

CHARLES F. AND JOANNE KNIGHT ALZHEIMER'S DISEASE RESEARCH CENTER

HORIZONS

Newsletter, Volume 18(1), Winter 2011
Knight ADRC and the Memory & Aging Project

Harvey A. Friedman, Advocate and Supporter, Remembered

Harvey A. Friedman, a supporter of aging research at Washington University, died Sunday, Nov. 28, 2010. He was 90.



Donations from Friedman and wife Dorismae Hacker Friedman enabled the creation of the Center for Aging at Washington University in St. Louis in 2000. The center is a multidisciplinary, campus-wide initiative that not only supports scientific research into healthy and productive aging but also investigates the roles that the arts and social work can play in improving quality of life for the elderly. The center hosts an annual Friedman Conference on a relevant aspect of aging.

"We renamed the center the Harvey A. Friedman Center for Aging in 2007 because it was Harvey's vision, persistence and generosity that made it possible," says John C. Morris, MD, director of the Friedman Center for Aging. "He recognized 40 years ago that the U.S. population was aging dramatically and was concerned that the health-care system was not adequately prepared for the challenges that would result."

Morris is the Harvey A. and Dorismae Hacker Friedman Distinguished Professor of Neurology, a chair that was endowed by the Friedmans. The university established the annual Friedman Lectureship in 2001 in Friedman's honor, and, in 2008, gave the Friedmans the Robert S. Brookings Award, the university's highest honor.

Friedman, who was born in St. Louis in 1920, studied at Washington University and served in the U.S. Army Air Corps in World War II. He taught in University College from 1947-1950. Friedman began developing and managing nursing homes in 1969 through a company he formed called Medigroup Inc. One of the firm's projects, called Castle Park, remade an abandoned property into a complex of apartments for the elderly in a park-like setting. Castle Park is now on the National Register of Historic Places.

Friedman later became active in banking and served as chairman of the board of the Metropolitan Sewer District. As financial vice president and a trustee of the Missouri History Museum, he helped save the museum from a debt crisis in the 1980s and worked to make it part of the city's Zoo-Museum District.

Friedman also continued to be active in health care and aging, serving as a board member of the St. Louis Jewish Center for the Aged and on the boards of Jewish Hospital of St. Louis and of the Barnes-Jewish Hospital Foundation.

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Norman R. Seay Receives Honorary Doctorate

Longtime advisor and friend of the Knight Alzheimer's Disease Research Center Norman R. Seay was honored with an honorary doctorate from the University of Missouri–St. Louis in December.

Seay, a civil rights leader in St. Louis during the 1950s and 1960s, sought to integrate St. Louis' public institutions where blacks were systematically denied entry, service and jobs. He was a founding member of the Congress of Racial Equality and spent 90 days in jail in 1963 for his participation in protests seeking jobs for African-Americans in the city's financial institutions. Seay directed UMSL's Office of Equal Opportunity from 1987 to 2000.

Seay was the inaugural chair of the African American Advisory Board (AAAB) at the Knight ADRC, and still serves as a member. The Norman R. Seay Lecture (see below) is named in his honor. The AAAB guides the Knight ADRC in recruitment of minority participants in research studies, and facilitates awareness of and education about Alzheimer's disease in the African American community.



The African American Advisory Board, top row: Consuelo Wilkins, MD, Myrtis Spencer, Cheryl Robinson Moore, Gloria Beard, Norman R. Seay, John Morris, MD, Pastor Douglass Petty, Jesse Swanigan, and Barbie Perkins. Bottom row: Joyce Haynie, Pamela Jackson, current board chair Ida Goodwin Woolfolk, Jocelyn Damper, and Monique Williams, MD.

Seay Lecture Educates Diverse Audience

The 5th Annual Norman R. Seay Lecture took place on October 5th, 2010 in the Farrell Learning and Teaching Center. The guest lecturer was Lisa Barnes, PhD, Associate Professor of Neurological Sciences and Behavioral Sciences at Rush University Medical Center. Her talk was entitled, "Aging and Alzheimer's Disease in African Americans: The Minority Aging Research Study."



Pictured left to right: Dr. John Morris, Dr. Lisa Barnes, Dr. Consuelo Wilkins, and Dr. Larry Shapiro, Dean of the School of Medicine.

According to Myrtis Spencer, Knight ADRC Outreach Coordinator who helped organize the event, "the event was well attended by a diverse group of participants. Dr. Barnes was very informative and discussed the three areas most often of interest in the community: risk factors for Alzheimer's disease, potential risk reduction strategies, and understanding that while age is a significant risk factor, it does not guarantee you will develop the disease."

Audience members reflected positively upon the event, especially the specific details regarding hypertension, stroke, diabetes, and obesity as risk factors for dementia. The audience also praised Barnes' research recruitment approach, which sought to first "give" education and support to Chicago communities before making an "ask" of participants.

