

## Memory, Aging and Alzheimer's Disease

Cambridge Council on Aging (COA) invites you to join us for our upcoming lectures on Memory, Aging and Alzheimer's Disease, April 26, May 24 and June 28

The COA is hosting a series in collaboration with the Massachusetts Alzheimer's Disease Research Center (MADRC) and Center for Alzheimer's Research and Treatment Center (CART). The series is in three parts. The first of the series is scheduled for Thursday, April 26 from 1:00-3:00 P.M., at the Cambridge Senior Center, 806 Massachusetts Avenue.

This event is free and open to the public. For more information please contact Susan Pacheco at 617-349-6220 or at [spacheco@cambridgema.gov](mailto:spacheco@cambridgema.gov).

**Thursday, April 26, 2018, 1 – 3 pm**

### A World Without Alzheimer's Disease

This talk will address the fundamental questions around memory, aging and Alzheimer's Disease: When is memory normal? When is it not? What is Alzheimer's Disease? Why is it a problem? Can I do anything to prevent Alzheimer's Disease? What is happening in research? What can you do to help?



#### **Lenore Jackson-Pope, R.N., B.S.N., M.S.M., C.C.R.P**

Co-Director of Primary Care Outreach  
Center for Alzheimer Research and Treatment, Brigham and Women's Hospital  
Massachusetts Alzheimer Disease Research Center, Massachusetts General Hospital and Harvard Medical School.

**Thursday, May 24, 2018, 1 – 3 pm**

We will show the compelling PBS documentary *Can Alzheimer's Be Stopped?* It is one of the greatest medical mysteries of our time, as the disease strikes at the core of what makes us human: our capacity to think, to love and to remember. This film includes what researchers are doing to find a cure and the role people play in participating in clinical trials.

Lenore Jackson-Pope and Carolyn King will take questions and answers from the audience.



#### **Carolyn King, BA**

Outreach Assistant  
Center for Alzheimer Research and Treatment, Brigham and Women's Hospital  
Massachusetts Alzheimer Disease Research Center, Massachusetts General Hospital.

## Thursday, June 28, 2018, 1 –3 pm

### *Pathways to Prevention: Maximizing Brain-Healthy Behavior to Protect from Cognitive Decline*

As life expectancy increases in the U.S. and globally, with a growing number of older individuals each year, the prevalence of Alzheimer disease and other dementias is on the rise. Fortunately, there is significant evidence that certain healthy behaviors can decrease the chance of developing new or worsening cognitive problems. Dr. Seth Gale and Hope Schwartz (Brigham and Women's Hospital Center for Brain/Mind Medicine) will provide an overview of cognitive aging and Alzheimer disease, focusing on modifiable risk factors for dementia. This program will review current research in diet, mindfulness, sleep, exercise, and social and cognitive activities, and will also explore the lifestyle changes you can make today to maximize your brain health for the future.



### **Seth Gale, MD**

Associate Neurologist, Brigham and Women's Hospital  
Study Physician and Investigator, Center for Alzheimer Research & Treatment (CART), Brigham & Women's Hospital  
Instructor in Neurology, Harvard Medical School.



### **Hope Schwartz, B.A.**

Program Coordinator, Center for Brain/Mind Medicine, Brigham and Women's Hospital.