

The Johns Hopkins Memory & Alzheimer's Treatment Center
and Alzheimer's Disease Research Center invite you to the

15th Annual Journey to Hope

A free virtual conference for caregivers

Join us to learn about home and community-based supports, as well as creative approaches to challenging behaviors. You will also have an opportunity to "Ask the Expert" your questions about memory-related disorders.

Saturday, November 12, 2022

9 am to 12 pm

Virtually, from the comfort of your home or office

Featuring:

**Home is Where the Heart is: Optimizing Home and Community-Based
Support for People Living with Dementia and their Care Partners**

Keynote Presentation by Quincy Samus, PhD, MS & Cynthia Fields, MD

Creative Approaches to Challenging Behaviors

Panel led by Andrea Nelson, RN, MSN

Ask the Expert – Constantine Lyketsos, MD, MHS

Information/Registration: <https://bit.ly/JourneyToHope2022>

Information /



15th Annual Journey to Hope Conference
Saturday, November 12, 2022
9:00 AM – 12:00 PM

9:00 am – 9:10 am

Welcome: Conference Overview and Goals

Constantine Lyketsos, MD, MHS

Director, Johns Hopkins Memory & Alzheimer's Treatment Center (MATC)

Director, Department of Psychiatry and Behavioral Sciences, Johns Hopkins Bayview

Introduction of Patient-Family Advisory Council (PFAC)

Andrea Nelson, RN, MSN

Director, Memory Care Programs for the Johns Hopkins Memory & Alzheimer's Treatment Center

Director, Patient Family Advisory Council MATC

9:10 am – 9:45 am

Keynote Presentation:

Home is Where the Heart Is: Optimizing Home and Community-Based Support for People Living with Dementia and their Care Partners

Quincy Samus, PhD, MS

Cynthia Fields, MD

9:45 am – 10:00 am

Q & A with Dr. Samus and Dr. Fields

Moderated by Jennifer Mason, RN, MSN

10:00 am – 10:05 am

BREAK

10:05 am – 10:45 am

PANEL: Creative Approaches to Challenging Behaviors

David Felzenberg, Family Caregiver

Helen Hovdesven, Family Caregiver

Murvell Delpino, ADC, MC, CDP, Certified Activities Professional

Megan McGowan, OTR/L, Occupational Therapist

Andrea Nelson, RN, MSN, Lead Panelist

10:45 am – 11:00 am

Presentation of Awards *(pre-recorded)*

ADRC Longitudinal Study – Longevity Recognition Certificates

Research Champion Awards – Presented by Gwenn Smith, PhD

Caring Hands Awards – Presented by Jane Marks, RN, MS

Trailblazer Award Recipient – Martha Blaxall, PhD

Pioneer Award Recipients – Quincy Samus, PhD, MS;

M C Deirdre Johnston, MB, BCh, BAO, MRCPsych

11:00 am – 11:05 am

BREAK

11:05 am – 11:50 am

Ask the Expert – Constantine Lyketsos, MD, MHS

Moderated by Jennifer Mason, RN MSN

11:50 am – 12 pm

Call to Action – Pam South, Member, Memory Center PFAC

Closing Remarks

Constantine Lyketsos, MD, MHS

Andrea Nelson, RN, MSN



November 12, 2022

Dear Journey to Hope Participant:

Welcome to the 15th Annual Journey to Hope Conference on Memory Loss. This is our third year presenting the conference virtually. We are excited to bring you a great line up of speakers and participants including Johns Hopkins University faculty members, memory care experts, and Memory Center families.

Below are details regarding the event logistics, we hope you find this information helpful.

1. **Sit back and relax!**
2. **This event will be recorded and available soon afterwards on our website:**
https://www.hopkinsmedicine.org/psychiatry/specialty_areas/memory_center/events/journey_to_hope.html
3. **All attendees will be muted. If you have questions, please use the chat function, explained in the introduction.**
4. **Event packet includes:**
 - Event flyer/agenda
 - Dr. Samus & Dr. Fields Keynote Presentation PowerPoint handout
 - Bios of speakers, panelists, awardees
 - Club Memory flyer
 - Information on memory research studies
 - Interested in Research form
 - Patient Family Advisory Council (PFAC) Membership Application
 - List of abbreviations
 - Pledge form
 - Link to the Memory Center Website – check back next week for the video recording of today's event

We hope you enjoy the conference!

Sincerely,
The Journey to Hope Planning Committee

5300 Alpha Commons Drive/ 4th Floor/ Baltimore, Maryland 21224



JOHNS HOPKINS
M E D I C I N E



Home is Where the Heart Is: Optimizing Home and Community-Based Support for People Living with Dementia and their Care Partners

Cindy Fields, MD & Quincy M. Samus, PhD, MS

Disclosures

Dr. Fields has no relevant financial disclosures.

Dr. Samus is an inventor of technology described in this presentation (MIND at Home program), which for-profit and for-profit entities have licensed from the Johns Hopkins University. This arrangement has been reviewed and approved by the Johns Hopkins University in accordance with its conflict of interest policies.

