When you care deeply about a cause, it is appropriate to advocate for and speak out about the issues. In my case, I am an advocate for Alzheimer’s research and care. I have been involved with Alzheimer’s research since 1987, when I was working in a laboratory at UCSD. In 1996, my mother was diagnosed with Alzheimer’s and in 1998 I came to the Shiley-Marcos Alzheimer’s Disease Research Center (ADRC) as its administrator. All paths were leading toward my current passion for advocacy.

In 2002, I spearheaded California legislation to allow a surrogate to consent for participation in research on behalf of a cognitively impaired individual who could not consent for himself. The bill, AB2328, (sponsored by the UC Office of the President and authored by Assembly member Howard Wayne of San Diego) passed the Senate and Assembly and became law on Jan 1, 2003.

(Continued on Page 2)

Shiley-Marcos ADRC Funded Through 2014

The Shiley-Marcos Alzheimer’s Disease Research Center (ADRC) was established in 1984 as one of the original five of the now 29 nationwide Alzheimer’s Disease Centers that are funded by the National Institutes of Health (NIH). Every five years in order to continue to receive federal funding, we are required to submit a lengthy (500 page) grant renewal justification to the NIH. Continued funding is by no means guaranteed and the grant renewal process is very competitive. This renewal application prompts us not only to evaluate our progress and successes from the past five years, but also to identify our aims and goals for the next funding cycle.

We are happy to report that despite a significant recession, the NIH recently re-funded our Shiley-Marcos ADRC through May, 2014. We will focus on 5 major research themes over the next 5 years. (Continued on Page 4)
I cannot begin to tell you how energizing this process was. I helped draft a bill that became law! This law has been mirrored around the country and is now part of routine research practices in California.

In 2005, I was asked to join the Board of Directors of our local San Diego/Imperial Chapter of the Alzheimer’s Association and soon asked to Chair their Public Policy Committee. My board membership led to a seat as a delegate on the state-wide California Council of the Alzheimer’s Association. This group is dedicated to creating Alzheimer’s-related public policy in California. This summer, I became President of the California Council.

Advocacy occurs at both Federal and State levels. Each spring, The Alzheimer’s Association hosts the Public Policy Forum in Washington DC to bring together advocates from all over the country to meet members of Congress and urge increased funding for Alzheimer’s research and care. This past March, I made my 6th trip to Washington DC for the Forum as part of the San Diego contingent. The first evening, there was a candlelight vigil at the Lincoln Memorial to honor people with Alzheimer’s and their caregivers. On the second day, all attendees received education about key issues to discuss with our congressmen. This year’s education sessions focused on making Alzheimer’s disease a national priority. Specific topics were:

1. Increase federal funding for Alzheimer’s research by $250 million a year to reach a goal of $1 billion a year by 2011 (currently at $412 million a year)
2. End the Medicare 2-year waiting period for people under 65 with young-onset Alzheimer’s
3. Establish an “Alzheimer’s Solutions Project Office” as part of a comprehensive strategic plan to increase communication and efficiency by bridging federal and private efforts.

The third day of the Forum, we “stormed the hill” draped in purple sashes labeled Alzheimer’s Association First, and had the opportunity to observe a congressional hearing on Alzheimer’s. An illustrious group provided testimony including California’s First Lady Maria Shriver, former Justice Sandra Day O’Connor, and former Senators, Newt Gingrich and Bob Kerrey. With tears in their eyes, the Senate Committee listened to the need for action. Upon leaving the hearing, I and others from our California delegation were scheduled to meet with Senators Feinstein and Boxer or their health issues aides. I was scheduled to meet with Barbara Boxer’s legislative assistant for health. Our team consisted of a person diagnosed with Alzheimer’s, a TV personality whose father was affected, and other family caregivers. I was the spokesperson for the group and gave everyone a chance to tell their story. As we heard the stories, the aide was tearful and she told us about her grandmother with Alzheimer’s. She told us we had Senator Boxer’s support and that I could meet with her for a few minutes at her Town Hall that afternoon. Later when I introduced myself to the Senator, she immediately commented on the purple sashes and said, “Thank goodness you are here. Please hurry in your research efforts!” I asked her to support increased funding for research, and later this year I learned that Sen. Boxer did sign in support of the Alzheimer’s Breakthrough Act for increased research funding [see photo].
My meeting with Senator Feinstein’s aide was not as encouraging. Sen. Feinstein is a member of the Senate Committee on Appropriations so she cannot agree to support anything involving funding. However, her aide listened and was supportive of ending the Medicare 2-year wait for persons under 65. Flying home that evening, I felt encouraged by the hearing and by Sen. Boxer’s response. Maybe Congress is beginning to listen.

