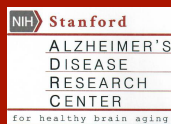


With Your Brain in Mind



Monthly news and updates from the Stanford Alzheimer's Disease Research Center

Welcome to our first issue!

Jan./Feb. Upcoming Events

More information on all events can be found on the Stanford ADRC website [here](#).

Jan. 17, 2017, 11a-12p
Healthy cognitive aging presentation in English/Spanish. Gardner Community Center.

Feb. 1, 2017, 10:45-11:45a
Wisdom of Aging talk series: Healthy Aging in English/Spanish. East Palo Alto YMCA.

Feb. 7, 14, 21, 28, 10a-12p
Our Family Journey hosted by Sunnyvale Senior Center. A 4-session workshop for caregivers of individuals with early- to mid-stage memory loss. Click [here](#) for more information.

About Us

The Stanford Alzheimer's Disease Research Center (ADRC) is part of a nationwide network of centers supported by the National Institutes of Health. The centers work together to promote research on Alzheimer's disease, Parkinson's disease, and related disorders, and to translate research advances into improved diagnosis, treatment, and care. The ultimate goal is to help cure Alzheimer's disease and, even more important, to prevent it from developing, if not in ourselves, then in our children.

The clinical and research focus of the Stanford ADRC includes Alzheimer's disease, healthy brain aging, mild cognitive impairment, Parkinson's disease, and Lewy body disease. We cannot achieve our goals without volunteers, who are evaluated at our center and followed over time. For more information, visit the Stanford ADRC website at <http://med.stanford.edu/adrc.html>, call us at (650) 721-2409, or email us at adrcstanford@stanford.edu.



Photo: the new Stanford Neuroscience Health Center, opened in January 2016. Read more about it [here](#).

Links

[Stanford ADRC's website](#)

[Stanford ADRC's Facebook page \(English\)](#)

[Stanford ADRC's Facebook page \(Español\)](#)



In the News

Helpful links and tips for healthy aging and successful caregiving

Staying Healthy

From MedLine Plus: More reasons to volunteer! Research finds that community involvement may lead to sharper mental skills. [Find out more.](#)

Looking for ways to get moving in the new year? See this [article](#) from the NIH on finding activities you may enjoy based on your interests.

Practical Tips for Caregivers

DailyCaring shares some helpful guidelines for caregivers on ways to prevent wandering behaviors that accompany Alzheimer's Disease. [Learn more.](#)

Caregivers, remember to care for yourself while caring for others. Take a look at the NIH's infographic on caregiving with helpful tips on self-care [here](#).

Now that the busy holiday season is over, what are some ways to unwind and take a breath? This DailyCaring article discusses the benefits of journaling for reducing caregiver stress. [Why keep a journal?](#)

Make sure your loved one with Alzheimer's Disease stays active, too. [Learn how you can help.](#)

Meet the ADRC Team – a monthly feature



Victor W. Henderson, MD, MS, ADRC Director

What draws you to dementia research?

Throughout my career, I've been interested in how the brain works and how it fails to work in disorders that affect speech, memory, and other mental abilities. Nothing is more fascinating than trying to understand the human mind. And nothing is more important than trying to prevent the mental dilapidation, decay, and ruin of Alzheimer's disease. My own research focuses on risk factors for cognitive aging and dementia, and on interventions to help prevent and treat these disorders.

Two years ago, my colleagues and I were fortunate to obtain funding from the National Institutes of Health to establish the Stanford Alzheimer's Disease Research Center. The Center is part of a nationwide network of Alzheimer's Disease Centers. These work together collaboratively to translate research advances into improved diagnosis and care for people with Alzheimer's disease, Parkinson's disease, and age-related brain disorders. The ultimate goals are help to find cures for these illnesses and to stop them from developing in the first place.