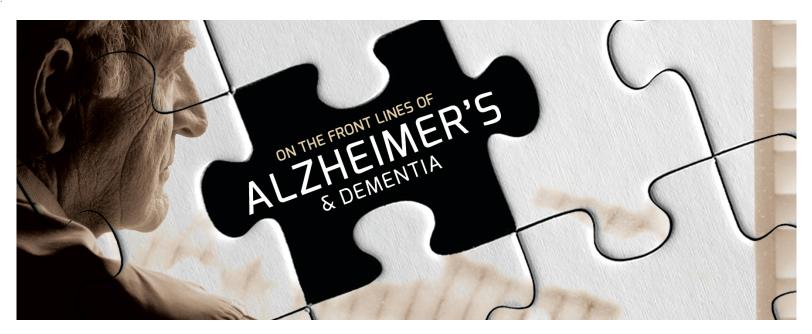


A Film By



In Association With





For years, Alzheimer's and Dementia have devastated the lives of millions of families.

It's estimated that more than 5 million people are living with Alzheimer's in America right now. The disease is the 6th leading cause of death in America.

Every 66 seconds someone in the United States develops the disease. In 2017, Alzheimer's will cost the nation 259 billion.

In the past ten years, a great deal has been learned about these life altering diseases. Our baby boomers are surging into their golden years like a tsunami. Millions of Americans are hitting their 65th birthdays with a vision of living well into their 90's -- healthy and active as long as they stay proactive about their lifestyle.

But what if their life's path is destined to be different. Because of genetics, environment or just misjudging their own life style, they wake up one day with a diagnosis of Alzheimer's, for which there is no cure. It is, instead, the beginning of slow and long goodbye to family, loved ones and friends as they slip into the totally unknown abyss of their self.

In this very personal and critically important documentary, we will meet those on front lines-neuroscientists, clinicians, and doctors from around the world. They will share with us what their cutting-edge research and experience has revealed. All that is being learned. How far have we come? How far do we have to go? And-- we'll learn about disease-modifying treatments as well as preventive strategies.

We will step into the lives of those who have been diagnosed early to see how they are progressing. And -- we will discover just how complicated and emotionally draining it can be to care for a loved one with Alzheimer's or a form of dementia.

Eleven time Michigan Emmy award documentary Producer / Director Keith Famie will go to the FRONT LINES to document the men and women who are doing what they can globally to better understand Alzheimer's as well as all forms of dementia.

"My father, a WWII hero, dad of three, suffered such a destiny. When he took his last breath with me holding his hand totally not knowing who I was as I sat at his bedside, I vowed to one day do what I could as a film maker to help shed a light on what families can do and how we all can better live a life to avoid as much as possible, such a fate. The time is now"

-Keith Famie

On The FRONT LINES of ALZHEIMER'S & Dementia....2018



April 11, 2017

Keith Famie Visionalist Entertainment 28345 Beck Road Wixom, MI 48393

Dear Keith,

The world is waiting for the definitive documentary series on Alzheimer's disease. As you so aptly describe, there are few more important pursuits than understanding this affliction that affects millions in this country and worldwide.

And as vast and encompassing as Alzheimer's is on a massive scale, its greatest impact is the effect it has on patients and their families – the highly personal stories of those who suffer with the disease as well as those who become caregivers to loved ones, slowly slipping into a cruel and difficult state of unrecognizability.

As I've said, there can be no better use of our documentary programming, than to explain, explore and decode Alzheimer's disease in a television and digital format that can track the advancement in care and prevention, while also revealing the lates coping strategies to patients and families alike.

Detroit PBS is committed to covering issues in the public interest, including those surrounding the challenges of medical research and the science of patient care. Public Television viewers would greatly benefit from a research-based docu-series as you are proposing.

We are pleased to include it in our broadcast plans and work on a partnership for national distribution. I look forward to speaking with you again soon. In the meantime, I wish you the best of luck in finding production funding for your work.

Sincerely,

Fred Nahhat Senior VP, Production Detroit Public TV

800.272.3900 Helpline

Ann Arbor, MI 48104

www.alz.org/mglc

South Central Region 564 South Main Street Suite 200

734-369-2716 p 734-369-2816 f

Capital Area Region 2111 University Park Drive 200 Turwill Lane Suite 200 Okemos, MI 48864

517.999.3004 p 517.999.3358 f South West Region Suite 6

Kalamazoo, MI 49006

269.342.1482 p 269.488.3622 f

West Shore Region 1740 Village Drive Suite 336 Muskegon, MI 49444

231.780.1922 p 231.780.1494 f



May 1, 2017

Keith Famie Visionalist Entertainment 28345 Beck Road Wixom, MI 48393

Dear Keith,

As you know from your own personal experience, Alzheimer's disease is a devastating disease that currently has no known prevention, treatment, or cure. At the Alzheimer's Association, it is our mission to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our vision is a world without Alzheimer's.

In order to get there, we first need to increase concern and awareness about Alzheimer's disease throughout the nation so that we can break down the barriers that prevent people from seeking the help they need.

If we can reduce the stigma surrounding the disease, dispel the myths about what Alzheimer's disease really looks like, and make people aware that the Alzheimer's Association exists and that they don't need to go through this journey alone, we will help hundreds of thousands of families in Michigan and beyond.

It is our belief that this documentary has the potential to elevate the conversation about Alzheimer's disease, to help make people aware of the resources that are out there, and to tell the story of the exciting progress being made on the research front.

We look forward to working together to ensure that this project is a success.

Sincerely,

annulu W. Howard

Jennifer Howard Executive Director Alzheimer's Association, Michigan Great Lakes Chapter



Daily News

eatures

ampions Powered by Wor

30 in Their Thirties

Top I awvers

Or Botton Events a

CHODDING

DBusiness Daily News / Annual 2017 / Local Filmmaker Keith Famie Launches Trailer for Alzheimer's Documentary

Local Filmmaker Keith Famie Launches Trailer for Alzheimer's Documentary

BY STEPHANIE SHENOUDA

Published: Thursday, May 11, 2017



After losing his father to Alzheimer's, local filmmaker Keith Famie knew he wanted to dedicate time to delve deeply into the disease. He recently launched the first trailer for his 12-part documentary, "On the Front Lines of Today's Aging Issues," which he plans to create over the next few years.

The first in the series, "On the Front Lines of Alzheimer's," will focus on neuroscientists, clinicians, and doctors from around the world

who are working to combat Alzheimer's and dementia-related diseases and the modifying strategies they're currently working on. The film will also detail the history of Alzheimer's, and provide information regarding high-risk populations, current medications, and global resources that are currently available to Alzheimer's patients and their families.

"My father, a World War II hero and dad of three, suffered such a destiny," says Famie. "When he took his last breath with me holding his hand totally not knowing who I was as I sat at his bedside, I vowed to one day do what I could as a filmmaker to help shed a light on what families can do and how we all can better live a life to avoid as much as possible, such a fate. The time is now."

The film currently has support from the Alzheimer's Association, Henry Ford Health System, the University of Michigan Alzheimer's Disease Center, the Wayne State University Institute of Gerontology, Central Michigan University, and the McKnight Brain Institute at the University of Florida.

Famie is also currently working with Dr. Richard S. Issacson, director at the Alzheimer's Prevention Clinic and the Neurology Residency Training Program at Weill Cornell Medical College, who will be filming for the documentary in New York City. Famie is currently signing up sponsors for the film, as well.

The trailer can be viewed here.

IN RELATED NEWS, Famie was nominated for the 2017 Michigan EMMY Awards for a film about mental health he directed, "Death is Not the Answer," which encourages viewers to rethink mental health issues through personal stories. The film was produced by Detroit Public Television and Visionalist Entertainment Productions in Wixom.



