

HOPE APPRECIATION BRUNCH:

A Rally Against Alzheimer's: Study Volunteers Celebrated at HOPE Appreciation Brunch

Chuck Berry's "Johnny B. Goode" and other oldies, but goodies, rang out of the Boston University Pep Band's instruments as nearly 300 Health Outreach Program for the Elderly (HOPE) study volunteers and loved ones shuffled into the Marriott Hotel in Newton, MA on June 21st, 2013. The Boston University Alzheimer's Disease Center (BU ADC) staff members had been planning this event for months, and were



Education Core Director Dr. Andrew Budson (left) and BU ADC Director Dr. Neil Kowall (right) welcome HOPE participants and their families with a big cheer.



Jane Mwicigi speaks to a HOPE participant about other actively recruiting studies at the BU ADC.

Boston Red Sox pitcher Koji Uehara. The BU ADC would like to thank all participants, study partners, and loved ones who attended the event last year. We appreciate your commitment to our efforts in advancing AD research by rallying together for HOPE!

The event was sponsored by the generous support of Senior Living Residences.

so excited to celebrate the arrival of our HOPE volunteers. "This event was a testament to the ongoing commitment and zeal that HOPE participants bring to Alzheimer's disease (AD) research and finding a cure for AD," said HOPE Study Director Eric Steinberg. Drs. Neil Kowall, Andrew Budson, and Robert Stern ran into the room waving pom-poms like drum majors leading the band to the tune of "Go BU!" and the pep rally began.

Dr. Stern kicked off the morning with a resounding welcome "pep talk." Next, Lenore Jackson-Pope of the Alzheimer's Association MA/NH Chapter spoke about the importance of clinical trial participation, followed by Dr. Kowall, who gave an update on research, including clinical trials focusing on earlier intervention. Community advocate Juanda Drumgold was her usual energized self and led group exercises for attendees to use in their daily lives, sending smiles throughout the room.

The celebration continued with a short talk about repetitive brain trauma and chronic traumatic encephalopathy (CTE) by Dr. Stern. Dr. Budson followed with a discussion of music and how it enhances the memory of individuals with AD, including examples of songs that can help AD patients remember daily tasks. Finally, Dr. Budson moderated a Q&A panel of experts to answer questions written down by the audience.

Many recognition certificates were presented for those HOPE participants with the "most studies participated" and who have participated for 10 or more years in HOPE. One attendee at each table received special raffle prizes, including items from Max Wallack's Puzzles to Remember organization and an autographed baseball signed by

In This Issue

"The best part of my day is when I get to spend a couple of hours with the participants and get to know them."

— Ms. Diane Essis, from HOPE Study Team..... 6



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Bernie, Marie, and Angie meet for the first time at the PAIRS match day.

An Invaluable Bond

The PAIRS program (Partnering in Alzheimer’s Instruction Research Study) is an educational program for medical students and patients with early-stage Alzheimer’s disease (AD) and other cognitive impairment. PAIRS is a replication of the highly successful Northwestern University Buddy Program. The program provides first-year medical students with the opportunity to informally interact with patients in order to increase their knowledge of AD and improve their attitudes about the disease.

Bernie Mandra is a patient participant in the PAIRS program. This year is his second as a PAIRS buddy. Bernie’s wife, Marie Mandra, comments that the PAIRS program provides an opportunity to bring awareness to AD. “It’s a really great program to hopefully let people know what’s really going on, so when they do go and practice they will be more aware of the disease.” Marie also mentioned that it’s beneficial for Bernie to participate in this program because it is good for him to stay active and social.

Bernie has been paired with Angie, a first-year medical student. In 2012, Angie’s grandfather was diagnosed with AD. Her personal connection to this disease contributed to her desire to pursue a degree in medicine and to join the PAIRS program. “I wanted to learn more about the disease and was interested in doing so through the didactic and experiential opportunities offered by the PAIRS program,” she said.

As a PAIRS participant, Bernie has been able to interact with Angie on a monthly basis. “I look forward to meeting with Bernie and his wife every month because they give me positive energy and remind me why I came to medical school in the first place.” A routine visit consists of listening to Bernie tell jokes and teaching Angie funny new expressions.

These interactions are invaluable for both Bernie and Angie. “My experience overall has been great because I not only learn about AD, but I also gain a lot of wisdom and insight from the conversations I have with Bernie. Participants like Bernie have such enriching life experiences they’re willing to share.”

