

BUTLER HOSPITAL'S MEMORY AND AGING PROGRAM MAGAZINE | AUGUST, 2021

MEMORY MATTERS



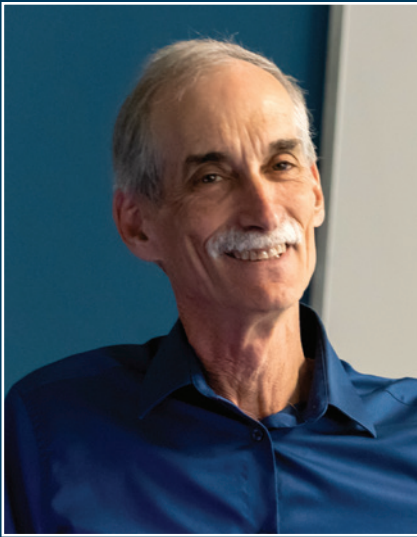
**ONE BIG BREAKTHROUGH
AND SEVERAL MAJOR ADVANCEMENTS
IN THE FIGHT AGAINST ALZHEIMER'S**

**BROWN UNIVERSITY'S NEW
CENTER FOR ALZHEIMER'S DISEASE RESEARCH**

**PREVENTION POINTERS:
MIND DIET RECIPES & FAVORITE
RHODE ISLAND WALKING TRAILS**



BUTLER HOSPITAL
A MEMBER OF CARE NEW ENGLAND



MEMORY MATTERS

WELCOME

Stephen Salloway, MD, MS

Director, Memory and Aging Program
and Neurology at Butler Hospital;

Martin M. Zucker Professor of Psychiatry and
Human Behavior and Associate Director, Center
for Alzheimer's Disease Research,
Brown University

So often in previous editions of this welcome letter, I have written about having the sense that a breakthrough in the fight against Alzheimer's was just on the horizon.

With the FDA's recent accelerated approval of Aduhelm (see next page) and its granting of the "breakthrough therapy" designation to donanemab and lecanemab (see page 8), I believe that pivotal time has arrived.

We have reached the turning point in Alzheimer's research that we have been waiting for, for so long, with all the hope, fears, joy and questions it brings. There is so much more work to be done and so many more breakthroughs to come, but for now – let's pause to savor this moment and this momentous victory.

The accelerated approval of Aduhelm represents the opportunity for millions of people to reclaim precious time to spend with the people they love, and on the pursuits and passions that define who they are.

I'm so grateful to the participants of this and all other clinical trials, and especially to all of you reading this who have been a part of those trials and studies at the Memory and Aging Program.

Your participation is allowing critical Alzheimer's research to move forward. This isn't just a victory *for* you, it's a victory *because* of you.

And so in this edition of Memory Matters, I have just one very simple but very heartfelt message to share in my letter...

Thank you.



BREAKTHROUGH

Aduhelm receives accelerated FDA approval

- *First drug available to lower amyloid plaques in order to slow the progression of Alzheimer's disease*
- *Memory and Aging Program administered world's first dose outside of a clinical trial after FDA approval*
- *Memory and Aging Program Director Dr. Stephen Salloway among six leading Alzheimer's experts to issue first Appropriate Use recommendations for the drug*

On June 7, the U.S. Food and Drug Administration (FDA) approved Aduhelm (aducanumab) for the treatment of Alzheimer's disease (AD). It is the first drug approved by the FDA for the treatment of mild cognitive impairment and the first available to lower the amyloid plaques in the brain that are associated with AD.

The drug was developed by Massachusetts-based pharmaceutical company Biogen and Tokyo, Japan-based Eisai Co., Ltd. The FDA approved the drug under its accelerated approval program, which is used for emerging treatments aimed at serious diseases for which there are currently few or no treatments.

Pictured above – Marc Archambault of South Kingstown, RI receives the world's first dose of Aduhelm outside of a clinical trial, June 16, 2021, at the Memory and Aging Program at Butler Hospital, as a member of the media looks on.