A member of the JRM family of products

May 15, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, Michigan 48393

Dear Keith,

I was so pleased to learn of your newest project, "On the Front Line of Alzheimer's Disease." Over the years, you have sensitively told the stories of people facing challenging health issues, all in ways that serve to educate your audience and inspire them to become personally engaged in seeking solutions or cures.

While your skill producing documentaries is evident in the myriad awards you've earned, your tenacity and commitment to remain engaged with those you've filmed – and their ongoing struggles – attests to the "head and heart" associated with your work.

As one whose life's work centers on telling stories via various media, I have seen my share of great and not-so-great work. The hallmarks of your great work can be found in their high quality and integrity, with attention paid to details that are the underpinnings of your credibility.

I wish you success in this upcoming project. Alzheimer's touches and impacts almost every family and this important endeavor warrants the financial and emotional embrace of our entire community.

Sincerely.

Arthur Horwitz

Publisher & Executive Editor



Dorothy & Peter Brown Jewish Community Adult Day Program



Eugene and Marcia Applebaum Jewish Community Campus 5720 W. Maple Road, West Bloomfield MI 48322 Phone: (248) 661-6390 • Fax: (248) 661-6391

Rose and Sidney Diem Building 29699 Southfield Road, Southfield MI 48076 Phone: (248) 233-4000 • Fax: (248) 559-0773

June 21, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, Michigan 48393

Dear Mr. Famie:

Thank you for inviting The Brown Program to be a part of your upcoming project: "On the Front Line of Alzheimer's Disease." The Dorothy and Peter Brown Adult Day Program (The Brown Program) is a dementia specific day program dedicated to assisting older adults with all forms of dementia, including Alzheimer's, maintain their highest level of functioning. Through a partnership in caregiving, the program enables family members to keep their loved ones at home by providing support and respite to the caregivers, while enhancing the participants' quality of life.

The unique programming and supportive community that can be found at The Brown Program is essential to easing the dementia journey for both the person living with dementia and their care partner. Thank you for highlighting this vital service. Through your film and your willingness to highlight the work of the Brown Program, we hope that more families will be made aware of the benefits of day programs and the lives of more people living with dementia will be enhanced and enriched.

At both of our Brown Program locations, we offer person-centered care and programming focused on the needs and enjoyment of participants. Music, art, group exercise, nutritious meals, reminiscing, technology and field trips all contribute to the enhancement of our participants' lives; while the needed respite for the caregiver allows time to destress, regroup and enjoy the company of others.

We look forward to the opportunity to assist you as you shine a light on the dementia journey, the services and supports available, and what is new and promising in the areas of research.

Until there is a cure, there is care.

Debra Yamstein, MSW

Director









AREAS OF FOCUS

It is our intention that through in depth interviews and 'day in the life' documentary storytelling, we will give those on the front lines of finding a cure or living with Alzheimer's or Dementia a voice.

History

- When did we understand that Alzheimer's was a disease and not just old age senility?
- Have we seen more incidents over the last ten years?
- Dementia vs. Alzheimer's

Who's at Risk?

- Is the current Baby Boomer population more at risk?
 - If so, why?
- What new research have we learned about genetics?

What Have We Learned?

Who has been leading the way in research and progressive treatment?

Globally/Other Cultures

- Are there places in the world where Alzheimer's is at an extreme low?
 - If so, why?
 - Genetics
 - Lifestyle
 - Diet
 - What can these other cultures teach us?

Lifestyle/Diet

- What have we learned about lifestyle/diet activity?
 - Are there solid studies to back it up?
 - What kind of activities promote brain health?
 - Are particular foods better or worse than others?
- Any new research suggesting cannabis to be helpful?

Medications

- Which medications work? Which don't?
- What is being developed?
 - What new hope is out there?

What Does a Doctor Tell a Patient?

- What kind of conversation does a doctor have with a patient with this diagnosis?
- What do they understand?
- What do they tell family members?

Families New Journey

- How does a family plan for this new life?
 - What do they need to know?
- What is the average progression of Alzheimer's?

Daily Life

- What is daily life like living with Alzheimer's?
- What's it like caring for an Alzheimer's patient?
- What new methods have been developed?

Family Stress

• How does caring for a family member affect family members and spouses?

New Centers

- Are there any new memory care centers?
 - What do they offer patients and families?

What Nuns are teaching us about Alzheimers

- What can the 30-year nun study teach us?
 - Lifestyle?
 - Healthy brain?

Dalai Lama/Meditation and the Healthy Brain

- Cultivating well-being?
- Cultivating qualities of the mind?
- Can long-term, mindfulness meditation actually alter an individual's brain chemistry and functioning?

Pets/Dogs

• How are pets/dogs used to help calm Alzheimer's patients?

Celebrities

- What celebrities have personally dealt with Alzheimer's?
 - Themselves?
 - Someone in their family?

Our Government

• What actions have congress taken to help support the work being done by scientists and researchers?

Sleep/Insomnia

- How important is sleep as a preventative to Dementia and Alzheimer's?
- How vulnerable are older people who have sleep issues?
 - What are some of the best and safest sleep aids?

Emotional Well Being

- How important are healthy emotional relationships when it comes to combating Alzheimer's?
- Does an active romantic lifestyle have any affect?





FEATURED PROFESSIONALS

Henry Paulson, MD, PhD

- Lucille Groff Chair of Neurology for Alzheimer's Disease and Related Disorders
- · Professor of Neurology, University of Michigan
- Director, Michigan Alzheimer's Disease Center
- Co-Director, Protein Folding Diseases Initiative

Bruno Giordani, PhD

- Associate Director, Michigan Alzheimer's Disease Center
- Chief of Psychology, University of Michigan
- Professor of Psychiatry, Neurology, and Psychology, University of Michigan

Benjamin Hampstead, PhD, ABPP/CN

• Clinical Core Leader, Michigan Alzheimer's Disease Center

Hiroko Dodge, PhD

- Data Core Leader, Michigan Alzheimer's Disease Center
- Milton and Carolyn Kevreson Research Professor of Neurology, University of Michigan
- Data Core Leader, Layton Aging and ADC at Oregon Health & Science University

Kim A. Eagle, MD, MACC

- Albion Walter Hewlett Professor of Internal Medicine
- Professor of Health Management and Policy, University of Michigan School of Public Health
- Director, Frankel Cardiovascular Center at the University of Michigan

Peter A. Lichtenburg, PhD

- Director, Institute of Gerontology
- Director, Merrill Palmer Skillman Institute
- Founding Director, Wayne State University Lifespan Alliance
- Professor of Psychology and Physical Medicine & Rehabilitation, Wayne State University

Gary Dunbar, PhD

- Director, Neuroscience Program at Central Michigan University
- Director, Brain Research and Integrative Neuroscience Center at Central Michigan University
- Professor of Experimental Psychology and Neuroscience Program, Central Michigan University

Tom M Rifai, MD

 Regional Medical Director, Metabolic Health and Weight Management at Henry Ford Health Systems

Peter V Rabins, MD, MPH

- Author, The 36-Hour Day; A Family Guide to Caring for People Who Have Alzheimer's Disease, Related Dementias, and Memory Loss
- Professor of the Practice and Director of Research for the Erickson School, UMBC
- Director of Division of Geriatric Psychiatry & Neuropsychiatry, Johns Hopkins School of Medicine

Paul Alan Cox, PhD

- Executive Director, Institute for Ethnomedicine in Jackson, Wyoming
- Head of the Brain Chemistry Labs, Institute for Ethnomedicine
- Recipient, Goldman Environmental Prize 1997
- Founder, Seacology

Todd E. Golde, MD, PhD

- Director, Center for Translational Research in Neurodegenerative Disease
- Director, 1Florida Alzheimer's Disease Research Center
- Professor of Neuroscience, University of Florida
- Investigator, McKnight Brain Institute

Richard S. Isaacson, MD

- Director, Alzheimer's Prevention Clinic
- Director, Neurology Residency Training Program at Weill Cornell Medical College
- Associate Attending Neurologist, New York-Presbyterian Hospital

Department of Neurology



2101 Commonwealth Blvd., Suite D Ann Arbor, MI 48105-5716 Phone: 734.936.8803 Fax: 734.764.6444 www.alzheimers.med.umich.edu

April 21, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, MI 48393

Dear Keith,

I am pleased to offer my support on behalf of the Michigan Alzheimer's Disease Center and connect you with other key players in dementia research and care at the University of Michigan to assist in the production of your very interesting project, "On the Front Lines of Alzheimer's Disease".

