

vital: volunteers in touch with aging and life

How we'll be moving forward to safely serve you!



The Sticht Center for Healthy Aging and Alzheimer's Prevention is open and we look forward to welcoming you back! We pledge to continue doing everything we can to keep you safe as we resume in-person visits in our research centers.

Our Infectious Disease experts are working with our entire study teams to keep you safe, healthy and protected from COVID-19.

To do this we are:

- Practicing social distancing in all of our research centers;
- Minimizing wait times in common areas, like waiting rooms and avoiding use of break areas ;
- Asking our participants to join all staff in wearing masks – we will provide one if you need one;
- Limiting visitors, with certain exceptions;
- Frequently cleaning our facilities following strict sanitation protocols;
- Conducting screenings for COVID-19 symptoms—for you and our staff;
- Offering expanded access to virtual visits via phone when able;

- Educating our staff on proper sanitizing and wearing of protective equipment;
- Providing personal bottles of sanitizer to use during your visit and to take home.

COVID-19 Hotline:

If you do not have a primary care provider and you are concerned you or someone in your house may have COVID-19, you may call Wake Forest Baptist Health's 24/7 staffed number for assistance at 336-70-COVID.

COVID-19 Research:

To better understand COVID-19 and help find treatment and prevention strategies, Wake Forest Baptist Health is conducting a research study offered exclusively to Wake Forest patients called the **COVID-19 Community Research Partnership**.

Participation is easy. It involves answering short online questions and can be done from the safety and comfort of your home in less than 30 seconds a day. Go to your MyWakeHealth account to sign up or go to WakeHealth.edu to learn more.

Summer 2020

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Ready to Lose Weight But Don't Know Where to Start?



Researchers at the Wake Forest Sticht Center for Healthy Aging and Alzheimer's Prevention are conducting a study called **INVEST** which is designed to find the best way for older adults to lose weight **WITHOUT** losing bone density.

Study participants receive:

- Group-based weight loss sessions led by a registered dietitian
- A diet plan that includes calorie-controlled meal replacement products
- Possibility of a 12-month personalized and supervised strength or weighted vest training program depending on random group assignment.

You may qualify to participate if you are:

- Between the ages of 60-85
- Overweight
- A non-smoker
- Not currently exercising

To learn more please call: 336-713-8539, option 2
or e-mail us at: investstudy@wfu.edu

INVEST
in bone health

Wake Forest®
Baptist Health

Sticht Center for Healthy Aging and
Alzheimer's Prevention

IRB#00058279

An annual checkup for your brain?

Yes your BRAIN!

Spending time with those we love has never been more precious. Are you doing everything you can to make sure you don't miss a single hug? We know how important it is to get our annual physical exams- so what about an annual checkup for your brain?

Today we have the opportunity to be **proactive** about our brain health through the **Healthy Brain Study** research program at the Sticht Center for Healthy Aging and Alzheimer's Prevention.

The **Healthy Brain Study** provides a unique opportunity to



receive a complete brain health assessment at no charge.

It is open to adults with:

- ✓ Mild memory concerns
- ✓ Early stage Alzheimer's disease or dementia.

Following your assessment we will review the results with you and then schedule next year's checkup. It's just that easy!

To be eligible for this innovative brain health study, participants must:

- ✓ Be age 55 and over
- ✓ Not be taking insulin for diabetes
- ✓ Be ready to be **proactive** about their brain health!

To learn more call:

336-716-MIND (6463)

IRB# 00025540

Have you noticed how many people wear fitness trackers?

Researchers are testing various devices and need your help to determine the accuracy and validity of the data captured by them so they can be used to study health.

You may be eligible for the PEPPER MINT study if you:

- Are age 60 or older
- Are overweight, BMI 28-40
- Are not regularly exercising
- Don't have high blood pressure, heart, respiratory, neurological, hematological disease or cancer requiring treatment in the past year

If you qualify to participate you will:

- Come to the Wake Forest University's Reynolda campus for 2 study visits where you will perform a series of tasks while wearing multiple trackers
- Wear trackers at home for one week
- Be compensated for completed visits

IRB# 00054432



For more information, or to see if you qualify, call

Charlotte Crotts

at

336-713-8503

Sticht Center Participant Spotlight on: **Ben Wilson**



For those wondering what a “typical” Sticht Center research study participant might look like, look no further than **Ben Wilson**.