Rhode Island contributed one of the largest number of participants enrolled in the clinical studies that led to the approval, through study sites at the Memory and Aging Program at Butler Hospital and the Alzheimer's Disease and Memory Disorders Center at Rhode Island Hospital, both of which are affiliates of the Warren Alpert Medical School of Brown University.

Stephen Salloway, MD, MS, served as co-chair of the global investigator steering committee for the aducanumab Phase 3 studies. Dr. Salloway is director of Neurology and the Memory and Aging Program at Butler Hospital, the Martin M. Zucker professor of Psychiatry and Human Behavior and professor of Neurology at the Warren Alpert Medical School of Brown University, and Associate Director of Brown's Center for Alzheimer's Disease Research.

"This is truly a milestone moment in Alzheimer's research. Approval of aducanumab is a major breakthrough that opens a new era of treatment for Alzheimer's disease," Dr. Salloway said. "So many people have worked so hard and for so long to make this day happen. But as momentous as this achievement is, it is only the beginning. The approval of aducanumab provides a treatment foothold to build on as we continue to work toward developing new and even more powerful treatments."



On June 16, the world's first infusion of Aduhelm to be given outside of a clinical trial was administered at the Memory and Aging Program to Marc Archambault of South Kingstown, RI.

Archambault, who is diagnosed with early-onset Alzheimer's Disease, did not participate in the clinical trials for Aduhelm but has participated in other studies at the Memory and Aging Program in the past. Archambault said that although there is still much work to be done in fighting Alzheimer's, the approval of Aduhelm gives him hope for the future.

"The thought that the last stage [of Alzheimer's] may now be far away for me, or even that I might stay as I am, is incredible. I feel very lucky to have the opportunity to receive this treatment at Butler Hospital with Dr. Stephen Salloway and his great team. People

who have Alzheimer's and their family, especially caregivers, know how hard this disease is. Hope and empathy needs to be in action for us, and for all people who have a disease with few treatments available," Archambault said.

On July 27, Dr. Stephen Salloway was among six leading Alzheimer's experts to announce Appropriate Use recommendations for Aduhelm, intended to provide clinicians with greater clarity and more specific use of the new treatment.

The recommendations were presented at the Alzheimer's Association International Conference and published the same day in a special article, co-authored by Dr. Salloway, in The Journal of

Prevention of Alzheimer's Disease (JPAD) and in Alzheimer's & Dementia®: The Journal of The Alzheimer's Association.

The recommendations made by the panel mirror the guidelines used during the clinical trial and include 11 factors that they say should be satisfied for a patient to be considered eligible for treatment with Aduhelm.

Those factors include, in part:

- a clinical diagnosis of mild cognitive impairment (MCI) due to AD or mild stage AD dementia after a comprehensive evaluation;
- the presence of amyloid plaques in the brain as demonstrated on PET imaging or by AD signature pattern on cerebrospinal fluid (CSF) testing;
- the attainment of certain specific cognitive assessment scores;
- stable psychiatric and medical conditions including stable cardiovascular and cardiopulmonary health, no organ failure or active cancer, no evidence of neurological disorders other than AD, and a baseline MRI with no evidence of acute or subacute hemorrhage

The article containing the complete list of appropriate use criteria is available on the JPAD website at jpreventionalzheimer.com.

Although more details remain to be worked out surrounding the administration of Aduhelm outside of the clinical trial setting, Dr. Salloway contends that its very approval alone is a significant milestone in the ongoing work to end AD as we know it.

“We’ve opened a new era in the treatment of Alzheimer’s disease,” Dr. Salloway said. “We will now diagnose AD earlier, with more specific tests, and with a treatment aimed at slowing its progression. This is a turning point offering new hope for patients and families and this is only the beginning. The real heroes are the thousands of study participants who put themselves on the line to make this advance possible.”



Aduhelm Eligibility

You may be a candidate for treatment with Aduhelm if you have mild difficulty in memory and/or other thinking abilities. Those with a diagnosis of mild cognitive impairment or mild dementia due to Alzheimer's disease may be eligible for treatment.

