

## MAKING ALZHEIMER'S DISEASE A NATIONAL PRIORITY, THANKS TO YOU

Thanks to your leadership support, the Alzheimer's Association and the Alzheimer's Impact Movement (AIM), a separately incorporated advocacy affiliate of the Association, are working tirelessly with elected officials to maintain momentum and build on recent public policy victories. Your continued commitment along with the efforts of our dedicated advocates helped drive encouraging progress this past year.

### Senate Subcommittee Proposes Research and BOLD Funding Proposal

This fall, the Senate Labor-HHS Appropriations Subcommittee proposed a \$350 million increase for Alzheimer's and dementia research funding at the National Institutes of Health (NIH) for the 2020 fiscal year budget. The subcommittee included \$10 million in funding to implement the bipartisan BOLD Infrastructure for Alzheimer's Act, which directs the Centers for Disease Control and Prevention (CDC) to strengthen the national public health infrastructure by implementing effective Alzheimer's interventions.

### PCHETA Passes in the House of Representatives

The Palliative Care and Hospice Education and Training Act (PCHETA) has passed in the House of Representatives. PCHETA would increase the availability and quality of care by establishing palliative care and hospice workforce training programs, creating a national education and awareness campaign about the benefits of palliative care and available services and supports, and enhancing research on improving the delivery of palliative care.

### House Recognizes and Responds to Care Needs of People Living with Younger-Onset Alzheimer's

Key elements of the Younger-Onset Alzheimer's Disease Act have passed in the House of Representatives. Robert Egge, Alzheimer's Association chief public policy officer and AIM executive director, says, "Too often, people living with younger-onset Alzheimer's have been unable to

access fundamental programs and services because of their age. We are grateful to the cosponsors of the Younger-Onset Alzheimer's Disease Act and the House of Representatives for voting today to ensure individuals living with younger-onset dementia and their caregivers have access to these services."

With the help of generous supporters like you, the Association remains committed to working at every level of government to protect the needs and rights of people facing this disease. As an Alois Society member, you are invited to take your support further by becoming more involved in our public policy efforts. Join us at the Alzheimer's Impact Forum, the nation's premier Alzheimer's advocacy event. **Get started at [alz.org/forum](http://alz.org/forum).**

Save the date  
**2020 ALZHEIMER'S  
IMPACT MOVEMENT  
(AIM) ADVOCACY FORUM**  
March 22-24, 2020



Join us in Washington D.C. this March for the nation's premier Alzheimer's advocacy event.

ALOIS  
SOCIETY  
alzheimer's association

To learn more about your Alois Society membership, visit [alz.org/AloisSociety](http://alz.org/AloisSociety).

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## CHARTING NEW PATHWAYS IN ALZHEIMER'S AND DEMENTIA RESEARCH

Following a year of unprecedented investment in Alzheimer's and dementia research and record attendance at the Alzheimer's Association International Conference® 2019 (AAIC®), the Alzheimer's Association continues to explore and accelerate new paths to discovery in 2020.

### Promising avenues for progress emerge at AAIC 2019

AAIC 2019 welcomed nearly 6,000 researchers. Studies presented at the conference featured diverse approaches to uncover causes, progression, treatment and prevention of Alzheimer's and other dementias.

### New data presented at AAIC included:

- Engaging in multiple healthy lifestyle habits — including diet, cognitive stimulation, regular physical activity, light to moderate alcohol intake, and refraining from smoking — may reduce the risk of Alzheimer's by 60 percent.
- Sex-specific differences in the biology of Alzheimer's that may explain why the disease impacts men and women so differently.
- New clinical data and study designs from clinical trials evaluating novel Alzheimer's and dementia treatment approaches.

### Unprecedented levels of funding enable diverse and innovative research

Acknowledging that this disease remains an urgent crisis, Alzheimer's Association Chief Science Officer Maria Carrillo, Ph.D., explained why she is "more optimistic than ever" about progress in Alzheimer's and dementia research.

"Public and private funding is at unprecedented levels," Dr. Carrillo said. "This allows more scientists to enter the field with fresh ideas and enables more diverse and innovative avenues to be explored."

In 2019, the Association made its largest-ever research investment and today, the Association is committed to more than \$167M in 500 active, best-of-field projects in 27 countries. Thanks to ongoing advocacy efforts, Alzheimer's and dementia annual research funding at the National Institutes of Health (NIH) has more than quadrupled in the last five years.

Your leadership support helps the Association continue to relentlessly pursue our vision of a world without Alzheimer's and dementia. To receive updates on the latest developments in Alzheimer's and dementia research, sign up for e-news updates at [alz.org/enewssignup](http://alz.org/enewssignup).

