

GIFTS THAT COST YOU NOTHING NOW



By leaving a gift to the Alzheimer's Association in your will, trust, or by beneficiary designation, you will not only leave a meaningful legacy, but you will also be able to maintain your current financial status during your lifetime. Your legacy of selflessness will help provide meaningful care and support for individuals living with Alzheimer's disease and their families — and support the critical research that will lead to better treatment, prevention and, someday, a cure.

If you wish to ensure your support of the Association lasts beyond your lifetime, a gift to the Alzheimer's Association in your will or trust may be one way to touch the lives of millions. You may provide your attorney with the following sample bequest language:

I give to the Alzheimer's Disease and Related Disorders Association, Inc. (doing business as the Alzheimer's Association), currently located at 225 North Michigan Avenue, 17th Floor, Chicago, IL 60601 _____ (insert specific dollar amount or percentage) in support of its full mission. Federal tax identification number: 13-3039601.

When you leave a legacy of kindness with the Alzheimer's Association, you will also become an honored member of our Founders Society. Members of this group enjoy benefits such as exclusive news updates; the opportunity to take an active role in awareness and advocacy campaigns; a subscription to our philanthropy magazine, *Aspire*; and more. If you would like to learn more about legacy giving, visit alz.org/plannedgiving or connect with a Planned Giving Specialist.

THE LONGEST DAY®

The Longest Day® is the day with the most light — the summer solstice — and this year, you can join millions of people around the world who are uniting to fight the darkness of Alzheimer's disease. This year, on June 20, you can turn an activity of your choice into a force for good.

Visit alz.org/TLD2021 today to learn more about how you can get involved.



ALOIS
SOCIETY
alzheimer's association

To learn more about your Alois Society membership, visit alz.org/Alois.

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ALOIS SOCIETY CONNECTOR

WINTER 2021

VIRTUAL CARE AND SUPPORT

Thanks to your generosity, the Association can offer support groups, resources and connection opportunities for caregivers and individuals living with Alzheimer's disease — which for many, have been so vital over the past year. Before COVID-19, most support groups and seminars were available in person. Since so many people rely on these sources of information, understanding and support, we had to find a way to meet their needs safely.

As the world adjusts to life during COVID-19, your leadership has meant so much more — for communities across the nation that need it, care and support has remained available. Over the past year, the Association has quickly pivoted to offer a rich variety of online resources, including:

- **The COVID-19 Help Center**, a new online platform for caregivers to assist in navigating the pandemic. With helpful blog posts, tips and webinars in which caregivers can ask experts questions regarding COVID-19, the Help Center serves as a reliable source for people affected by Alzheimer's to find dependable resources and to know that they are not alone, despite the challenges they may face.
- **Virtual support groups**, all of which provide a source of support and community for attendees. Due to the COVID-19 pandemic, all support groups are hosted via phone or video conference instead

of in person. Meeting schedules will be assessed on a month-to-month basis. Visit alz.org/events or call **800.272.3900** to find the support group meeting that works best for you.



- **Online classes** for people living with Alzheimer's, their families and caregivers, in which participants can learn more about what to expect after an Alzheimer's or other dementia diagnosis. Classes shifted to online webinars and video call conferences to allow attendees to have access to this crucial information while remaining socially distant. Visit alz.org/help-support/resources or call **800.272.3900** to find the best online educational program to suit your needs.
- **ALZConnected®** (alzconnected.org), our active online community for anyone facing the disease. As the COVID-19 pandemic began to unfold early last year, millions of people around the world found

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Welcome

to the new issue of **Alois Society Connector**, published exclusively for members of the Alzheimer's Association® Alois Society. You belong to an extraordinary group of people who offer inspiration, as well as financial leadership, to support the Association's efforts to provide vital care and support programs, advance research, and shape public policy that improves the lives of all those affected by this devastating disease. Thank you for your exceptional commitment.

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DONOR IMPACT: VIRTUAL CARE AND SUPPORT (CONTINUED)

themselves having to adapt to new, unfamiliar caregiving responsibilities and health guidelines. This special online destination has been an invaluable source of personal connection and understanding for millions of caregivers, family members and people living with Alzheimer's.

- **The Alzheimer's Association free 24/7 Helpline (800.272.3900)**, staffed with master's-level clinicians who are standing by to offer assistance and resources on everything from stages of the disease and caregiving to care referrals and next steps.



For the millions of Americans who have not only been affected by Alzheimer's disease but have also been disproportionately impacted by the pandemic, this past year has been challenging due to physical distancing guidelines and caregiving responsibilities. Despite these difficulties, it has been because of your leadership that our critical care and support programs can continue.