Aduhelm may not be a good fit for you if you have a history of stroke, are on anticoagulants (“blood thinners”), are unable to complete an MRI, or have more significant memory or thinking difficulties that impair your ability to perform daily tasks independently, such as running errands, cleaning your home, managing your finances, or driving.

Referrals

We are working hard in preparation to provide this treatment to our community. Currently, we are not accepting referrals, but anticipate being ready in the near future. When that occurs, a referral from your current primary care physician will be required to be considered for treatment.

For the latest information on availability and the referral process, and to submit your name and contact information to be notified when we are ready to accept referrals, visit butler.org/memory.

Participant Profile:

Our Take on Aduhelm

In June, Aduhelm (aducanumab) became the first Alzheimer's drug in 18 years to receive approval from the FDA. Rhode Island contributed one of the largest number of participants enrolled in the clinical studies that led to the approval, through study sites at the Memory and Aging Program at Butler Hospital and the Alzheimer's Disease and Memory Disorders Center at Rhode Island Hospital. Here, a few of those participants share their thoughts on their experience with the drug, and its approval.



“Thanks to my participation in the ENGAGE study, I feel I am doing amazingly well. I’m hopeful the science is promising, and that I’ll see further advancement in the treatment of Alzheimer’s in my lifetime. It’s a privilege to be involved.”

Catherine Pearson, who began participating in the ENGAGE study of aducanumab in 2015, says of her experience.

“I feel the drug is helping to stave off a rapid decline [in my mother],”

Martha Langer, Catherine Pearson's daughter, said to the Boston Globe shortly after the FDA granted accelerated approval to Aduhelm. Though Langer says her mother's condition has declined somewhat during that time, the 83-year old is still able to enjoy life – spending time with her grandchildren, volunteering at the senior center, exercising, and knitting.

“I’ve always thought it was working, that I benefitted from it. All my friends say, ‘Do you believe this guy’s got Alzheimer’s?’ I’m like one of the normal guys, I guess,”

Neil Corkery said to the Providence Journal when the FDA granted accelerated approval to Aduhelm. Neil was among those to participate in the clinical trials of the drug at the Memory and Aging Program and believes that the treatment has allowed him to continue enjoying a good quality of life.



“I had been checking for months and of course I was very happy, and I emailed my family and friends to let them know that it was ready to go! I have been hoping that this might come through and that I might be able to use it.”

Marc Archambault is a research participant who has early-onset Alzheimer’s disease. Though he did not participate in the Aduhelm clinical trials, on June 16 at the Memory and Aging Program he became the first person in the world to receive treatment with Aduhelm outside of a clinical trial, after the drug was granted accelerated approval by the FDA.

PROGRAM NEWS



Brown University Establishes Center for Alzheimer's Disease Research

Dr. Stephen Salloway Named Associate Director

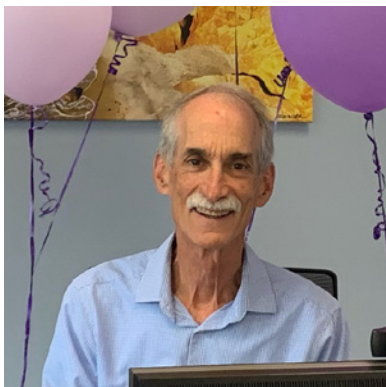
In April, Brown University launched a new Center for Alzheimer's Disease Research to accelerate the pace of development for novel treatment and cures. Stephen Salloway, MD, MS, director of the Memory and Aging Program and of Neurology at Butler Hospital and Martin M. Zucker Professor of Psychiatry and Professor of Neurology at Brown University, was named Associate Director of the Center.

The center will integrate the expertise of scientists and physicians at Brown's Robert J. and Nancy D. Carney Institute for Brain Science and the Division of Biology and Medicine, home to the Warren Alpert Medical School, together with scholars leading projects in Brown's School of Public Health, its Department of Cognitive, Linguistics and Psychological Science (CLPS) and various centers including the Center on the Biology of Aging, as well as with Butler Hospital, Rhode Island Hospital and other affiliated hospitals. Read more on the Memory and Aging blog.