## Welcome

to the new issue of **Alois Society Connector**, published exclusively for members of the Alzheimer's Association Alois Society. You belong to an extraordinary group of people who offer inspiration as well as financial leadership to support the Association's efforts to provide vital care and support programs, advance research and shape public policy that improves the lives of all those affected by this devastating disease. Thank you for your exceptional commitment.

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## THE LONGEST DAY: TRAVERSING THE COUNTRY TO FIGHT THE DARKNESS OF ALZHEIMER'S



Mike Henry first learned about the Alzheimer's Association in the unlikelyst of places. In 2007, while stopping at a gas station on the way to his son's lacrosse game, he saw a brochure for an Association event. His mother, Jean, was battling Alzheimer's, and Mike decided to get involved.

For Mike, the fight is deeply personal. Jean lost her life to Alzheimer's. "Mom was the moral compass of our family," Mike says. "She was all about family. Loved her siblings, her parents, her husband, her children. And it was really rough seeing her slowly decline."

In honor of Jean, and the millions facing Alzheimer's, Mike went beyond the extra mile for The Longest Day® 2019, cycling over 4,230 miles on the TransAmerica Trail and raising more than \$34,000 for the Association. Starting in Astoria, Oregon, Mike spent 70 days traversing the Cascades, Yellowstone National Park, the Colorado Rockies and the Blue Ridge Mountains before reaching his final destination in

Yorktown, Virginia. Along the way, he met many people eager to see him succeed. And he never lost sight of who he was riding for.

*"I have to say that whenever things really got rough, I thought of the people who are caregivers for those living with Alzheimer's," Mike says. "They really are my inspiration. What they give up and the love they show is really inspiring to me."*

A native of Melrose, Massachusetts, Mike currently serves as vice chair of the board of the Massachusetts / New Hampshire Chapter of the Alzheimer's Association.

Over his many years of involvement, Mike has come to have a strong appreciation for all the ways the Association leads in Alzheimer's care and support, research and advocacy.

"The Association's funding allows cutting-edge research to go forward that otherwise wouldn't," Mike says. "Their 24/7 Helpline is the first place to turn to if you or someone you know has Alzheimer's; and their advocacy efforts are one of the key reasons federal research funding has grown so rapidly."

To learn more about ways to get involved in the fight, visit [alz.org/get\\_involved](https://alz.org/get_involved).



Get started at [alz.org/TLD2020](https://alz.org/TLD2020)

## IMPROVING ACCESS TO ALZHEIMER'S CARE

How the Alzheimer's Association is working to serve the needs of diverse populations

As the demographic landscape of our nation continues to change, the Alzheimer's Association is committed to reaching diverse populations and to delivering care and support in culturally appropriate ways.

Many communities are at greater risk of developing Alzheimer's or other dementias. For example, African Americans are about two times more likely than whites to have Alzheimer's or other dementias, and Hispanics are about one and one-half times more likely. Recent research suggests higher rates of cognitive decline among lesbian, gay, bisexual and/or transgender (LGBT) Americans compared to heterosexuals.

Because Alzheimer's can affect everyone, diversity and inclusion are critical to advancing the mission of the Alzheimer's Association — we are committed to reaching all communities. Thanks to the ongoing support of generous donors like you, we are working to better serve diverse populations by:

- **Welcoming Chief Diversity and Inclusion Officer Reynick Martinez.**
- **Building partnerships with national organizations** including the National Hispanic Council on Aging and Services (NHCOA); SAGE: Advocacy for Gay, Lesbian, Bisexual and Transgender Elders; the African Methodist Episcopal Church (AME) and other faith-based organizations.
- **Promoting community-based outreach,** working with local chapters to engage with diverse volunteers to provide face-to-face support groups and educational programs in communities nationwide.
- **Offering support and information in diverse languages** through our free 24/7 Helpline (**800.272.3900**), where English- and Spanish-speaking master's-level clinicians provide confidential support and information, and services can be made available in over 200 languages; and through sections of [alz.org](https://alz.org), also available in Spanish.

To learn more about the Association's care and support services, visit [alz.org/help-support](https://alz.org/help-support).



*"I'm thrilled to join the Alzheimer's Association in support of our mission to mobilize all communities in the fight against Alzheimer's and other dementias. Working closely with volunteers, community leaders, organizational partners and staff, we're striving to engage all communities across all aspects of our mission; driving concern and awareness, providing care and support, advancing research, advocating for policy change, and supporting our special events."*

- Reynick Martinez,  
Alzheimer's Association  
Chief Diversity and  
Inclusion Officer