Wilson, who has been involved in an array of research studies over the past 15 years, is quick to share his experiences and praise for the study staff. He says, “I’ve been able to participate in so many interesting studies throughout the years, both for my body and my brain health, that I have a good understanding of the amazing work that is being

done.” He adds, “not only is the care first-rate, but “the staff are genuinely some of the nicest people in the world with the BEST EXPERTISE IN THEIR FIELD. During every appointment they spend time talking with me and I never feel rushed. It’s clear that they care about me by how respectfully I’m treated!”

When asked why it was important to him to participate in research he replied, “the benefits of being involved in research extend beyond me



receiving exceptional care-- the larger reason is knowing that I am making a difference in the lives and health of our future generations.”

Can a ketogenic diet or a heart healthy diet improve your memory?



IRB# 00049474

Learn how a Mediterranean low-carbohydrate or low-fat diet may improve your memory and thinking abilities through the new BEAT-AD study!

You may be able to participate in BEAT-AD if you:

- ▶ Have concerns about your memory and are between the ages of 55 and 85
- ▶ Are in general good health and not taking medications for diabetes
- ▶ Are willing to eat one of our healthy meal plans
- ▶ Are available to come to the Sticht Center for appointments

You will receive:

- ▶ Memory evaluations and other study-related medical tests
- ▶ 4 months of individual counseling sessions with a study dietitian
- ▶ 4 months of multivitamins, daily menus & shopping lists
- ▶ Compensation for your food, time and travel

Ready to Lose Weight and Improve your Lifestyle?



Help us determine the best nutritional approach to maintain muscle and physical function during weight loss.

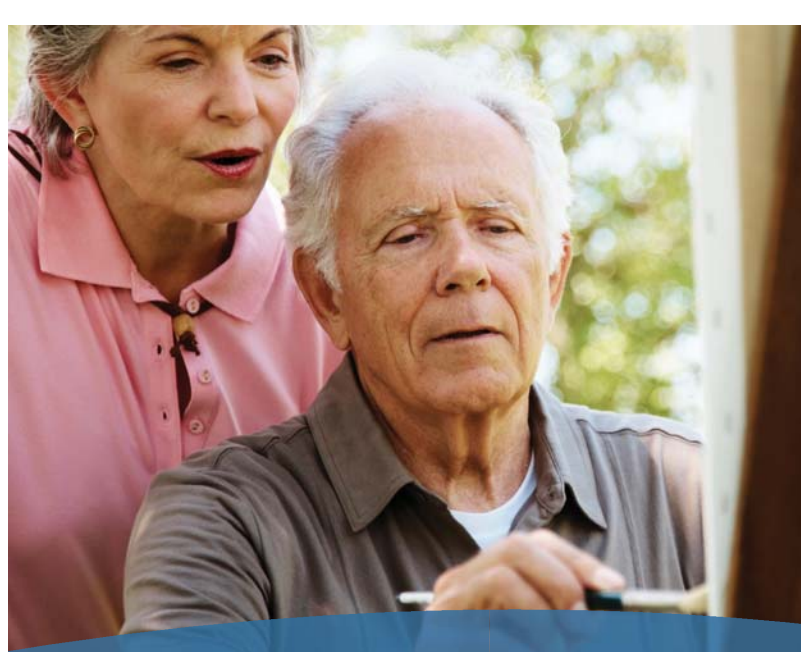
You may qualify to join UPLIFT if you:

- ▶ Are overweight
- ▶ Between the ages of 65 & 85
- ▶ Find daily activities such as getting in and out of a chair or walking up stairs more difficult than they used to be
- ▶ Have had no major health events in the past year
- ▶ Are **READY** to make a lifestyle change!

This program includes:

- ▶ Individual sessions and group classes on healthy eating led by a registered dietitian
- ▶ Supervised treadmill walking
- ▶ Health and fitness assessments

To learn more about UPLIFT, call **336-713-8539, option 5** or email: AgingResearch@wakehealth.edu



ADVANCE II

Have You Or Someone You Know Been Diagnosed With Mild Alzheimer's Disease?

