



HealthPartners®

Center for Memory & Aging

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651-254-7000

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In Memory of...

Cathy Iffert's Mother; Clara Moonen Klein

It is such an honor for the HealthPartners Center for Memory & Aging to be the place to which Cathy Iffert made a donation in her mother's honor. Cathy was surprised when people gave her money at her mother's funeral, but she knew right away she wanted to use the money to help others who are dealing with the same terrible disease. Cathy knew Dr. Leah Hanson and had heard about her work with Alzheimer's research at the Center for Memory & Aging. In Cathy's mind it was a perfect fit to donate the money to support the research.

Thank you to Cathy and her family for making that choice. To help keep Clara's memory alive, we wanted to write this story.

Clara Moonen Klein:



Clara was born in 1919 on a farm outside of Albany, Minnesota. The 7th of 12 children (6 boys and 6 girls) Clara was educated in a one-room school house located on the family farm until it closed in 1970. Clara went as far as 8th grade in school and then helped out new mothers. Eventually, Clara and two of her sisters moved to Oregon where they worked as maids

and then moved to the East coast for a time until she finally returned to Minnesota.

Clara met Wendelin Klein at school, but it was not until Clara started to write to Wendelin when he was at war that they really got to know each other. Wendelin was in the army and stationed at Pearl Harbor when it was bombed, but eventually he returned home. Clara joined the woman's Army Corp (WAAC), but quit after the war ended because she wasn't allowed to remain involved. Clara and Wendelin were married in 1950.

Clara and Wendelin had Cathy. Clara stayed home, took care of Cathy and other children as needed. In addition to being the peace keeper among her siblings, Clara's interests included quilting, sewing, embroidering and cooking. Clara passed these skills to Cathy. Clara was known for her apple pie, a favorite which was served at the funeral.



Clara Klein and Cathy Iffert

Clara and Wendelin lived a simple life. In 1989 Wendelin died and eventually Clara was diagnosed with Alzheimer's disease. Other difficulties led Clara to move to the Ebenezer Care Center. This ended up being a great decision for Clara as she loved the activities and outings the center offered. Clara died on March 24, 2013, a few weeks short of her 94th birthday. She was a simple

woman who lived a simple life. One of Cathy's three grown boys bought Clara's house and currently lives there.

Cathy reflected quietly upon her mother: "I understand why she had to go, but I wish she didn't have to. Life was very hard for her."

How to Donate

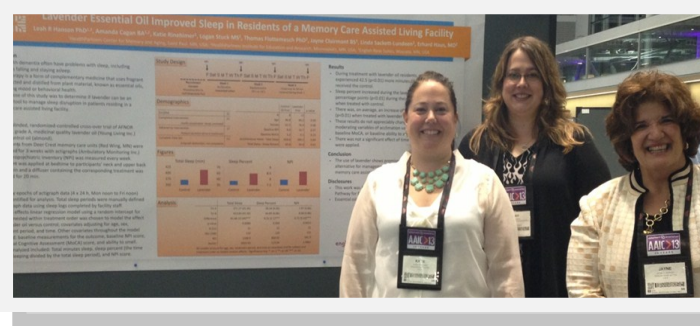
Secure on-line donations can be made at www.healthpartners.com/memoryloss or by clicking <https://3086.thankyou4caring.org/memory-and-aging-donations>. If you have questions, wish to discuss a planned gift or special bequest, call 651-254-7000 and select option 2.

Gifts made to the Center are processed through Regions Hospital Foundation, a charitable organization that as part of its mission raises funds on behalf of HealthPartners Center for Memory & Aging and other programs in patient care, medical research and education.

RESEARCH UPDATE

Our trial shows that lavender essential oil improves sleep in people with memory loss.

People with dementia often have problems with sleep including difficulties falling and staying asleep. Twenty-two residents from memory care units in the Deer Crest assisted living facility (Red Wing, MN) were enrolled in this blinded, randomized-controlled cross-over trial of lavender oil versus placebo oil. Sleep was monitored for 3 weeks with an actigraph (a watch-sized device that measures movement). The first week was used to get people used to the study procedures. Next, participants were chosen by chance to receive either lavender or placebo (almond) oil in week 2 and then switched to the other oil during week 3.



This work was presented in July at the Alzheimer's Association International Conference held in Boston. Co-authors Dr. Leah Hanson (center), Katie Rinehimer (left) and Jayne Clairmont (right) were in attendance.

Just before bedtime, 6-8 drops (a dime sized droplet) of oil was applied to the back of the neck, across the shoulder blades and down the spine of the participant. This takes about one minute. A diffuser containing the same oil was also turned on with a timer for 20 minutes as the subject was going to bed. This was repeated every day of the study with lotion being used in place of the oil during the first week for acclimation.