Advocacy on the State level is much more complicated for me because of my role on the California Council. I am the chair of a Council subcommittee working to develop a “State Plan for Alzheimer’s Disease” that will provide an Alzheimer policy roadmap for the next ten years. This project is a partnership between the Alzheimer’s Association, the Alzheimer’s Advisory Committee (part of our State government) and four private foundations that have provided funding to develop the State Plan. The next step in the development of the State Plan was the selection of the “Task Force”. The Task Force is comprised of individuals representing the community; healthcare professionals; urban and rural representatives; as well as those from underserved minorities. I was appointed to the Task Force in September (through June, 2011) as one of two persons from San Diego and was assigned to serve on the Awareness Subcommitte. This subcommittee will look into cross-cultural community and professional Alzheimer’s education needs. My goal is to ensure that California has the necessary infrastructure to support the needs of the aging Baby Boomer generation who are at growing risk of developing Alzheimer’s, and to raise public awareness about the benefits of participation in research.

I know I can make a difference in my role as an advocate. Anyone is welcome to serve as an advocate and participation can range from minimal to significant involvement. If you are interested in serving as a State or Federal advocate, please contact me at the Shiley-Marcos ADRC, (858) 622-1800, or Pili Estall of the San Diego/Imperial Chapter of the Alzheimer’s Association at (858) 492-4400.

MEMORY WALK 2009

On October 24, 2009, “UCSD Leon’s Legacy” team (named after our late director, Dr. Leon Thal) participated in the local Alzheimer’s Association Memory Walk in Balboa Park. Our team, which was comprised of faculty, staff, families, and friends from the Shiley-Marcos ADRC and the Alzheimer’s Disease Cooperative Study raised more than $5,500 dollars for the San Diego/Imperial Chapter of the Alzheimer’s Association.

The Shiley-Marcos ADRC is completely independent of the Alzheimer’s Association and does not receive any monies generated by our Memory Walk team.
1. Early identification of Alzheimer’s disease (AD), including Mild Cognitive Impairment (MCI), and tracking progression of these conditions.

We will continue to perform annual comprehensive nursing, neurological, and neuropsychological evaluations of all of our research participants. Information and data obtained from these evaluations will be used to establish clinical diagnosis, track changes or decline in cognitive and functional abilities, and detect conversion from MCI to Alzheimer’s in mildly affected individuals. We continue to have a matching group of seniors without MCI or AD to serve as a comparative control group.

We aim to follow a total of 500 research volunteers annually including: 150 with diagnosed AD; 75 with MCI; 50 with Dementia with Lewy Bodies, and 50 with Parkinson’s Disease and Dementia; 30 with other dementias (including frontotemporal dementia); and 145 cognitively normal elderly controls. Included are 100 Hispanic participants (55 patients and 45 controls) as part of our Hispanic Program.

2. Clinical and biomarker research (markers found in blood and spinal fluid) to allow the effects of Alzheimer’s changes in the brain to be recognized during MCI and at earlier ‘preclinical’ stages when outward symptoms are not apparent.

We continue to believe that early detection of Alzheimer’s and related disorders is key to effectively treating symptoms and ultimately, to disease prevention. Advances in our understanding of the clinical and neuropsychological features of AD mean that we can achieve over 90% accuracy in our diagnosis when symptoms are still mild. However, it is thought that changes in the brain may begin up to thirty years before symptoms become outwardly apparent. Thus our researchers continue to seek ways to better identify and understand the earliest signs of change to prevent further progression through brain imaging, biomarker analysis, and neuropsychological testing (tests of memory and other areas of thinking).