Disclaimer: The contents of the presentation are the sole responsibility of the presenter and do not necessarily reflect the views or opinions of sponsors

Key Takeaways

“Meeting people where they are”

**“There is almost always something
that can be done”**

MEET MARY



- 80-year-old widow diagnosed with AD one year ago. Mary:
- recently moved in with her daughter, Gloria
- withdrawing from her neighbors, friends, and social activities
- has self-limited her driving - new dents in her car
- was eating poorly at her home with weight loss; dental issues
- has DM, HBP, glaucoma; on 9 medications + fingersticks
- her medication bottles are very disorganized
- gets frightened and disoriented - sees intruders and shadows
- Is no longer going to her church or choir because it's too far

MEET GLORIA—MARY'S DAUGHTER



Daughter, Gloria is concerned and overwhelmed. She:

- she does not know what to expect as time goes on
- she works from home and has three children to care for
- has noticed changes in Mary's ability to care for herself
- worries that Mary is more depressed and withdrawn
- has had increasing difficulty keeping the house orderly
- found that her mother nearly started a fire on the stove

THE HOME





REFLECTION ON THEIR STORY - MARY

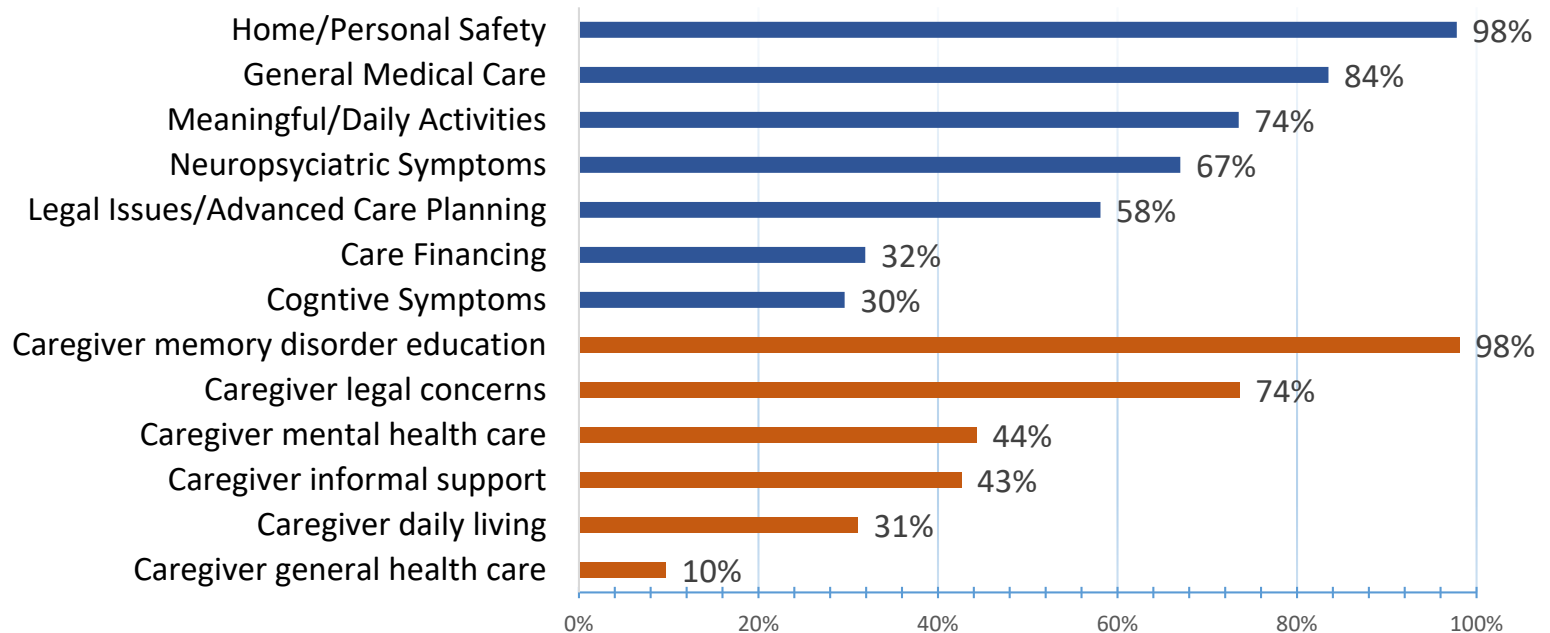
- What sorts of needs does Mary have, and what solutions might be useful?
 - Social connectedness
 - Meaningful activities
 - Evaluation of depression.
 - Medication management
 - Treatment of dental issues
 - Home safety concerns
 - Hallucinations/illusions