Discover the ADVance II Study

A study researching a different approach for mild Alzheimer's Disease is seeking participants who:

- ✓ Are 65 years old or over
- ✓ Are currently taking medication for Alzheimer's
- ✓ Have a caregiver or family member who can accompany the patient to doctor visits

Please call Charlene Cash at: **336-713-3133** to learn more!

ADVANCE II
MILD ALZHEIMERS CLINICAL STUDY

Movement, Music, and Memory



Join IMOVE, an innovative study about the effects of movement and social engagement on quality of life for those with memory loss and those who care for them.

You must:

- Be between 60 and 85 years old
- Have a diagnosis of memory loss or be willing to undergo testing to determine if you have memory loss
- Have a loved one willing to participate as a team with you
- Commit to 4 study visits at the Sticht Center and a 12 week program (2 hours/week)
- Be willing to get moving and have fun – move as much or as little as you are able!

Participants tell us the movement and social activities are energizing and a rewarding way to spend time together. You can help contribute to the future of aging care and you will be compensated for your time.

For more information:

Ashley Morgan or Phyllis Babcock
336-713-MOVE(6683)
www1.wakehealth.edu/beinvovled/IMOVE



Are you caring for someone who has memory or thinking difficulties?

If so, we invite you to be a part of a new research study that is comparing three different types of support for the caregivers of people with memory or thinking difficulties.

The research study is called *D-CARE* and we are hopeful that it will help improve the quality of life for those who are caring for people with memory or thinking difficulties.



Over 18 months, D-CARE will be evaluating three options for providing support and services to the families and friends who help with the daily care and activities for people with memory or thinking difficulties.



To learn more please call the D-CARE team at:

336-716-1716

or e-mail us at:

DCARE_UM@wakehealth.edu



Protocol ID:IRB#19-000635 UCLA IRB Approved Approval Date: 8/18/2019 through 1/14/2020 Committee South General IRB

Have you, or someone you love been diagnosed with mild Alzheimer's disease?

The research teams at the Wake Forest Alzheimer's Disease Research Center are working to evaluate the safety and effectiveness of an investigational drug, Azeliragon, as a treatment for people with mild Alzheimer's disease and impaired glucose tolerance.



You may be eligible to participate in the ELEVAGE study if you:

- Are between the ages of 50 - 85
- Have diabetes but not currently taking insulin
- Are currently taking medication to treat the Alzheimer's symptoms
- Are willing to have a brain MRI
- Have a friend or family member who can be your study partner and attend clinic visits with you

To learn more please contact Vivian King at 336-716-1791

or vivking@wakehealth.edu

The Face of Research

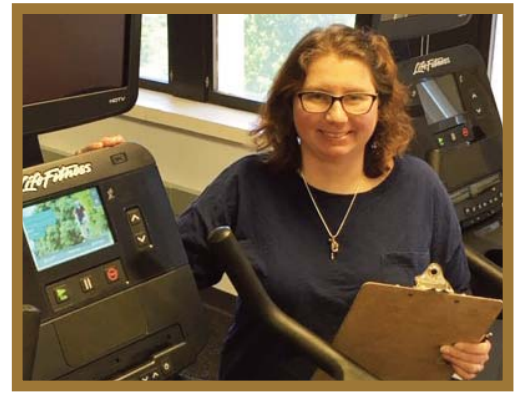
If you have ever participated in a Sticht Center exercise-based research study over the past 17 years, chances are you have gotten to work with **Charlotte Crotts!**

Ever since graduating from Wake Forest University in 2000 with a degree in exercise science and psychology, she knew that she wanted to work in research- and after joining the Sticht Center for Healthy Aging team in 2003 she has never looked back!

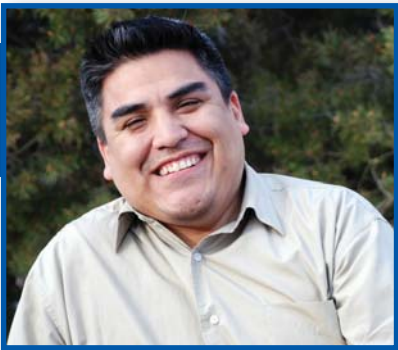
“I love the many different programs we’ve been able to study through the years evaluating how beneficial

exercise and physical activity can be for older adults,” Crotts says. “Seeing the positive change that occurs in the lives of our participants when they embrace a more active lifestyle is exciting and gives meaning to the work we are doing,” she continues.