We have had an Alzheimer's Center at the University for over 30 years now. As a recently funded statewide Center through the NIH National Institute on Aging, we are committed to supporting new projects and increasing dementia awareness through collaborative education and outreach efforts across the state of Michigan. I especially applaud your focus on prevention, social engagement, and well-being in your production, as it is of the upmost importance to those concerned about Alzheimer's disease and related dementias. I am happy to connect you with professionals at the University of Michigan, and key individuals at our partner universities Wayne State University and Michigan State University, as well as members of the community who are willing to share their story.

Thank you for your work raising awareness of Alzheimer's disease and related dementias and communicating to the public the importance of continued research toward the goal of stopping these devastating diseases. I look forward to working with you.

Sincerely,

Henry L. Paulson, MD, PhD

An Yan

Lucille Groff Chair of Neurology for Alzheimer's Disease and Related Disorders

Professor of Neurology

Director, Michigan Alzheimer's Disease Center

Co-Director, Protein Folding Diseases Initiative



PO Box 100015 Gainesville, FL 32610-0015 352-273-9456 Office 352-294-5060 Fax mbi.ufl.edu

April 26, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, MI 48393

Dear Keith:

I am pleased to offer my support on behalf of the 1Florida Alzheimer's Disease Center and the University of Florida. Further, I will be happy to connect you and your team with our team and other key players conducting dementia research in the State in order to assist in the production of your project, "On the Front Lines of Alzheimer's Disease."

The state of Florida is one of the epicenters of the Alzheimer's epidemic; yet, reflective of the nation in that resources for research and patient care are far outstripped by need. We follow some unique populations and our research here at the University of Florida is focusing on novel approaches to therapies.

Over the last few years, a great deal of progress has been made to address the long-standing mismatch between funding and awareness of AD and other forms of dementia. Documentaries such as the one you propose serve a vital purpose in raising awareness among diverse audiences. I am honored that you have reached out to me for support and will enthusiastically support your efforts in any way I can.

Sincerely,

Todd E. Golde, M.D., Ph.D.

Director, McKnight Brain Institute

hall & Albele

Director, 1Florida Alzheimer's Disease Research Center

Professor, Department of Neuroscience, College of Medicine





April 10, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixsom, MI 48393

Dear Keith:

I would like to offer my enthusiastic support for your project "On the Front Line of Alzheimer's disease". As a researcher who has studied this devastating disease for 36 years, and as a person who has been personally touched by members of my family who have suffered the consequences of this horrible disease, I think a new public awareness of how critical the support for the fight against this new epidemic is desperately needed and welcomed.

As with so many of your other productions, I know that this will be done with extreme professionalism and accuracy. I applaud your efforts to integrate the medical perspective with the social and personal dimensions that are all a part of dealing with Alzheimer's disease. I look forward to working with you in any capacity for which I may provide a service, and I am eager to view your final product. Thank you for all that you do to raise awareness for the need to combat Alzheimer's disease.

Sincerely,

Gary L. Dunbar, Ph.D.

John G. Kulhavi Professor of Neuroscience

Director, Program in Neuroscience



Institute of Gerontology

87 EAST FERRY 226 KNAPP BUILDING DETROIT, MICHIGAN 48202

April 12, 2017

Mr. Keith Famie Executive Documentary Producer - Visionalist Entertainment Productions 28345 Beck Rd, Ste 404 Wixom MI 48393

Dear Mr. Famie:

I am delighted that you are planning to produce a documentary on the Front Lines of Alzheimer's disease. While Science has made progress in being able to understand some of the causal factors associated with Alzheimer's disease, it has proved to be a much more complicated picture than was hoped for. At this time, families continue to be the main source of support and care for older persons with Alzheimer's disease. Alzheimer's has been termed a chronic stressor; since caring for a person with Alzheimer's requires a high degree of vigilance and involves a high degree of unpredictability. I know that Alzheimer's disease has impacted your family as it has mine and that you will bring a sensitivity and sophistication to this film that will enrich us all.

As a clinical gerontologist and a professor of Psychology I have worked with thousands of older adults. Almost all of these older adults, from those with the most vigor to those suffering Alzheimer's disease have inspired me and impacted my own views on aging in a positive way. I know your film can do the same for thousands of others.

Sincerely,

Sincerely, Peter a Lichterley

Peter A. Lichtenberg, Ph.D., ABPP Director, Institute of Gerontology &

Professor of Psychology, and Physical Medicine and Rehabilitation



CENTER FOR METABOLIC HEALTH AND WEIGHT MANAGEMENT

Henry Ford West Bloomfield Hospital 6777 W. Maple Rd. West Bloomfield, MI 48322

> Mr. Keith Famie, Film Producer Director, Visionalist Entertainment Productions 28345 Beck Rd., Suite 404 Wixom, MI 48393

Dearest Keith

With the fondest memories of our time in Sardinia filming for your remarkable film, "The Embrace of Aging - The Male Perspective", I of course both professionally and personally am in full support for your next project and what is likely to be another award-winning documentary: "On The Front Lines of Alzheimer's".

As a nationally recognized expert in lifestyle as medicine and metabolic health, who understands all too well both professionally and from personal family experience – the contribution of lifestyle to the risk of developing dementia – I cannot be more happy to know that you are going to embark on this journey of putting together a world-class experts in order to help inform America about this epidemic and what can be done, particularly from a lifestyle prevention perspective, in order to stem the tide of this oncoming tsunami.

Alzheimer's and vascular dementia holds in partnership many of the same risk factors as heart disease, type 2 and prediabetes, stroke and many cancers – just to name a few – which hold in common set of 3 core drivers: feet, forks and fingers (physical activity, the food we eat and smoking, respectively). In fact, many lifestyle and metabolic experts believe these behavior influenced "diseases of modernity" may be preventable on the order of 50-80%, as we saw evidenced in the Blue Zone of Sardinia.

So as you can see, there is simply too much at stake here not to have your film come to fruition. Please let me know anyway I can help. Thank you beyond words for your willingness to dedicate yourself to this cause.

With highest regards,

Tom Rifai MD FACP

Henry Ford Health System

Regional Medical Director, Metabolic Health & Weight Management





November 17, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, MI 48393

Dear Keith,

The Louis and Anne Green Memory and Wellness Center of the Christine E. Lynn College of Nursing at Florida Atlantic University is pleased to offer support for your documentary film, "On the Front Line of Alzheimer's Disease." It will be my pleasure to introduce you to my team and other key players in the community to assist with your project.

