



# Together, let's make healthy happen.



**Dear patients, friends, families, and colleagues of the Advocate Memory Center:**

We are pleased to share with you the inaugural Advocate Memory Center newsletter, a quarterly update that will highlight news, research, programs, and resources relevant to Alzheimer's disease and related dementias. In light of the current COVID-19 pandemic and statewide stay-at-home orders, it is especially important that we stay connected and share timely updates and resources with each other.

## Advocate Memory Center Clinic Operations During COVID-19

The Advocate Memory Center is OPEN, and remains available to support our patients and their families throughout this challenging time. Our main number (**847.720.6464**) continues to be answered Monday – Friday, 8:30 am – 5:00 pm, and our providers can be reached via the Patient Portal as well.

In alignment with current Advocate Aurora Health Care recommendations, face-to-face visits will be conducted only when essential for patient diagnosis and treatment. However, our providers are pleased to be able to care for our patients via various telehealth options including phone visits, virtual visits, and e-communication (Patient Portal). If you have an upcoming appointment scheduled, our office will be contacting you to discuss these options for your visit.

[Advocate Memory Center - Clinical Information](#)

## Advocate Memory Center Research Updates

The Advocate Memory Center is involved in a number of clinical trials. While screening of new patients is currently on hold due to restrictions related to COVID-19, participants already enrolled in treatment studies will continue to receive these treatments if they wish to do so. We look forward to screening new participants for the following studies once the stay-at-home order is lifted and we return to normal operations.

**Art Therapy Research Study:** Study focused on examining the impact of art therapy on the relationship between patients and care partners

- Patients diagnosed with mild Alzheimer's disease
- Have a care partner who is willing to participate
- Study activities: 4 x 1.5 hour group art therapy sessions
- For more information call Danielle Dodson, (847) 720-6458

**Clarity AD:** Study focused on evaluating the safety and efficacy of the anti-amyloid antibody: BAN2401 ([clinicaltrials.gov: NCT03887455](https://clinicaltrials.gov/ct2/show/study/NCT03887455))

- Patients with Early Alzheimer's Disease
  - Mild Cognitive Impairment or mild Alzheimer's Disease Dementia
- Study Drug: BAN2401 is an investigational treatment for the amyloid protein
- Ages: 50 – 90
- 18 months of infusions every 2 weeks
  - 50% chance of placebo for the 18 months
  - Opportunity to continue in the long term extension after 18 months where all participants receive the study treatment.

- For more information call Victoria Begoun, research coordinator, (847) 954-4876

**DIAN-TU:** Study focused on participants at risk for, or having genetic forms of, Alzheimer's disease. ([clinicaltrials.gov: NCT01760005](https://clinicaltrials.gov/ct2/show/study/NCT01760005))

- Patients with known mutations in PSEN1, PSEN2, APP genes
- Families with multiple generations of Alzheimer's disease with symptoms starting before age 60
- Enrolling into a Cognitive Run-in period (testing of thinking abilities)
  - No drug treatment is currently available, but when a drug becomes available, and if qualified, participants would have the first opportunity to join one of the study drug treatments
- Ages: 18 – 80
- For more information call Victoria Begoun, research coordinator, (847) 954-4876

**U.S. POINTER:** Two-year study that will test whether changing to one of two different lifestyle programs can protect memory and thinking. ([clinicaltrials.gov: NCT03688126](https://clinicaltrials.gov/ct2/show/study/NCT03688126))

- Ages: 60-79
- Have a family history (parent or sibling) with memory loss or dementia
- Are not regular exercisers (generally less than 3 times per week)
- For more information, call Evelyn Torres, research coordinator, at (847) 720-6457

Advocate Memory Center - Research

## Advocate Memory Center Support Programs

All Advocate Memory Center support groups will be moving to a telephonic format while we shelter-in-place. If you already receive email reminders for support group meetings, you will receive updates regarding how to call in to the group. If you do not already receive updates, please contact Danielle Dodson, MSW, LCSW (**847.720.6458** or [danielle.dodson@advocatehealth.com](mailto:danielle.dodson@advocatehealth.com)) to request to be added to the email list for the group in which you are interested.

**Dementia Care Partner Support Group** – For family and friends caring for individuals diagnosed with Alzheimer's disease or a related dementia.

1st Friday of each month from 10:30 am - 12:00 pm

- [Currently taking place by telephone conference](#)
- Usual host site: Lutheran General Hospital, Park Ridge, IL

**Lewy Body Dementia Care Partner Support Group** – For family and friends caring for individuals diagnosed with Lewy Body Dementia (LBD) or Dementia with Lewy Bodies (DLB).

3rd Wednesday of each month, 2:00 - 3:30 pm

- [Currently taking place by telephone conference](#)
- Usual host site: Bernard Weinger JCC, Northbrook, IL

**Younger Onset Dementia Care Partner Support Group** – For family and friends caring for individuals diagnosed with any form of dementia at or before age 65.

