



By leaving a gift to the Alzheimer's Association in your will or trust or by beneficiary designation, you will not only leave a meaningful

legacy, but you will also be able to maintain your current financial status during your lifetime. Your legacy of selflessness will help provide meaningful care and support for individuals living with Alzheimer's disease and their families — and support the critical research that will lead to better methods of treatment, prevention and, someday, a cure.

If you wish to ensure your support of the Association lasts beyond your lifetime, a gift to the Alzheimer's Association in your will or trust or by beneficiary

designation may be one way to touch the lives of millions. To make a gift, please use the information below.

Legal Name: Alzheimer's Disease and Related Disorders Association, Inc. (d/b/a Alzheimer's Association)

Legal Address: 225 North Michigan Avenue, 17th Floor, Chicago, IL 60601

Federal Tax ID #: 13-3039601

When you leave a legacy of kindness with the Alzheimer's Association, you will also become an honored member of our Founders Society. Members of this group enjoy benefits such as exclusive news updates; the opportunity to take an active role in awareness and advocacy campaigns; a subscription to our philanthropy magazine, *Aspire*; and more. If you would like to learn more about legacy giving, visit alz.org/PlannedGiving or connect with a planned giving specialist.

THE LONGEST DAY®

The Longest Day® is the day with the most light — the summer solstice — and this year, you can join thousands of people around the world who are uniting to fight the darkness of Alzheimer's disease. This year, on June 21, you can turn an activity of your choice into a force for good.

Visit alz.org/TLD2022 today to learn more about how you can get involved.



To learn more about your Alois Society membership, visit alz.org/Alois.

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CAREGIVER SUPPORT TIPS: CONSIDER A DAILY CARE PLAN

If you are caring for someone living with Alzheimer's disease, you might consider planning out a daily routine. According to Emily W., Care Consultant for the Alzheimer's Association®, this is something that can be helpful not only for the person living with Alzheimer's — but for their caregiver and family members as well. "Otherwise, you might spend half of the day trying to figure out what to do and run out of time to do the things you actually enjoy...things that provide meaning," Emily W says.

Organizing the day

It is important to make time for yourself or include the person living with dementia in activities that you enjoy — for example, taking a daily walk.

Eventually, the person you are caring for will need help organizing the day. Having activities that are structured and pleasant can help to improve their mood and reduce agitation.



A few things to consider before making a plan:

- The person's likes, dislikes, strengths, abilities and interests.
- How the person used to structure their day.
- What times of day the person functions best.
- Ample time for meals, bathing and dressing.
- Regular times for waking up and going to bed (especially helpful if the person living with dementia experiences sleep issues or sundowning).

"Planning activities for a person living with dementia works best when you continually explore, experiment and adjust," says Emily W.

As Alzheimer's disease progresses, the abilities of a person living with dementia will change. "Make sure to leave some flexibility for spontaneous activities," Emily W says. With creativity and problem-solving, you will be able to adapt your daily routine to support these changes.

Writing a plan

Household chores, mealtimes, creative projects, socializing and physical activities are just a few examples of things that may be included in a daily care plan.

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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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CAREGIVER SUPPORT TIPS: CONSIDER A DAILY CARE PLAN (CONTINUED)

When it comes to actually writing a plan, Emily W says it is important to consider things like which activities work best and which do not (keeping in mind that these successes can vary from day to day).

Emily W also says to pay attention to whether or not spontaneous activities were enjoyable or if they created anxiety and confusion — then make adjustments accordingly. In general, if the person seems bored, distracted or irritable, it may be time to introduce another activity or to take time out for rest. The type of activity and how well it is completed are not as important as the joy and sense of

accomplishment the person gets from doing it.

Balance is key. “Do not be concerned about filling every minute with an activity,” explains Emily W. “The person living with Alzheimer’s needs a balance of activity and rest and may need more frequent breaks and varied tasks.”

For more resources on caring for someone living with Alzheimer’s or another dementia, visit [alz.org/Care](https://www.alz.org/Care).

INCREASING ALZHEIMER’S AWARENESS IN LATINO COMMUNITIES

An exciting new collaboration is addressing the impact of Alzheimer’s and all other dementia in Hispanic and Latino communities. The Alzheimer’s Association is teaming up with the National Hispanic Medical Association (NHMA) to provide much-needed, culturally informed care and support programming and webinars, volunteer engagement, training and support services. This is all made possible thanks to the generosity of our community.



