNI)

PI: James Brewer, MD, PhD

CONTACT: Mollie Paster
(858) 822-4800 or mrpaster@ucsd.edu

TIME INVOLVED: minimum 5 years

DESCRIPTION: The primary goal is to discover, optimize, standardize, and validate clinical trial measures and biomarkers used in ongoing Alzheimer's disease research. The Alzheimer's Disease Neuroimaging Initiative (ADNI) plays a central role in improving treatment trials. Since the study's launch, ADNI Investigators with regulators in both the US and abroad have facilitated the design of major

completed and ongoing drug trials. ADNI 3 is a continuation of this work. ADNI 3 is a non-randomized, natural history, non-treatment study. Clinical/cognitive, imaging (MRI and PET scans), biomarker, and genetic characteristics will be assessed across the three cohorts: Normal controls (NC), Mild Cognitive Impairment (MCI), and mild Alzheimer's disease (AD). Visits will occur annually for MCI and AD subjects and every two years for NC subjects.

REQUIREMENTS: Age 55-90; normal cognition or a diagnosis of MCI or AD; a study partner; overall good general health. Subjects are required to undergo MRI and PET scans and a lumbar puncture.

Intervention Trials for MCI and Early Alzheimer's Disease

A clinical trial is a research study in which a human subject is prospectively assigned to one or more interventions (which may include a placebo or other control) to evaluate the effects of those interventions on health-related biomedical or behavioral outcomes. When you volunteer to take part in clinical research, you help doctors and researchers learn more about disease and improve health care for people in the future. Please contact Nadine Heyworth, PhD at (858) 822-4800 or nheyworth@ucsd.edu to learn more about clinical trials.

UC CURES SAL-AD

PI: Stephanie Lessig, MD

CONTACT: Barbara Johnson
(858) 246-1303 or b4johnson@ucsd.edu

TIME INVOLVED: 52 weeks

DESCRIPTION: Double blind, randomized, placebo controlled, pilot PK/PD, evaluating tau acetylation inhibitor salsalate for mild-to-moderate Alzheimer's disease. Sal-

salate is a non-steroidal anti-inflammatory (NSAID), which is used to treat arthritis. Salsalate is being tested here for its property to inhibit tau acetylation, which may play a role in tau aggregation.

REQUIREMENTS: Age 50-85 fluent English speakers with diagnosis of AD; MMSE 14-30. Subject agrees to LP, MRI, Positron Emission Tomography (PET) (amyloid and tau), and cognitive testing and must have a study partner.

DISCOVER

PI: Douglas Galasko, MD

CONTACT: Sandra Jerkins
(858)246-0679 sjerkins@ucsd.edu

TIME INVOLVED: Up to two months and will require at least five study clinic visits including a three-day stay at the UCSD clinical research unit. Compensation will be provided to enrolled participants.

DESCRIPTION: Posiphen is an experimental drug with a novel action against amyloid and potentially other brain proteins that build up pathologically in the brain in Al-

zheimer's. It may delay Alzheimer's disease (AD) onset or slow the progression of possible AD-related brain damage due to amyloid buildup. Participants in Discover will help researchers learn if the experimental drug is both safe and tolerated. This is a randomized, double blind, placebo controlled study with a 75/25 chance of receiving the experimental drug.

REQUIREMENTS: Age 55-85; fluent English speakers; diagnosis of MCI or mild Alzheimer's disease; MMSE 17-30; study partner, MRI scan, lumbar puncture, willing to undergo extended stay in clinical research unit (2 nights).

The SMADRC has a wide array of enrolling studies available to persons with and without memory concerns.

If you are interested in participating in a research study, we can add you to our research registry and help you find the study that is the best match for your preferences and profile. For English: Contact Tracey Truscott, LCSW at (858) 822-4800 or ttruscott@ucsd.edu. For Spanish, contact Ivonne Arias, MSW at (858) 822-4800 or iarias@ucsd.edu. They can add you to our research registry and help you find the best research "match" for you.

Dr. Peavy's study about the role of stress in the health of caregivers is enrolling participants. Latino and non-Latino caregivers and non-caregivers are eligible. Contact Cynthia Avalos at cavalos@ucsd.edu for more information.

Dr. Salmon's study (ARMADA) about the use of ipad administered tests to assess cognition in Spanish speakers, persons with MCI, and seniors 85+ are still enrolling. Contact Brandon Pulido at b1pulido@ucsd.edu for more information.