BU ADC joins Walk to End Alzheimer’s

Friends, faculty, and staff of the Boston University Alzheimer’s Disease Center teamed up to raise awareness and funds for Alzheimer’s disease (AD). More than 20 people joined in, completing the Sept. 29 Alzheimer’s Association Walk to End AD and raising more than \$4,400 for AD research, caregiver support, and advocacy.



The BU ADC team supported the Alzheimer’s Association at the Greater Boston Walk to End Alzheimer’s in Cambridge.

About Us

The Boston University Alzheimer’s Disease Center (BU ADC) aims to reduce the human and economic costs of Alzheimer’s disease through the advancement of knowledge. We conduct cutting-edge Alzheimer’s research and provide education about aging and dementia to professionals and communities in Boston and beyond. The BU ADC Education & Outreach team publishes the *BU ADC Bulletin* twice per year. It includes stories about research findings, new studies and more.

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Just One!

A common goal for anyone reading this is the eventual eradication of Alzheimer's disease (AD). The numbers are staggering! There are over 5 million Americans with AD dementia, and this number is expected to be over 16 million by 2050. One in eight persons age 65 and older, and 1 in 3 persons age 85 and older, currently has AD dementia. In short, we are in the midst of an AD crisis that is growing in size and scope. The single most important thing that anyone can do to have an impact on this crisis is to volunteer to participate in research.

There likely is a research study for anyone interested in working with us to wipe out AD. Participation in research is not merely a means of moving the science forward; it can also provide important positive benefits to the participant, including a decreased sense of solitude by interacting with a research team that truly understands the disease and its toll on the patient, the caregiver, and family members. And research participation fulfills that most important need for everyone touched by the disease: a sense of hope. It is shocking how difficult it is for researchers around the country to recruit people to participate in AD-related research. Yes, even in Boston! Even if this little article results in just one person becoming enrolled in our research, it would make a tremendous difference. Please help by participating and spreading the word!

Continuing Medical Education Course: For Medical Professionals – October 27, 2014

This multidisciplinary course will be offered to physicians, psychologists, nurses, physician assistants, social workers, and health care providers interested in the diagnosis and care of older adults with memory difficulties. The course will cover the fundamentals of mild cognitive impairment and early Alzheimer's disease, including diagnosis and clinical course, risk factors and prevention, and pharmacological treatments. Implementation of feasible and effective office-based screening tools to distinguish normal aging from mild cognitive impairment and early Alzheimer's disease will be covered along with key clinical, research, and community-based resources for patients and their families. Finally, an interactive panel discussion will cover best strategies for communicating the diagnosis and prognosis to patients and families. We hope you will join us on October 27th, 2014 at the Waltham Conference Center for this timely and informative course. Note: This course will require a tuition fee.

Want to attend the Continuing Medical Education Course?

Go to www.bu.edu/alzresearch/cme

Introducing BU's ADC University for Community Members!

ADC University is a **free** classroom-learning environment that focuses on providing community members of all ages with engaging and up-to-date information on aging. ADC University will be held in both the summer and fall with an 8-week course called AgeWISE.



Dr. Andrew Budson presenting at the 2013 Alzheimer's Association Community Research Forum on Memory Loss.

Each class will cover topics in brain aging using both lecture and class discussion. Students will be assigned homework to help increase the value of the class. (Note: There are no grades! Homework is purely for your learning and for facilitation of discussion.) AgeWISE is designed for healthy older adults without a diagnosis of dementia. Summer session will begin on Wednesday, July 2nd from 1pm-2:30 pm, and the fall session will begin on September 17th and will be held from 5:30pm-7pm at the Boston University

Alzheimer's Disease Center. Space is limited, so sign up today! See below.

Want to attend BU ADC University? Go to www.bu.edu/alzresearch/agewise

Catch the latest Alzheimer's news: Q&A of the Day on the BU ADC Facebook Page

Alzheimer's disease (AD) makes news every day in cities around the globe. Sorting through all the headlines takes time, and some of the research can be tough to understand.

The Boston University Alzheimer's Disease Center is helping people stay up to date on the latest AD news and what it means for them. Check out our new Q&A of the Day installment on our Facebook page. Our own AD Center experts answer frequently asked questions.