REFLECTION ON THEIR STORY – DAUGHTER, GLORIA

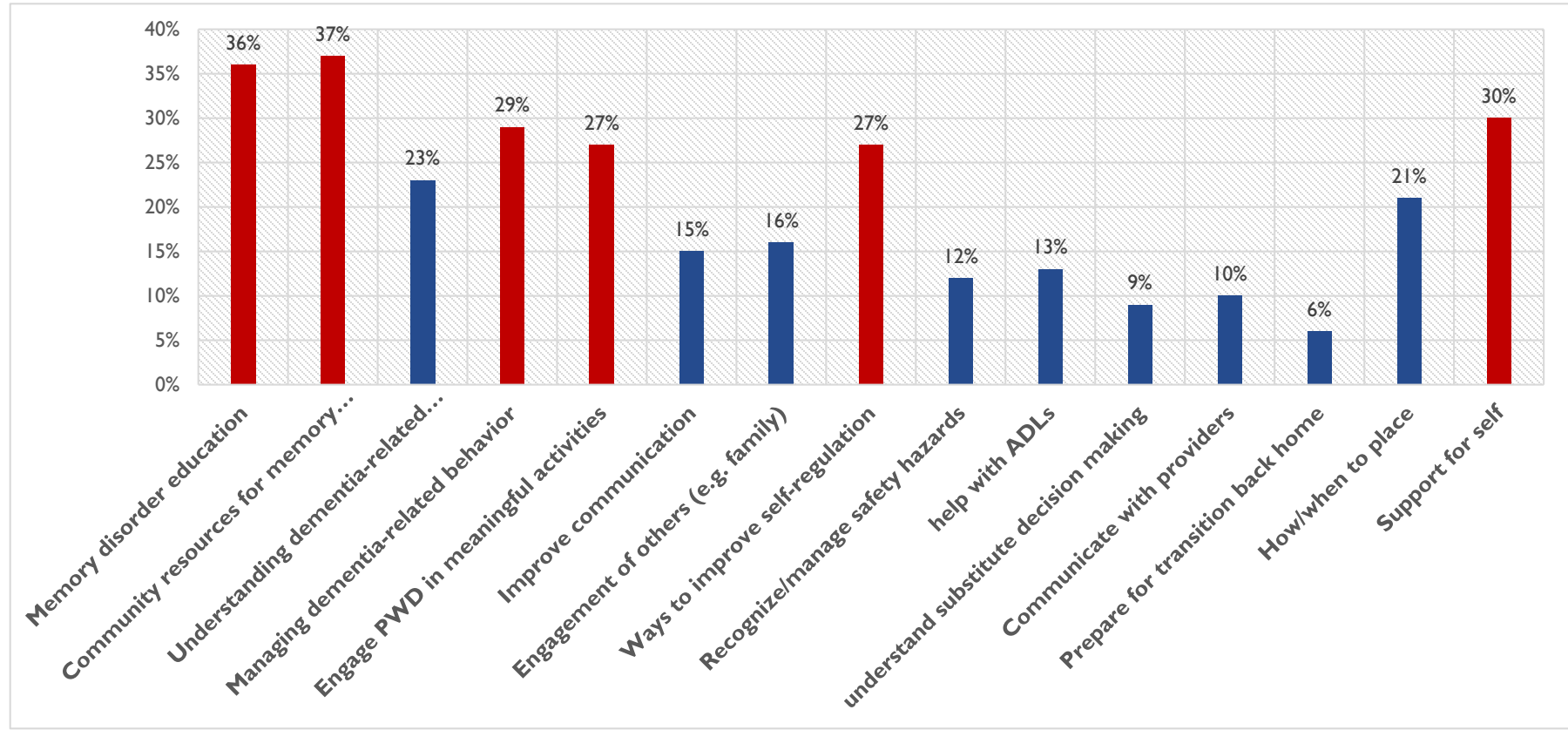
- What sorts of needs does Gloria have, and what solutions might be helpful?
 - Memory disorder education
 - Alleviate risk of caregiver burnout