3. Greater identification and understanding of non-AD dementias, in particular Dementia with Lewy Bodies, to improve diagnosis and understanding of this form of dementia.

There are over 70 causes of dementia. Although Alzheimer’s accounts for the majority of dementia cases, other forms of dementia also warrant greater investigation. Dementia with Lewy Bodies often includes symptoms and changes in the brain consistent with Parkinson’s disease. Because Dementia with Lewy Bodies results in unique symptoms and may require specific treatment, it is important to be able to differentiate this dementia from AD and to make as accurate a diagnosis as possible.

4. Understanding more about how dysfunction in synapses (connections between brain cells that help to transmit messages) and neurons (a type of brain cell) relate to AD and other dementias.

Following the work of our founding neuropathologist, Dr. Robert Terry, it is now known that the structure and function of synapses is critical in cognition, and loss of synapses is strongly associated with severity of dementia in AD. Our researchers have identified synaptic proteins that contribute to the health of the synapse and correlate with clinical findings. Drs. Koo and Masliah continue in this line of research, looking at factors that interact with or influence the synapse. Dr. Malinow, recruited to UCSD two years ago and holder of the Shiley-Marcos Endowed Chair, is applying cutting-edge molecular biology methods to studying how amyloid-beta protein causes changes in the synapses that in turn affect memory function. Dr. Subhojit Roy, an expert in studying how proteins are normally transported along the long processes of nerve cells, is now turning his attention to conditions that might alter the normal transport process to affect synaptic function. The more we understand the role of the synapse in AD, the better we can target interventions towards prevention of synapse loss and improved cognitive function.
We are committed to investigating promising clinical trials that aim to better detect, treat, or prevent AD and related disorders. Our ADRC will continue to provide a wide range of clinical trials that are coordinated and conducted by some of San Diego’s leading scientists. We maintain an ongoing collaboration with the federally funded Alzheimer’s Disease Cooperative Study (headquartered in the same building as our ADRC), a nationwide consortium of university-based research centers conducting clinical trials in AD. This collaboration positions us to be a site for the nation’s most promising clinical trials.

Along with our research investigations, the Shiley-Marcos ADRC will continue with our education and outreach efforts in the San Diego community as well as our teaching and training of promising junior scientists and clinicians. We will also continue our innovative support of families through our Quality of Life programs and ongoing consultation as needed. We clearly cannot make progress in all of our areas of investigation without the generosity of the time and participation given to us by all of the families who participate in our research. We are deeply grateful for your continued collaboration with us, and we look forward to making important advances in the understanding, treatment, and prevention or Alzheimer’s and related dementias in the coming years.

5. Translational research (moving from laboratory science to practical applications for patients) and testing promising new treatment approaches in people with AD and related dementias.

On November 17, 2009, the ADRC was a proud host site for the Alzheimer’s Foundation of America’s ’National Memory Screening Day.’ Seniors in the San Diego community with concerns about memory had the opportunity to participate in a free, confidential 20-minute memory screen in English or Spanish to learn if their performance was typical or atypical for their age.

ADRC faculty and staff offered their time, expertise, resource materials, and some brain healthy refreshments to nearly 60 San Diego seniors during this event.

For some, this ‘snapshot’ of memory function provided relief when they learned that changes were age-appropriate. For others, learning that memory decline might be greater than expected for their age may help facilitate discussion about memory with their primary care physician to encourage further medical work-up, if warranted.

DUE TO UNANTICIPATED CALL VOLUME, A SECOND MEMORY SCREENING DAY WILL BE OFFERED AT THE ADRC ON JANUARY 21, 2010.

Are you forgetting something?

- Blood Pressure
- Cholesterol
- Memory...

If changes in memory are causing concern, it may be time for a check-up.

Find out if memory screening is right for you.

Call us at (858) 677-1579 for more information or to schedule an appointment.

Shiley-Marcos Alzheimer's Disease Research Center
Clinical Trials

**If you are interested in participating or would like more information, please contact the Study Coordinator listed with each trial.**

- They can all be reached at the Shiley-Marcos ADRC - (858) 622-5800.
- There is no cost to participate in any of these research protocols.
- The Shiley-Marcos ADRC is under the direction of Douglas Galasko, M.D.