Want to know more? Have questions? Find us online, and stay in touch.

www.bu.edu/alzresearch/

 [facebook.com/BUmemoryloss](https://www.facebook.com/BUmemoryloss)

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Visit Facebook, Twitter, or the BU ADC website and check out the latest Alzheimer's news – from BU, the Boston area, and beyond.



Dr. Robert Stern presenting his talk "Alzheimer's Disease 2014: A Time for Hope."

Community Educational Events

Researchers from the BU ADC share their cutting-edge expertise at a variety of community events. Please check the BU ADC calendar for an event in your area.

Go to www.bu.edu/alzresearch/calendar
Questions about our education events? Would like the BU ADC to speak at your community event?

Contact the Education Programs Manager: JoinADC@bu.edu

Actively Recruiting Studies

AD = Alzheimer's Disease; MCI = Mild Cognitive Impairment

STUDY TITLE	CURRENTLY RECRUITING	STUDY DESCRIPTION
Health Outreach Program for the Elderly (HOPE)	Healthy adults, MCI, AD dem.	HOPE is the main registry of participants. People who join HOPE attend a yearly visit in which their memory and thinking abilities are evaluated. They also participate in other BU ADC-affiliated studies. Interested volunteers may join this important registry if they can attend a yearly visit with a study partner and are 65 or older with or without memory concerns or 50 or older with memory concerns.
Solanezumab Clinical Trial for Early AD dem. (Expedition 3)	Mild AD dem.	This clinical trial is examining the effects of Solanezumab in patients with mild AD dementia. Patients are asked to come to the BU ADC once a month for 3 years. Volunteers between 55 and 90 years old who are able to attend monthly visits with a study partner may be eligible.
Solanezumab Clinical Trial for Those with Preclinical Memory Complaints (A4)	Adults with Memory Complaints	This clinical trial is examining the effects of Solanezumab in patients with preclinical memory complaints, but who have not been diagnosed with AD dementia. Patients are asked to come to the BU ADC once a month for 3 years. Interested volunteers may be eligible if they are between 65 and 85 years old and are able to attend monthly visits with a study partner.
BAN2401 Clinical Trial for MCI and early AD	MCI	This clinical trial is examining the effects of BAN2401 in patients with MCI. Patients are asked to come once every 2 weeks for 18 months. Interested volunteers age 50-80 with a diagnosis of MCI or very mild AD dementia and who can attend bi-monthly visits with a study partner may be eligible.
Amylin, Amyloid-beta Peptide, and Alzheimer's Disease	Healthy adults, MCI, AD dem.	This study aims to develop a blood test for Alzheimer's disease repurposing Pramlintide, an FDA-approved diabetes medication, which also has the potential to treat AD dementia. Participation involves 2 visits, which will include 1 injection of the medication, followed by blood draws and a lumbar puncture (optional). Volunteers age 50-85 may be eligible if they do not have diabetes.
Alzheimer's Association Dementia Care Coordination Project (Caregivers)	All forms of dementia, MCI	This study's goal is to evaluate approaches to care coordination and patient/caregiver education for those with AD or other dementias. Caregivers are recruited to complete questionnaires both pre- and post-testing, after which they will be assigned to one of two groups. The treatment group will receive dementia care coordination from the Alzheimer's Association immediately. The control group will be referred to the Alzheimer's Association after a 2-year delay. Volunteer participants may be eligible if they are age 50-110 and are caring for someone with AD or another kind of dementia.
A and Tau Imaging Study (Avid)	Healthy adults, MCI, AD dem.	This open label, multicenter study aims to evaluate the safety and imaging characteristics of an imaging compound in cognitively healthy volunteers, subjects with MCI, and subjects with AD dementia. The goals are to compare the imaging results of subjects with MCI and AD dementia with the results of healthy subjects, and assess the rate of change of tau deposition in the brain over time.
TCAD	Mild to Mod. AD dem.	This clinical trial aims to evaluate the safety and efficacy of an oral medication compared to placebo in subjects with mild to moderate AD dementia. Subjects who are currently receiving treatment with Aricept (Donepezil) may be eligible.
PAIRS Program	MCI, AD dem.	This program pairs first-year Boston University medical students with patients who have MCI or early-stage AD dementia. The program educates medical students about the care and support issues faced by patients with AD, and provides patients with an opportunity to mentor students. Student-patient pairs meet monthly to participate in social activities throughout the academic year.
False Memory in AD	Healthy adults, MCI, AD dem.	The False Memory study seeks to understand why patients with AD and other dementias frequently remember things that never happened. The goal of the study is to find ways to reduce false memories in patients with dementia. Study participation is open to adults age 65-85.
Emotional Perception, Neuropsychiatric Symptoms and Caregiver Experience in AD	Healthy adults, AD dem.	Researchers are examining how changes in emotional perception in people with dementia due to Alzheimer's disease impact the experience of their caregivers. The goal is for the results of this study to be used to improve services for people with AD dementia and their caregivers. The researchers are looking both for couples affected by AD dementia and couples in which both spouses are not experiencing memory loss.
EnVivo	Mild to Mod. AD	This clinical trial aims to evaluate the safety and efficacy of an oral medication compared to placebo in subjects with mild to moderate AD. Subjects 55-85 who are currently receiving or were previously treated with an ACE inhibitor may be eligible.