Alzheimer’s disproportionately impacts Hispanic and Latino people, who are 1.5 times more likely to develop dementia than their White counterparts. Furthermore, nearly 40% of Hispanic Americans believe their race makes it harder for them to get excellent care for Alzheimer’s or other dementias, according to the Alzheimer’s Association 2021 *Alzheimer’s Disease Facts and Figures* report. Discrimination, lack of diversity among health care professionals and mistrust of medical research are among the barriers to high-quality care that Hispanics face, according to the report.

“The Alzheimer’s Association is excited to work with the NHMA to increase education and awareness and to decrease stigma of Alzheimer’s and other dementia among Hispanics and Latinos through our wide-reaching networks,” says Carl V. Hill, Ph.D., MPH, Alzheimer’s Association chief diversity, equity and inclusion officer. “We hope this partnership will help identify and eliminate health barriers that exist in Hispanic and Latino communities.”

Thanks to your generosity, we will be able to create various awareness-raising initiatives through this partnership, including:

- Alzheimer’s and dementia education programs, offered virtually in English and Spanish, that will be delivered to the NHMA network.
- Community engagement of NHMA members.
- Active participation in key leadership events, including the Alzheimer’s Association International Conference® (AAIC®), the Latinos & Alzheimer’s Symposium and the National Hispanic Health Conference.
- Collaboration on the Association’s New IDEAS Study clinical trial, including supporting the recruitment of 2,000 Hispanic/Latino participants.

“The National Hispanic Medical Association looks forward to partnering with the Alzheimer’s Association to educate physicians and their patients to improve caregiving for persons living with dementia among Latino families,” says Elena Rios, M.D., MSPH, FACP, president and CEO of the NHMA.

RESEARCH SPOTLIGHT: IMPROVING AIR QUALITY COULD REDUCE DEMENTIA RISK

What does air pollution have to do with Alzheimer’s? *The latest research suggests quite a bit.*

Several studies presented at AAIC 2021 advise that improving air quality could slow cognitive decline and reduce dementia risk.

Made possible by our generous supporters, AAIC is the largest and most influential international meeting dedicated to advancing dementia science.

Rising levels of air pollution and increasing cases of dementia are both worldwide public health crises. While we have known for some time that there is a relationship between air quality and cognition, these new findings presented at AAIC 2021 explore how air pollutants might impact dementia and what reducing them might mean for long-term brain health.

Air quality and dementia risk in older U.S. women

One study out of the University of Southern California looked at older women (ages 74-92) in the U.S. who did not have dementia at the beginning of the study. The investigation followed the women from 2008 to 2018 and conducted annual cognitive and functional testing.

Researchers found that for participants living in locations with improved air quality, their risk of dementia decreased by 14% and 26% (depending on the type of pollution).

Reduced fine particulates leads to reduced dementia risk in French study

A similarly structured study examined a large cohort of more than 7,000 participants, age 65 or older, in France. The researchers found that

a reduction in fine particulate pollution between 1990 and 2000 was associated with a 15% reduced risk of dementia as well as a reduced risk of Alzheimer’s independent of other factors.

“The findings have important implications to reinforce air quality standards to promote healthy aging,” says Noemie Letellier, Ph.D., who led the investigation.

Long-term air pollution associated with increased beta-amyloid plaques

Accumulation of beta-amyloid plaques is one of the hallmarks of Alzheimer’s disease. While a relationship between air pollution and increased beta-amyloid production has been found in animal and human studies, we know relatively little about the effects of long-term exposure to air pollution on beta-amyloid.

A third study presented at AAIC 2021 suggests a strong link between air pollutants and beta-amyloid. Researchers looked at 3,000 individuals who were dementia-free at the beginning of the study. The data showed that long-term exposure to air pollutants is associated with higher beta-amyloid.

Promising conclusions

Support from our generous donors allows us to accelerate global research like this that is helping us understand Alzheimer’s better. Taken together, these studies indicate that more research is needed to understand the relationship between air pollution and dementia, and reducing pollution may help us achieve our vision of a world without Alzheimer’s and all other dementia.