When asked about her favorite part of her work at the Sticht Center, Crotts quickly responds that it is the relationships that she has with the participants. “I love learning from them and listening to their life experiences which can be both humbling and inspiring,” she adds.



Charlotte and her husband, Todd, are the parents of three daughters, two of whom were born with rare genetic heart conditions that required surgeries at young ages. Because of these experiences she became a fierce champion for heart health and has been a team leader in the Winston-Salem Annual Heart & Stroke Walk for the past 16 years.



Prostate Cancer Patients...

We are currently recruiting adult males to help us evaluate the effect of muscadine grape extract on fatigue. Study participation involves 5 study visits over 1 year.

These study visits may include surveys, blood draws, walking tests, and body scans. Volunteers will be asked to take 8 capsules per day of muscadine grape extract or placebo for 1 year.

You may be eligible for this study if:

- ◆ You have had surgery or radiation for prostate cancer
- ◆ Your doctor is recommending or you are receiving androgen deprivation therapy (ADT)

You will receive:

- ◆ Minimal compensation for travel reimbursement
- ◆ A \$10 gift card at every visit

IRB# 00047840

For more information, please call 336-713-5045

or contact kpleasan@WakeHealth.edu

U.S. POINTER

alzheimer's  association®

Can changing to a healthy lifestyle protect memory in older adults?

We are looking for eligible adults who:

- Are 60-79 years old
- Are not regular exercisers (generally less than 3 times per week)
- May have other risks for memory loss in the future such as a family history of memory problems or slightly high blood pressure, cholesterol or blood sugar.



U.S. POINTER is a two-year study that will test whether changing to one of two different healthy lifestyle programs can protect memory and thinking.

For more information, contact us at:
pointerstudy@wakehealth.edu
833-361-7591

 **Wake Forest®**
Baptist Health

Are you treating your diabetes with diet and exercise?

Recent research shows that type 2 diabetes is a risk factor for dementia that may affect women differently than men.

The purpose of this research study is to better understand the interaction between diabetes and estrogen on the brain in women who are postmenopausal.



You may be eligible for the FEMME study if you:

- ▶ Are a female between the ages of 60 and 80
- ▶ Have normal results on recommended health care screenings
- ▶ Have no evidence of dementia or mild cognitive impairment (MCI)
- ▶ Are not using insulin or Metformin to treat your diabetes
- ▶ Are able to come to the Sticht Center at Wake Forest Baptist for 5-6 study visits
- ▶ Have not used hormone replacement in the past 3 months
- ▶ Have no history of renal, heart, liver or neurologic disease
- ▶ Are a non-smoker
- ▶ Agree to have 2 MRI and 2 PET scans



To see if you qualify please call Benita at:

336-713-5382

or e-mail

agingresearch@wakehealth.edu

IRB# 00049740



Are your brain and body dancing to the same tune?

We are using images of the brain to see how changes over time are related to your ability to move. Brain images captured by MRI scans are compared to your physical function and mobility.

You may qualify for the B-NET study if you:

- ▶ Are age 70 or older
- ▶ Are willing and able to attend up to 8 study visits over the next 3 years
- ▶ Are having some difficulty walking, climbing stairs or getting in/out of a chair
- ▶ Are able to walk without a walker
- ▶ Have no history of a neurologic disease that affects your ability to walk
- ▶ Are willing to have a brain MRI

You will be compensated for your time and travel, and transportation is available if necessary.

To find out more, please call: 336-713-8539, option 1

IRB# 00046460

New and Improved Space to Better Serve our Study Participants!



For the past 18 months, the “sounds of progress” have been echoing through the first floor halls of the Sticht Center.

Throughout this project, our commitment remained to continue providing as seamless a process as possible for our participants so that we could maintain the same high quality experience that Sticht Center study participants have come to expect over the years.

In some cases, study participants were treated to VIP chauffeur service between study locations, compliments of Paul Cronin on the zippy

Geriatric Research Unit’s new scooter aptly named *GRUber*.