The total minutes of sleep were calculated after sleep periods were defined using data from sleep logs. Statistical analysis was conducted on data from four 24-hour weekday periods of time. This was done to avoid the changes in schedules that occur over the weekends. The analysis controlled for, among other things, individual variation in sleep and the order of lavender oil application.

The average age of our participants was 86 years and 29% of participants were male. Their average Montreal Cognitive Assessment score was 7.0, which indicates severe cognitive impairment. As we expected, there was considerable variation in sleeping patterns across subjects. The total minutes of sleep per night with placebo oil was 371 minutes. This significantly increased by 42.5 minutes during the week in which they received lavender. We did not see a significant effect of time or the order in which oils were applied.

This study shows promise for the use of lavender as a non-pharmacologic alternative for management of sleep disturbance in people with memory loss. We are excited to publish this data and search for funding to investigate the use of lavender on a larger scale in people with memory loss. A special thank you to Pathway for Elders, the non-profit group which donated funds to support this research, and to Young Living, Inc., for donating the essential oils and diffusers. This research was conducted as a partnership between the Center of Memory & Aging, English Rose Suites and Deer Crest Assisted Living Facility.

Click here to see the video of Dr. Hanson discussing this study: <http://www.youtube.com/watch?v=4clhG1P2LiA>

Or visit www.facebook.com/fightmemoryloss



Finding new ways to identify, treat and prevent memory loss.

For information visit
www.mnmemoryproject.org

CMA is Represented at the Alzheimer's Association International Conference

The HealthPartners Center for Memory & Aging (CMA) was well-represented at the Alzheimer's Association International Conference in Boston from July 13-18, 2013. This meeting is the largest dementia conference in the world with 4,500 attendees and is responsible for bringing together pioneering researchers and clinicians dedicated to finding a cure for Alzheimer's Disease. Displaying its commitment to creating dementia care models and offering patients novel opportunities to treatments, CMA had three separate presentations in these areas of interest.



Dr. Michael Rosenbloom,
Clinical Director

Dr. Terry Barclay, director of neuropsychology, teamed up with the Alzheimer's Association to present his work with the Act on Alzheimer's Movement. Dr. Barclay has worked with this multidisciplinary group in developing toolsets to assist Minnesota primary care providers in the diagnosis of Alzheimer's Disease. This ground-breaking work was captivating enough that the Wall Street Journal published an article where Dr. Barclay is quoted.

CMA had two poster sessions evaluating novel treatments for Alzheimer's Disease. Dr. Rosenbloom, clinical director of CMA, presented the results from the pilot intranasal insulin study in mild-moderate Alzheimer's Disease. This was the first investigation to specifically focus on rapidly active insulin in Alzheimer's patients who are carriers for the ApoE4 genotype. Dr. Leah Hanson, the co-director of CMA research, concentrated on palliative therapies in Alzheimer's Disease, showing that essential oil lavender increased sleep duration by about 40 minutes in moderate to severe patients.

The CMA clinical and research team plan to build upon these pilot projects. Dr. Barclay continues his work with ACT on Alzheimer's. Dr. Rosenbloom will be the primary investigator for a larger intranasal insulin trial that will follow patients chronically treated with insulin over 6 months, and Dr. Hanson hopes to compare essential oil therapies to conventional anti-insomnia drugs such as Ambien. Get ready for an exciting year!

Click here to see Dr. Barclay's quote: http://online.wsj.com/article/PR-CO-20130714-900002.html?mod=googlenews_wsj&utm_source=July+13+e-news&utm_campaign=july13enews&utm_medium=email

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Get to Know Us

Sessions

One-hour overview of the latest research, clinical trials and unique patient care model at the Center for Memory & Aging

Regions Hospital

640 Jackson Street, St. Paul

10:00-11:00 AM

November 11

Please **RSVP** to:

Kelly at Regions Hospital
Foundation
651-254-2376
Kelly.M.Johannsen@
healthpartners.com

On Tuesdays at the St. Paul Specialty Clinic, the HealthPartners Center for Memory & Aging offers a Diagnostic Clinic Day where patients can see a neurologist, neuropsychologist, geriatric psychiatrist, physician assistant and nurse all at one visit.

To make an appointment call 651-254 7000 and press option 1.

**Thanks to our friends Mark Anderson and
Stuart Schmitz who answered
Some Legal and Financial FAQs:**

We are frequently asked important and difficult questions. Below is one we see often :

Is it possible to receive Medical Assistance benefits to help pay for long-term care services received at home? Must you be over age 65 to receive such benefits?

