



HealthPartners®

Center for Memory & Aging

www.healthpartners.com/memoryloss

www.facebook.com/fightmemoryloss

651-254-7000

Volume 5.30.13

Donors include Alzheimer's research in their estate plan

“When my mother was diagnosed with Alzheimer's we were without hope,” said Doug Diedrich. Then a letter arrived from William Frey II, PhD, co-director of research at the HealthPartners Center for Memory & Aging. Dr. Frey was seeking support for intranasal insulin. Pioneered within the center, intranasal insulin has become one of the most exciting potential treatments for Alzheimer's. “To us, intranasal insulin promised something other approaches did not: a means of treating a heartbreaking disease. It offered us hope. And that's all we needed to write the first check.”

Doug and Barbara Diedrich have been loyal donors to the center's research work ever since. In addition, Doug has volunteered on the organization's committees, served as table host for the Annual Alzheimer's Fundraising Breakfast and advocated on behalf of the center's work.

The Diedrich's have also included the Center for Memory & Aging in their estate plan. “The effort to find a cure for Alzheimer's is not a sprint, it's a marathon,” Doug said. “By



Doug Diedrich, long term donor and

William Frey, II, Ph.D. , Co-Director, Research

including a gift of a designated dollar amount or percent in our estate planning we're able to better provide for future needs. It's our way of helping to make a difference, if not now, then for the next generation.”

If you are interested in learning how you can include the Center for Memory & Aging in your estate plans, please contact Chris Pulkrabek, Regions Hospital Foundation, at 651-254-3736 or visit our website at www.RegionsHospital.com/giftplanning.

In the Next Issue

- | | |
|--|---------------------------|
| ○ Another “FAQ for the Attorneys” | ○ Let's ask the Doctor |
| ○ In Honor/Memory of a Donor's Loved One | ○ Latest Publication List |
| ○ On Going Research and Clinical Updates | ○ Meet more of our Staff! |

How to Donate

Secure on-line donations can be made at www.healthpartners.com/memoryloss. 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 and Aging and other programs in patient care, medical research and education.

Dr. Barclay talks about the new MBSR Study

Mindfulness for People with Dementia and Their Care Partners.



Terry R Barclay, PhD, LP
Clinical Director Neuropsychology

The Center for Memory and Aging is currently studying a Mindfulness-Based Stress Reduction (MBSR) program for people with dementia and their care partners. Mindfulness is a technique that helps individuals focus on the here and now and to live more fully in the experience of the present moment. Mindfulness has been shown to enhance coping skills, decrease worry, rumination, and depression, and promote acceptance in a wide range of chronic health conditions. In previous research, MBSR has been shown effective among family members caring for a loved one with dementia but so far MBSR has not been studied in individuals with the disease. Our study is designed to evaluate whether MBSR is feasible and well tolerated among those with dementia. We will examine how this program compares to a more typical education and support group program offered in the community called The Memory Club. Our MBSR study started in April and will run for approximately 11 weeks.

Since Alzheimer's disease is a chronic condition that evolves slowly over a period of years, interventions are needed that have wide applicability and relevance to the ever changing circumstances of those with the disease and those providing care and support. Of particular importance are programs that can help families better cope with the chronic stress and emotional challenges of dementia.

Please join us!

The second annual

Minnesota Memory Project Open House.

Talk to our investigators and find out more about the progress of the study. Meet the staff and other participants of the Minnesota Memory Project.

June 19, 2013 from 4:00-5:30 PM

Regions Hospital Auditorium

(East section 3rd floor)

640 Jackson Street, St Paul, MN 55101

This event is free. Snacks and beverages will be provided. Free parking is available at both ramps; parking vouchers will be given at the event.

The information desk can guide you to the auditorium elevators

Call 651-254-3999 or email MNMemoryProject@Healthpartners.com to RSVP by June 14th.

Leah Hanson
Co-Director of
Research and PI of
the Minnesota
Memory Project



We are looking for people residing in the greater Twin Cities area of Minnesota willing to participate in the Minnesota Memory Project sm.