### Nerve Growth Factor

**PRINCIPAL INVESTIGATOR**
Michael Rafii, M.D., Ph.D.

**TIME INVOLVED**
24 Months

**DESCRIPTION**
Nerve growth factor (NGF) research is a phase 2 double-blind, placebo controlled study. The purpose is to test the safety, tolerability, and effectiveness of a new experimental gene transfer drug called Cere-110 in those with mild-to-moderate AD. Studies suggest that NGF may help increase the survival of neurons that degenerate in AD. The ability of NGF to prevent brain cell loss in animal models of AD has led to delivering NGF to humans. In this study NGF is delivered directly to the brain where cell death occurs. Gene therapy is experimental and has not yet been approved by the FDA.

**REQUIREMENTS**
- 55-80 years old
- On stable AD medication for 3+ months
- Have a study partner for all visits
- Fluent in English
- Are in general good health

**COMPENSATION**
Participants will receive up to $200 per year of the study for undergoing related physical examinations.

**CONTACT**
Christina Gigliotti, Ph.D. at (858) 622-5800 and ask for the "Cere-110 Study"
cgigliotti@ucsd.edu

### Biomarkers in Aging, MCI, and Alzheimer's Disease

**PRINCIPAL INVESTIGATOR**
Douglas Galasko, M.D.

**TIME INVOLVED**
Two visits per year for 5 years

**DESCRIPTION**
This study will measure levels of a number of different proteins in cerebrospinal fluid (CSF) and in blood in order to compare these biomarker levels amongst people who have normal cognitive ability, mild memory problems, or early Alzheimer’s disease (AD). Participation involves a lumbar puncture and bloodwork.

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<tr>
<th>REQUIREMENTS</th>
<th>DESCRIPTION</th>
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<tr>
<td>40-90 years of age</td>
<td>No memory problems</td>
</tr>
<tr>
<td>60-90 years of age with Mild Cognitive Impairment (MCI) or Early AD</td>
<td>In general good health</td>
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<tr>
<td>No major lower back problems</td>
<td>Have a reliable study partner</td>
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**CONTACT**
Helen Vanderswag, R.N.C., B.S.N. at (858) 622-5800 and ask for the "Biomarkers Study"
vanderswag@ucsd.edu

### Passive Immunization-Amyloid Antibody Treatment for Alzheimer’s Disease

**PRINCIPAL INVESTIGATOR**
James Brewer, M.D., Ph.D.

**TIME INVOLVED**
18 months with at least 15 visits

**DESCRIPTION**
A research study to learn if the investigational drug, bapineuzumab (AAB-001) is safe, well tolerated and effective for use in individuals with Alzheimer’s disease (AD). It is hoped that bapineuzumab will attach to amyloid in the brain and help remove it from the body. Participants will have a 60% chance of receiving the study drug vs a 40% chance of receiving a placebo (inactive drug). Throughout the study, participants will be monitored by a medical team of doctors and nurses.

**REQUIREMENTS**
- 50 to 88 years of age
- Diagnosis of probable Alzheimer’s disease
- Are in good physical health
- Have a reliable caregiver
- Blood tests, memory testing, MRIs of the brain and other study-related physical examinations

**CONTACT**
Helen Vanderswag, R.N.C., B.S.N. at (858) 622-5800 and ask for the "Passive Immunization Study"
vanderswag@ucsd.edu

### Identity 2

**PRINCIPAL INVESTIGATOR**
Jody Corey-Bloom, M.D., Ph.D.

**TIME INVOLVED**
23 Months

**DESCRIPTION**
The primary purpose of the Phase III study of LY450139, a Gamma-Secretase Inhibitor study, is to test whether LY450139 given orally will slow the rate of decline of mild-to-moderate Alzheimer’s disease as compared with placebo. Studies indicate LY450139 may inhibit the synthesis of amyloid-B (Aß) potentially slowing the underlying rate of disease progression. This is a multicenter, randomized, double-blind, placebo-controlled, Phase 3 study. At Week 64 patients receiving placebo will begin receiving LY450139 for the remainder of the study.