There are several programs that provide funding for home and community-based services, including one program (Community Alternatives for Disabled Individuals) that provides coverage for eligible individuals under the age of 65. The types of services covered include respite care, homemaker services, day care, personal care assistant services, and home health aide services, to name just a few. The programs that provide such services are Elderly Waiver (EW), Alternative Care Grant program, Community Alternative Care (CAC), Community Alternatives for Disabled Individuals (CADI) and the Traumatic Brain Injury Waiver. Each program has its own set of eligibility criteria, which are similar, but not identical to the Medical Assistance program.

Send questions to memoryloss@HealthPartners.com.

READING CORNER

Dr. Bill Frey, CMA Co-Director, had his article "Sniffing Out New Strategies in the Fight against Alzheimer's Disease" published on August 21, 2013 in the [Scientific American](#). This article describes Dr. Frey's discovery of the intranasal method as a way to treat Alzheimer's disease.

Click here to see Dr. Frey's article:
<http://www.scientificamerican.com/article.cfm?id=sniffing-out-new-strategies-in-the-fight-against-alzheimers-disease>

Or visit
www.facebook.com/fightmemoryloss.



Artists for Alzheimer's Research

Erika Hiller donated this triptych which we displayed at the 2013 fundraising breakfast and made into greeting cards. If you are interested in your art being considered for this new program email

ann.m.brombach@healthpartners.com

Thank You to our Wonderful 2013 Breakfast Sponsors!



Brain Bank Research Program

The HealthPartners Center for Memory and Aging has a Brain Bank Research Program which began over 30 years ago. This brain bank is one of the world's largest collection of brain tissue, with brains obtained from individuals who suffered from a form of dementia. The bank contributes to research on the neurochemistry, physiology, and diagnosis of dementing illnesses. In addition, clinical records and a family history are obtained for each donor to better understand each dementing illness and to work towards improving the diagnosis, treatment, and prevention of these diseases. Since an autopsy provides valuable diagnosis of the exact dementia of a loved one, it adds important information to the family medical history.

The Brain Bank Research Program has resulted in many important publications and findings. These findings include the discovery that the APOE allele is altered in the brains of patients with Alzheimer's disease, in addition to finding that glucose uptake and utilization is decreased in the brains of Alzheimer's patients, which contributed to the discovery that intranasal insulin improved memory in patients with the disease. This Brain Bank plays a critical role in unlocking the mystery behind Alzheimer's disease and other dementing illnesses.

To speak to the Autopsy Coordinator and discuss fees involved, please call 651-254-7000 and press option 2.

What we were up to this summer:

We hosted a table at the 9th annual Alzheimer's "Ride for the Mind" was held June 15 in Royalton, MN. Once again, they graciously donated a portion of their fundraiser proceeds to help us fight Alzheimer's disease! Over \$24,000 was raised in total!

We hosted a table at the second annual 5 mile "walk, run or bike for Alzheimer's Research" which was organized by Kathy Dressen with the help of the First Financial Bank. It was held on June 29 at 8:00 A.M in Winnebago, MN. They had good weather and a great turnout for this event.

An All-Staff Retreat was Monday, August 5 at the new American Academy of Neurology. The first of our new yearly awards were handed out. We finished the day at the New Bohemia Restaurant in Minneapolis!



Awards given at staff retreat, from left to right:

Aleta Svitak-Impact in Research, Amy Steiner-Excellence in Clinical Practice, Peter Knudson-Team Spirit

In The News:

Our Dr. Terry Barclay presented at the Alzheimer's Association International Conference 2013, held in Boston, which resulted in Dr. Barclay being quoted in a Wall Street Journal Article.



Terry R Barclay, PhD, LP
Clinical Director Neuropsychology

CMA Student Volunteer Receives Scholarship at Regions

Each year, the Volunteer Services Department at Regions Hospital honors two outstanding student volunteers who are continuing their education in health care.

This year we are proud to announce that Alaina (AJ) Koloc is one of the recipients of the Daniel Gaither Memorial Scholarship and the Volunteer Services Scholarship. AJ will each be awarded a \$1,000 scholarship toward her post-secondary education this fall.

Volunteers at Regions Hospital improve the experience of patients and their guests while also providing a valuable experience for students interested in the health care field.



Meet the recipient **AJ Koloc**

AJ became a volunteer at Regions in 2012 and has since contributed more than 520 hours of service to the hospital. She is currently volunteering for the Alzheimer's Research Lab and has volunteered for the Cancer Care Center, Guest Services and Surgery Center.

AJ began her junior year this fall as a biology major at the University of Minnesota. She intends to apply to medical school after she graduates and has a strong interest in surgery. When not volunteering, AJ can be found studying for the MCAT and attending American Medical Student Association pre-med activities.