



BAI Beacon

The Newsletter from Family and Community Services

www.banneralz.org

602.839.6900

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Key to prevention may be half way around the world

The Alzheimer's Prevention Initiative and The BAI Breakthrough

Tucked away in the northwestern corner of Colombia in the Andes region of Antioquia lies the mountain town of Medellín where, for centuries, an isolated group of extended families of nearly 5,000 individuals have been enduring a seemingly endless and unbearable fate... early-onset Alzheimer's disease.



Unfortunately, we are all too familiar with the form of late-onset Alzheimer's disease that strikes seniors, but for those in Medellín, its ravage takes hold in their 40s—for a rare few, it begins in their 30s.

In a cruel twist, parents are caring for and being forced to watch as their grown children are robbed of their memories and abilities. For researchers who have spent decades trying to uncover the cause of Alzheimer's disease and identify effective treatment and prevention therapies, this extended family may be the best source of discovery.

In the spring of 2010, Dr. Eric M. Reiman, executive director of Banner Alzheimer's Institute (BAI), and his colleague, Dr. Pierre N. Tariot, director at BAI, embarked on an exploratory mission to Medellín. The devastation Drs. Reiman and Tariot witnessed not only confirmed the family's important role in finding new prevention therapies, but it also served as a stark reminder of why now is the time to end Alzheimer's disease...before another generation is lost.

The trip and subsequent research are part of the Alzheimer's Prevention Initiative (API), an international collaborative formed to launch a new era of Alzheimer's prevention – an era focused on developing treatments for that critical period before an individual shows signs of Alzheimer's disease.

BAI researchers have pioneered the API strategy. They believe that brain imaging and other biomarker techniques can help test experimental treatments in healthy individuals whose genetic background and age put them at very high risk for developing Alzheimer's. If they can show that a treatment's effect on certain biomarkers is likely to alter the progression of the disease, faster and more efficient clinical trials and drug development would follow. BAI's work in Colombia is part of the portfolio of potentially landmark studies at home and abroad.

(Continued)

A Night to Remember

The signature fundraising event for the Banner Alzheimer's Foundation, A Night to Remember, will take place on Saturday, Oct. 20. Proceeds from the 6th annual event will benefit a wide range of patient care and family support services that help turn hope into healing for those touched by Alzheimer's.

Coordinated by the Women's Council of the Banner Alzheimer's Institute, the very special evening features live entertainment, silent auctions and more. This year's fundraiser is taking place at the Musical Instrument Museum with an appropriate theme of Music in Mind.

For more information visit www.bannerhealth.com/supportANightToRemember.

How Gifts Support BAI Family and Community Services:

\$25 donation assists with:

- Purchase of new book(s) for the caregiver library
- Underwrites yoga for two participants
- Materials for COMPASS and Planning Ahead classes for five participants
- Mailing BAI Beacon to 50 caregivers

\$50 donation assists with:

- Costs to facilitate a monthly support group
- Provide free memory screening to 16 community members
- Underwrites 20 Chinese Americans to attend Memory Training

\$100 donation assists with:

- 90-minute caregiver renewal program
- Purchase of materials for cognitive engagement program
- Five participants to create a personalized "Make Me a Memory" DVD

Non-Profit Organ.
U.S. Postage
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Earlier this year, Banner Alzheimer's Foundation (BAF), the philanthropic resource for Banner Alzheimer's Institute, announced a \$40 million campaign to advance this research. The BAI Breakthrough will support cutting-edge studies aimed at treating and preventing the disease, as well as state-of-the-art brain imaging and BAI's unparalleled model of patient and family care.

The BAI Breakthrough officially launched this spring with a \$6 million gift from the Stead Family Foundation. Mary Joy and Jerre Stead are long-time supporters of BAI and chairs of the campaign's leadership cabinet. Jerre is also chairman of the BAF board. For more information, visit www.banneralz.org.