**REQUIREMENTS**
- A minimum of 55 years of age or older
- Has a diagnosis of mild to moderate AD
- MMSE score 16 through 26
- MRI or CT performed within the last two years
- Have a reliable study partner

**CONTACT**
Judith A. Rivera, R.N., M.S.N., F.H.N., N.P. at (858) 622-5800 and ask for the "Identity 2 Study"
jrivera@ucsd.edu

### Dimebon Study

**PRINCIPAL INVESTIGATOR**
Judith A. Rivera, R.N., M.S.N., F.H.N., N.P. at (858) 622-5800 and ask for the "Dimebon Study"
kwetzel@ucsd.edu

**TIME INVOLVED**
18 months with at least 15 visits

**DESCRIPTION**
This is a multicenter, randomized, double-blind, placebo-controlled study of donepezil (Aricept®), improving the symptoms of Alzheimer’s disease. Participants will be randomly assigned to one of three groups: 5 mg Dimebon three times a day, 20 mg Dimebon three times a day or placebo (a pill with no active drug) three times a day. All participants will also take a stable dose of donepezil 10 mg once a day. At the end of the study, participants will have the opportunity to enter an additional Dimebon study and receive 20 mg Dimebon three times a day until Dimebon is approved for sale.

**REQUIREMENTS**
- Age 50+ with mild-to-moderate AD
- Currently taking Aricept® 10 mg /day
- Are not currently taking Namenda®
- Able to read and write in English

**CONTACT**
Karen Wetzel, M.P.A.S., PA-C. at (858) 622-5800 and ask for the "Dimebon Study"
Seven researchers from the University of California, San Diego School of Medicine and the Shiley-Marcos ADRC are listed among the top 100 Alzheimer’s disease investigators in the world according to an article in the March issue of the Journal of Alzheimer’s Disease. UCSD researchers in the top 100 include Eliezer Masliah, MD, David P. Salmon, PhD, Edward H. Koo, MD, and Douglas Galasko, MD, of the Department of Neurosciences and the Shiley-Marcos Alzheimer’s Disease Research Center; and Lawrence A. Hansen, MD, of the Departments of Pathology and Neurosciences.

Dr. Masliah was ranked #12 on the list of “most prolific” investigators for the period January 1, 1985 through April 21, 2008, with a total of 324 published papers. He also ranked #13 in “most-cited authors” with 18,636 scientific citations for his work with nerve tissue proteins, and #7 for the total impact of that research.

We are very proud of our Shiley-Marcos ADRC scientists and the extraordinary contributions they continue to make in advancing knowledge about Alzheimer’s and related disorders around the world.

Also included in the list are two former chairs of the Department of Neurosciences and directors of the Shiley-Marcos Alzheimer’s Disease Research Center, Leon Thal, MD, who passed away in 2007, and Robert Katzman, MD, who passed away in 2008.

Dr. Jody Corey-Bloom Named One of San Diego’s Top Neurologists for the Seventh Year in a Row

Jody Corey-Bloom, MD, PhD, a UCSD professor in neurosciences and a senior neurologist with our Shiley-Marcos ADRC was named one of San Diego’s top neurologists for the seventh year in a row by peers of the San Diego County Medical Society. Medical Society member physicians vote for those board-certified doctors who practice within San Diego County to whom they would refer their own patients and family members. Only one in 20 San Diego physicians was peer-selected for the “San Diego’s Top Doctors” list this year, so it is quite an honor to be recognized by one’s peers with such consistency. Dr. Corey-Bloom not only cares for patients with Alzheimer’s and related dementias, but is also director of the UCSD Multiple Sclerosis Center and the UCSD Huntington’s Disease Center of Excellence.
THE ADRC WELCOMES OUR NEWEST STAFF

Melissa Lehmer, MD
Expecting First Child

I grew up in the friendly city of Pittsburgh, PA and attended college at Boston University, where I obtained my BA in Psychology and minored in Biology. Subsequently, I earned my Master in Public Health (MPH) in Social and Behavioral Sciences, also at Boston University, while working full-time as a research coordinator at the BU Arthritis Center. I finally came to my senses and moved west to California, attending medical school at the University of Southern California. I completed my internship in internal medicine at Santa Clara Valley Medical Center in San Jose, CA and returned to southern California for my neurology residency at UCSD. After finishing residency in June, I am happy to now be a dementia fellow here at the San Diego VA and UCSD. When not working, I enjoy running, hiking, traveling, and fine dining with my husband. Recently, I have also enjoyed preparing for a special delivery of our first child due this December!