Since our Sticht Center for Healthy Aging and Alzheimer’s Prevention (CHAAP) is the largest and most active research program at Wake Forest Baptist Health, much of this new space will be dedicated to healthy aging and Alzheimer’s prevention activities, allowing us to provide our participants with the very latest, state of the art equipment and testing technology!

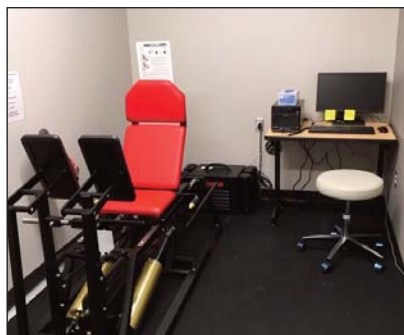
Specific spaces for CHAAP studies include:

- DEXA testing
- Whisper room
- Biodex testing
- Keiser testing
- Metabolic Testing
- Physical function testing
- CHAAP-specific lab

In addition, there is also a new Clinical Research Unit with 28 exam rooms, a phlebotomy station, and a processing laboratory so your next visit may be conducted here!

And while we weren’t able to host a grand re-opening ceremony to publically welcome everyone to our beautiful new space, be assured that we are open and ready to safely move forward to serve you!

Now all that’s missing is YOU!



Volunteers needed to study the impact of a 6-week exercise program on metabolic flexibility

We're looking for men and women 60 years and older to participate in a research study to determine if 6 weeks of supervised, moderate exercise improves your body's ability to switch from breaking down carbohydrates to breaking down fats for energy during exercise.

- 2 screening visits at the Department of Health and Exercise Science Clinical Research Center
- Moderate exercise for 1 hour 3-5 days per week at the Department of Health and Exercise Science Clinical Research Center
- Baseline and follow up testing at the Clinical Research Unit, Wake Forest Baptist Medical Center

You may qualify to join if you:

- Have no history of cardiovascular disease or chronic diseases
- Are over the age of 59 years old
- Currently exercise for less than 30 minutes per week



Interested in Participating?

Please email Dr. Gary Miller, millergd@wfu.edu, or call: 336-758-1901
Wake Forest University Dept. of Health & Exercise Science

All responses will be kept secure and confidential.

IRB# 00058517



NC Registry for Brain Health

Connecting NC to Research and Resources to Prevent and Treat Memory Disorders

The NC Registry for Brain Health is the first of its kind in the state of NC. It is designed to increase awareness of Alzheimer's disease and related disorders and connect North Carolinians (18 yrs. and older) to research opportunities that are designed to improve brain health with research partner organizations across the state.

The Value of the Registry



MEMORY DISORDERS ARE COMMON, and affect people of all backgrounds. The Registry is open to all adults from across the state to help us better understand the full impact of these disorders.



ALZHEIMER'S DISEASE is the 5th leading cause of death in North Carolina. Joining the Registry will help medical scientists understand the causes of Alzheimer's disease and related conditions to find treatments for these conditions.



ALZHEIMER'S DISEASE AND OTHER DEMENTIAS DEVELOP IN THE BRAIN years before symptoms are present. By

including young people (18 years and older) in the Registry, we can better understand the earliest signs of disease before symptoms appear and develop ways to prevent these diseases.



To learn more, call 336-713-7600, or visit www.ncbrainhealth.org

IRB# 00056900



You can help make Alzheimer's history!

The Alzheimer's Disease Neuroimaging Initiative (ADNI) is a historic study of brain aging looking to help increase the pace of discovery in the race to prevent, treat and one day cure Alzheimer's disease. For more than a decade, ADNI researchers have been working to better understand the disease.

Now, in this next step, this initiative is studying how quickly brain cognition and function changes. ADNI3 is defining how best to measure these changes and sharing this information immediately with researchers around the world. Together, participants and researchers are increasing understanding to help lay a path forward for a better future.



You may be eligible to participate if you:

- ▶ Are in good health
- ▶ Have a diagnosis of early Alzheimer's disease or Mild Cognitive Impairment (MCI)
- ▶ Are willing and able to undergo in-clinic assessments, memory testing and other test procedures
- ▶ Have a study partner who can accompany you to all clinic visits

This is a free study, and no medication will be involved.