Nature Medicine Publishes Latest Results of Clinical Trial for Dominantly Inherited Alzheimer's

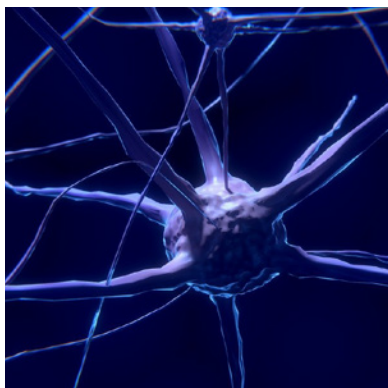
Nature Medicine has published the latest results from the phase 2/3 clinical trials of gantenerumab and solanezumab for the treatment of those with Dominantly Inherited Alzheimer's Disease (DIAD). The drugs target the amyloid plaques in the brain associated with the development of Alzheimer's. Dr. Stephen Salloway, Director of the Memory and Aging Program at Butler Hospital, was the lead author on the article. Both drugs engaged their amyloid targets but neither demonstrated a beneficial effect on cognitive measures compared to controls. Read more on the blog.



Dr. Stephen Salloway Celebrates 30 Years at Butler Hospital and Brown University

July 1st marked 30 years since Dr. Stephen Salloway joined the medical staff at Butler Hospital and the faculty at Brown University. Dr. Salloway went on to found the Memory and Aging Program at Butler Hospital in 1997. Since then he has become one of the world's foremost experts on Alzheimer's disease and a major player behind many significant advances in the field.

See more news and resources at: butler.org/memoryandaging



FDA Grants “Breakthrough Therapy” Designation to Donanemab and Lecanemab (BAN2401)

Two promising investigational drugs for the treatment of early Alzheimer’s disease – donanemab and lecanemab (also known as BAN2401) – were both recently granted “Breakthrough Therapy” designation by the U.S. Food and Drug Administration (FDA).

The Breakthrough Therapy designation aims to expedite the development and review of drugs that are intended to treat a serious condition when preliminary clinical evidence indicates that the drug may demonstrate substantial improvement on a clinically significant endpoint(s) over already available therapies that have received full FDA approval.

Both donanemab and lecanemab are anti-amyloid drugs aimed at removing and preventing build-up of the amyloid plaques in the brain associated with Alzheimer’s and dementia symptoms. Donanemab is being studied in the TRAILBLAZER-ALZ phase 2 clinical trial. Lecanemab is being studied in the Clarity AD and AHEAD 3-45 Phase 3 clinical trials.

The TRAILBLAZER-ALZ and AHEAD 3-45 studies are being conducted in part at the Memory and Aging Program. Learn more about these studies at butler.org/memory/clinical-trials.



MAP Researchers Share Insights at Alzheimer’s Association International Conference

Memory and Aging Program researchers again took part in the annual Alzheimer’s Association International Conference, held this year from July 26 – 30, and shared the following with fellow AD researchers from around the world:

MAP Director Dr. Stephen Salloway was among six leading Alzheimer’s experts to release the first recommendations for the appropriate use of Aduhelm (see page 2 for more information).

MAP Researcher Dominique Popescu, Ph.D. presented a poster on the impact of APOE genotype disclosure on lifestyle behaviors and decisions about future directives.

MAP Research Operations Manager Bill Menard presented a poster in collaboration with the Alzheimer’s Clinical Trial Consortium (ACTC) on utilizing study and site performance metrics to improve the efficiency of clinical trials.

MAP Researchers Jessica Alber, Ph.D., Louisa Thompson, Ph.D. and Jennifer Strenger, MA presented a poster on the validation of a 4-item subjective cognitive decline screening questionnaire in cognitively normal older adults, which focuses on the cognitive questionnaire being used in the ARIAS and DigiCog studies that are ongoing at MAP.