Bilingualism in Healthy Aging and in Alzheimer's Disease

PI: Tamar H. Gollan, PhD

Sometimes I'll start a sentence in English y termino en español. So begins what is now a classic paper in Linguistics (by Shana Poplack) which argued that when bilinguals 'code-switch' they follow specific and systematic rules for where and how languages can and cannot be mixed. Bilinguals with very high levels of proficiency in both languages tend to code-switch in flexible and elaborate ways reflecting the ability to quickly find points of overlap in syntactic structures between languages. This paper represents an important departure from previous interpretations of code-switching as "confused." Indeed, more recent evidence suggests bilinguals' ability to easily and fluently switch languages when they want to but also avoid switching when they need to speak in just one language, may be a form of 'mental exercise.' The constant management of two languages in the bilinguals' daily life may increase their ability to function relatively better in the presence of brain damage. At the same time, in language tests bilinguals sometimes don't perform as well as monolinguals (who might be described as 'hyper-proficient' in the one language they know), perhaps because bilinguals need to acquire and maintain a roughly doubled number of words, and a greater number of grammatical rules (which sometimes overlap but at other times differ between languages). The Bilingualism and Aging lab actively investigates how aging (years of experience) and Alzheimer's disease affects the ability to speak two languages. Most of the time we take language for granted. But cognitive tests used to determine if mental abilities might be declining often assume a certain level or certain type of language proficiency, and little information is available on how such tests should be interpreted when testing bilinguals – a problem our lab is actively seeking to solve. We discovered some language tests appear to be uniquely sensitive for detecting Alzheimer's disease in bilinguals. Ongoing adaptations of these tests show promise as assessment tools for monolinguals as well. In this way our research is both informative about bilingualism and how Alzheimer's affects language performance in both monolinguals and bilinguals in ways that otherwise might not have been discovered.



Subjective Cognitive Decline

by Zvinka Zlatař, PhD and Marina Z Nakhla, MA

Subjective cognitive decline (SCD) is the perceived experience of deterioration of cognitive decline. SCD is a risk factor for future cognitive decline and possibly dementia. The expression of SCD varies across ethnic groups due to factors such as age, gender, mood symptoms, educational level, and acculturation. Unfortunately, research is scarce in this area within Hispanics/Latinos. Thus, the goal of this study is to better understand the relationship between SCD and objective cognition in Hispanic/Latino older adults (both mild cognitively impaired and normal cognition groups). The tool used in this study is the Subjective Cognitive Decline Questionnaire (SCD-Q), developed in Spain by Rami et al. 2014. Given that a majority of Hispanics/Latinos in Southern California are of Mexican American descent, the questionnaire is modified to "Mexican" Spanish and is administered to Hispanic/Latino participants at the Alzheimer's Disease Research Center (ADRC). The questionnaire will be administered to both participants ("My Cognition" form) and their informants ("Their Cognition" form) in the language of their preference – either Spanish or English.

There are three areas of focus in this study:

- Understand how SCD-Q (both self- and informant-reports) predicts multiple cognitive domains, above and beyond demographics and mood characteristics,
- Understand the relationship between self- and informant-reports; how these relate to cognition,
- Explore culturally relevant correlates that influence the relationship between subjective and objective cognition.

We aim to investigate these relationships longitudinally in order to determine the clinical utility of the SCD-Q in predicting cognitive functioning over time within Hispanics/Latinos.

SMADRC DEVELOPING FUTURE PROFESSIONALS



Tracey Truscott, LCSW, Victoria Huebel, Sharon Sanchez, Emilee Oddo, and Ivonne Arias, MSW

Building the Next Generation of Geriatric Social Workers

by Sharon Sanchez, MSW candidate

In an effort to address the growing need for specialized geriatric health workers to care for people with Alzheimer's disease and Related Dementias (ADRD) in San Diego County, the U.S. Department of Health and Human Services approved the funding renewal for the Geriatric Workforce Enhancement Program (GWEP). During the 5-year grant cycle (2019-2024), the GWEP enables social work students at San Diego State University (SDSU) to apply for the Geriatric Master of Social Work Stipend Program, an \$8,000 stipend award that covers the cost of two academic semesters and provides specialized gerontological training.

Master of Social Work (MSW) students have the unique opportunity to enroll in specialized gerontological courses and complete a 600 hour practicum training during one academic year at three UCSD health care programs that serve ADRD patients: The Shiley-Marcos Alzheimer's Disease Research Center (ADRC), The Memory, Aging and Resilience Clinic (MARC), and The Senior Behavioral Health Program (SBH). This partnership between academia and health care programs allow MSW students to train in comprehensive assessments and diagnosis (MARC), participate in psychiatric treatments in a medical setting (SBH), and learn about ground-breaking clinical research in ADRD (ADRC).