Our Clinic is one of the 16 Florida Department of Elder Affairs state designated Memory Disorder Clinics. The mission of our Center is to meet the complex needs of individuals with memory disorders and their families through a comprehensive array of personalized services, compassionate and innovative programs of care, research and education. We are an academic based, innovative nurse-led clinic and adult day center with a person-centered, inter-professional team approach. The Center's services are designed to respond to the unique needs expressed by individual clients and their families. They reflect state-of-the-art strategies to help maintain functional independence, delay decline, and promote well-being and quality of life.

As the Director of the Center and being a Gerontological Nurse Practitioner, I have great experience with the older adult community and understand the power of personal stories and the need for more education about Alzheimer's and dementia. In our society, we have many misconceptions about dementia and we need to learn and understand the disease better to fight the negative stigma. Therefore I applaud you on your efforts for raising awareness for Alzheimer's disease in your documentary film and I look forward to working with you. I wish you great success in this meaningful production and I am honored for the opportunity to join you and your team.

Sincerely,

Wordonez

María de los Ángeles Ordóñez, DNP, ARNP-BC, GNP, PMHNP Director, Louis and Anne Green Memory and Wellness Center

FAU Memory Disorder Clinic Coordinator, Alzheimer's Disease Initiative

Assistant Professor, Christine E. Lynn College of Nursing



Eva L. Feldman, MD, PhD, FAAN, FANA

Russell N. DeJong Professor of Neurology Director, Program for Neurology Research and Discovery Department of Neurology 109 Zina Pitcher Place 5017 AAT-BSRB Ann Arbor, MI 48109-2200

Tel: (734) 763-7274 Fax: (734) 763-7275 efeldman@umich.edu

November 8, 2017

Mr. Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, MI 448939

Dear Keith,

I am excited and grateful for the opportunity to participate in your project "On the Front Lines of Alzheimer's and Dementia".

Here at the University of Michigan, my clinical research interests are to understand and find new treatments for a wide variety of neurological diseases, including diabetic neuropathy, ALS, and Alzheimer's disease. I am a pioneer in directly transforming the basic research performed in my laboratory into advances in clinical treatment. Most recently, this has resulted in the first two FDA-approved clinical trials assessing intraspinal transplantation of human spinal stem cell for the treatment of ALS. This ongoing trial represents a tremendous advance in the field of translational medicine and cellular therapies and I am committed to developing a similar stem cell therapy for Alzheimer's patients.

As Alzheimer's disease continues to take its toll on millions of people, I commend your efforts to create widespread awareness of this devastating disease. Raising public awareness will not only educate on reducing the risk of dementias but will undoubtedly influence national policy to advance critical research and funding support. I am confident that your work will lead to a better understanding of current research efforts and provide important information to caregivers and patients alike.

As you embark on this important project, you have my full support, and I am happy to provide assistance in any way necessary. I look forward to working with you and also to viewing your final film, which I know will impact a great number of people currently facing a form of dementia.

Warmly,

Eva L. Feldman, M.D., Ph.D., F.A.A.N.

kew Irldman

Russell N. DeJong Professor of Neurology

Director, Program for Neurology Research & Discovery



HEALTH

OLDER ADULTS

Q: What causes Alzheimer's disease?

A:

QUICK ANSWER

While the exact causes of Alzheimer's disease are not fully known or understood, as of 2015, scientists believe the disease is caused by several contributing factors including genetics, along with environmental and lifestyle factors. It is believed that age may also be a contributing factor.

CONTINUE READING ▼



FULL ANSWER

Scientific research shows that changes in the brain due to age can damage neurons and contribute to the development of Alzheimer's Disease. When caused by genetics, onset of the disease hits at an early age (between the ages of 30 and 60). Those who live active and healthy lifestyles, and possess brain-stimulating jobs, tend to be at less risk of developing Alzheimer's Disease.

Gender, heart health and past brain injuries are also believed to play contributing roles in the development. Studies show women may run a higher risk than men. People who suffer with health issues such as high blood pressure, uncontrolled diabetes and high cholesterol levels may be more at risk than those who do not. Finally, research also shows that those who have endured a brain injury in the past are also more likely to develop Alzheimer's Disease than those who have not. While research continues, there is no known cure for Alzheimer's Disease.

LEARN MORE ABOUT OLDER ADULTS ▶

SCIENCE

What Is Alzheimer's Disease?

By PAM BELLUCK

Alzheimer's disease can seem frightening, mysterious and daunting. There are still a lot of unknowns about the disease, which afflicts more than five million Americans. Here are answers to some common questions:

Sometimes I forget what day it is or where I put my glasses. Is this normal aging, or am I developing

Alzheimer's?



More than five million Americans are believed to have Alzheimer's, two-thirds of them are women. Geri Taylor, 72, is one of them. Michael Kirby Smith for The New York Times

Just because you forgot an item on your grocery list doesn't mean you are developing <u>dementia</u>. Most people have occasional memory lapses, which increase with age. The memory problems that characterize warning signs of Alzheimer's are usually more frequent, and they begin to interfere with safe or competent daily functioning: forgetting to turn off the stove, leaving home without being properly dressed or forgetting important appointments. Beyond that, the disease usually involves a decline in other cognitive abilities: planning a schedule, following multistep directions, carrying out familiar logistical tasks like balancing a checkbook or cooking a meal. It can also involve <u>mood changes</u>, <u>agitation</u>, social withdrawal and feelings of confusion, and can even affect or slow a person's gait.

How is Alzheimer's diagnosed?

Diagnosing Alzheimer's usually involves a series of assessments, including memory and <u>cognitive tests</u>. Clinicians will also do a thorough medical work-up to determine whether the thinking and memory problems can be explained by other diagnoses, such as another type of dementia, a physical illness or side effects from a medication. Brain scans and spinal taps may also be conducted to check for corroborating evidence like the accumulation of amyloid, the hallmark protein of Alzheimer's, in the brain or spinal fluid.

What causes Alzheimer's?

The cause is unknown for most cases. Fewer than 5 percent of cases are linked to specific, rare gene mutations. Those are usually early-onset cases that develop in middle age. In the vast majority of cases, Alzheimer's disease makes its presence known after age 65, and the older one gets, the greater the risk. Aside from age, which is the single biggest risk factor, there are health

The New York Times

MARK BITTMAN

Is Alzheimer's Type 3 Diabetes?

Just in case you need another reason to cut back on junk food, it now turns out that Alzheimer's could well be a form of diet-induced diabetes. That's the bad news. The good news is that laying off soda, doughnuts, processed meats and fries could allow you to keep your mind intact until your body fails you.

We used to think there were two types of diabetes: the type you're born with (Type 1) and the type you "get." That's called Type 2, and was called "adult onset" until it started ravaging kids. Type 2 is brought about by a combination of factors, including overeating, American-style.

The idea that Alzheimer's might be Type 3 diabetes has been around since 2005, but the connection between poor diet and Alzheimer's is becoming more convincing, as summarized in a cover story in New Scientist entitled "Food for Thought: What You Eat May Be Killing Your Brain." (The graphic — a chocolate brain with a huge piece missing — is creepy. But for the record: chocolate is not the enemy.)

The studies [1] are increasingly persuasive, and unsurprising when you understand the role of insulin in the body. So, a brief lesson.

We all need insulin: in non-diabetics, it's released to help cells take in the blood sugar (glucose) they need for energy. But the cells can hold only so much; excess sugar is first stored as glycogen, and — when there's enough of that — as fat. (Blood sugar doesn't come only from sugar, but from carbohydrates of all kinds; easily digested carbohydrates flood the bloodstream with sugar.) Insulin not only keeps the blood vessels that supply the brain healthy, it also encourages the brain's neurons to absorb glucose, and allows those neurons to change and become stronger. Low insulin levels in the brain mean reduced brain function.