Interested? Contact the BU ADC recruitment coordinator at 617-414-1077 or joinADC@bu.edu.

Research Updates

Characterizing the role of neuroinflammation in the progression of Alzheimer's disease

Dr. Ikezu Tsuneya, along with his colleagues, is characterizing the role of neuroinflammation in the progression of Alzheimer's disease (AD), specifically regarding how tau pathology spreads in the brain. They recently published that neuronal protein kinase (tau-tubulin kinase 1) mediates inflammation-induced neurotoxicity via phosphorylation of tau. Additionally, Dr. Tsuneya's group has identified key miRNA/mRNA that shape the activation phenotype of microglia. They hypothesize that microglia play an important role in the dissemination of tau in the AD brain. This pilot study is currently funded by the Alzheimer's Art Quilt Initiative.

Understanding the function of prions to develop treatments for Alzheimer's disease

Dr. David Harris and his colleagues have two broad objectives. First, they wish to understand how prions and other misfolded protein aggregates cause neurodegeneration, neuronal death, and synaptic dysfunction. In this regard, they seek to identify what molecular forms of Prion Proteins (PrP) and the Alzheimer's A β peptide represent the proximate neurotoxic species, and what receptors and cellular pathways involved lead to pathology. Second, they aim to use their knowledge of the cell biology of prion and AD to develop drug molecules and other therapeutic modalities for treatment of these disorders.

Neurotrophic intervention in models of neurodegenerative disorders

Dr. Alpaslan Dedeoglu has received new funding to study the effects of neurotrophic intervention (by pharmacological and non-pharmacological methods) in models of neurodegenerative disorders. In addition to ongoing studies in models of Amyotrophic Lateral Sclerosis (ALS), new grants will extend the studies in models of AD and Gulf War Veterans' Illness (GWVI). Dedeoglu's team, in collaboration with researchers from BU and MGH, has recently published two papers in *Experimental Neurology* and *Brain Research* exploring beneficial effects of scyllo-inositol and R-flurbiprofen in models of AD.

Exercise-training and its effects on healthy aging

Dr. Karin Schon, along with her colleagues, started the Brain Plasticity and Neuroimaging Laboratory this year. Dr. Schon, who is the director of this study, has started recruiting participants for a brain imaging study on healthy aging. The research study will investigate the effects of a 12-week exercise-training program on brain function and structure related to memory using functional and structural MRI.

Diabetic medication may detect Alzheimer's disease

Dr. Wendy Qiu and her colleagues are focusing on the development of a blood test in order to find an easier, more cost-effective way to diagnose AD in the living. Using animal models, they have found that a diabetes medication called pramlintide reduced neurotoxic A β peptides in the brain. These peptides are the main component of the amyloid plaques that afflict the brains of AD patients. Dr. Qiu and colleagues have proposed to test this idea in human volunteers diagnosed with AD or mild cognitive impairment (MCI), along with healthy volunteers. This work has received funding from the Alzheimer's Association and has the potential to lead to an effective treatment for AD.

"It Takes TIA to Tangle"

Dr. Ben Wolozin and colleagues have received the 2013 Alzheimer's Association Zenith Fellows Award with their proposal, "It Takes TIA to Tangle." He is currently studying how genetic changes may promote the clumping of harmful tau into the "tangles" observed in AD and related dementias. Dr. Wolozin and his team have observed that tau tends to interact with RNA-binding proteins located in stress granules in cells. Such interactions, they hypothesize, may make tau more likely to accumulate abnormally under stressful conditions—including early AD. Wolozin's Lab will experimentally induce tau protein misfolding and investigate the factors that regulate it in hopes of determining a therapeutic method to prevent tau protein misfolding.