Ask The Expert

Andy Kramer

Dear Andy:

Banner Alzheimer's Institute has been a blessing to my family. We're grateful for the innovative treatment and amazing doctors, nurses and other specialists taking care of my father, who has early onset Alzheimer's disease. However, the support, education, programs and services for my mother and other family members have been invaluable. My family doesn't have a lot of financial resources, but I'd like to find a way to give back to Banner Alzheimer's Institute. What are my options?

Signed:

A Grateful Family

Dear Grateful Family:

Thank you so much for sharing your positive experience with us. Banner Health is proud to be a national leader in health care and the Banner Alzheimer's Institute is one of the reasons we find ourselves in such a category. With a focus on groundbreaking research, preemptive treatment, family services and more, BAI is truly a place where hope begins.

Banner Health and Banner Alzheimer's Institute are highly committed to the ambitious but highly achievable goal of ending Alzheimer's disease without losing another generation. There are a number of ways you, your family members and friends can get involved and give back.

Understanding Alzheimer's disease is difficult. Why it happens, how it happens, who it affects, the impacts on family, the treatments available and who is doing what to bring an end to the disease are common questions.

Everyone can help by [Speaking Up](#). Share information with friends and family members about what you've learned through your personal or professional experience. Let them know that we are here to make a difference for patients and caregivers coping with Alzheimer's disease/dementia.

In addition, you can support the great research taking place at Banner Alzheimer's Institute by [Signing Up](#) for the Alzheimer's Prevention Registry. The Registry is a community of people interested in making an impact on Alzheimer's research and staying informed of the latest research news. Visit www.endalznow.org or call (602) 839-5000 or (888) STOP-ALZ (toll free) for more information.

Finally, the Banner Alzheimer's Foundation invites you to become part of the solution by investing in the Banner Alzheimer's Institute. Even the smallest gift can make a difference. Consider that \$25 pays for five Caregiver Guides or five Native Americans to attend Memory Training. A gift of \$100 covers the cost of 32 free Memory Screenings in the community or can add additional books to our lending library. Thank you for investing in BAI.

Andy Kramer
President & CEO
Banner Alzheimer's Foundation
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www.banneralz.org/waystogive

Have a question?
To submit your question for future consideration email us at
baiinfo@bannerhealth.com

Brain Health Tip:

Try a "brainstorming approach" to cope with the worries and anxieties of daily life that can negatively affect both your brain and physical health. Brainstorm as many ideas you can to tackle one problem you are facing. Be creative and don't rule out any ideas. Once you are done writing down your ideas, review the list and pick one or two ideas that may work and try them!

Beacon Bits

GPS for Memory Lectures:

Learning to Manage & Prevent Challenging Behaviors in Dementia

Friday, Oct. 12, 10:30 am – noon
Musical Instrument Museum
4725 E. Mayo Blvd., Phoenix

Creating Meaning and Having Fun for People with Dementia

Friday, Nov. 9, 10:30 am – noon
AZ Museum of Natural History
53 N. MacDonald, Mesa
Registration required: (602) 230-CARE

Free Memory Screening Events:

Tuesday, Oct. 30, 9am-1pm
Via Linda Senior Center
10440 E. Via Linda, Scottsdale AND

Friday, Nov. 16, 9am-1pm
Banner Alzheimer's Institute,
Third Floor
901 E. Willetta Street, Phoenix
20 minute screenings by appointment only.
Registration: (602) 230-CARE

MAPS for Caregivers

Wednesday, Nov. 14, 8:30am – 3:30pm
Foundation for Senior Living
Caregiver House
1201 E. Thomas Road, Phoenix, AZ 85014
\$40pp (BAI Families)
\$60pp (Non-BAI Families)
Cost includes continental breakfast, lunch, instruction & materials
Limited to 30 participants
Registration: (602) 839-6850 or email
Baiinfo@bannerhealth.com

Our Mission

To end Alzheimer's disease without losing a generation, to set a new standard of care for patients and their families, and to forge a model of collaboration in biomedical research.