COMMON UNMET DEMENTIA NEEDS

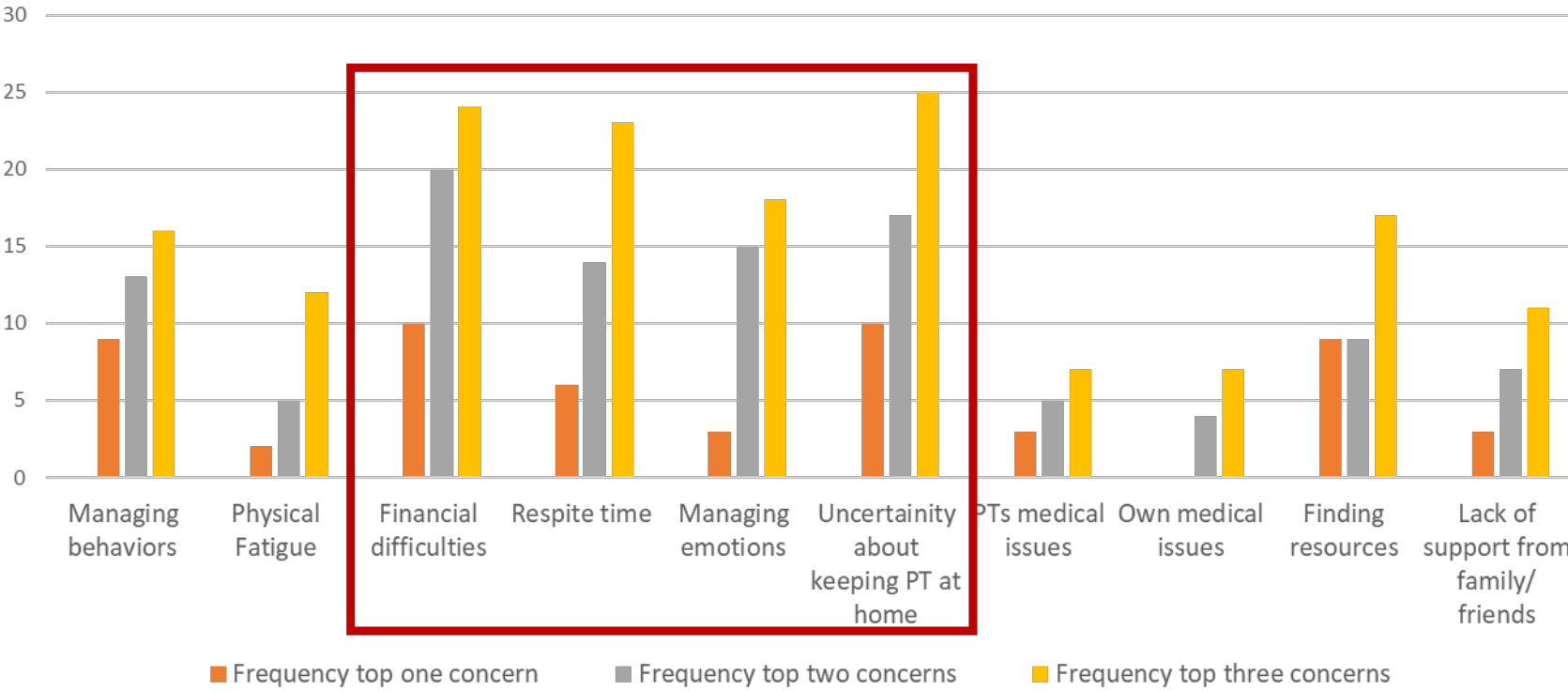
One or More Unmet Care Need by Domain (n=638)



SELF-RATED PRIORITY AREAS FOR CAREGIVERS (N=638, MIND AT HOME STUDIES, MARYLAND)



Top Areas of Concern at Present? (n=65)



Home as the nexus of care


- Many types of factors influence care needs and outcomes
 - clinical, behavioral, lifestyle, social, cultural, and environmental
- **Home based dementia care (HBDC):** care and support provided to PLWD in his/her own home by informal caregivers (and formal caregivers, that bridges a range of services, supports, assistive technologies to meet medical, psychosocial, functional, behavioral, spiritual, material, safety, and environmental needs.



Image: <https://www.gotobermuda.com/article/the-art-architecture-bermudas-amazing-homes>

Effective Care Strategies

Caring for patients and families includes:

- 
- Managing medical problems
 - Preventing infections and delirium
 - Home accommodation, fall prevention, mobility/strength maintenance
 - Medication management
 - Cognitive symptom treatment
 - Neuropsychiatric symptom treatment Psychosocial support, physical activity, and engagement
 - Caregiver support

Goals of Care

- Support aging in place in their preferred setting
- Maximize quality of life
- Support personal dignity
- Manage symptoms
- Provide comfort at all stages
- Address the long-term well-being of caregivers and reduce burden

Goals for Supporting Caregivers

Educate

Activate

Empower

Alleviate burden



Intervention Examples

- Medication management and simplification (deprescribing)
- Health care services (PCP, nursing, specialists, OT/PT/Speech, podiatry, dentistry, SW, behavioral health, pharmacy, CHW, care navigators etc.)
- Exercise and motor rehab;
- Occupational therapy and meaningful activities
- Environmental/physical plant interventions
- Cognitive/emotion-oriented interventions
 - Cognitive stimulation, music/dance therapy, dance therapy, transcutaneous electrical nerve stimulation, reminiscence therapy, validation therapy, simulated presence therapy
- Sensory stimulation interventions