Sarah Espinoza
Seasoned Traveler

I have called many places “home.” I was born in the Central Valley of California, and have been a traveler ever since. I grew up in Sinaloa, Mexico and returned to the United States at the age of ten. I lived in Los Angeles for eight years, and moved to San Diego for my BA in Spanish Literature at the University of California, San Diego. I have been adopted by the beautiful city of San Diego ever since. As an undergrad, I studied abroad in Argentina and traveled to Peru, Bolivia, and Brazil. It was through my travels and personal history that I became interested in language acquisition and retention. Currently, I am working as a psychometrist at the ADRC and plan to pursue a Master’s in Speech Pathology. I enjoy traveling, reading, photography, and spending time with my family and friends.

Patricia Gorospe
“Hula with my halau”

I was born and raised in San Diego, CA. I have a wonderful husband and four beautiful daughters. I received my BA in Accounting from National University. I’ve worked in both the public and university environment being at the university now for 20 years (Departments of Biological Sciences; Electrical and Computer Engineering; the Dean’s Office at the School of Medicine; Medical Education) and now here at the ADRC as the Sponsored Projects Analyst. In my spare time I enjoy spending time with family and a close knit group of friends; Hula with my halau “Naleonuoliakeakua;” playing piano; leading women’s bible study; taking child development courses with my daughter; and going to the beach here in beautiful San Diego. I thank God everyday for His blessings. Aloha.

Jagan Pillai, MD
Aspiring Surfer

I spent my childhood in Kerala state in India. After finishing my medical school at the University of Kerala, I moved to Chicago to complete my PhD at Northwestern University. I went on to do my neurology training at Albert Einstein College of Medicine in New York City. I am now at the UCSD/ADRC for my fellowship. I am happy to be here for two reasons: I was looking forward to working in a specialized setting where I could be exposed to cognitive changes in neurodegenerative diseases, and I liked life in San Diego during my brief forays here before. I am hoping I will become a decent surfer here eventually. Professionally, I am interested in finding ways to improve functional capabilities in people with dementia and other neurodegenerative diseases. I also enjoy movies, as well as reading and talking about them, when I am not hiking, skiing, or running.
Cognitive rehabilitation is often used after stroke or traumatic brain injury to teach individuals ways to compensate for memory or attention problems, with the goal of improving daily functioning. There is emerging evidence that cognitive rehabilitation techniques may be effective in individuals with Mild Cognitive Impairment (MCI). Mild Cognitive Impairment is thought to be a precursor to Alzheimer’s. Importantly, because individuals with MCI are still largely independent in most activities of daily living, cognitive interventions in this population may help prolong the period of independence and bolster cognitive functioning.

Dr. Amy Jak and her colleagues have a new pilot study funded by the UCSD Shiley-Marcos ADRC to investigate whether a cognitive rehabilitation and education program can have a positive effect on memory and other thinking abilities of individuals with MCI. The study will employ the Cognitive Symptom Management and Rehabilitation Therapy (CogSMART), a group cognitive training class that provides education about cognitive changes during aging, targets cognitive skills that are affected by MCI (such as memory and problem solving), and addresses daily functioning goals. During each class, education and techniques are provided in a specific cognitive domain, (e.g., memory, problem solving, language) and the skills are practiced and individualized to each participant’s own situation. In this way, the intervention can be conducted in groups, allowing for participants to share strategies with each other, but the content can be individually tailored. The skills taught during the program are then generalizable to each participant’s unique situation. There are no medications involved in this study.

We are looking for 40 medically healthy participants who have MCI, live at home, and are ages 65 or older. Half of the participants will receive the cognitive class which is held once a week for 10 weeks, and the other half will be in a control group which does not receive the class. However, the control group members can attend the class after the 10-week waiting period, if interested. Both the treatment and the control group will undergo neuropsychological assessments at the beginning of the study, again after the first 10 weeks, and finally, three months after the end of the study. All participants can continue with any of their routine, medically indicated medical or mental health care during the course of the study. We hope that participation in the 10-week intervention will lead to improved performance in memory or others areas of thinking, as well as improved daily functioning. Participants will be reimbursed for their time.