Jesse Mez, MD

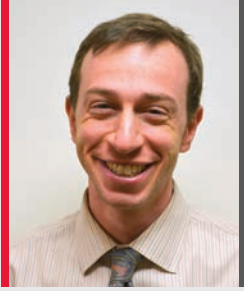
The Boston University Alzheimer's Disease Center and Chronic Traumatic Encephalopathy Center are pleased to welcome Jesse Mez, MD, as a new faculty researcher. Dr. Mez is a Behavioral Neurologist with interest in the genetics of neurodegenerative diseases. He is an Assistant Professor of Neurology at Boston University School of Medicine.



Maureen O'Connor, PsyD

The Boston University Alzheimer's Disease Center would like to welcome Maureen O'Connor, PsyD, as the new Associate Director of the Education & Outreach Core. She is also an Assistant Professor of Neurology at Boston University School of Medicine.

Get to know Dr. Jesse Mez & Ms. Diane Essis: Who are they and what do they do?



Dr. Jesse Mez, MD, Assistant Professor of Neurology at BUSM and Faculty Researcher at the BU ADC.

Dr. Jesse Mez, MD, works as a new faculty researcher at the BU ADC. Dr. Mez completed his undergraduate studies at Cornell University and earned his medical degree from the University of Maryland School of Medicine. He completed residency training in Neurology at Massachusetts General and Brigham and Women's Hospitals. He also completed a clinical fellowship in Aging and Dementia and a research fellowship in Neuroepidemiology at Columbia University. During fellowship training, he earned a Master's in Biostatistics with a focus on Statistical Genetics from the Mailman School of Public Health at Columbia University. In 2013, he became an Assistant Professor of Neurology at Boston University School of Medicine. Dr. Mez enjoys researching both AD and Chronic Traumatic Encephalopathy. "The fact is that there are a lot of people with head trauma who don't go on to develop impairment... If we can understand how the genetic and the environmental risk factors play together, that would be an incredibly important question to answer," Dr. Mez said. What Dr. Mez likes most is approaching a problem from a variety of angles. "I enjoy spending time combining clinic hours, clinical research, translational biostatistics, and computational research together to make one big picture," he said. Dr. Mez not only enjoys working at the hospital, but also enjoys going home to his wife and healthy baby boy.



Ms. Diane Essis, psychometrician and research assistant for the HOPE study.

Ms. Diane Essis works as a psychometrician and research assistant for the Boston University Alzheimer's Disease Center (BU ADC) Health Outreach Program for the Elderly (HOPE). Ms. Essis's role in this program is to evaluate research participants through interviews and neurophysiologic testing. The results of these evaluations help to place participants in a selection of studies that are best suited for them. Ms. Essis enjoys her position at the BU ADC because it has given her the opportunity to work with older individuals who, she said, "inspire her daily with worldly advice." "The best part of my day is when I get to spend a couple of hours with the participants and get to know them... get to learn who they are and what they have done," she said. During high school vacations, Ms. Essis worked alongside her mother, a home health aide for individuals who were diagnosed with Alzheimer's disease (AD) and dementia, inspiring her to pursue this field as an adult. When asked what her plan for the future was, Ms. Essis responded, "My hope and dream is to pursue a degree in medicine. After receiving open heart surgery as a little girl, medicine has always interested me." She would like to continue to concentrate on geriatrics.

BU ADC Happenings

Welcome

The Boston University Alzheimer's Disease Center (BU ADC) and its affiliate, the Chronic Traumatic Encephalopathy Center (CTE Center), would like to extend a warm welcome to new interns and employees:

Alexandra Bourlas, BU ADC Recruitment Coordinator. Formerly a CTE Center research intern, she joined the BU ADC in July 2013.

Christina DiTerlizzi, BU ADC Education Programs Manager. Graduated from Curry College with her B.A. in 2008 with a focus in education. Before joining the BU ADC in January 2014, Christina worked within the Early Education field and was a former Assistant Director.

