



HealthPartners®

Center for Memory & Aging

www.healthpartners.com/memoryloss

www.facebook.com/fightmemoryloss

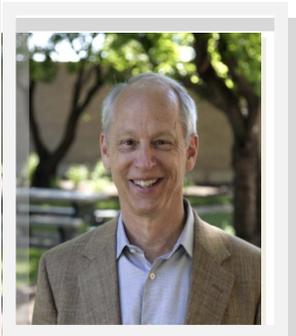
651-254-7000

Volume 2.25.2014

Senior Director William Frey, II, Ph.D. reflects on his 35th year at HealthPartners.

In 1977, I was approached by the Head of Psychiatry at St. Paul Ramsey Medical Center, Vicente Tuason M.D., and by the leading Alzheimer's researcher at the University of Minnesota, Professor Leonard Heston M.D. They were looking for a scientist to investigate the brain changes that contributed to Alzheimer's disease (AD) that could lead to new ways to treat and prevent this devastating disorder. I accepted their offer and began research in a small lab at the hospital using brain tissues I collected from those who died from AD with the help of their families and with funding from the 3M Foundation, First

Banks (now US Bank), generous individual donors and others. After some time and research, I came to realize that what was needed to treat AD was not so much a new drug but rather a new way to deliver and target the drugs we had to the brain. (Continued Page 2)



Dr. William Frey, PhD

How to Donate

Secure on-line donations can be made at www.healthpartners.com/memoryloss or by clicking 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.

Ask the Experts

Learn, Meet and Connect

We are excited to present our new four part educational series discussing **memory loss, Alzheimer's disease and dementia**. These evenings are held at **Carondelet Village** (525 Fairview Ave S, St. Paul) and are free to the community.

6:00-6:30 PM Check-in, meet & greet, sponsor tables, beverages & dessert

6:30-7:30 PM: Speaker Presentation

7:30-8:00 PM: Q&A

Wednesday, February 19; 6:00-8:00 PM

Understanding Dementia & Alzheimer's disease: Learn about memory loss, the brain, symptoms, and diagnosis.

Michael Rosenbloom, MD:

Wednesday, March 19; 6:00-8:00 PM

Meet the Experts: Bring your questions for our panel.

Terry Barclay, PhD, LP, Leah Hanson, PhD, Michael Rosenbloom, MD

Wednesday, April 23; 6:00-8:00 PM

Living Well with Alzheimer's: Safety at Home and in the Community.

Bonnie Bigalke, MSW, LGSW: Care Consultant, Alzheimer's Association Minnesota-North Dakota and **Kathy Kiefer:** Occupational Therapist

Wednesday, May 21; 6:00-8:00 PM

Transitions: Planning and communication in moderate to advanced Alzheimer's disease.

David Tullar, PA-C

Call 651-254-3800 to reserve your seat or email memoryloss@healthpartners.com

Thank you to our community partners: **Alzheimer's Association, Carondelet Village, Jewish Family Services and Wilder Foundation.**

**William Frey, II, PhD reflects on his
35th year at HealthPartners.**

This led to our discovery of the non-invasive intranasal technique for bypassing the blood-brain barrier and to the intranasal insulin and intranasal deferoxamine treatments we have developed. Approximately 37 years have passed, and I am more confident than ever that our approach and progress will soon provide the new methods of treatment and prevention for which we have all strived. More importantly, we have developed the best team of medical researchers headed up by Dr. Leah Hanson and Dr. Michael Rosenbloom who are moving forward on all fronts to improve the detection, diagnosis, treatment and prevention of AD and other forms of dementing illness. We all have reason to celebrate and continue working together to support the amazing progress this team is making at the Center for Memory & Aging. The intranasal insulin treatment that has been shown to improve memory and functioning in patients with AD in multiple clinical trials is but the first of many breakthroughs and successes we can expect to witness from this team given your continued support.

Congratulations Dr. Frey on 35 years!

Mark Your Calendars!