Type 1 diabetes, in which the immune system destroys insulin-producing cells in the pancreas, accounts for about 10 percent of all cases. Type 2 diabetes is chronic or environmental, and it's especially prevalent in populations that overconsume hyperprocessed foods, like ours. It's tragically, increasingly common — about a third of Americans have diabetes or pre-diabetes — and treatable but incurable. It causes your cells to fail to retrieve glucose from the blood, either because your pancreas isn't producing enough insulin or the body's cells ignore that insulin. (That's "insulin resistance"; stand by.)

Put as simply as possible (in case your eyes glaze over as quickly as mine when it comes to high school biology), insulin "calls" your cells, asking them to take glucose from the bloodstream: "Yoo-hoo. Pick this stuff up!"

When the insulin calls altogether too often — as it does when you drink sugar-sweetened beverages and repeatedly eat junk food — the cells are overwhelmed, and say, "Leave me alone." They become resistant. This makes the insulin even more insistent and, to make matters worse, all those elevated insulin levels are bad for your blood vessels.

alzheimer's Ω association

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

EARLY DETECTION MATTERS





EARLY DETECTION MATTERS

The Alzheimer's Association® has created a list of warning signs for Alzheimer's and other dementias to help identify problems early. Individuals may experience one or more of these signs in different degrees.

If you or someone you care about is experiencing any of these signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking for the same information over and over, and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What's a typical age-related change?

Sometimes forgetting names or appointments, but remembering them later.

UNDERSTANDING DEMENTIA

Your memory often changes as you grow older. Some people may recognize changes in themselves before anyone else notices. Other times, friends and family will be the first to observe changes in memory, behavior or abilities.

It may be hard to know the difference between age-related changes and the first signs of dementia, but memory loss that disrupts daily life is not a typical part of aging. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's (AHLZ-high-merz) disease, a fatal disorder that results in the loss of brain cells and function.

WHAT'S THE DIFFERENCE?

Signs of Alzheimer's/dementia	Typical age-related changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What's a typical age-related change?

Making occasional errors when balancing a checkbook.

4. CONFUSION WITH

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What's a typical age-related change?

Getting confused about the day of the week but figuring it out later.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People with Alzheimer's disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

What's a typical age-related change?

Sometimes having trouble finding the right word.

8. DECREASED OR POOR JUDGMENT

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What's a typical age-related change?

Making a bad decision once in a while.

3. FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE

People with Alzheimer's disease often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What's a typical age-related change?

Occasionally needing help to use the settings on a microwave or to record a television show.

5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What's a typical age-related change?

Vision changes related to cataracts.

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

A person with Alzheimer's may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes they may accuse others of stealing. This may occur more frequently over time.

What's a typical age-related change?

Misplacing things from time to time and retracing steps to find them.

9. OR SOCIAL ACTIVITIES

A person with Alzheimer's disease may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What's a typical age-related change?

Sometimes feeling weary of work, family and social obligations.

10. CHANGES IN MOOD AND PERSONALITY

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What's a typical age-related change?

Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Note: Mood changes with age may also be a sign of another condition. Consult a doctor if you observe changes in yourself or others.



alz.org/10signs

Learn more about the 10 Warning Signs of Alzheimer's.



alz.org/education

Free online workshops, including: » Know the 10 Signs: Early Detection Matters



alz.org/findus

We're in communities across the country.



800.272.3900

24/7 Helpline – Available all day, every day. (TTY: 866.403.3073)

Women the Bigger Losers in Terms of Alzheimer's Costs

TUESDAY, Sept. 15, 2015 (HealthDay News) -- The cost of caring for a woman with Alzheimer's disease is ultimately about six times more than it is for a man with this form of dementia, new research indicates.

When the patient is a man, the true value of the time and energy a female family member typically puts into her caregiving job is 20 times greater than that performed by a male family member when the patient-caregiver roles are reversed, the Emory University researchers said.

In other words, women perform more unreimbursed labor. And when men care for sick women, more money is spent on paid caregiving staff, driving up the overall cost, said study authors Zhou Yang and Allan Levey.



The findings will appear in the September/October issue of the journal *Women's Health Issues*.

"This study demonstrates the importance of policies to address the needs not only of patients but of caregivers, the majority of whom are women," said Women's Health Issueseditor-in-chief Chloe Bird in a journal news release.

To better understand the financial burdens wrought by the disease, Yang and Levey pored through data collected by the Medicare Current Beneficiary Survey between 2000 and 2010.

Survey information included expenses covered by Medicare; long-term care covered by Medicaid; uncovered costs of providing home care and/or care in an assisted living facility, and the uncovered value of manpower by caregiving loved ones.

Caring for women with Alzheimer's was found to cost more by every measure. Compared with caring for a male patient, Medicare expenses were 1.5 greater; Medicaid costs were 2.2 greater, and out-of-pocket home and/or assisted living costs were 5.8 times greater.

But it was the big falloff in the amount of work performed by male caregivers, relative to female caregivers, that ended up increasing the overall bill for female Alzheimer's patients.

The study authors said policy reforms, including reforms to Medicare and Medicaid payments, must address the needs of Alzheimer's patients.

"Public policy interventions that aim at curing or slowing the progress of Alzheimer's disease, as well as those meeting the special home health care or long-term care need of the [Alzheimer's] patients, will greatly benefit the welfare and economic status of women," Yang said in the news release

Diets

An Early Defense Against Alzheimer's Disease

Experts think you may be able to delay or head off Alzheimer's.

"Is it Alzheimer's?" That's the common first question whispered by people who see their parents develop confusion, garbled speech and loss of memory. A fair concern, since Alzheimer's is at the root of 60 percent to 80 percent of dementia cases. A frequent second question: "Will I get it, too?"

That's what Shayna McClelland of Brooklyn wants to know – and prevent if she can. The public relations consultant is only 32. But her grandmother had Alzheimer's, and she is now caring for her father, who suffers from dementia. She is



determined to do her utmost to avoid heading down the same track. Her first step: an appointment at the new Alzheimer's Prevention Clinic at New York-Presbyterian/Weill Cornell Medical Center in New York. "Let's be clear," says Richard Isaacson, a neurologist and the clinic's director. "We don't yet know how to prevent Alzheimer's. But lifestyle changes may slow the onset of symptoms."

The reality that leads experts to be hopeful about that possibility is that Alzheimer's develops over two to three decades, giving those who start early years to make a difference. And "it's never too late," Isaacson argues. "Incremental changes do make a difference." The clinic, which launched in 2013 with the dual goals of taking care of patients and gathering data on how well prevention strategies work, has people coming in aged 27 to 91. Given that the current number of Americans with Alzheimer's – 5.3 million – is expected to triple by 2050, the fact that prevention (or at least delay) may be possible is a message that public health experts would like heard.

McClelland's first visit began with a review of her medical and family history, medications and nutritional habits. Then came cognitive testing to establish a baseline, and bloodwork to assess her general health and whether she carries a gene predisposing her to Alzheimer's. Those who carry the gene, which spurs a protein called ApoE4, are three times more likely than the average person to develop the disease. McClelland does not carry it.