2nd Wednesday of each month, 5:30 – 7:00 pm

- [Currently taking place by telephone conference](#)
- Usual host site: Advocate Older Adult Services, Park Ridge, IL

## COVID-19 Information

We realize that you are likely flooded with information regarding COVID-19. Since not all information being shared via social media and other outlets is accurate, we want to take this opportunity to provide you with the following reliable sources of information.

If you are concerned that you have been exposed to, or have symptoms of, COVID-19, you are advised to call the **Advocate Aurora Health COVID-19 Hotline** at **866.443.2584**.

**Advocate Aurora Health:** COVID-19 Resource Center; sections include a COVID-19

Symptom Checker, updates regarding Advocate Aurora policies, and links to relevant Health eNews articles - [www.advocateaurorahealth.org/coronavirus-disease-2019](http://www.advocateaurorahealth.org/coronavirus-disease-2019)

**Alzheimer's Association:** Coronavirus (COVID-19) Tips for Dementia Caregivers; divided into tips for caregivers at home and tips for caregivers of those in assisted living - [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

**Centers for Disease Control and Prevention (CDC):** Coronavirus (COVID-19); sections include "How to Protect Yourself" and "What to do if you are Sick" - [www.cdc.gov/coronavirus/2019-nCoV](http://www.cdc.gov/coronavirus/2019-nCoV)

**Family Caregiver Alliance:** Coronavirus (COVID-19) Resources and Articles for Family Caregivers covers topics including in-home care, food and grocery delivery, and caregiver self-care - <https://www.caregiver.org/coronavirus-covid-19-resources-and-articles-family-caregivers>

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## Additional Sources for Support, Information, and Referrals

**Advocate Older Adult Services Information and Referral:** For information and guidance regarding both Advocate and non-Advocate resources and services for seniors. Leave a message and your call will be returned by a licensed social worker; 847.296.0737

**Alzheimer's Association Helpline:** Available 24 hours/day, 7 days/week for information about Alzheimer's disease and other dementias, referrals to local programs and services, and crisis support; 800.272.3900

**Illinois Department on Aging's Senior Helpline:** Information regarding state programs for older adults including Community Care Program (subsidized in-home care and other services for individuals with limited assets), home-delivered meals, and caregiver support; 800.252.8966

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## Your Well-Being

Whether you are a patient, caregiver, or professional, you are undoubtedly impacted by the spread of COVID-19 and the stay-at-home order in place in Illinois. Please pay attention to your mind and body for signs of worsening stress, anxiety, and depression. The following resources offer information and strategies for managing the unique stress of this pandemic.

**Family Caregiver Alliance:** Relaxation for Caregivers video series - <https://www.caregiver.org/relaxation-caregivers-series-english>

**National Alliance on Mental Illness:** COVID-19 Resource and Information Guide including tips for coping with anxiety and resources for mental health support - <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

**Substance Abuse and Mental Health Services Administration:** *Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak* including common emotional reactions and ways to support yourself and cope - <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

**Well-Med Charitable Foundation:** Caregiver Teleconnection; one-hour free caregiver support group calls on a variety of topics - <https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/>

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## Activities at Home

We encourage you to take advantage of websites and apps offering meditation, yoga,

exercise, and cultural events, many of which are free during the COVID-19 pandemic, and to stay connected with friends and family. The following websites include classes, groups, and activity ideas for both individuals diagnosed with dementia and caregivers.

**Mather Telephone Topics:** A variety of free classes, groups, and performances via phone - <https://www.mather.com/neighborhood-programs/telephone-topics>

**SeniorLink Blog:** "Helpful Daily Activities for Dementia Patients: 50 Expert Tips and Suggestions to Keep Your Loved One Engaged" - <https://www.seniorlink.com/blog/helpful-daily-activities-for-dementia-patients-50-expert-tips-and-suggestions-to-keep-your-loved-one-engaged>

**TimeSlips Creativity Center:** Ideas and prompts for creative engagement at home - <https://timeslips.org/resources/creativity-center>

**Well-Connected:** A wide variety of free classes and groups for adults age 60+, available via phone or web - <https://covia.org/services/well-connected/>

Thank you for taking the time to read this newsletter and stay connected with the Advocate Memory Center. Please feel free to let us know if there are topics you would like to see addressed in future editions. And, as always, please reach out if we can be of support to you or your family.

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## Future Newsletters

Please send ideas, suggestions, links, etc. for future newsletters to Danielle Dodson, MSW, LCSW: [danielle.dodson@advocatehealth.com](mailto:danielle.dodson@advocatehealth.com)



Advocate Memory Center | [Email Address](#) | (847) 720-6464 | [AMC Website](#)

See what's happening on our social sites:

