The conference served to launch a PreSERVE coalition community initiative for improving health of older African Americans. The coalition plans to hold community conversations to generate ideas for grassroots activities that will reduce barriers to healthy aging. Area representatives from AARP, The Alzheimer’s Disease Center, as a member of the School of Medicine Alumni Council.

Dr. Skinner’s presentation was sponsored in part by OHSU’s Alzheimer’s Disease Center. The conference included a health resource fair with representatives from OHSU’s Multiple Sclerosis and Muscular Dystrophy Clinic, Portland Community College (PCC) Food Services. He also volunteered his time and warm-hearted humor as ‘Smilin’ Eli’ the clown. Mary made his first clown outfit that Harold wore to several local charities.

In Harold’s opinion, the charitable gift annuity was a solid financial tool. Mary had dementia. Harold put it this way, “I can’t cure it but if ten or fifteen of us can contribute, together we can do something about it.” A charitable gift annuity please contact Crystal Logan at 503.494.1934 or logancr@ohsu.edu.

Generous friends of Alzheimer’s research

Paul and Elizabeth Duffy of Lake Oswego made a generous provision in their Duffly Family Trust to leave a portion of their assets to medical research. Mr. Duffy was in the Merchant Marine during World War II and worked for many years at Pearl Harbor as a scheduler. Mrs. Duffy worked as a bookkeeper for various businesses during her career.

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Research aims to standardize herbal extract for testing in clinical trials

A low-growing green, common in wet areas of Sri Lanka, India and Southeast Asia may holdkeys to improved cognitive health. Centella asiatica is more often known by its common name, Gotu Kola. The roots and leaves of Gotu Kola are used in traditional herbal medicine in Asian countries as a treatmentfor various skin and digestive disorders. More recently, the herb has been studied by scientists at OHSU who have found it to be effective in a memory aid. Most studies have been conducted on the herb in mice. Limited human studies have also shown the herb to be effective in improving cognitive performance. Gotu Kola is a safe, subtle plant, with no adverse effects when consumed appropriately.

OHSU researchers, headed by Amanda Souza-Munoz, PhD, are studying Centella asiatica, particularly botanical agents for the treatment of neurodegenerative disease. In collaboration with Drs. Joseph Quinn, Barry Oken and Jeffrey Dodge, Souza-Munoz are investigating the potential of Gotu Kola to delay cognitive decline by supporting the potential for the herb in treating Alzheimer’s disease. Their findings have also been recently published in the International Journal of Alzheimer’s Disease.

Now, as a new two-year research supplement grant from the National Institutes on Aging on Dr. Soumyanath and Dr. Souza-Munoz will be taking the next steps toward establishing clinical trials of Centella asiatica. Her new investigator will be directed to three goals: 1) to identify exactly the brain components in the brain that are affected and study potential therapies for these components in vitro, including a cell-based model for the hippocampus, 2) design a 3-month treatment study using a cell-based model for the hippocampus, 3. and design a 3-month treatment study using a human brain.

Cortico, a safe, subtle plant, with no adverse effects when consumed appropriately.

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The Layton Aging and Alzheimer’s Disease Center

The Layton Aging and Alzheimer’s Disease Center is a part of Oregon Health & Science University’s Oregon Alzheimer’s disease Centers in the United States and the only one of its kind in Oregon. Our Center is respected as a national leader in aging and Alzheimer’s disease research, and is committed to serving the needs of people throughout the Northwest.

Volunteering for Clinical Studies

To find out about your current clinical studies, please contact Lisa Linnem

503-494-7615.

Oregon Alzheimer’s Center for Alzheimer’s Research Awards 2012-2013 grants

Increased donations through the Oregon Charitable Tax Check Off program allowed four pilot grants to be funded for the coming year. Awards were approved for projects proposed by these new investigators:

- Loree Inderbitzen, Ph.D., OHSU Psychological Science - The role of pain in induced cognitive dysregulation
- Andrew Malter, Executive Director at OrPeA (Oregon Parkinson’s and Alzheimer’s) Association - The impact of stress on oxidative stress in the brain
- Sandrah Dutt, Ph.D., OHSU OXIDE - The effect of sleep and sleep cycle rhythms in Alzheimer’s disease
- Julia Marshall Leach, OHSU Biomedical Engineering student - Functional control and dual-tasking in MCI

Oregon State Plan for Alzheimer’s disease announced

A new State Plan for Alzheimer’s Disease was announced July 30 at the OHSU Center for Health and Healing. State plan task force chair Jason Hoyt, State Senator Lorena Mooremont Anderton, Dr. Hiroko Dodge, and Alzheimer’s Association representative Dan Littleton discussed the plan with OHSU Layton Center director Dr. Barry Oken and Dr. Jeffrey Dodge, M.D. to publicly announce the initiative. The State Plan for Alzheimer’s proposes local actions, introduces coordinated program ideas, and focuses on the growing number of Oregonians affected by Alzheimer’s disease and other dementias.

The Plan was developed through a multidisciplinary task force, in recognition of the need for integrated action to address the growing health and social impact of Alzheimer’s and other dementias.

Plans are part of the National Alzheimer’s Action Plan (NAAP). NAAP was ultimately unanimously by both houses of Congress and signed into law by President Obama on January 4, 2011. The Act is a comprehensive tool for policymakers at the national and state level to leverage advances, strengthen medical and social services infrastructure and fund research for Alzheimer’s and other dementias.

The State Plan for Alzheimer’s Disease and Related Disorders (ADRD) in Oregon is the product of the collaboration of many public and private stakeholders, personal experiences, and public input from across the state.

1. A starting point for an ongoing coordinated effort to address Alzheimer’s and other dementias needs.
2. A guide for the engagement of public and private sector stakeholders to improve the quality of community response to local need for increased awareness, treatment of dementia-related diseases and dementia-related disabilities.

For more information, contact researcher Molly Bowman at (971) 678-2346.

...the State Plan for Alzheimer’s disease is the key beginning toward addressing a major public health challenge that will overtake us all with our aging population. We all need, every day – families, citizens, researchers, and policymakers – to be in the best position to respond to this crisis.

- Dr. Jeffrey Kaye, M.D.
A low-growing green plant, common in wet areas of Sri Lanka, Kola. The stems and leaves of Kola have been used for centuries in traditional medicine, particularly for treating neurological conditions. Centella asiatica is more often known by its common name, Gotu Kola. Research has shown that Gotu Kola has several potential health benefits, including improving cognitive function and memory. Limited human studies have tested the herb with promising results, and researchers are exploring its potential for treating conditions like Alzheimer’s disease. Scientists at OHSU are studying Centella asiatica to better understand its effects on cognitive performance and memory. The goal is to develop a more effective formulation for clinical trials.

The State Plan for Alzheimer’s Disease was announced July 30 at the OHSU Center for Health and Healing. State Plan task forces identified key actions and strategies to address the increasing health, care, and social effects of Alzheimer’s disease and related dementias. State plans are part of the National Alzheimer’s Project Act (NAPA) initiatives. NAPA was passed unanimously by both houses of Congress and signed into law by President Obama on January 4, 2011. The Act sets a comprehensive tool for policy makers at the national level to save, support, strengthen medical and social infrastructure and fund research for Alzheimer’s and other dementias.

For more information, contact researcher Molly Bowman at (971) 678-2346.

Hiroko Dodge, Ph.D. Her dementia research walks the walk

Dr. Hiroko Dodge’s study of convergence and memory, featured in the June issue of Neurology, was widely in the news media, after publication of a journal article in the June issue of Neurology. The study showed that by analyzing the way people walk, researchers can detect early signs of Alzheimer’s disease.

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Research awards small grants to investigators.

Each year, the Alzheimer’s Disease Research Center awards small grants to investigators who propose promising new investigations. This year’s two pilot projects have been funded.

The Layton Aging and Alzheimer’s Disease Center

The Layton Aging and Alzheimer’s Disease Center (LAAD) is one of the Alzheimer’s Disease Centers in the United States and the only one of its kind in Oregon. Our Center is dedicated as a national leader in aging research and education, and is committed to serving the needs of people throughout the Northwest. Volunteering for Clinical Trials

To learn about our current clinical trials, please contact Lisa Loree: 503-494-7615.
Research aims to standardize herbal extract for testing in clinical trials

A low-growing ground cover, common in wet areas of Sri Lanka, India, and Southeast Asia may hold keys to improving cognitive health. Centella asiatica is more often known by its common name, Gotu Kola. The stems and leaves of Gotu Kola have been used for centuries in traditional medicines, particularly botanical agents for the treatment of neurological diseases. In collaboration with Drs. Joseph Quinn and Barry Oken, Kellen Voss completed a year of post-doctoral training at the University of South Florida. Kellen Voss, a training fellow, Kellen Voss will support her Centella asiatica research with Dr. Scotty Quinn.

