

MIND MATTERS



THANK YOU FOR YOUR PATIENCE!

**A recording of last year's
4th Annual Participant
Appreciation Day is now
available on our website.**

Click [here](#) to access the
recording



April 30th, 2022

**3rd International
Hispanic/Latino
Alzheimer's
Conference**

Click [here](#) to register

April 30th, 2022

**17th Annual Avenidas
Caregiver Conference**

Click [here](#) for more
information and to register

Diversity, equity, and inclusion are vital to the work and mission of the Stanford Alzheimer's Disease Research Center (ADRC) and are in alignment with the Department of Neurology and Neurological Sciences at Stanford University and with the Alzheimer's Association. We are committed to a culture of diversity and inclusivity in our efforts to translate our research advances into improved diagnosis and care for people with Alzheimer's disease and related disorders. We are very excited to announce the formation of the committee of Justice, Equity, Diversity, and Inclusion (JEDI). The work being done by this committee will allow our trainees, clinicians, staff, and faculty members to strengthen our outreach and impact to all populations in the Bay Area, providing our community with resources, support, and research to address the impacts of Alzheimer's disease and other neurodegenerative disorders. We believe that research conducted with an emphasis on diverse populations and centered on inclusive, equitable practices, greatly enhances our ability to effectively find new ways to diagnose, treat, and potentially cure the diseases we study.

The committee is led by Dr. Patricia Rodriguez Espinosa, PhD, MPH who is an

instructor in the Department of Epidemiology and Population Health and also serves as the Associate Director of Research for the Office of Community Engagement at the Stanford University School of Medicine. Her research aims to decrease health inequities among racial and ethnic minority populations through transdisciplinary and community-engaged scholarship. She uses community-based participatory research and related approaches to understand factors that create and maintain health inequities. She uses these insights to

develop novel multi-level interventions and health promotion programs that address the inequity gap. Dr. Rodriguez Espinosa is a native of Habana, Cuba, and a clinical psychologist by training. With the JEDI committee, she oversees efforts with

our team of trainees, clinicians, staff, and faculty members represented by each of the ADRC's cores.

Members of the JEDI committee include: Nusha Askari, Victor Henderson, Patricia Rodriguez Espinosa, Harini Iyer (Administrative Core), Divya Channappa, Patricia Moran Losada (Biomarker Core); Kyan Younes, Nicole Corso (Clinical Core); Janet Hwang, Amy Lin (DMS core); Angela Madira, Birgitt Schule (Neuropathology Core); Beth Mormino (Imaging Core), Ana Marquez (ORE Core); Kaci Fairchild, Tammy Tran (REC).



ADRC CORES

Outreach, Recruitment, and Engagement Core (OREC)

The Outreach, Recruitment, and Engagement Core assists in recruiting volunteers for the Stanford Alzheimer's Disease Research Center (ADRC). Our recruitment emphasizes patients with mild Alzheimer's disease, Parkinson's disease, and Dementia with Lewy Bodies; patients with mild cognitive impairment; and healthy older controls without neurological disease or cognitive impairment. The overall goal of the Outreach, Recruitment and Engagement (ORE) Core is to actively engage our community partners, study participants and the local public in all phases of the research process and facilitate rapid and widespread dissemination of research findings through multiple channels to the communities we serve.

The ORE Core seeks to educate and empower our community and our partners by providing culturally sensitive and respectful outreach to advance research and to enhance the public's understanding of dementia and how best to care for persons with dementia in the various stages of the illness trajectory. We strive to include members from all underrepresented populations in our research at the Stanford ADRC; we have committed to specifically focus on the Hispanic/Latino population. These groups are poorly represented in research programs on cognitive aging and neurodegenerative disorders. In many instances, Core efforts include educational

programs and stress reduction programs for the caregiver, who is recruited along with the patient.

Other Core aims are to provide educational opportunities for medical students, medical residents and fellows, and health professionals who work with patients with Alzheimer's disease or Parkinson's disease and their families. Our academic and community partners include the Stanford Geriatric Education Center; the [Palo Alto Medical Foundation Research Institute](#); the Northern California and Northern Nevada chapter of the [Alzheimer's Association](#), the [American Parkinson Disease Association](#); and the [Indian Health Center of Santa Clara Valley](#).