IN THE COMMUNITY

Mark Your Calendar

The Memory and Aging Program Outreach Team is out and about at community events! Come see us at the upcoming events listed below, and keep an eye on our Facebook and Twitter pages for updates about online events as well. Want to arrange an in-person or online presentation for your own organization or community group? Contact us at **(401) 455-6402** or **memory@butler.org**!

Age Friendly RI Radio Show

September 1, 3:00 p.m.

Watch online at facebook.com/AgeFriendlyRI

Watch live on Facebook as Tara Tang, MAP Outreach Manager and Lulu Saraiva, MAP Outreach Coordinator, talk with Age Friendly RI about the US POINTER trial and how diet and exercise can impact brain health. View the video at the same website address later!

Blackstone Boulevard Walk

September 17, 10:00 a.m. - 2:00 p.m.

Blackstone Blvd., Providence (across from Butler Hospital)

All are welcomed to drop in to meet our clinicians, learn more about our research studies and clinical trials and get helpful information and tips on how to keep your brain healthy!

Thank You

We are grateful to the following organizations for partnering with us to raise awareness about Alzheimer's disease and our program, and for hosting educational presentations and events:

Age Friendly RI

Alzheimer's Association Rhode Island Chapter

AARP Rhode Island

Berea Seventh-Day Adventist Church

Cape Verdean Progressive Center

Carney Institute of Brain Health

Community VNA

Central Falls City Council

City of Central Falls

Central Falls Police Department

Cranston Senior Center

Dr. Martin Luther King, Jr. Community Center,



Walk to End Alzheimer's, Providence

October 3, 8:30 a.m.

Roger Williams Park

Join us at Roger Williams Park in Providence for the annual Alzheimer's Association Rhode Island Chapter's Walk to End Alzheimer's. We'll have a resource table full of information about Alzheimer's, brain health, and our latest studies, and we'll have a Memory and Aging Team taking part in the Walk as well! Learn more and register to participate at alz.org/ri.

Newport
Fidelity
Laurelmead
Leon Matthieu Senior Center
Lifelong Learners
Memory Sunday New England

Muslim Community Center of RI
Oasis International
Progreso Latino
RI Ministers Alliance
The Slater Family Foundation
Wormtown Brewery

COMMUNITY SUPPORT



Ale Against Alzheimer's

Wormtown Brewery Supports the Memory and Aging Program Through the Black Ale Project

Wormtown Brewery is a Massachusetts brewery with distribution throughout New England and taproom locations in Worcester and Foxborough. This July the brewery raised \$1,800 for the Memory and Aging Program at Butler Hospital by donating \$1 for every pint of its Summer Ale that was sold at each of its taprooms throughout the month.

The fundraiser was part of an ongoing commitment by Wormtown to participation in The Black Ale Project, a nationwide initiative among craft beer brewers to raise funds for programs that benefit U.S. veterans.

Wormtown selects a different organization to benefit from the fundraiser each month. The Memory and Aging Program was selected as a beneficiary at the suggestion of Evan Monast, a member of Wormtown's marketing team and son of Memory and Aging Program Nurse Coordinator Diane Monast.

Learn more about Wormtown Brewery at wormtownbrewery.com and about The Black Ale Project at blackaleproject.org.

Pictured at left:

Evan Monast in his official Wormtown Brewery team photo.





Study Spotlight:

Autonomy

Investigational Medication Study for Mild Alzheimer's Disease

The goal of the Autonomy Study is to see if an investigational medication, JNJ-63733657, can slow down cognitive decline in participants who have mild Alzheimer's disease (AD) and show evidence of elevated levels of brain tau tangles.

Tau is a type of protein that are abnormal accumulations of neurofibrillary tangles that are found inside neurons. In healthy neurons tau normally binds to structures called microtubules, which helps guide nutrients and other molecules to different parts of the brain so it runs smoothly. In AD, however, the tau proteins stick to each other forming threads (or tangles) inside neurons which blocks the communication system between them.

Janssen's Autonomy study is a 4.5-year, Phase II, randomized, placebo-controlled; double-blind study enrolling approximately 420 participants worldwide. Eligible participants will be randomly assigned to one of three treatment groups, two of which involve the investigational medication (JNJ-63733657) and one that has the placebo. A placebo is an inactive substance that is designed to look like a medication. The investigational medication or the placebo will be administered by IV once every four weeks.