Interested individuals should contact Dr. Jak or her research associate, Ashley McCauley, at (858) 552-8585 Ext.2670.

Amy J. Jak, Ph.D

Dr. Jak received her doctorate in Clinical Psychology, with specialization in neuropsychology, from the University of Cincinnati (2004). She completed a postdoctoral fellowship in neuropsychology at the VA San Diego Healthcare System/Veteran’s Medical Research Foundation from 2004-2007. Currently, she is an Assistant Professor (In Residence) of Psychiatry at UCSD and a Research Psychologist at the Veterans Affairs San Diego Healthcare System. Dr. Jak’s current research is funded by a VA Career Development Award and an Alzheimer’s Association New Investigator Award.

Dr. Jak’s research focuses on neuropsychology and neuroimaging in normal aging and mild cognitive impairment. Specifically, her current research examines how protective behavioral factors (e.g., physically and mentally active lifestyles) impact cognition and brain structural integrity. Additionally, her research examines the potential for activity levels to modify genetic risk for cognitive decline. Other research interests center on the neuropsychological presentation of mild cognitive impairment, mild traumatic brain injury, and post-traumatic stress disorder.
Memories at the Museums

**In Fall, 2006** the Shiley-Marcos ADRC began a collaboration with the San Diego Museum of Art (SDMA) to develop **Memories at the Museum**, a quarterly series of docent-led tours for people with Alzheimer’s and an accompanying family member or friend. The program has been running for three years now and we have learned a great deal about how to make the experience meaningful for the participants.

Beginning January, 2010, Memories at the Museum will expand to include the Timken Museum of Art and the Mingei International Museum. These three exceptional museums are located in a shared courtyard in central Balboa Park. The program will now be monthly and will alternate between the museums. **Museum admission and tours are free of charge to participants and are scheduled on the second Friday of each month from 2:00-3:00 pm.**

**2010 Schedule**

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<thead>
<tr>
<th>SDMA</th>
<th>Mingei</th>
<th>Timken</th>
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<tbody>
<tr>
<td>January 8, April 9, July 9, October 8</td>
<td>February 12, May 14, August 13, November 12</td>
<td>March 12, June 11, September 10, December 10</td>
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Memories at the Museums is designed for people with mild-to-moderate Alzheimer’s who are accompanied to the museum by a family member or friend for a shared experience. The program is limited to 8 pairs per tour. Pre-registration is required. Please call Lisa Snyder, LCSW at (858) 622-5800 to register for a tour.

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**The Charitable IRA Legislation is back for a repeat performance.**

*Don’t miss this second chance to make tax-free gifts from your IRA!*

There’s good news for individuals aged 70½ or older with individual retirement accounts. Thanks to the extended charitable IRA legislation, you can once again make outright gifts up to $100,000 per year using IRA funds without tax complications.

If you are required to receive minimum distributions from your IRA and you do not need the money for personal use, consider using those funds as a charitable gift. While you cannot claim a charitable deduction for the IRA gifts, you will not pay income tax on the amount. Gifts must be completed by December 31, 2009.

This is an excellent opportunity to give to our Shiley-Marcos Alzheimer’s Disease Research Center (ADRC). Donations can be designated to go to research, support programs, or other components of our Shiley-Marcos ADRC.

If you have any questions or would like a free copy of our brochure entitled, *Use Your IRA the Smart Way*, please contact Geoff Graham at (858) 822-6619 or visit the UCSD Planned Giving website at www.plannedgiving.ucsd.edu.

**For general end-of-year donations (which are tax-deductible) please use the envelope in the center of this newsletter.**
You're Invited!

January 13, 2010
10:00 AM – 12:00 PM

Sheraton Hotel
3299 Holiday Court
La Jolla, CA 92039

(Across the street from the ADRC, behind the gas station as you're coming up the hill)

To RSVP for this event, please call (858) 622-5800