The ORE Core is led by VJ Periyakoil, MD. Other faculty and staff members in OREC include: Henry (Hank) Greely, JD, Helena C. Kraemer, PhD, Allyson C. Rosen, PhD, ABPP-CN, and Ana Marquez, BS, MPH.



VJ Periyakoil



Henry (Hank)
Greely



Helena Kraemer



Allyson Rosen



Ana Marquez



ADRC FACULTY HIGHLIGHTS



VJ Periyakoil, MD, Professor of Medicine, Associate Dean of Research Outreach, Recruitment, and Engagement Core Leader

Dr. Periyakoil received her medical degree from the University of Madras (India) and trained in internal medicine. She completed a geriatric medicine fellowship at Stanford University and is board certified both in geriatric medicine and in hospice and palliative care. Dr. Periyakoil is a nationally recognized leader in geriatrics and palliative care, and her research focuses on well-being in the context of ethno-geriatrics and end-of-life care. She has multiple research projects in ethno-geriatrics, palliative & end-of-life care. She has presented in numerous national meetings including the plenary of the American Geriatrics Society, American Academy of Hospice and Palliative medicine and the National Hospice & Palliative Care Organization. She serves as associate editor for the Journal of the American Geriatrics Society and senior associate editor for the Journal of Palliative Care.



Helpful Resources

Additional Support and Information for Patients, Caregivers, and their Families :

- ♦ Youngtimers is a nonprofit organization dedicated to improving the lives of individuals and families affected by early-onset familial Alzheimer's disease (EOFAD). Youngtimers supports these individuals and their families as their circumstances tend to create unique set of challenges due to the younger age of onset. For more information click [here](#).
- ♦ [Aging Adult Services, Stanford University](#)
- ♦ [Stanford Neuroscience Supportive Care Program, Stanford University](#)
- ♦ [Farewell to Falls Program, Stanford University](#)
- ♦ [Alzheimer's Association](#)
- ♦ [Brain Donation: A Gift for Future Generations](#)



Additional Opportunities to Participate in Research

Eyes in Alzheimer's Disease (AD) and Mild Cognitive Impairment (MCI)

Did you know that the back of the eye is the front of the brain? Did you know that we can use state of the art cameras to photograph nerves in the eye in living humans? Dr. Heather Moss, associate professor of ophthalmology and neurology at Stanford, is collaborating with the Stanford ADRC to discover changes in the eyes of people with mild cognitive impairment and Alzheimer's disease with the goal of developing these to improve detection and monitoring of MCI and AD. If you are diagnosed with MCI or AD, don't have eye diseases such as glaucoma or macular degeneration, and would like to learn more about participating in this research (and get pictures of the back of your eyes), please contact Esther Elenes, clinical research coordinator at eeelenes@stanford.edu or (650) 497-5883 in English or Spanish.

Caregiver Study

We are looking for caregivers who are interested in providing feedback for a new easy to use technology aid, named Auracle, designed to support aging in place for seniors with dementia and to help provide another set of eyes and ears for caregivers. Caregivers should be providing at least 10 hours of care for an adult 65 years or older with physician-diagnosed dementia due to Alzheimer Disease, vascular dementia, or some other cause. Contact us soon, as participation is limited.

For more information, please contact Dulce Garcia at dulce.garcia@stanford.edu or (650) 463-6182

Stanford ADRC Affiliated Studies

Study: Healthy Brain Aging Study

Study status: Open, enrollment ongoing

Contact: Isabelle Yi isayi@stanford.edu or (650) 721-2409

Study: Pacific Udall Center

Study status: Open, enrollment ongoing

Contact: Maria-Lucia Campos udallcenter@stanford.edu or (650) 721-5351

Study: Alzheimer Gut Microbiome Project

Study status: Open, enrollment ongoing

Contact: Veronica Ramirez vramirez1@stanford.edu or (650) 721-5354

Study: Sleep and Physical Activity Study

Study status: Open, enrollment ongoing

Contact: Joseph Winer jwiner@stanford.edu

Study Longitudinal Early-Onset Alzheimer's Disease Study (LEADS) **Study status:** Open, enrollment ongoing

Contact: Savneet Takhar sktakhar@stanford.edu or (650) 304-7428

Contact: Amanda Ng amandang@stanford.edu or (650) 485-9560

Study: Asian Cohort Study

Study status: Open, enrollment ongoing

Contact: Veronica Ramirez vramirez1@stanford.edu or (650) 721-5354