Dear valued participants,

We hope that you are all doing well and staying healthy. We continue to be grateful for your participation in our observational longitudinal study at the UC San Diego Shiley Marcos Alzheimer’s Disease Research Center (SMADRC) and appreciate your flexibility during this unprecedented time. Our center cannot fulfill our mission without the participation of our generous volunteers, and we are working hard to adapt our study design and operations to adhere to COVID-specific policies, procedures, and precautions to keep our participants and staff safe while continuing to collect important longitudinal data and offer critical support services. We are writing to provide you with an update regarding the current status of the longitudinal study administration and SMADRC approach to research operations. Our hope is to provide you with information regarding the impact it will have on your participation and about supplemental opportunities and offerings available to you during this time.

We sincerely appreciate your continued contributions to our research through your willingness and time spent answering our surveys and telephone interviews. Due to the design of the observational longitudinal study, it is critical that we assess our participants annually to review changes in thinking, everyday activities, and other important factors in each participant compared to his/her baseline status. We have been telecommuting since mid-March and have made modifications to our research protocol to collect a subset of our annual visit data remotely (either by telephone or Zoom). This remote annual visit entails two separate appointments that vary in length from 45 minutes to two hours each. The collected data is still being reviewed by our multidisciplinary team of faculty experts and feedback will still be provided in the form of a written letter. We hope you will understand that collecting data remotely is experimental and that only a subset of the data typically used to make a research diagnosis and provide feedback is being gathered. Those factors will significantly impact the ability of our faculty reviewers to make an informed diagnostic assessment and provide the level of feedback that is customary with the typical in-person assessment.

The health and safety of our older adult volunteers is of critical importance to us. As COVID restrictions slowly relax to allow for more in-person assessment, we will use a conservative and staged approach to resuming in-person operations and continue to conduct as much of the visit process remotely as possible. We are carefully monitoring space usage and density requirements to remain in compliance with university health system regulations. A subset of studies that involve interventions and biomarker assessment (imaging and LPs) are beginning to invite participants back to the clinic for in-person appointments. SMADRC affiliated researchers that are studying brain imaging, biomarkers, and social determinants of health might reach out to you to discuss these opportunities. If you have agreed to be contacted about additional research, these researchers may invite you for an in-person visit at an affiliated lab. Your participation in the longitudinal study will not be impacted by your willingness to agree to these additional studies, but participation may supplement the limited data collected during our remote assessment for the 2020 visit, as we have data sharing agreements with these investigators. Many of these researchers have recorded brief educational presentations, so you can learn more about their enrolling studies: https://www.youtube.com/channel/UCSCiAm6uzYWUzET8CRRsWiQ/featured
If you are willing to visit an ADRC affiliated research lab, these precautions will be required:
1) symptoms survey prior to visit (for staff and participants)
2) temperature check upon arrival (for staff and participants)
3) masks required for all persons in the clinic space
4) frequent hand and surface washing

While we continue to operate remotely, we want to be sure you are aware of our ongoing efforts to provide outreach, support, and education with the following resources:

1. A COVID-19 webpage, including specific resource lists for seniors and those living with memory disorders that are linked to this page. We hope you will find this helpful and share it with others who may benefit from the information. We are updating it regularly as new resources become available: [http://adrc.ucsd.edu/COVID-19.html](http://adrc.ucsd.edu/COVID-19.html)
2. Our social workers are still offering our wide array of support groups virtually via Zoom.
3. Our social workers are available to you if you need information, referrals, or support. Please reach out to Tracey Truscott, LCSW ([ttruscott@ucsd.edu](mailto:ttruscott@ucsd.edu)) if you are in need of these services.
4. We have developed a new virtual educational series. The Brain Blast Series features faculty experts giving concise presentations that are tailored for an easy to understand overview about a wide range of topics related to cognition and aging. New presentations are being recorded and uploaded to our SMADRC YouTube Channel: [https://www.youtube.com/channel/UCSCiAm6uzYWUzET8CRRsWiQ/featured](https://www.youtube.com/channel/UCSCiAm6uzYWUzET8CRRsWiQ/featured)
5. We continue to honor brain autopsy donations, unless the participant has been diagnosed with COVID-19.

Thank you for your contributions to date. We appreciate you and hope to retain you in this valuable research. Please reach out to us if you have any specific questions or concerns. We will reach out to you with additional updates and you can review announcements from our center on our website at [adrc.ucsd.edu](http://adrc.ucsd.edu).

Sincerely,

The Shiley-Marcos ADRC