CDC SELECTS ALZHEIMER'S ASSOCIATION AS NATIONAL PUBLIC HEALTH CENTER OF EXCELLENCE ON DEMENTIA RISK REDUCTION



In the coming months, a new nationwide effort will be underway to fight Alzheimer's and all other dementia through risk reduction strategies. Advancements like this are made possible by the continued compassion of our supporters. Countless health care professionals

will now be able to better assist at-risk Americans with dementia risk reduction strategies — and it is all thanks to the generosity of our community.

The Alzheimer's Association announced in September that it has been selected by the Centers for Disease Control and Prevention (CDC) as the BOLD Public Health Center of Excellence (PHCOE) on Dementia Risk Reduction. The

Association will lead a nationwide effort to develop and disseminate public health strategies and resources aimed at reducing risk of cognitive decline and dementia. The Association is one of only three BOLD Centers throughout the country — and the only one dedicated to dementia risk reduction.

As the PHCOE on Dementia Risk Reduction, the Association will translate current science into materials on risk reduction that state, local and tribal public health agencies can use, including tools to reduce

risk in diverse communities. The Association will work with these agencies and the broader public health community to implement risk reduction best practices and proven strategies — and it is because of your support that health care experts across the nation will now have the tools they need to better aid patients across these diverse communities.

This CDC PHCOE grant further elevates the Association's leadership role in developing and delivering needed public health strategies and resources to help local communities tackle Alzheimer's disease. Earlier last year, the CDC expanded and renewed for another five years the Association's Healthy Brain Initiative (HBI) grant, which began in 2005. During that time, HBI has been a catalyst for securing collection of state data on Alzheimer's-related issues, developing Public Health Road Maps to guide public health agencies in addressing Alzheimer's and developing the first university public health curriculum on Alzheimer's for the future public health workforce.

The Association has been selected for this incredible opportunity because of supporters like you. The Alzheimer's Association is at the forefront of Alzheimer's and dementia care, support, research, and now, risk reduction. We hope you will join us in this new and exciting journey. With your support, we will continue to work toward our vision of a world without Alzheimer's and all other dementia®.

RESEARCH SPOTLIGHT: BLOOD BIOMARKERS FOR PREDICTION OF VASCULAR COGNITIVE IMPAIRMENT & DEMENTIA — 2020 ALZHEIMER'S ASSOCIATION RESEARCH GRANT TO PROMOTE DIVERSITY (AARG-D) RECIPIENT

Though the COVID-19 pandemic proved to be challenging for the scientific and medical communities, it is thanks to the commitment and compassion of our supporters that Alzheimer's research did not stagnate — it adapted in the face of this adversity. Researchers studying Alzheimer's and dementia continue to advance our understanding of new biomarkers — tools to measure changes in a person's biology — that may indicate the possibility of a future diagnosis of Alzheimer's or another dementia.

Can a blood test measure a person's risk for specific causes of dementia and other brain disorders? Dementia is a general term for loss of memory and other mental abilities that could make daily life challenging. There are many causes of dementia, including vascular (blood vessel) dementia, frontotemporal dementia, Alzheimer's, etc. Research suggests that the brain changes associated with vascular dementia, Alzheimer's and other causes of dementia start decades before clinical signs — including decline in memory — are evident. Early brain changes in some of these diseases, such as vascular dementia, may include a decrease in the blood flow to various regions in the brain, depriving the brain cells of oxygen and nutrients. This could lead to damage throughout the body, including the brain.

Dr. Hugo J. Aparicio, at Boston University, believes that studying blood-based biological markers (biomarkers) for cognitive impairment associated with vascular disease may help identify these individuals and be an important component for an accurate and early diagnosis.

The researchers will leverage data from a large study of aging and heart health called the Framingham Heart Study. They will analyze blood samples and brain scans (magnetic resonance imaging or MRI) from older participants in the study and use state-of-the-art techniques to

measure levels of proteins known to change in these brain diseases. These include measuring a key protein that is changed in Alzheimer's and other brain diseases, tau, and another protein that is linked to the brain cell death called neurofilament light chain.

The research team will study how different levels of these blood-based measures may be associated with brain changes seen on the brain scans, including damage to white matter (the "wiring system" used by brain cells to communicate with one another). If successful, Dr. Aparicio hopes that by identifying these associations, he and his team may help identify multiple biomarkers that could help detect early-stage dementia.

It is thanks to the generosity of our supporters that this progress is possible. With your help, we can continue to fund the advancement of early detection science and help individuals and families receive the early intervention that can make a difference in their lives.