The MSW learning plan at the UCSD Shiley-Marcos ADRC specializes in direct clinical practice training, research and macro projects in collaboration with a multidisciplinary team. MSW interns gain exposure to several stages of research in longitudinal studies and randomized clinical trials. Students also learn to facilitate support groups and provide case management services to coordinate available resources in the community. In addition, students supervise and conduct data collection on Quality of Life (QOL) Programs to evaluate the impact on people with ADRD and their families. In collaboration with organizations, such as the Alzheimer's Project, students engage in outreach activities to create awareness and educate residential care staff and primary care providers about the growing health needs of people with ADRD. Collectively, these unique learning experiences aim to generate social work experts in chronic health problems in geriatrics and empower social workers to become educated advocates for the elderly community in San Diego County, with the full academic and social potential to become leaders in the fight against Alzheimer's Disease.

Shiley-Marcos ADRC Partnership with CCM Student Organization

by Lesyle Santiago

Chicano/Latino for Community Medicine (CCM) is an undergraduate organization at the University of California, San Diego. CCM is dedicated to supporting and providing opportunities for students who are interested in a healthcare profession and want to work with the Latino communities. The ADRC and CCM partnership was created to help connect students with researchers, the Latino community, and provide job opportunities. The ADRC-CCM pipeline program helps recruit students who are eager to work in medical research and gain valuable experience in a professional setting. Students are given the opportunity to work on specialized projects in the center, including administrative duties, data entry, memory screening, social media and much more. A variety of student worker positions are available. If interested, students are encouraged to apply for a permanent position upon graduation.

This partnership allows students to network with MD and PhD research investigators, SMADRC staff MD and PhD research investigators, SMADRC staff, and community members while they access relevant work experience. Many of CCM's members are hired as full time psychometrists and continue to work in the community conducting memory screenings. This partnership is an exciting opportunity to address two identified concerns.

If you are a bilingual, bicultural student at UCSD with an interest in healthcare careers in Alzheimer's and Aging, please contact Christina Gigliotti, PhD cgigliotti@ucsd.edu to learn about available opportunities.



Dr. Salmon and Amanda Rodriguez with the Fudan University Faculty and Staff

Sharing Expertise in Shanghai

by Amanda Rodriguez, BS

Dr. David Salmon, a neuropsychologist at the ADRC, along with bilingual psychometrist Amanda Rodriguez, were invited to present on the types of cognitive deficits in early AD and the administration of cognitive tests at UCSD during a 2-day workshop at Fudan University at the Huashan Hospital in Shanghai, China. The main audience was composed of working professionals, social workers, and caregivers who work closely with individuals suffering from cognitively related disorders. However, the prevalence of cognitive disorders related to strokes in the region is high amongst the elderly. Fortunately, with improvements in technology and healthcare

treatment as well as diagnosis the signs of strokes are recognized earlier. Initially the lack of good healthcare coverage and a lack of education about the disease created an increased rate of stroke mortality. Currently great efforts have been made to decrease the mortality rate with education and improved treatment options. Due to the former one-child policy, which was relaxed in November 2013, there are not enough people who can withstand the large volume of elders who need caring. Therefore, current efforts are focused on training and education while using measures that can accurately assess cognition.

Make a Plan Today to Create an Impact Tomorrow

There many generous and strategic ways to support the Shiley-Marcos Alzheimer's Disease Research Center (SMADRC). Your donation will help you to achieve your philanthropic and financial goals and benefit the SMADRC.

Would you like to:

- receive a lifetime income stream?
- lower your taxes?
- avoid capital gains and receive charitable deductions?
- create a legacy that will last for generations?

Here are some planned gift ideas:

APPRECIATED SECURITIES: Giving appreciated securities to support the SMADRC may be more tax efficient than giving cash. You won't pay capital gains tax, if you itemize, you will receive an income tax deduction for the full fair market value of the securities.

IRA CHARITABLE ROLLOVER: If you are 70 ½ or older, a qualified charitable distribution from your IRA may satisfy some or all your required minimum distribution and reduce taxes, even if you don't itemize.

LIFE INCOME GIFTS: Charitable gift annuities and charitable remainder trusts provide an income stream for life and a charitable deduction in the year the gift is made.

GIFTS OF REAL ESTATE: Real estate may be given outright. You will receive a charitable income tax deduction for its full fair market value, or you may transfer your home to UC

San Diego and the SMADRC now and retain the right to live in it for your lifetime.

LIFE INSURANCE: Name the SMADRC as a beneficiary of a life insurance policy and retain flexibility if your circumstances change.

RETIREMENT PLAN ASSETS: Retirement plans such as IRAs, 401(k)s and 403(b)s are subject to federal tax when left to heirs. Retirement plan assets left to the SMADRC transfer tax-free.

WILL OR TRUST GIFT: Make a gift to the SMADRC in your will or living trust. Your gift may be amended any time if your circumstances change.