**We will be at the
Science Museum of Minnesota
With our new Brain Explorers Exhibit
Saturday, March 22; 12:00-4:00 PM**



Come learn about the brain from our scientists. Discover how the brain works, learn more about brain disease like Alzheimer's, and find out what you can do to keep your brain healthy. Learn how we developed an innovative method to deliver medications directly to the brain. Meet scientists working in the field, and ask questions about current research and ways to treat Alzheimer's disease. Kids can interact with our researchers by participating in hands-on demonstrations, fun games, and activity booklets, while parents receive helpful resources and information. For more information about our Center, please visit www.healthpartners.com/memoryloss, like us on facebook.com/fightmemoryloss, or call us at 651-254-7000.

The Center for Memory & Aging has gone Green!

We implemented several new programs over the past 12 months as ways to reduce paper being in the office. By doing so, we went from using 106 to 62 reams of paper.

The initiatives include printing all documents double sided, using monitors instead of handouts at meetings and purchasing and using iPads for the Minnesota Memory Project instead of printing material. Four iPad were purchased for the clinic so patients while waiting can read relevant Alzheimer's information, watch videos or read current publications to educate themselves.



651-254-3999

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

For information visit

www.mnmemoryproject.org

RESEARCH UPDATE

Memory PREP.

HealthPartners Center for Memory and Aging knows that, in order to provide the most exceptional care for those with Alzheimer's disease (AD), we need to support caregivers and family members just as well as we do our patients. Unfortunately, there is no uniform program within medical systems today (or one covered by insurance plans) that provides patients and families access to ongoing disease education and support after a diagnosis of AD.



Terry R Barclay, PhD, LP

Clinical Director Neuropsychology

To change this, we have designed a new study to find out what type of program is most effective in helping patients and families cope and live better with dementia.

We are currently enrolling subjects in the Memory PREP study (Patient Resource and Education

Program). Participants are eligible if they have received a diagnosis of Alzheimer's in the last 6 months, are living at home, and have at least one family member or caregiver who can participate in the program. Each subject receives personalized education about their diagnosis, printed resource materials, guidance on how to get the most out of their doctor visits, referrals to helpful programs in the community, advice on planning for the future, and a dedicated dementia expert they can talk to any time to answer questions and provide resources. Each participant receives this information and support over a 4 month period but will be assigned to one of two groups. The first group receives all of this assistance over the phone. The second group receives this assistance using a combination of in-person visits and telephone calls. The goal is to determine what "intensity" of support is most effective or, in other words, if it is telephone or in-person visits that are most helpful.

The Memory PREP study will run for a total of 3 years, which includes time to enroll subjects, carry out the program, collect data, and analyze the findings. We plan to share the results with HealthPartners and other health systems by publishing the information in a medical journal. The ultimate goals of the researchers are to 1) expand the way healthcare systems think about dementia by including caregivers and family members 2) increase support for individuals after a diagnosis of Alzheimer's and 3) encourage health plans to cover the costs associated with this type of program.

Visit us at www.facebook.com/fightmemoryloss!

2014

2014 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

March 10	April 14
May 12	July 14
August 11	October 13
November 10	

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.

**Our next newsletter will include:
"Ask the Attorneys" and will discuss Minnesota's New
Power of Attorney
Send questions to memoryloss@HealthPartners.com.**

READING CORNER



Artists for Alzheimer's—Call for Art!

Are you an artist passionate about what you paint? You could be our next featured artist in our **Artists for Alzheimer's Call for Art**.

If you are interested in receiving more information, email Ann.m.brombach@healthpartners.com. Art should be submitted by April 4. If chosen, the art will be displayed at our yearly fundraiser and made into cards.

Erika Hiller donated this triptych which was displayed at the 2013 fundraising breakfast.

Read the latest articles in the StarTribune featuring HealthPartners Center for Memory & Aging physicians.

Terry Barclay Ph.D., LP Clinical Director, Neuropsychology discusses the importance of doing puzzles to exercise the brain.
<http://www.startribune.com/lifestyle/health/241920211.html>

Michael Rosenbloom, MD, Clinical Director, discusses Frontotemporal dementia. Dr. Rosenbloom will be speaking at the Meeting of the Minds on Saturday, March 1 at the RiverCentre in downtown St. Paul.
<http://www.startribune.com/lifestyle/health/246704241.html>



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 finding 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.