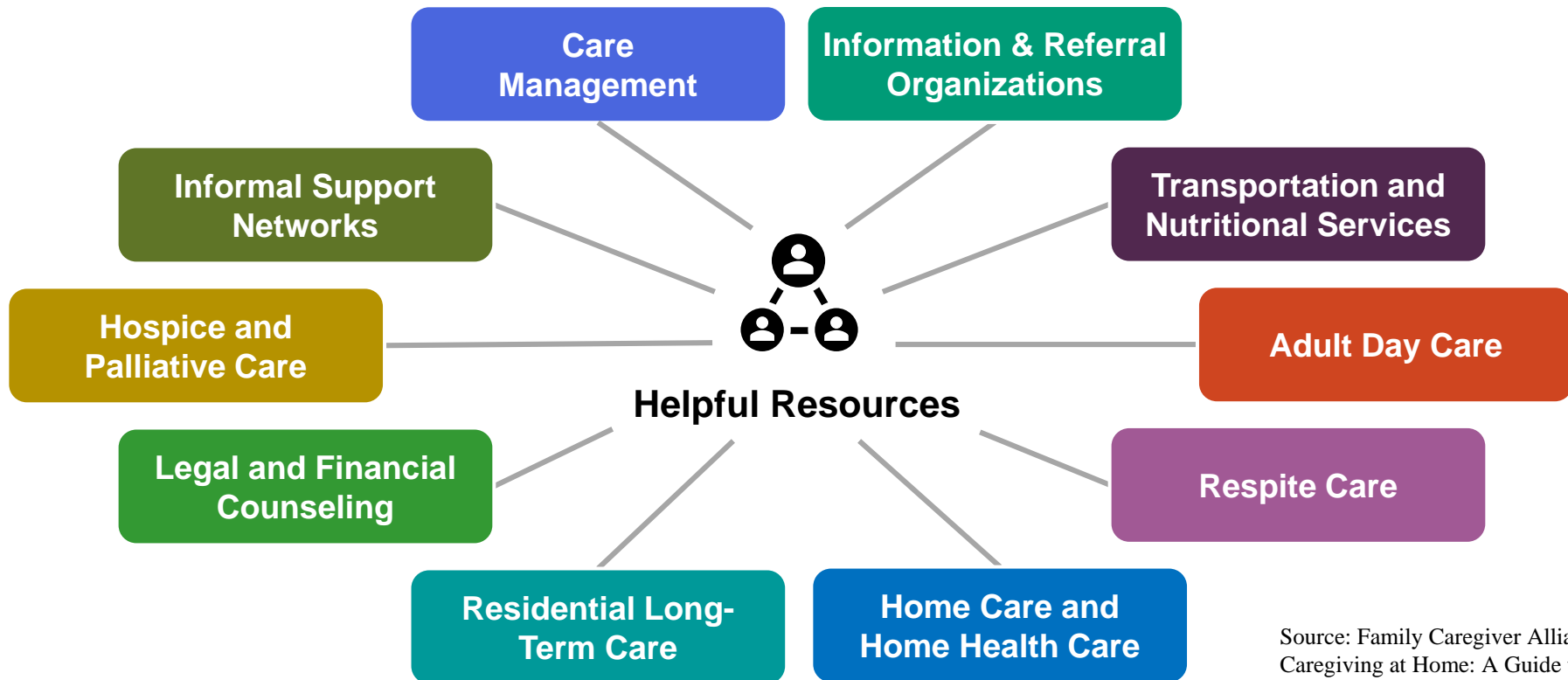
Caregiver Supports and Interventions



- Broad goals
 - Reducing actual amount of care recipient demand
 - Improving perceived caregiver burden, wellbeing, coping skills, and knowledge/skills
- Include education, skills training, coping, problem solving, support groups

Evidence-based program examples: Powerful Tools for Caregivers Coping with Caregiving (AZ), New York University Caregiver Intervention (NYUCI) (MN), Reducing Disability in Alzheimer's Disease (RDAD-OH), Resources for Enhancing Alzheimer's Caregiver Health II (REACH II; Georgia, NC), Savvy Caregiver (California, ME), and Skills2Care®

Services and Resources for Dementia Care and Support



Source: Family Caregiver Alliance.
Caregiving at Home: A Guide to
Community Resources

Some clinical pearls...



ThoughtCo.

#1 Changing needs

- **Dementia is a moving target.**



- *What works today may not work tomorrow*
- *... and it may work again the next day.*

#2 Arguing

- **Whatever you do, don't argue – just validate.**



- *As they go up, you go down. Try to visualize it.*

#3 Our need to correct

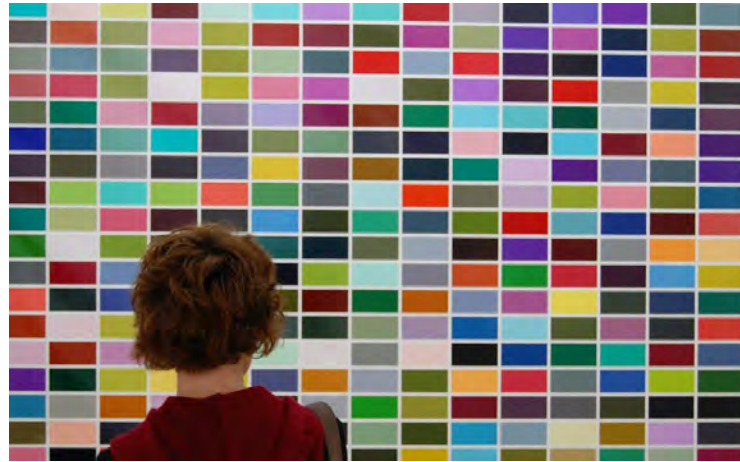
- **Pick your battles!**



- *Running with scissors is a reasonable battle.*

#4 Confusion and Indecision

- Set them up for success.