The Layton Aging and Alzheimer's Disease Center

Mention Alzheimer's disease to a neurologist or gerontologist, and you would be likely to hear that the disease is not preventable. However, scientists at the Oregon Health & Science University (OHSU) Layton Aging and Alzheimer's Disease Center, Oregon State Plan for Alzheimer's Disease and Related Dementias (ADRD) in Oregon is the product of professional expertise, personal experience, and public input from across the state.

The plan provides:

1. A starting point for an ongoing dialogue to address dementia and related issues, and to identify needs.
2. A guide for the engagement of public and private stakeholders to improve the community response to needs.
3. A comprehensive tool for policy makers at the national level to assess awareness, strengthen medical and service infrastructure, and fund research for Alzheimer's and other dementias.

The plan was developed through a multidisciplinary task force, in recognition of the need for integrated action to address the increasing health and service challenges of Alzheimer's disease and other dementias. The state plan is part of the National Alzheimer's Project Act (NAPA). NAPA was passed unanimously by both houses of Congress and signed into law by President Obama on January 4, 2011. The Act is a comprehensive tool for policy makers at the national level to assess awareness, strengthen medical and service infrastructure, and fund research for Alzheimer's and other dementias.

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Generous friends of Alzheimer’s research

Paul and Elizabeth Duffy of Lake Oswego make a generous provision in The Duffy Family Trust to leave a portion of their estate to medical research. Mr. Duffy was in the Merchant Marines during World War II and worked for many years at Pearl Harbor as a machinist. Mrs. Duffy worked as a bookkeeper for various businesses during her career.

Stanley and Teresa Hulger are trustees of the estate. Stanley Hulger, M.D., is a retired ophthalmologist and an active member of the School of Medicine Alumni Council.

Dr. Huber awarded OHSU more than $160,000 for Alzheimer’s disease and age-related macular degeneration (AMD) research, through The Duffy Family Trust. The gift will provide essential funding to find new treatments for Alzheimer’s disease and help understand the role of genes in AMD. Harold and Mary Whitney were married nearly 62 years before Mary passed away in April 2009. Mary was a bookkeeper for Pendleton Woolen Mills, and Harold was a baker and then a baking instructor for Portland Community College (PCC) Food Service. He also volunteered his time and warm-hearted humor as ‘Smilin’ Bill’ the clown. Mary made his first clown outfit that Harold wore to several local charity events.

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Conference highlights
continued from page 1

“Aging & Memory in the African American Community” was sponsored in part by OHSU’s Layton Aging & Alzheimer’s Disease Center, a member of the PreSERVE Coalition. PreSERVE is a group of provider and service organizations, government agencies, and citizens who come together to address community health concerns of senior, metro-African Americans. The coalition includes representatives from AARP, The Alzheimer’s Association Oregon Chapter, Urban League of Portland, Multnomah County Aging & Disability Services, Portland Academy, Oregon Health & Science University, Providence SeniorCare, and Providence St. Vincent. The conference served to launch a PreSERVE coalition community initiative for improving health of older African Americans. The coalition plans to hold community conversations to generate ideas for grass roots activities that will reduce barriers to healthy aging. Area churches and service organizations will host those informational/idea gathering sessions beginning this September. To find out more about PreSERVE, visit www.preservecoalition.org.

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The conference included a healthy resource fair with information from 20 community health, nutrition and service organizations. Participants also learned about opportunities to volunteer for research studies. A display area featured postcard dairy studies conducted by OHSU researchers. Many of the studies specifically address health concerns of aging African Americans.

Annexes chose from a variety of workshop topics, from healthy food food ideas, to “10 warning signs” of Alzheimer’s disease, to treating the blues. In her keen words, Dr. Monica Parker informed attendees about risk factors for Alzheimer’s disease among African Americans, including diabetes and cardiovascular conditions. The presentation from the Emory University Alzheimer’s Research Center in Atlanta emphasized the importance of exercise, a healthy diet, and staying socially active for maintaining a healthy brain.

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