She left the clinic with an assignment: For six months, implement a set of lifestyle changes that research shows may reduce risk of the disease. "Exercise and nutrition are two components that are known to have an effect," says Isaacson. McClelland was advised to limit processed foods and follow the Mediterranean diet, which is characterized by dark green leafy vegetables, whole grains, fruits, nuts, fish and olive oil and is low in saturated fats. She will bump up her intake of Omega-3 fatty acids and vitamins B12, B6, D and folic acid. She was also counseled to "find a new hobby – learn a foreign language or to play an instrument," McClelland says. And she was advised to exercise at least two to three times a week for 30 to 45 minutes, building up to 45 to 60 minutes three to four times a week. After six months, McClelland will return to see if there are any changes to her bloodwork and cognitive skills. Either new recommendations will be made, or she'll continue on the same path.

Although the clinic's focus is on prevention strategies, it also offers treatment for the disease that may mirror McClelland's prescription. With treatment, however, "expectations are tempered," Isaacson says.

Video

Parents

HEALTH & WELLNESS

Seth Rogen on his 'family love story' and the ravages of Alzheimer's

TODAY Dec. 11, 2014 at 10:39 AM TODAY

Alzheimer's is one of the few things comedian Seth Rogen doesn't joke about. "The Interview" star is opening up about his family's "long, brutal road" of coping with his mother-in-law slowly succumbing to the disease.

In a new essay for Glamour magazine, titled "My Family Love Story," Rogen reveals what it's been like for him and his wife Lauren Miller Rogen watch her mother Adele lose the ability to do basic things, like talk and dress herself.



"It was a long process, but slowly, over years, caring for Adele became a 24/7 job for Lauren's father. At first she was fine at home alone; eventually she needed a wheelchair and someone to feed her and clean her. Lauren and I started to realize that caring for Adele occupied 100 percent of her father's life. We needed to try to help him. That's when we moved her parents to L.A., just a few blocks from where we live," Rogen writes.

"Being a part of a family that is dealing with this thing changes my day-to-day life immensely. We help financially—as does Lauren's brother, Dan—and socially, by being around and seeing Lauren's father. The depressing thing about Alzheimer's is you can't do anything a lot of the time."

Rogen says helping care for his mother-in-law has brought his family closer together. They've started Hilarity for Charity, to raise money for Alzheimer's research, support and care.

He and Lauren have made raising awareness and advancing research for Alzheimer's a personal cause, he told TODAY in October.

Rogen appeared before a Congressional panel early this year, urging the government to prioritize funding for Alzheimer's. "I dream of the day when my charity is no longer necessary and I can go back to being the lazy, self-involved manchild I was meant to be," he told the panel. He blasted the politicians when when only two of the 16 invited senators showed up for or stayed for the entire speech.

The number of Americans living with Alzheimer's — the sixth leading cause of death in the U.S. — is expected to triple in the next 40 years, which means that 13.8 million could develop the mind-robbing disease by 2050.

Alzheimer's is involved in killing as many as 500,000 people each year, the Alzheimer's Association estimates. Caring for someone with Alzheimer's or dementia can cost up to \$56,800 a year, according to the Shriver Report.

New research offers hope for Alzheimer's patients

Institute of Ethnomedicine links toxin to Alzheimer's, discovers a possible way to treat the condition.

New research released today by the Jackson-based Institute for Ethnomedicine indicates that an animal model that can mimic the hallmark traits in neurodegenerative illnesses has been identified, a novel discovery that provides new hope in the search for drugs to curb diseases such as Alzheimer's.

The findings, detailed in the paper "Dietary exposure to an environmental toxin triggers neurofibrillary tangles and amyloid deposits in the brain," were released today in the Proceedings of the Royal Society B, a United Kingdom peer-reviewed research journal.

"Nobody had been able to find an animal model, an in vivo model, that has both tangles and amyloid plaque," said institute director Dr. Paul Alan Cox, an ethnobiologist and lead author of the study. "This is one of the things that has been slowing down the search for new Alzheimer's drugs. There are no animals that get Alzheimer's."



Until it was found that vervets, a small African monkey, can get the disease. As the title of the paper suggests, researchers also identified two other notable findings: the negative effects of chronic exposure to the neurotoxin beta-N-methylamino-L-alanine, also known as BMAA, which leads to Alzheimer's, and the potential for L-serine, a naturally occurring amino acid, to play a role in slowing the progression of diseases such as Alzheimer's, ALS and Parkinson's. "We know that when we supplemented the diet of the vervets with L-serine that it produced a fairly profound reduction in the density of tangles," Cox said. "What we don't know is if it will do the same thing for people."

Identifying an animal model

There are two key anomalies that helps to diagnose Alzheimer's and similar neurodegenerative illnesses, both of which are found in brain tissue: amyloid deposits and brain tangles. Amyloid deposits, an accumulation of protein fragments between nerve cells in the brain, are thought to block cell-to-cell communication. Brain tangles, formed by the misfolding of the protein tau, accumulate within the neuron, which leads to cell death.

Previously, scientists in the field struggled to find an animal that could be prompted to produce the brain tangles seen in Alzheimer's and similar "tangle diseases," leaving researchers to test drugs on current patients — a long and thus far unproductive method of drug discovery.

Alzheimer's Disease Surging Across Scandinavia

Posted on June 14, 2015 by Gary Chandler

At least 50 million people already

Sewage Sludge Contaminating Food, Water

Alzheimer's disease is the fastest-growing cause of death in the world. People living across Scandinavia have the highest prevalence of the disease in the world.

have *Alzheimer's disease* and other forms of **dementia**. It's vastly undiagnosed and misdiagnosed. According to the *Alzheimer's Association*, doctors are withholding millions of additional diagnoses in the **United States**,



so we don't know the extent of the epidemic in America, but the incidence likely rivals Finland.

According to recent studies, **Finland** has the highest incidence of Alzheimer's disease in the world. Iceland and **Sweden** aren't far behind. It could be that Finland is doing a better job of screening, diagnosing and offering honest assessments.

What can we learn from these regional variations? What are the common threads that can help us unravel the causes of neurological disease?

It's **infectious waste**. Raw sewage and **sewage sludge**. Waste from morgues, hospitals, nursing homes, slaughter houses, veterinarians and the homes of millions of people who have brain disease and other infectious diseases. This infectious waste is being dumped on open land as fertilizer. It's contaminating food, water, air and more in most countries.

The Problem With Prions

In order to understand the threat, one must understand the dynamics of this neurological disease. Alzheimer's disease, for example, is a member of an aggressive family (spectrum) of **neurodegenerative diseases** known as *Transmissible Spongiform Encephalopathy* (TSE). The operative word is "*transmissible*."

TSEs are caused by a deadly protein called a **prion** (*PREE-on*). **Prion disease** is unstoppable and the pathogen spreads through the bodily fluids and cell tissue of its victims. Prions are in the blood, saliva, urine, feces, mucus, and bodily tissue of its victims.

"There is now real evidence of the potential transmissibility of Alzheimer's," says Thomas Wiesniewski M.D. a prion and Alzheimer's researcher at New York University School of Medicine. "In fact, this ability to transmit an abnormal conformation is probably a universal property of amyloid-forming proteins (prions)."

The Buddhist and the Neuroscientist

What compassion does to the brain

n 1992, the neuroscientist Richard Davidson got a challenge from the Dalai Lama. By that point, he'd spent his career asking why people respond to, in his words, "life's slings and arrows" in different ways. Why are some people more resilient than others in the face of tragedy? And is resilience something you can gain through practice?



The Dalai Lama had a different question for Davidson when he visited the Tibetan Buddhist spiritual leader at his residence in Dharamsala, India. "He said: 'You've been using the tools of modern neuroscience to study depression, and anxiety, and fear. Why can't you use those same tools to study kindness and compassion?' … I did not have a very good answer. I said it was hard."

