



Volunteer

INSIDE THIS EDITION:

Our new center is here at last! Understand what this means for you & your care! (Page 1)



SBCoA Director appointed to the National Council on Aging (Page 1)



An impossible MoCA brainteaser. You'll be thankful we don't test you with these (Page 2)



Something old, new, borrowed & blue: If you're over 75, get engaged! (Page 3)



New faces at the center: James Haggie & Megan Budde! (Page 3)

Thank you for all you do to support the center!

Got an idea for the newsletter? Call 859-323-5550

Welcome to the new Center on Aging Clinic! It's finally here and we are up & running!

We can't wait for you to join us for your first research or care visit in our new facility and see the changes we have made!



The day is finally here! We have leveraged everything we have to build a new center to serve you better, and the hard work has paid off. We have successfully relocated to our new free standing building in the Turfland, Lexington Mall. This will be our, and your, new home for research and clinical care activities that promote healthy brain aging throughout the Commonwealth of KY!

This new space will allow us to integrate our clinical efforts in the Kentucky Neuroscience Institute with our longstanding research efforts as part of the Sanders-Brown Center on Aging and University of Kentucky Alzheimer Research Center. With these changes comes much promise for us reaching our shared goals!

But what does this mean for you? Well, it means that you will have even better accessible parking, extra space and added staff to make sure you are seen when you want to be seen, comfortable patient lounges for your visit, and easy engagement with us for state-of-the-art clinical care and research opportunities! (Cont on pg 4)



Our new reception area & short visit waiting areallounge

Our center director, Dr. Linda Van Eldik, PhD, appointed to the National Advisory Council on Aging

Linda J. Van Eldik, Ph.D., director of the Sanders-Brown Center on Aging at the University of Kentucky and the Dr. E. Vernon Smith and Eloise C. Smith Alzheimer's Research Endowed Chair, has been appointed to the National Advisory Council on Aging (NACA) among many notable leaders in aging from across the country. She was initially nominated for membership by the National Institute on Aging (NIA) Director in February 2021 and has now received her official invitation from the Secretary of the U.S. Department of Health and Human Services.

"Appointment to NACA is a tremendous honor. I am grateful and humbled to be appointed as a member," Van Eldik said. "I look forward to using my background and expertise to assist the NIA in fulfilling its mission to support and conduct research on aging and the health and well-being of older people, to foster the development of research and clinician-scientists in aging, and to disseminate health information to a variety of audiences." (Cont on pg 2)



Linda Van Eldik appointed to NACA (Cont from pg 1)



Appointment to NACA is granted with an invitation from NIA Director Richard Hodes for a four-year term to advise the secretary of the U.S. Department of Health and Human Services, the director of the National Institutes of Health, and the director of NIA to support research and information initiatives that support the health and well-being of adults as they age.

“This appointment illustrates national recognition of the world-class research, education, training and clinical programs being done here at UK,” Van Eldik said.

“It shows that the University of Kentucky is an institution that fosters successful leaders and is represented on the council alongside members from other prestigious universities such as Harvard Medical School, Columbia University, UCSF, UCLA and University of Michigan.”

In addition to working alongside faculty from top universities, Van Eldik will serve with a university president, a dementia advocate and retired pastor, and other various leaders from private foundations and aging-related societies. During this four-year term, Van Eldik will meet with NACA three times a year to consider applications for research and training, recommend funding for grant applications, and assist the NIA in making their strategic decisions and other institute initiatives.