The purpose of the Janssen Autonomy trial is to determine if the investigational medication will slow down the cognitive decline in participants with Early AD, as well ensure its safety and tolerability. In addition, the effects of the investigational medication on the accumulation of tau, as measured by a tau PET scan, will be evaluated.

Autonomy is looking for participants between the ages of 55-80 who have a diagnosis of mild cognitive impairment (MCI) or mild Alzheimer's disease (AD). All participants must have a study partner, who spends at least 10 hours per week with them, who can accompany the participant to study visits and who is available to speak with the study staff on a regular basis.

Interested participants can contact the Memory and Aging Program Outreach Team at **401-455-6402** or by sending an email to memory@butler.org to discuss additional eligibility criteria.

RESOURCES

Improving your diet and increasing exercise are two of the most effective lifestyle changes you can make to help keep your brain (and your body) healthy as you age. Here are some great resources from the Memory and Aging Program team to help you get started...

Brain-Healthy Bites

Eating foods that conform to the brain-healthy MIND diet is one important lifestyle choice you can make to help prevent cognitive impairment and Alzheimer's as you age. That's why we're sharing a different MIND diet inspired dish on our Facebook and Twitter pages each Friday. Many of them are suggestions from members of the MAP team, like the Avocado and 3 Bean Salad pictured here, which is a family favorite of MAP Research Project Manager Courtney Bodge, Ph.D. If you're not already, hop on and follow us to see the next great recipe we share on "#FoodieFriday!" You can find us on Twitter at twitter.com/memoryandaging or on Facebook at facebook.com/memoryandaging.



Avocado & 3-Bean Salad

*Submitted by Courtney Bodge, Ph.D.,
MAP Research Project Manager*

INGREDIENTS:

- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can red kidney beans, drained and rinsed
- 1 (15 oz) can garbanzo beans, drained and rinsed
- 1 (15 oz) can whole kernel corn, drained
- 1 large orange or red bell pepper, diced
- 12 grape or cherry tomatoes, halved
- 1 bunch cilantro, chopped
- 2 large avocados, peeled, pitted and diced
- Juice of 2 limes
- 1/3 cup olive oil
- 2 cloves garlic, mashed or finely diced
- Salt and pepper to taste

INSTRUCTIONS:

1. Mix all ingredients together in a large bowl.
2. Refrigerate for 1 hour before serving.

Courtney's tip:

"After cutting up my avocado I toss it in the lime juice, then add the avocado and the juice to the salad. This will help with the avocado not turning brown before serving."

Get Walking for Better Brain Health

Daily physical activity has been shown to be an important factor in maintaining brain health, and walking is a great and simple way to get moving. Here are some of our team's favorite Rhode Island area walking trails to try!



Cliff Walk – Newport, RI

MAP Nurse Practitioner Brittany Dawson recommends the Cliff Walk in Newport as a favorite spot to get in some steps. This world famous walking trail combines the beauty of the shoreline and Newport's historical architecture, with multiple exit and entrance points along the way. Map out your own route at cliffwalk.com. (Pictured: Dawson taking a break on the beach with her son during a recent visit.)



Ocean View Loop Trail – Newport, RI

MAP Nurse Lisa Williams recommends Ocean View Loop Trail in Newport, RI. This is one of two trails within Sachuest Point National Wildlife Refuge, which provides beautiful views of the Rhode Island coast. The 1.5-mile loop is fairly flat and begins and ends at the refuge's visitor center parking lot. Check it out and get walking!

(Photo by Mike Mullaley)



Favorite Forested Walks

MAP Outreach Manager Tara Tang and her family have several favorite local walking trails that she recommends. The Blue Hills Reservation in Milton, MA offers scenic views and varied terrain throughout 125 miles of trails. Lincoln Woods State Park in Cumberland, RI offers walking and hiking trails amid a peaceful, wooded environment. And Norman Bird Sanctuary in Middletown, RI offers seven miles of hiking trails with plenty of opportunity to spot a variety of feathered friends.