The Dalai Lama was interested in what the tools of modern neuroscience could reveal about the brains of people who spent years, in Davidson's words, "cultivating well-being ... cultivating qualities of the mind which promote a positive outlook." The result was that, not long afterward, Davidson brought a series of Buddhist monks into his lab and strapped electrodes to their heads or treated them to a few hours in an MRI machine.

"The best way to activate positive-emotion circuits in the brain is through generosity," Davidson, who founded the Center for Investigating Healthy Minds at University of Wisconsin, Madison, said in a talk at the Aspen Ideas Festival. "This is really a kind of exciting neuroscientific finding because there are pearls of wisdom in the contemplative tradition—the Dalai Lama frequently talks about this—that the best way for us to be happy is to be generous to others. And in fact the scientific evidence is in many ways bearing this out, and showing that there are systematic changes in the brain that are associated with acts of generosity."

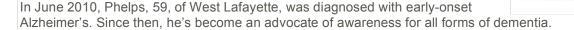
Davidson and his colleagues ran a simple experiment on eight "long-term Buddhist practitioners" whose had spent an average of 34,000 hours in mental training. They asked the subjects to alternate between a meditative state and a neutral state in order to observe how the brain changed. One subject described his meditation as generating "a state in which love and compassion permeate the whole mind, with no other consideration, reasoning, or discursive thoughts."

"When we did this, we noticed something remarkable," Davidson said. "What we see are

Dementia service dog improves life of Alzheimer's patient

Rick Phelps, who has early-onset Alzheimer's disease, says his 14-monthold, specially trained dementia service dog, Sam, is "opening up doors I couldn't open up" by helping draw attention to the illness while easing everyday tasks for him. Sam, a German shepherd, helps Phelps locate his car in parking lots, reminds him to apply his medication patch and notifies him when he leaves the stove on or the car running. But Phelps says the best thing Sam provides is unconditional love and a confidence boost. Coshocton Tribune (Ohio)

WEST LAFAYETTE — Rick Phelps said in three weeks, Sam the dementia service dog has done for him what more than two years of medication and doctors haven't: help with his disease.



The 14-month-old German Shepherd has led Phelps to his latest crusade as he thinks such a canine companion is essential for anyone with early- to mid-stage dementia.

"This dog has changed everything," he said. "It's a psychological thing, I know it is. He hasn't cured me of this disease, but it just works."

Before Sam, going to Walmart was the scariest thing in the world to Phelps and something he rarely ever did. Now he'll go without really needing anything, because he's confident with Sam by his side.

Being able to enjoy a trip to Fort Rapids Indoor Waterpark and Resort in Columbus with his grandchildren, which he did Labor Day weekend, was out of the question in the past. Now, fun replaces the fear everywhere Phelps goes.

"I had stress and anxiety and was afraid of everything. On a scale of one to 10, I was probably a 12. Now, I would say I'm a two or maybe a three because of this dog. It's a miracle and I can't believe it yet," he said. "We're bonding more everyday and he's trained to do that. He knows when I'm stressed out."

As Phelps has always done, he's using his experiences to bring awareness to the masses. Phelps said he's been contacted by Us Against Alzheimer's, ABC's "Nightline" and Animal Planet to film segments about Sam.

He's also taking speaking engagements to share his story with local organizations and those across the country. Phelps is due to speak at an Alzheimer's symposium coming up in Tampa Bay, Fla.

"I didn't know this was going to happen, but I hoped this was going to happen, because this is what needs to be," he said. "It's opening up doors I couldn't open up, because nobody has heard of (a dementia service dog)."

As Phelps would say, he's doing all this "while I still can," which has become his motto through all his trials and tribulations. "While I Still Can" has served as the title of a book and a song Phelps co-wrote that came out last spring.



alzheimers.net

DEMENTIA RESOURCES ABOUT US

Our Blog

What Nuns Are Teaching Us About Alzheimer's

🛗 January 9, 2017 🖿 Alzheimer's Research 🛔 Alissa Sauer 🗩 1 Comment

Over 30 years ago, one researcher chose a small group of nuns as subjects for a study on aging and brain deterioration. Through the years, the study has grown to include nearly 700 sisters across the United States and continues to reveal groundbreaking insights into the aging process and Alzheimer's disease.



Learn more about "The Nun Study" and what it is teaching us about Alzheimer's and dementia.

The Nun Study

David Snowdon began studying nuns in Mankato, Minnesota, 31 years ago in 1986. Snowdon was hopeful that he could learn why the brain deteriorated with age in some people and not others. "The Nun Study," as it quickly became known, grew to 678 sisters across the U.S. When the study began, the nuns ranged in age from 75-103 and included a wide range of health, with some functional and healthy and some severely disabled.

While nuns may not seem representative of the larger population, leading similar lifestyles free from excessive alcohol consumption and smoking, living and working in similar environments – and sharing a gender – made the nuns great study participants.

Because nuns share so many environmental variables, it eliminates variables that most studies have to consider when reaching conclusions. The nuns also had medical records that spanned throughout their entire lives, giving researchers unparalleled access to family and medical histories, education records, social and work information.

All of the sisters participated in annual bloodwork, cognitive assessments, medical exams and physical assessments throughout the study, and even agreed to brain donation at death for future research.

What Nuns Are Teaching Us About Alzheimer's

Before taking their vows, the nuns each wrote an autobiographical statement, which gave researchers insight into their linguistic ability. Past research has indicated both oral and written linguistic ability is an indicator of cognitive ability and a high level of linguistic ability earlier in life may protect against



PETITIONS ▼

CAUSES ▼

HEALTHY LIVING

REWARDS ▼

Q

FOOD

HEALTH

LOVE + SEX

NATURE

PET

SPIRIT

MORE

The Simple Meditation Practice That Can Help People with Alzheimer's

Alzheimer's: the modern memory scourge with no cure and no lasting treatment options. The apparent futility of the quest for a pharmaceutical cure has led some scientists to examine the possibility of alternative therapies.

One method that has garnered particular attention in recent years is meditation— specifically those practices that emphasize mindfulness. Mindfulness meditation encourages practitioners to turn their awareness to the present moment and accept the current state of



their lives and their being. Past and future don't matter when one is truly mindful of their present selves.

Over the long-term, mindfulness meditation actually alters an individual's brain chemistry and functioning.

A recent study has even linked the practice with positive neurological changes in people with Mild Cognitive Impairment (MCI) a <u>dementia</u> precursor condition that often manifests in <u>Alzheimer's disease</u>. Researchers at Beth Israel Deaconess Medical Center conducted functional MRI (fMRI) scans on the brains of adults, some of whom were cognitively normal and some who had been diagnosed with MCI.

The adults were split up into two groups. One group received care that was typical for their health conditions, while the other group engaged in Mindfulness-Based Stress Reduction (MBSR)—a program utilizing meditation and yoga to cultivate a sense of mindful awareness—for at least two hours a week, for eight weeks. The MBSR group was also advised to cultivate a daily mindfulness practice on their own for at least 15 minutes.

When researchers compared the before and after fMRI scans of the two groups, they found that those who'd participated in the mindfulness practice experienced less degeneration in their hippocampus, the section of the brain responsible for major learning, memory and emotional functions, and enhanced connectivity in their Default Mode Network, a neurological system often associated with daydreaming and memory retrieval. These observations held true, regardless of whether the individual had MCI or was cognitively normal.

While Rebecca Erwin Wells, M.D., Ph.D., the study's first author concedes that the investigation was relatively small, she and her co-authors are encouraged by their findings. "MBSR is a relatively simple intervention, with very little downside," she says in a press release. "If MBSR can help delay the symptoms of cognitive decline even a little bit, it can contribute to improved quality

Keith Famie

Director/Producer



Director/producer Keith Famie was, for many years, known as a celebrity chef of and metro Detroit restaurateur. He was selected as one of America's "Best New Chefs" in 1989 by Food and Wine magazine; twice his restaurants were chosen as "Best New Restaurant" in America by Esquire Magazine.