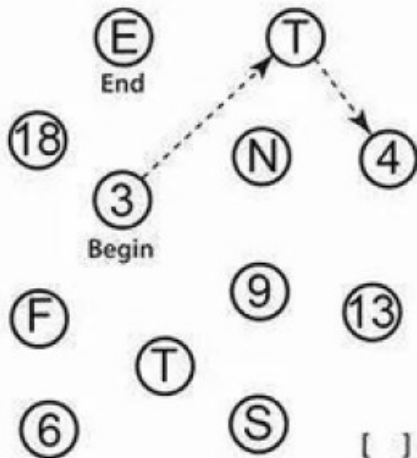
“From her groundbreaking research on brain inflammation and its role in neurodegenerative diseases to her leadership within UK’s Neuroscience Research Priority Area and the Sanders-Brown Center on Aging — which has seen considerable growth since she took the helm in 2010 — Linda Van Eldik embodies the impact our investigators have in the national research community,” said UK Vice President for Research, Lisa Cassis, Ph.D. “Her commitment to improving the lives of people with Alzheimer’s and other forms of dementia is unparalleled.” (reprinted from UKnow, Lexington, KY. Feb. 10, 2022)



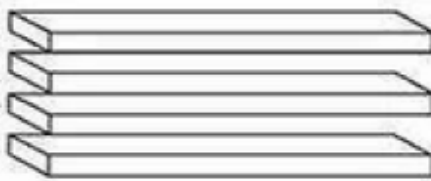
Brain games for your brain health! Try this “Impossible MoCA” and see if you are up to the challenge!



Finish the pattern by connecting the dots!



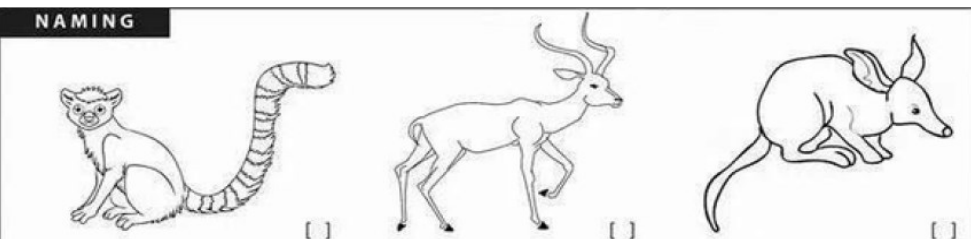
Copy the pattern below if you can?



Cross out each letter that is not the first letter of a month if you can?

FBACMNAAJKLBFAK
DEAAJAMOF AABRPS

Name the animals below if you can?



ANSWERS: There is only one way to connect the circled numbers and letters without crossing lines. This is the correct way. There is no pattern. Most cannot draw this figure either? Congratulations to anyone that can. We trust you to have another look at your version to make sure it is correct. You should have crossed out all F, A, M, N, J, O, D. The animals are: a ring-tailed lemur, a kudu (Tragelaphus strepsiceros; a species of twisted horn antelope), a hog-nosed shrew rat (Hyorhinomys stuempkei) from Indonesia that is so unique it is its own genus

“Something old, something new, something borrowed, something blue!”

If you are age 75 or older and think you have memory problems, we need your help now!



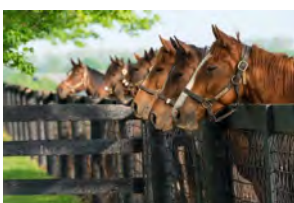
Something Old: LATE is a disease with symptoms similar to Alzheimer’s disease. Those symptoms are referred to as “dementia,” but are caused by different underlying processes in the brain. LATE is important because it affects millions of people – approximately 40% of people over the age of 85.



Something New: A monumental study in the field of dementia research is underway here at UK, testing a medication that recently received experimental approval from The United States Food and Drug Administration and its impact on the newly characterized, but extremely common form of dementia known as LATE. The disease was named and popularized about one year ago by an international working group led by Dr. Peter Nelson, the senior neuropathologist at SBCoA.

Something Borrowed: The study drug is called nicorandil and is used world-wide with the exception of the US for the treatment of chest pain related to heart disease, yet the drug may have its greatest impact on brain health. Nicorandil directly helps a brain potassium channel that has been linked to LATE. “Gaining FDA approval and bringing this medicine into the US for the first time was a major hurdle, but one that we were able to overcome!” says Jicha. Nelson added “We didn’t have to develop the medicine over years of testing, it was right in front of us all the time. Ready to potentially help millions!”