The Walk to End Alzheimer's

Here's a great recommendation from the entire Memory and Aging Program team - Roger Williams Park Conservancy in Providence, RI. The team has loved walking the park's trails during the Alzheimer's Association Rhode Island Chapter Walk to End Alzheimer's each fall! (Pictured: MAP Outreach Coordinator Athena Lavoie and Research and Operations Manager Bill Menard at the 2019 Walk to End Alzheimer's.)

Staff Spotlight:

Helping to Make Research Happen

Meet MAP Research Assistants Shanti Mechery, Eliza Rego and Corinne Roma



Shanti Mechery

BS in Computer Science, Brown University

Joined the Memory and Aging Program team in November, 2019

Assists with Alzheimer's Prevention Registry and neuroimaging studies

"I originally thought I would become a computer programmer, but I felt unsatisfied with the lack of human interaction. I took some psychology classes, which got me interested in working in a clinical setting. People are often surprised to hear I want to work with people given my programming background. Although I've acquired strong technical skills through my schooling and work experience, I have always believed my interpersonal skills are my strongest asset. There's a stereotype that people in technical fields don't have people skills, which certainly is not true. I'm hoping to change that way of thinking."

Before working at the Memory and Aging Program, I had volunteered at Butler Hospital's Department for Psychosocial Research Program. I was looking to work with a new clinical population, and I found preclinical Alzheimer's research to be really intriguing.

I don't have any personal family experience with Alzheimer's or dementia, which unfortunately is becoming a rarity. But you don't need to have personal experience with the disease to recognize the devastating effects it can have on people's lives or empathizing with individuals who have been affected by it. We all depend on daily living functioning and cognitive capabilities, making Alzheimer's and dementia prevention a cause we should all care about.

I started working at the Memory and Aging Program in November 2019. I was looking for a research assistant position that would allow me to use my technical skills and get clinical experience, and the Memory and Aging Program had exactly what I was looking for. I was also impressed with the clinic and research programs at the program.

Since joining the team, I've become involved in the Butler Alzheimer's Prevention Registry and a neuroimaging study, working closely with Dr. Hwamee Oh, the director of Neuroimaging at the program. I'm helping to create experiment material and collect participant data for her pilot study and to manage her lab. For the Registry, I'm involved in a sub-study collecting Positron Emission Tomography (PET) scan data and merging public datasets. We are investigating whether there are other factors, such as family history or medical history, that can predict PET status.

It's common in research to work on multiple projects at once. I definitely have had to learn to balance the needs of different projects and to become proficient in very different skills. Although this has been challenging at times, it has made my job very stimulating and fun. There is always something new to learn!

But the most enjoyable part of being a research assistant for me has been working with the investigators and participants. I'm very lucky that I've been able to work one-on-one with the researchers at MAP, which has taught me a lot. Although my participant interaction was cut short due to COVID-19, it definitely has been one of the most rewarding aspects of my job. It's easy to forget that the work you're doing centers around real life people when you're working with data on a screen. Seeing participants in-person has been a constant reminder that they make clinical research possible.

When I'm not working, I'm usually spending time with family and friends, something I have definitely learned to not take for granted after quarantine. I also enjoy cooking, exploring nature, and reading. I am fortunate enough to have traveled to California recently, and I hope to visit new places in the future.

In the fall I'll be enrolling in a pre-medical post-baccalaureate program so I can complete the course prerequisites to apply to medical school. Working at MAP has affirmed my desire to become a clinician. I'm excited to learn the medical knowledge needed to help clinical populations and to further contribute to research.



Eliza Rego

BS in Cognitive Neuroscience and Evolutionary Psychology, Harvard University

Joined the Memory and Aging Program in December, 2020

Assists with the U.S. POINTER Study

“In school I was interested in research and worked for a research lab, so I decided to search for a position in research. I had read about all the great work going on at the Memory and Aging Program and it seemed like the perfect opportunity; I had studied memory and aging a bit in school and always loved the neuropsychology courses, and I also have a close relative who is experiencing memory loss.