Andy J. Wang (Flickr) - She comes in colors everywhere.

- *Sometimes two choices is one too many...*

#5 Visual cues and ADLs

- **Simplify the environment.**



- *Don't leave out your toothbrush if you don't want to share.*

#6 Resistance

- Nobody likes to be told what to do (even if they need it).



- Say, "Let's _____." Try inviting rather than ordering.

#7 Unprovoked agitation

- **Think unmet needs:**
 - Physical/Medical - HANGRY!
 - Emotional
 - Environmental



#7 Disorientation

- Your loved one has become a time traveler.



Back to the Future – Doc Brown - 1985

- *"Get on the bus."*

#8 Therapeutic lies

- Lying is often the kindest thing to do (in this case).



- *We all need reassurance.*

Bee Kind - Renz Balagtas, 2019

#9 Testing memory

- Leave the quizzing to the doctors, please!



- *"Don't you remember... ?!?" The answer is always NO.*

#10 Caring for the Caregiver



Kat Millar – 5 stages of Mindset Change

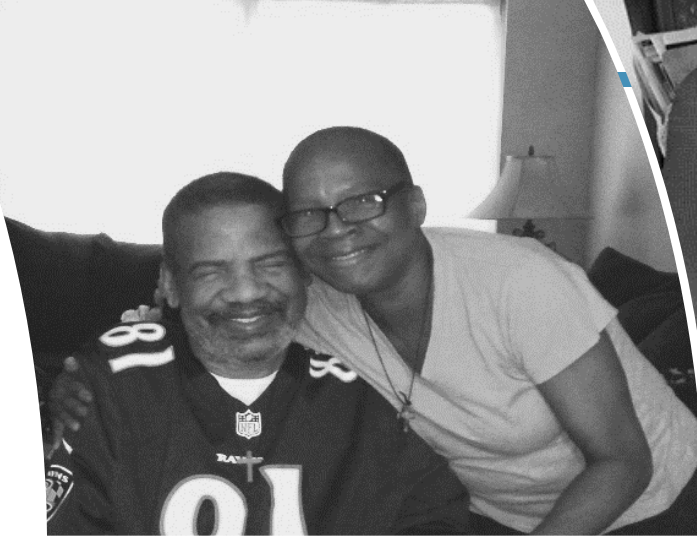
A Roadmap and a Guide



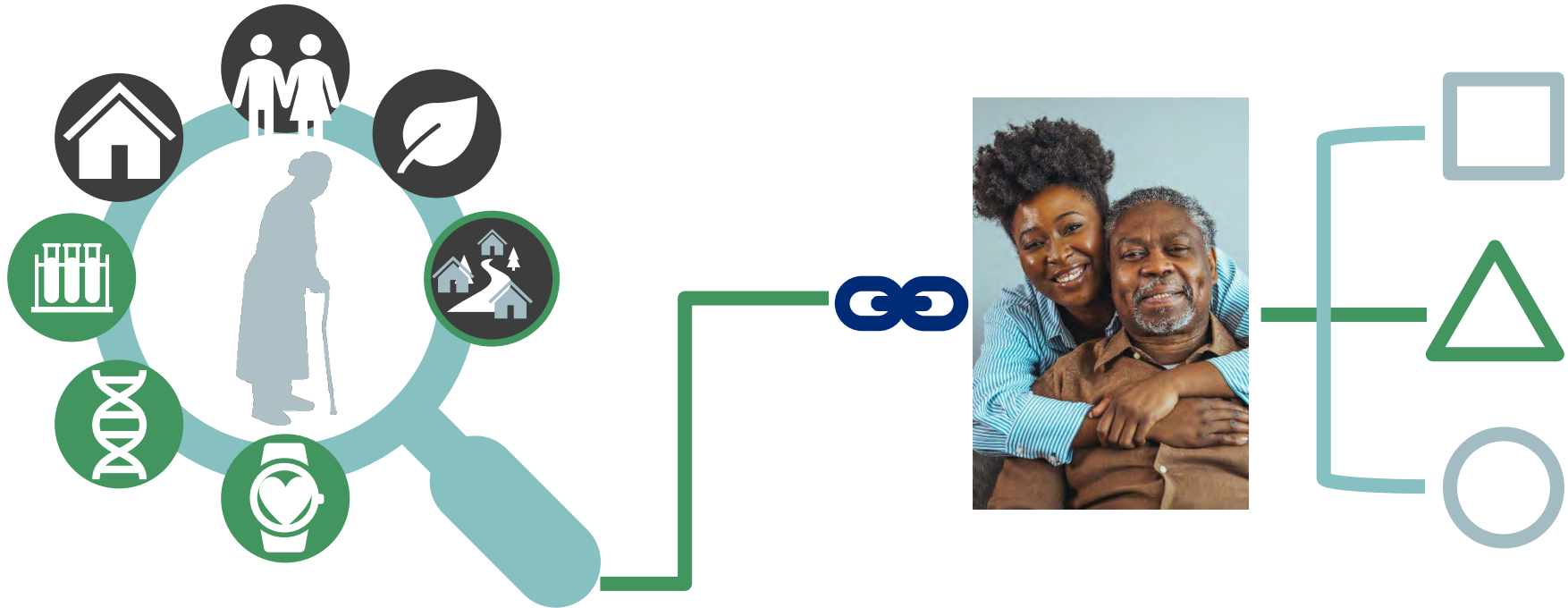
MIND AT HOME®

DEMENTIA CARE COORDINATION
PROGRAM

MIND at Home is an advanced care coordination program for community-living persons with dementia and cognitive impairment and their caregiver, delivered through an interdisciplinary, dementia capable collaborative care management team.



FAMILY- & PERSON-CENTERED DEMENTIA CARE



WORKING TOWARD GOALS



Care Needs

Patient

- Cognitive
- Behavioral
- Home Safety
- Medical Care
- ADLs
- Legal
- Financing

Caregiver

- Education
- Skills Training
- Medical Care
- Mental Health
- Informal Supports
- Legal

Short-term Goals

Reduce unmet needs

Maximize QOL, member experience

Reduce behavior/medical complications

Appropriate use of health services

Support CG

Long-term Goals

Stay well in preferred setting

- Better care
- Better quality
- Reduced inequities
- Lower cost

MIND at Home® in practice settings



| | Managed Care Organization | Managed Care Organization | Johns Hopkins Home Health Care Group | Primary Care Pilot | CMS HCIA Demonstration |
|----------------------------------|-----------------------------------|-------------------------------------|--------------------------------------|--------------------|------------------------|
| Location | Texas | Pennsylvania | Maryland | Iowa, California | Maryland |
| Program type | Service | Service | Service | Research | Research |
| Setting | Medicaid LTSS health plan | Medicaid LTSS health plan, Dual-SNP | Home health agency | Primary Care | Community |
| Patients/Members/ Clients | ADRD/ Chronic cond. | ADRD dx | ADRD or Cog. Imp. | ADRD dx | ADRD criteria |