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

We are looking at ways to identify memory loss, the risk factors involved and methods to prevent memory loss in aging adults, in addition to looking at how the stress associated with caregiving affects memory and lifestyle with aging.

For information visit www.mnmemoryproject.org.

Dr. Rosenbloom Discusses How You Make a Difference at the Clinic

I am excited to announce we have partnered with the Alzheimer's Association to offer licensed social worker Alyssa Aguirre to join us twice a month at our multidiscipline memory clinic days. We are one of the few centers within the Twin Cities offering social work services that



Dr. Michael Rosenbloom,
Clinical Director

are integrated into a dementia clinic. I felt strongly about the addition of a social worker to the multidisciplinary clinic. The idea originally evolved from my experience as a fellow at the UCSF Memory and Aging Center. "From the patients perspective, the social worker's role is as important if not more important than that of the clinician. In Alzheimer's disease the non-pharmacological interventions are critical steps for quality of life, and it is the social worker who assists families with identifying necessary community resources, support groups, and skilled nursing facilities specializing in dementia care," says Rosenbloom. "We needed a social worker's expertise to truly say that we are a multidisciplinary clinic offering patient-centered services throughout the dementia continuum. We now can say we offer these services largely as a result of our donors and the excellent HealthPartners infrastructure."

For patients and family member who are interested, Alyssa will provide on-site care consultation (family education/support meeting) services designed to help people navigate through difficult thoughts, emotions and questions regarding memory loss. In addition to addressing patients' needs, these meetings can help build a plan for the future, can address legal or financial issues, and will provide follow-up to make sure care and services are right for patients, families and their changing needs.

As a team, we recognize coping with memory loss or a diagnosis of dementia is challenging for people. Our goal is to provide patients and caregivers with access to reliable resources that helps them develop a plan for living well. We are fortunate to have a partner with the Alzheimer's Association to join us in accomplishing that goal. Our hope is that having an embedded social worker will make it easier for patients and families to receive services and resources at the same place they receive medical care. Alyssa will be at the HealthPartners Specialty Clinic two Tuesdays per month on the scheduled Center for Memory and Aging Diagnostic Clinic days.

If you have questions, send them to memoryloss@healthpartners.com or post them at www.facebook.com/fightmemoryloss.

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

June 10

August 12

October 14

July 8

September 9

November 11

Please **RSVP** to:

Kelly at Regions Hospital
Foundation

651-254-2376

Kelly.M.Johannsen@healthpartners.com

***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 on
Tuesdays at the St. Paul
Specialty Clinic.***

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

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

***We are frequently asked important and difficult questions.
Here are two of the most frequently asked ones:***

Q: I know I should have seen an elder law attorney earlier. Now that my spouse is being placed in a nursing home, it is too late to do some planning that will be effective in helping me manage this financial crisis?

A: No. It's not too late. While your options may be more limited at this point, there are still many effective planning tools that you can implement. Even if an individual has already been placed in a nursing home, there are still many ways in which we can help develop a plan that will provide financial security to the nursing home resident and family members.

Q: I have heard that if my spouse receives Medical Assistance benefits to help pay for nursing home care, the State may take my house and all my spouse's income will be used to pay the nursing home bill. How will I be able to survive?

A: Many of our clients have heard things about the Medical Assistance program that are not true. Part of our job is to make certain that our clients understand the complexities of the program. The rules are intended to prevent the community spouse (the spouse still living at home) from becoming impoverished. You will not lose your home, and the rules permit, under many circumstances, the community spouse to receive some of his or her spouse's income.

Send questions to memoryloss@HealthPartners.com.



Artists for Alzheimer's Research

Thank you to **Erika Hiller** for donating her art that was on display at the fundraising breakfast this year and will be made into greeting cards our center uses.

Each year we will be featuring a new artist for our Artists for Alzheimer's Research Program which will bring inspired art to us. If you are

interested in participating in this new program Email ann.m.brombach@healthpartners.com

Donated by Erika Hiller; inspired by her mother-in-law

Rock-TreeTriptych

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 the improvement of diagnosing, treating, and preventing 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.