Famie was also a finalist on the 2001 reality television series, "Survivor, the Australian Outback."

Keith hosted his own Food Network series, "Keith Famie's Adventures," traveling the world documenting cooking styles from the plains of Africa to monk monasteries of Taiwan, to the lifestyle of Key West.

In 2004, the Adventure Chef embarked on a new journey - documentary filmmaking. "I didn't want to be the 'Adventure Chef' guy anymore. I wanted to help people tell their stories."

Since that life-changing decision, Famie has been awarded eleven Michigan Emmys and been nominated several other times for his rich, human-interest storytelling, from ethnic documentaries to military tribute films. He and his team at Visionalist Entertainment Productions create informative, entertaining films that touch a wide audience.

In 2013, Keith produced a seven-part series called "The Embrace of Aging, the male perspective of growing old," which aired on PBS Detroit in 2013. And in 2015, Famie received his 11th Emmy for "The Embrace of Aging, the female perspective of growing old," the second 13-part film series in this trilogy.

In 2016, he completed "Maire's Journey," a touching story about a 24-year-old cancer patient and the amazing journey she made in her afterlife. Accompanying the film is the book "Maire's Journey to the Sea," which documents the behind-the-scenes of making the film. In November of that year, a two-hour film titled "Death Is Not the Answer," which looks at the complicated and emotional subject of depression and suicide, aired on DPTV and is slated for a state-wide release in 2017.

2017/2018 will see several new projects, such as "Enlisted" which explores the reasons why young people join the military; and "On the Front Lines of Alzheimer's," which introduces us to Alzheimer's and those who are on the front lines of combating the disease. Having lost his father to Alzheimer's a number of years ago, Famie hopes this film will bring hope to those touched by this disease.

Says Famie, "There is nothing more gratifying than being able to touch people through the documentary film work that we do. I know we can affect people's lives."

Outside of documentary production, Keith is involved in many charitable projects. In 2015, he was awarded the 2015 Diamond Award by the Association for Women in Communications Detroit Chapter. Most recently, in 2017 Keith was presented the Media Award by the Gilda's Club of Metro Detroit.

Over the years, Keith has been actively involved as a director or board member of several well-respected, Michigan-based 501 (c) (3) organizations that support everything from children with cancer and hunger relief to veterans' issues. In 2003 Keith completed the Kona Ironman in support of Leukemia Team In Training.

VISIONALIST ENTERTAINMENT PRODUCTIONS

28345 Beck Rd., Ste. 404 • Wixom, MI • 48393 • 248-869-0096 0 • 248-869-0097 F

www.v-prod.com



Eleven-time Emmy Award winning Visionalist Entertainment Productions was established in 1997 by Executive Producer/Director Keith Famie who created a series of adventurous cooking shows in exotic locations around the globe for his series on the Food Network *Keith Famie's Adventures*.

Since these early years, Famie and his VEP team have produced a wide range of primetime programs ranging from an all guys trip to Russia with the Detroit Red Wings alumni team, to the touching series, "Our Story Of" about immigrants coming to America.

In 2013, Famie introduced the first in a series of films that focused on men and women as we age. "The Embrace of Aging" is a multiepisode series that debuted on Detroit Public Television. On Veterans Day 2017, DPTV will premiere the two-hour documentary about enlisting in the military titled ENLISTED.

Visionalist Entertainment Productions was selected for the 2015 Diamond Award by the Association for Women in Communications Detroit Chapter. In 2017, Keith Famie was awarded the Media Award by the Gilda's Club of Metro Detroit.

In production for 2017 is the documentary "On the Front Lines of Alzheimer's," set to be completed in Spring 2018.

EMMY AWARD WINNERS

DOCUMENTARIES

Taste of Taiwan (2006)

On-Camera Talent-Keith Famie

Our Italian Story (2006)

Human Interest Special & Best Director

Our Polish Story (2007)

Our Greek Story (2007)

Best Cultural Documentary
Best Human Interest Program Special

Our Arab American Story (2007)

Societal Concerns Program Special

Our India Story (2008)

Best Documentary Cultural

Detroit: Our Greatest Generation (2009)

Editor/Program

Our Vietnam Generation (2011)

Documentary Historical

The Embrace of Aging, the female perspective of growing old (2015)

Director-Post-Production

Detroit: Our Greatest Generation A film about our WWII veterans; a tribute to our 'Greatest Generation.'

Our Vietnam Generation A film dedicated to the unsung heroes, and survivors of the Vietnam War.

The Embrace of Aging, the female perspective of growing old, 13-part that aired on PBS in Michigan and South Florida.

Maire's Journey, an extraordinarily touching feature documentary about the wishes of a deceased cancer patient. The film completed it's festival circuit and is now available online.

Death is Not the Answer, rethinking mental health one story at a time, an insightful documentary about depression and suicide in America aired on Detroit Public Television in Fall 2016.

2017

Enlisted: Why do young people enlist in the military today? What does military experience offer? Where does reality fall short of expectation?

On the Front Lines of Alzheimer's: In this very personal and important documentary, we will meet those on the front lines of Alzheimer's. All that is being learned. How far have we come? How far do we have to go?

EMMY AWARD NOMINATIONS

Can You See How I See? (2011)

Best Human-Interest Documentary Film

One Soldier's Story (2011)

Best Topical Documentary

The Embrace of Aging, the male perspective of growing old (2014)

Health/Science - Program/Special Director-Post Production/Keith Famie Editor-Program (non news)/Joe Grant The Embrace of Dying (2016)

Editor-Program/Joe Grant & James Saoud

Death is Not the Answer (2016)

Public/Current/Community Affairs
Director-Non-Live/Keith Famie





Urban Communications Group

Collaboration with

Visionalist Entertainment Productions

Urban Communications Group was formed in 1979 by one of Michigan's most celebrated filmmakers, Sue Marx. The tax-exempt, 501(c)(3) media non-profit was created to produce educational films, videos and other media in the public interest in an effort to bring wider exposure to stories and ideas that Marx felt to be significant, though not necessarily popular. Through their commitment to high standards and artistic quality, Urban Communications Group's productions have received wide recognition and are in national and international distribution.

Visionalist Entertainment Productions began in 1997 when then-celebrity chef Keith Famie began producing a high-energy cooking news segment for Fox News and WDIV-TV 4. This led to a travel cooking series on the Food Network. Famie eventually decided to walk away from the "Adventure Chef" persona to start a new life producing human-centered documentaries. His films and television series for PBS, centered on telling touching and informative personal stories and featuring some of the nation's most renowned professionals, have plumbed the depths of the immigrant experience and shed new light on uncomfortable subjects such as aging and mental illness. Keith and his team have been fortunate enough to receive 11 Michigan Emmys for their socially-conscious filmmaking.

In order to increase access to funding and raise awareness for their projects, Urban Communications Group and Visionalist Entertainment Production joined forces in 2016. Under this arrangement, Visionalist Entertainment Productions is able to reach a wider range of sponsors and supporters by virtue of its affiliation with a tax exempt 501(c)(3), and Urban Communications Group has access to a vibrant, contemporary production studio with which to pursue its charitable mission.

Urban Communications Group and Visionalist Entertainment Productions share a passion for real-life stories that have the capacity to change minds and hearts. Unfortunately, such stories are often overlooked by potential sponsors. Together, these two organizations are able to collaborate to create films and series that will move, inspire, and change people's lives.