Be sure to mark your calendar for the 6th Annual Norman R. Seay Lecture, scheduled for October 4, 2011.

Breakthrough Ride: Researchers Put Both Minds and Bodies to the Test



Dr. Tim Miller and Dr. Arun Varadhachary arrive in Kiener Plaza after a 55-mile ride from Washington, Missouri.

In August and September, the Alzheimer's Association hosted a cross-country relay bike ride in support of the Breakthrough Act, a piece of legislation designed to increase federal funding for Alzheimer's disease research.

The Knight ADRC organized a team of riders that covered segments from Wichita, Kansas to St. Louis. Our team, the MoKan Throwdown, included researchers from Washington University, C2N Diagnostics, Missouri State, and Kansas University Medical Center. The St. Louis leg of the relay culminated in a rally and petition signing event in Kiener Plaza on August 27th.

As a result of the Breakthrough Ride, the Alzheimer's Association collected more than 110,000 signatures on a petition urging Con-

gress to make Alzheimer's disease a national priority. On September 21, World Alzheimer's Day, participants cycled to Capitol Hill to deliver the petition to Congress. The petition called for passage of the National Alzheimer's Project Act (NAPA) and two other Alzheimer's priorities. The presentation marked the culmination of a journey that began in San Francisco and involved more than 55 Alzheimer researchers cycling over 4,500 miles to raise awareness and support for the cause.

On January 4, 2011, President Obama signed NAPA into law, marking the largest legislative victory in many years for the Alzheimer cause. NAPA will create a national plan to overcome the Alzheimer crisis and will ensure the coordination and evaluation of all national efforts in Alzheimer research, clinical care, institutional, and home- and community-based programs and their out-

comes.



Dr. John Cirrito, Tracy Holtzman, and Dr. David Holtzman welcome riders Dr. Arun Varadhachary and Dr. Tim Miller to Kiener Plaza.

Howard Palmer, associate systems manager, reflected on the physical and mental challenge of the ride. "I work in the Alzheimer's field and have been surrounded by the effects [of the disease] on individuals and families. When there were times I was close to quitting, I would think about those people and they would keep me going." Palmer cycled the Kansas City-to-Sedalia leg of the relay, a total of 110 miles in 8 hours, despite a recently injured hamstring muscle. Palmer added, "I hope the ride contributes to awareness, publicity, and support to fight this disease. After all, that's what we are all here for—to cure this disease."



MoKan Throwdown and Boston Bikers team members were recognized during the rally by Stacy Tew-Lovasz, President of the Alzheimer's Association, St. Louis Chapter. The Boston Bikers continued the relay from St. Louis to Springfield, Illinois.

Congratulations are extended to the MoKan Throwdown cyclists: Dr. Jeff Burns, Dr. John Cirrito, Dr. David Holtzman, Dr. Tim Miller, Howard Palmer, Dr. Brad Racette, Jessica Restivo, Dr. Ben Timson, Dr. Arun Varadhachary, and Dr. Tim West.

Awards & Honors

John C. Morris, MD received the 2010 Carl and Gerty Cori Faculty Achievement Award from Washington University on December 4th, 2010.

David Holtzman, MD received the 2010 Alumni Merit Award from Northwestern University on October 8th, 2010.

Myrtis Spencer, Community Outreach Coordinator for the Knight ADRC, received a Lifetime Achievement Award from the Monsanto Family YMCA on November 20th, 2010.

Anne Fagan, PhD received The Mensch Award from the AlzForum website on November 15th, 2010 at the Society for Neuroscience meeting.

A paper from the laboratory of **Randy Bateman, MD** was published online in the journal *Science* in December, 2010: Mawuenyega KG, Sigurdson W, Ovod V, Munsell L, Kasten T, Morris JC, Yarasheski KE, Bateman RJ. (2010) Decreased Clearance of CNS β -Amyloid in Alzheimer's Disease. The paper was highlighted in both the New York Times and CNN.



MAP on the MOVE!



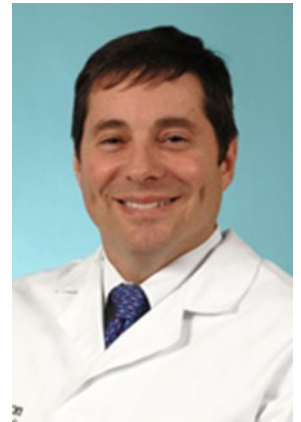
Congratulations to the members of the Memory and Aging Project who teamed up for the Alzheimer's Association 2010 Memory Walk, held in September at Busch Stadium. The ADRC/MAP team raised nearly \$1,100 for the event, which funds supportive services and research.

The 2011 event, renamed The Walk To End Alzheimer's, will be held September 17th. The Knight ADRC is always seeking members to join our team. Contact Jennifer Phillips at 286-2882 to get involved.