To learn more,
call Taylor at:
336-716-MIND
(6463)

IRB# 000040205

Does a genetic risk for Alzheimer's disease change the benefits you get from exercise? Join researchers at UNC Greensboro to find out.

STEP UP FOR THE FIGHT AGAINST ALZHEIMER'S WITH UNC GREENSBORO



PHYSICAL ACTIVITY & ALZHEIMER'S DISEASE 2

We need you to join our team if you:

- > are generally healthy
- > are between 40 - 60 years old
- > have family history of Alzheimer's or dementia
- > exercise < 90 minutes per week

CALL 336.334.4765
EMAIL PAAD2@UNCG.EDU
VISIT GO.UNCG.EDU/PAAD2

INCENTIVES

- 1-year group exercise program at a YMCA or a short-term YMCA membership
- Up to \$150 for testing sessions
- Picture of your brain

Our Sticht Center Team is Making a Difference in the Lives of Our Community's Elders-

One Food Delivery at a Time!

Even though team members of the Sticht Center for Healthy Aging and Alzheimer's Prevention have been busy working from home since the end of March, we weren't too busy to respond to the needs of 75 homebound elders living throughout the greater Winston-Salem area.

When we began learning of the growing number of older adults who were sheltering in their homes without any outside support from family or friends, the Sticht Center team jumped into action!

As soon as the call went out for volunteers the response was overwhelming! Since the launch

of the program in early April, we have been able to safely deliver food and essential supplies twice each week to very grateful recipients!



Lindsay Tysinger and Jim Lovette leading the organizational efforts.

The success of this effort was made

possible through the collaboration of other key community partners- Love Out Loud and Providence Kitchen with Second Harvest Food Bank.

Typically the Sticht Center is not in the food delivery business,



WXII's Lanie Pope is practicing social distancing as she interviews delivery recipients, Mr. & Mrs. Lee for a feature story

but as soon as we learned of the needs of our local older adults we rallied to help, because serving our community's elders isn't just our job- it's our passion and our calling.



Volunteers (L-R) George Bailey, Jim Lovette, Dixie Yow, Scott Lang, Lindsay Tysinger, Gracie Nicklas-Morris, Tim Hughes and Alexis Webb



Dynamic Duo Jamie Justice and her son Tobe



Volunteers Carol Moore, Michelle Gordon, Shikha Sharma, Lindsay Tysinger, Jim Lovette, Deb Burcombe and Deb Dahl are ready to head out



Rachel Zimmer and Deb Burcombe demonstrating social distancing

Do you ever wonder why your muscles may not work as well as they used to? **So do we!**

Our research team will work to understand the properties of muscle tissue that contribute to mobility, fitness, and walking speed.

You may qualify to join our study if you are:

- At least 70 years old
- Able to attend visits at our clinic
- Willing to have an MRI
 - There are no medications or lifestyle changes involved in this research study
 - You will be compensated up to \$350 for your time
 - Transportation is available if needed



To find out more about this study or to see if you qualify, please call:

336-716-SOMM (7666)

or e-mail:

sommastudy@wakehealth.edu

or visit:

www.sommastudy.com

IRB00053737



Does Memory Loss Affect You, Your Family or Your Friends?

Researchers at the Maya Angelou Center for Health Equity at Wake Forest School of Medicine are conducting research on Alzheimer's Disease in African Americans. Alzheimer's affects African Americans twice more than other races.

Today, there is no cure.

We are seeking families where two or more family members are affected with memory loss or dementia. Study participants are not required to travel and they receive monetary compensation.

Help Us Find a Cure.

Alzheimer's. It runs in *OUR* families.

Contact us today if you are interested in our study or if you wish to refer someone.

336.713.7600

tdstarks@wakehealth.edu

Congratulations!

The winner of the \$100 drawing is
Barbara Covert of Kernersville, NC



To be eligible for our next drawing you only need to be a member of Vital. By receiving this newsletter by mail you are already a member!

If you would like to be added or removed from our mailing list, please call Kim Kennedy at 336-713-8567

Deb Burcombe
Editor/Designer

336-713-8539
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