Something Blue: Jicha says thanks to his colleague’s science, the medication they are studying is designed not to help manage the dementia symptoms but instead actually modify the gene that causes the disease to progress. “This could potentially cure the disease versus just being a band-aid for the symptoms,” he said. The study is being funded by a grant from the National Institute on Aging. Jicha says this is an example of a true partnership between Nelson’s science and direct care in the development of medicines. “While everyone else around the globe is still trying to understand what this diagnosis is, UK is already moving forward to treat this disease,” he said. “That is something that is not happening anywhere else in the world.”



Nelson says this work of transitioning his science directly into a potential treatment, all in one location, solidifies his decision years ago to come to UK. “We know we have the best horses ... we love that! We know we have the best basketball team ... we love that! We know we have the best bourbon ... we love that!” Nelson said. “But what a lot of people don’t know is that we have this gem. The number one place for involving research participants in trials for dementia is the University of Kentucky.”



It is thanks to being part of that world-class center that Jicha and Nelson are able to move this cutting-edge research forward. “The discovery doesn’t stop here. As with all good science, every question that is answered takes us forward,” said Jicha. “Please join us in this fight now! We need you more than ever!”

***If you are over 75 & interested in learning more about this study, please contact us at 859-323-5550**



New faces at the center: James Haggie & Megan Budde!

We want to introduce you to two new faces at the Center that have joined us over the last month! Please welcome them when you run into them at your next visit!

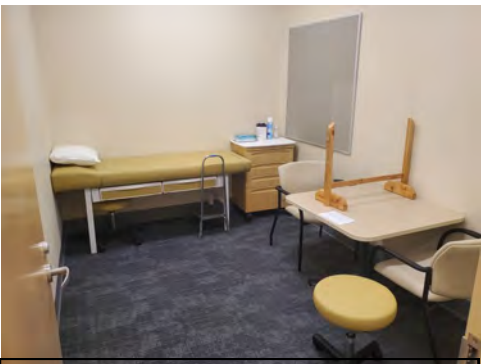
James was born in England, with a rich brogue accent, hard work ethic, and a lifelong dream and effort to make everyone’s aging years a joy! His degree is in social work and he has chosen to lead center-wide outreach communication efforts. His skills are just what we need! **Welcome James!**



Megan is a licensed Physician Assistant that will be working directly with you in the clinic. She spent many years in pediatrics, but has had a lifelong goal of working with our aging population. We are delighted she has chosen to pursue that dream with us! **Welcome Megan!**

New Center designed to meet your needs (from page 1)

Moving forward, all clinical care visits will use the Electronic Medical Record system, that is readily accessible to you and your other care providers. All non-research clinical care visits for our research participants will be transitioned to traditional clinic appointments for medical and legal reasons. Research visits will not be affected, irrespective of care needs, and will continue to have no billing associated with them.



Our newly furnished exam rooms are larger and more comfortable than ever for your research & clinical care visits!

At the Center on Aging Clinic, your wellbeing and brain health will always come first! Just as it has always been! If you have questions or concerns about these changes we encourage you to call us and discuss any issues you may have. You can reach us during normal business hours at **(859) 323-5550**. Our efforts are designed in your best interest, to meet your research & care needs.

We can't wait for you to visit us and see the changes we have made to better serve you and accelerate our research programs!

You should also know that your care providers will not change irrespective of whether your visit is for research or for ongoing clinical care needs, always remaining consistent irrespective of whether your visits are for research or clinical purposes. This will allow us to best serve you with continuity of care and provision of the experienced and dedicated staff that know you best!

At the Center on Aging



We have added a new extended stay family lounge for visits that may be longer than just an hour for your family's comfort & relaxation!



Our extra-large conference room is internet connected allowing us to host a variety of community and other small group events!

If you have an interest in doing more to make healthy brain aging possible for all, call the center now at **(859) 323-5550**. We need you now, more than ever!