The MAP team poses on the field at Busch Stadium. From left to right: Joyce Skitt, Joyce Haynie, Rachel Pizzie, Mary Coats, Becky Fierberg, and (front row) Becky's grandson, Shawn O'Neal.

Carr Honored for Excellence in Medical Leadership

David B. Carr, MD, Associate Professor, Medicine and Neurology and Knight ADRC Clinician recently received the 2010 Medical Leadership Award during HealthSouth's Medical Directors' Conference held in New Orleans. Carr also serves as medical director at The Rehabilitation Institute of St. Louis.



The award recognizes overall excellence in leadership and exemplary performance in the development of clinical staff. Dr. Carr is only one of five physicians serving in HealthSouth's network of more than 100 hospitals to earn this prestigious designation.

"Under Dr. Carr's leadership, our clinical staff works together as a team to provide high-quality, cost-effective healthcare services," said Barbara Jacobsmeyer, chief executive officer of The Rehabilitation Institute of St. Louis. "He is recognized as a leader in our hospital and community and consistently demonstrates a genuine concern for our patients' care. All of our staff, including myself, takes great pride in working with him."



2010 Poletsky Award Presented

Congratulations are extended to **Rebecca Craig-Schapiro**, recipient of the 2010 Poletsky Award.

Craig-Schapiro is a Washington University MD, PhD student who spent the last 3 years in Dr. David Holtzman's laboratory developing novel CSF biomarkers for Alzheimer's disease. From her personal statement, Craig-Schapiro shared: "it is my desire that my research into biomarkers for Alzheimer's disease is the first of many contributions to the medical field."

The Poletsky Award, a \$1,000 gift to support education and career development in the field of Alzheimer's disease or related dementias, will enable Craig-Schapiro to attend scholarly conferences and develop collaborations in the field.

Volunteers Needed for Research Studies

Do you know of someone who might consider volunteering for a research project on cognitive aging?

The **Memory & Aging Project** of the Knight ADRC enrolls persons aged 65+, both those with mild memory problems and those who are cognitively healthy.

*If you know of a potential volunteer, please ask that person to call the ADRC at **314-286-2683**. Thank you!*

New Team Members

Jason Hassenstab, PhD - Neuropsychologist – hails from Brown University, where he completed a postdoctoral fellowship under Drs. Ronald A. Cohen and Lawrence H. Sweet.

Jennifer Phillips, MPA – Education Core Coordinator - joins the Knight ADRC following 7 years with the Alzheimer's Association, St. Louis Chapter.

Fond Farewell

Allison Brauch, RN MSN – Clinical Research Nurse Coordinator - completed her degree and accepted a position with BJC as a nurse practitioner,



Go Green!

In order to save paper and printing costs, the Knight ADRC has created a Horizons newsletter e-mail list. To sign up for this e-mail list and opt out of receiving a paper copy of our newsletter, contact Ron Hawley (hawleyr@abraxas.wustl.edu or 314-286-2468). Include your name and the e-mail address where you would like the newsletter sent. E-mail addresses will not be shared with any other parties and will be used only to send the Knight ADRC Horizons newsletter.



Accelerating Research with Charitable Contributions

Making a charitable contribution to Washington University School of Medicine to support the Knight ADRC in our research mission is an important decision – one that reflects your support of the fight against AD as well as your personal philanthropic and financial goals. Your generosity provides critically needed resources to continue our research and accelerate the pace at which we can develop promising new drugs and treatments that may aid in the preventions of Alzheimer's dementia. If you would like to learn more about making a gift to support AD research, please contact Jennifer Phillips at 314-286-2882 for more information.

HORIZONS is the newsletter of the **Charles F. and Joanne Knight Alzheimer's Disease Research Center** (Knight ADRC) — a research program in the Department of Neurology, Washington University School of Medicine, funded by grants from the National Institute on Aging and private donations. The ADRC supports and promotes interdisciplinary research on Alzheimer's Disease. The Memory & Aging Project (MAP) — the clinical research office of the ADRC — provides expert clinical assessments of cognitive functioning in normal aging and dementia.

John C. Morris, MD, Director, ADRC; Director, MAP; Administration Core and Clinical Core Leader; Education Core/Rural Satellite Interim Leader

Alison Goate, DPhil, Associate Director, ADRC; Genetics Core Leader

Eugene M. Johnson, PhD, Associate Director, ADRC

David M. Holtzman, MD, Associate Director, ADRC

Virginia Buckles, PhD, Executive Director, ADRC

Krista Moulder, PhD, Associate Executive Director, ADRC

Martha Storandt, PhD, Psychometric Leader

Nigel J. Cairns, PhD, FRCPath, Neuropathology Core Leader

Tammie Benzinger, MD, PhD, Imaging Core Leader

Chengjie Xiong, PhD, Data Management and Biostatistics Core Leader

Monique Williams, MD, African American Satellite Leader

Anne Fagan, PhD, Biomarker Core Leader