Diane Essis, Psychometrician for the Health Outreach Program for the Elderly (HOPE) Study. She recently graduated from Connecticut College with a B.A. degree in Biological Sciences and is completing her MA of Science in Management with a concentration in Eldercare Administration from Lasell College.

Kimberly Chapman, Psychometrician for the Health Outreach Program for the Elderly (HOPE) Study. Kim graduated from Connecticut College in 2011 with a B.A. in psychology.

Patrick Kiernan, CTE Center Research Assistant. Patrick received his B.A. degree in natural sciences at Johns Hopkins University.

Salimah Mohamed, CTE Center Research Assistant. Salimah received her B.A. and Master's in Public Health from the University of Michigan.

Goodbyes

Many thanks and best wishes to departing BU ADC and CTE Center staff:

Elizabeth Daube, BU ADC Education Programs Manager, took a new position as a writer/editor at American Jewish World Service in New York, NY.

Bosede Opetubo, BU ADC Education Programs Assistant, left and recently received a position as the Individual Giving Manager at Youth Guidance in Chicago, IL.

Alissa Greenwood, BU ADC Recruitment Coordinator, left to take care of her newborn son.

Daniel Seichepine, BU ADC Post-Doctorate Fellow, left to work as an Adjunct for Boston University and as a Research Associate for the Boston VA Research Institute.

Linda Abularach, BU ADC Study Coordinator, left to pursue a career in nursing.

Liza Elkin, BU ADC Psychometrician and Research Assistant for HOPE, left to pursue a fellowship in California.

Alyssa Blood, CTE Center Intern, left to pursue her MD at the University of Colorado School of Medicine.

Brian Stamm, CTE Center Intern, left to study repetitive brain trauma in soccer players in Germany on a Fullbright Scholarship. He will be attending medical school in the fall.

Andrew Brennan, CTE Center Intern, left to take a new position at Children's Hospital.

Danielle Borin, BU ADC Brain Donation Coordinator and Psychometrician for the HOPE Study, left to pursue her MD at the University of Washington School of Medicine.

Brian Fry, CTE Center Research Assistant, left to pursue his MD at University of Michigan.

Honorary and Memorial Contributions

The Boston University Alzheimer's Disease Center is involved in a variety of clinical, research and educational activities. Research study participants, families and community leaders often wish to contribute to the fight against Alzheimer's disease. We welcome honorary and memorial donations. These gifts are an excellent way to honor a family member or friend while contributing to the advancement of Alzheimer's research.

To make a donation, please call Lawrence Crimmins in the BU Development Office at 617-638-5676 or visit us online: www.bu.edu/alzresearch

The BU ADC would like to recognize the following private donors for their greatly appreciated contributions, which were made between January 2013 and December 2013. Please note that anonymous donors are not listed.

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Barbara Clark

In Memory of Thomas M. Hanlon

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Larry Wolpe

In Memory of Vera MacIver

Linda B. MacIver



THE NEWSREEL:

League of Denial highlights BU researcher's work on sports concussion crisis

The critically acclaimed documentary *League of Denial*, based on a 2013 book by Mark Fainaru-Wada and Steve Fainaru, debuted on October 8th, 2013 and examines concussions and Chronic Traumatic Encephalopathy (CTE) in the National Football League (NFL). The film was produced by *Frontline* and broadcast on PBS. It features stories by former NFL players and groundbreaking findings from researchers at The Boston University Alzheimer's Disease Center and Chronic Traumatic Encephalopathy Center.

To watch the film: <http://www.pbs.org/wgbh/pages/frontline/league-of-denial>

Learn more about chronic traumatic encephalopathy: www.bu.edu/cste/



Left: Dr. Ann McKee examines a human brain.
Middle: Normal brain tissue (left) compared to brain tissue with CTE.
Right: Dr. Robert Stern discussing the long-term effects of concussions in the film.

Photographs provided courtesy of FRONTLINE.

Now Recruiting: Repetitive Brain Trauma Study

The Boston University Alzheimer's Disease Center and Chronic Traumatic Encephalopathy Center needs volunteers who have participated in contact sports that put them at higher risk for experiencing repetitive brain trauma and concussions. Eligible participants will be between ages 50 and 79 with at least four years' experience in boxing, football, rugby, ice hockey or Greco-Roman wrestling. Experience should be at the high school level or higher.

Want more information? Contact: joinADC@bu.edu or 617.414.1077