| Low income | Yes | Yes | No | No | Yes |
| Key staff | Certified Service Coordinator/CHW | Certified Service Coordinator/CHW | Community Health Worker (CHW) | RN | CHW |
| Support personnel | RN, BH, pharmacist, MD | RN, LCSW, MD | RN, MD | RN, MD | RN, MD, PT, OT |
| Financing | Medicaid | Medicaid, Medicare | Self-pay | Grant | Grant |
| Program Goals | | | | | |
| Care Quality/ Reduce Unmet needs | Yes | Yes | Yes | - | Yes |
| Delay transition | Yes | Yes | - | - | Yes |
| Improve Service Satisfaction | Yes | Yes | Yes | Yes | Yes |
| Caregiver benefit | Yes | Yes | Yes | - | Yes |
| Reduce acute utilization | Yes | Yes | - | Yes | Yes |
| Medications | Yes | -- | - | Yes | -- |



Virtual Collaborative Learning Sessions

Research to Policy

Quick Links

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What We Do

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Councils

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Virginia I. Jones Alzheimer's Disease and Related Dementias Council

Overview

Virginia I. Jones was a dedicated public servant and Marylander who lived with the devastation of Alzheimer's Disease for more than two decades. Named in her honor, the Virginia I. Jones Alzheimer's Disease and Related Dementias (ADRD) Council was authorized by [Senate Bill 679 \(2013\)](#), [Senate Bill 549 \(2016\)](#), and [Senate Bill 522 \(2019\)](#). It builds upon the work of the previous ADRD Commission.



Council Responsibilities

The Council is responsible for:

1. Updating and advocating for the State Plan on ADRD;
2. Examining the needs of individuals living with ADRD and their caregivers and identifying ways the State can assist in meeting those needs;
3. Advising the Governor and the General Assembly on policy, funding, regulation, and other issues relevant to ADRD; and
4. Developing and promoting strategies to encourage brain health and prevent cognitive decline.

Maryland State Plan to Address Alzheimer's Disease and Related Dementias: 2022-2026

“Best in class” Health professional dementia training



Johns Hopkins Dementia Care Specialist Certification Training

Tier 1: Introduction

Johns Hopkins Dementia Care Specialist Certification

START COURSE



The JH Dementia Care Specialist Certification training bundle represents a combination of online and live, instructor-led courses on dementia knowledge and implementing best practices in dementia care. The certification program has two Tiers: Tier 1 - Dementia Care Specialist Certification and Tier 2 - Advanced Dementia Care Specialist Certification.