I am mainly involved in the U.S. POINTER Study, which is a lifestyle intervention study. On a day-to-day basis I help run and organize study visits. This can include consenting participants, administering cognitive tests, and talking about next steps. I also assist with the recruitment process by screening the initial sign-up forms, contacting participants, and reviewing their eligibility.

I really enjoy meeting and talking to the patients and study participants. I think the patients and participants are a major part of what makes this program so great. Everyone who comes in is an absolute pleasure to work with. It’s amazing to see how many people are interested in research. For such a small state, we have so many patients and participants who are interested in and dedicated to participating in our research studies and the program.

When I’m not working, I like to spend as much time outside as possible. I am an avid runner and like to go on long runs along the coast and hikes. I also coach a middle school club cross-country team. I ran cross-country and track all through high school and college, so I love to stay connected to the running community and hopefully be able to pass on what I learned to the next generation of runners. I also love to learn about animals and nature and I read and watch a lot of National Geographic. When I’m at home I spend all of my time with my pets – I have a pocket beagle named Happy and a cat named Nooksie.

Corinne Roma

BS in Human Development, Cornell University

Joined the Memory and Aging Program team in Spring, 2021

Assists with U.S. POINTER and AHEAD 3-45

“In my search for a research assistantship this spring, I found several positions at Butler Hospital that were of interest to me, and the Memory and Aging Program was among my top choices! I have a family history of dementia and memory loss (my grandmother has dementia) so the program’s mission aligned with my personal motivations and concerns.

I also wanted to gain experience working with older adults as most of my clinical and research experience is limited to children and teens. In order to be sure about my future plans as a clinician it was important to me to spend time with all age demographics.

I work on the POINTER study as a clinical examiner, assessing participants’ cognitive status using neuropsychology evaluations and guide them through their visits here at the clinic to collect relevant data. I also work on the AHEAD 3-45 clinical trial, which is a drug trial for people with increased levels of amyloid plaque in the brain. For this study, I prepare laboratory kits for blood draws and assist our research coordinator in distributing proper materials to our study staff.

The most enjoyable part about my work is having the opportunity to spend time with participants and patients of the clinic. Whether I have them for a full four-hour visit or a short 15 minutes, I always leave my interactions feeling energized and fulfilled. I really like spending time with people. The challenging flip-side of that is that I don’t get to develop long-term connections with the participants and patients I encounter. Given the nature of the studies I work on and my role within those studies, my interactions are limited. I often find myself wishing for more time with people.

I hope to pursue a PhD in clinical psychology or clinical social work in the future. I haven’t decided which path I’ll take just yet. But when I’m not working, you can find me spending time with my cat, Otis and I’ve been singing and playing guitar at restaurants and bars as a part-time job since I was 16 years old! Otherwise, I enjoy cooking and eating with friends, and I have recently learned embroidery.



MEMORY MATTERS

Thank you!

Without our participants, their families, and caregivers, Alzheimer's research would not advance. The Memory and Aging Program staff is continually inspired by the families who decide to join clinical research studies. We would like to express our deepest gratitude to all of our registry participants and their families for their contribution to the science that will lead to the end of Alzheimer's disease.

You are receiving **Memory Matters Magazine** because of your current or past relationship with Butler Hospital's Memory and Aging Program or with the patients and family members we serve. If you would like to be removed from the mailing list and not receive future editions, please contact us at memory@butler.org or (401) 455-6402.

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Memory and Aging Program
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Providence, Rhode Island 02906
(401) 455-6402
butler.org/memory

A Major Teaching Affiliate of



Join  **U.S.POINTER**
alzheimer's  association*

Can changing to a healthy lifestyle protect memory in older adults?

We need your help to stop memory loss and Alzheimer's disease! Learn more about the opportunity to participate in this national study, open to qualifying individuals between the ages of 60 and 79:

 **401-POINTER**

 **butler.org/POINTER**