The UC San Diego Office of Gift Planning will answer your questions. For more information, visit giftplanning.ucsd.edu or call Kim Wenrick at (858) 534-4132. Thank you for the difference you are making today... and tomorrow!



SMADRC Staff, Trainees and Student Workers



Elizabeth Murphy, MD, PhD, is a neurology fellow with a focus on memory disorders and neurodegenerative diseases. She completed her undergraduate studies in mathematics at UCSD. She then went on to obtain her medical degree at UCSD medical school and a PhD in neurosciences under the supervision

of Dr. Jim Brewer. She completed her neurology residency at UCSD Medical Center in June 2018 and is now furthering her training at the ADRC.



Madel Penaloza lived in Tijuana, Mexico during her youth crossing the border most days to receive her K-12 education in San Diego, CA. She received her Bachelor's degree from the University of California, San Diego in Cognitive Science with a specialization in Clinical Aspects of Cognition. She volunteered

as a bilingual research assistant in a language production lab during her time at UCSD and became interested in research. She is particularly interested in Alzheimer's disease and autism as she has seen them first hand in her personal life and professionally. She is bilingual in English and Spanish and is now a bilingual psychometrist with the ADRC.



Leslye Santiago will graduate from UCSD in the fall of 2019 with a major in Public Health and minor in General Biology. She started volunteering at the Shiley-Marcos Alzheimer's Disease Research Center in February of 2019. She aspires to become a physician and work in underserved Latino

communities. She will work in the ADRC as a student worker and help with LATINO Core, community outreach events, front desk, and memory screening days.



Eriq De la torre is a student at UCSD, majoring in Global Health with a minor in General Biology. He recently acquired a position at the UCSD Shiley-Marcos Alzheimer's Disease Research Center and works as an administrative assistant with a focus in data entry. Eriq also volunteers as an English-Spanish interpreter at the

Pacific Beach location of the UCSD Student-Run Free Health Clinic and is a member of the UCSD student organization, Chicanos/Latinos for Community Medicine. Eriq will submit applications for medical school in 2020.



Nadine Heyworth, PhD, is the Clinical Trials Operations Manager at the ADRC. She received her PhD in Anatomy and Neurobiology at Boston University and completed post-doctoral fellowships at the Center for Translational Cognitive Neuroscience at the Boston VA Hospital, and in the department of

Psychiatry at UCSD. Her research focused on age-related cognitive function and the underlying neuronal processes involved in learning and memory in older adults, patients with Alzheimer's disease, and patients with medial temporal lobe damage. At the ADRC, she is the liaison between the community, researchers, and sponsors interested in clinical research studies.

The SMADRC has a robust volunteer program that includes students and retired professionals. If you are interested in volunteering at the SMADRC, contact Christina Gigliotti, PhD cgigliotti@ucsd.edu.



Student Spotlight: Amanda Calcetas

Amanda Calcetas, student worker at the ADRC, attended the Alzheimer's Association International Conference in Los Angeles to present a poster on the effectiveness of our Memory Screening events as a strategy for outreach and research recruitment. The SMADRC has conducted periodic Memory Screening Day events over the past two years providing free, brief cognitive screening for persons 65 years and older. Overall, 109 of 574 (19%) Memory Screening participants were successfully recruited into AD research. Memory Screening Day events, conducted at the ADRC, are a successful recruitment strategy for seniors with normal cogni-

tion and MCI. We hope to continue this service to the community and use these events as an opportunity to inform individuals about AD, learn about their concerns and attitudes towards research, and potentially recruit them into ongoing research projects.

Shiley-Marcos Alzheimer's Disease Research Center

CURRENTS

UPDATES IN RESEARCH AND RESOURCES

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2020 SERIES

Memories at the Museums



SAN DIEGO MUSEUM OF ART

January 10, April 10,
July 10, October 9

MINGEI INTERNATIONAL MUSEUM

December 11

TIMKEN MUSEUM OF ART

February 14, May 8,
August 14, November 13

MUSEUM OF PHOTOGRAPHIC ARTS

March 13, June 12,
September 11

Join us on the second Friday of each month from 2:00 - 3:00 at one of these exceptional San Diego museums for a unique docent-led discussion and tour. Museum docents engage people with mild-to-moderate Alzheimer's or a related disorder and an accompanying family member or friend in discussions about the artwork to stimulate visual and verbal abilities and to spark memory. Memories at the Museums alternates between the four co-sponsoring museums that are all located in central Balboa Park. Museum admission and tours are *free of charge* to participants.

Each monthly tour is limited to 8 pairs (16 participants total). Pre-registration is requested. Please call Tracey Truscott, LCSW at the Shiley-Marcos Alzheimer's Disease Research Center at (858) 822-4800 to register for a no cost tour.