Tier 1 of the JH Dementia Care Specialist Certification Training Bundle includes an online, 3-hour course consisting of 6 learning modules:

- **Module 1:** Causes, Symptoms, and Risk factors for Alzheimer's Disease and related Dementias
- **Module 2:** Diagnosing Dementia including use of Validated Cognitive Screening Tools
- **Module 3:** Best Practices for Managing Dementia and Associated Behaviors
- **Module 4:** Health Care Needs and Navigating the health care system
- **Module 5:** Assessing and Addressing Home and Personal Safety
- **Module 6:** Supporting Caregivers and Connecting to Community Resources

Seminal research experiences



Left to right, top to bottom: Peter Domenig, Halima Amjad, Inga Antonsdottir, Amber Willink, Jeremy Tanner, Danetta Sloan, Gesine Marquadt, Travonia Hughes

Summary

- **Home is the natural nexus of care.**
- **Family-centered assessment, care planning and support is key.**
- **Effective interventions and practical strategies are available.**
- **Dementia care management models can optimize service delivery—
right care, right time, right family.**
- **Translation of research to policy and practice matters.**
- **And we press on, through building a strong pipeline of pioneers.**

Takeaways

“Meeting people where they are”

**“There is almost always something
that can be done”**

Thank you!

Cindy Fields, MD

Quincy M. Samus, PhD, MS



VIRTUAL CLUB MEMORY

A stigma-free social group for people with early-stage Alzheimer's disease, mild cognitive impairment or other forms of dementia, and their caregivers.

3rd Tuesday of every month

12 to 1 p.m.

jhjhm.zoom.us/j/91808133747

2022/2023 Upcoming Sessions

November 15

January 17

March 21

December 20

February 21

April 18

For more information, email anelso18@jhmi.edu.

By participating in this session, you acknowledge that those other participants in the session will be able to see and hear information about you. To ensure maximum confidentiality of all participants, please ensure you are connecting from a quiet and private space with no interruptions or distractions from people or other devices. No one else, other than yourself, should be able to hear the content of the session or see anyone on the screen. As a reminder, everything that is discussed or shared during this session including names or contact information, should be kept confidential. While we have taken steps to ensure the platform we are using meets all the requirements of HIPAA, we cannot guarantee absolute privacy, so we are asking all participants to do their part. Finally, recording or photographing the group session or any other group member is strictly prohibited.



Memory Research at Johns Hopkins

- Are you interested in memory research at Johns Hopkins?
- Are you familiar with the different types of research opportunities available?
- The research team at the Johns Hopkins Memory Center offers numerous opportunities for those interested in participating in a study. There are different types of research going on at any given time.

Observational studies – also referred to as paper/pencil studies, observational studies involve a researcher observing and asking questions of a participant and their study partner (close friend or family member). An example of this is our study of Memory and Aging through the Alzheimer’s Disease Research Center. Participants visit once a year for 2-3 hours, undergo an hour of memory testing and are given the results of the testing. They also receive a small financial honorarium.

Clinical drug trials – these are studies that evaluate the effectiveness and safety of medications or medical devices by monitoring their effects on study participants. Participants are generally divided into two groups, including a control group that does not receive the experimental treatment, and receives a placebo instead. In most cases, research subjects are paid for their participation.

Imaging studies – studies in which pictures are taken of the brain via CAT scan, PET scan, MRI, or SPECT scans to determine normal and abnormal brain function. The imaging techniques may shed new light on the way a disorder affects the brain, so that new treatment methods can be discovered. In some cases, study participants can receive the results of their scans. In most cases, research subjects are paid for their participation.

If you are interested in learning more, please provide us with your contact information and we will be happy to answer any of your questions.

Submitting this form DOES NOT commit you to participating in a study!

Name _____

Email address _____

Phone _____

For more information, call 410-550-9021.

Patient & Family Advisory Council Membership Application

Thank you for your interest in the Patient & Family Advisory Council (PFAC). Membership on PFAC requires your successful completion of a formal interview with a PFAC member and the completion of the registration process with the Johns Hopkins Bayview Medical Center's Volunteer Services Department, including TB testing, a criminal background check, a formal interview process, as well as a mandatory volunteer orientation.

All of your information will be treated as confidential. Membership on the Council requires attendance at quarterly meetings.

Please PRINT all information clearly:

Name: _____

—

Address: _____

City/State/Zip
Code: _____

Telephone number(s): Please indicate preferred phone number and best time to reach you: _____

Work: _____ - _____ - _____

Home: _____ - _____ - _____

Cell: _____ - _____ - _____

Fax: _____ - _____ - _____

*Being environmentally conscience, the majority of the Council's correspondence is via email. If you do not have email, please do not worry and write **I do not have email**. The Council will use postal mail or telephone contact as forms of communication with you.*

Email Address: _____

Please indicate if you are:

Person with dementia

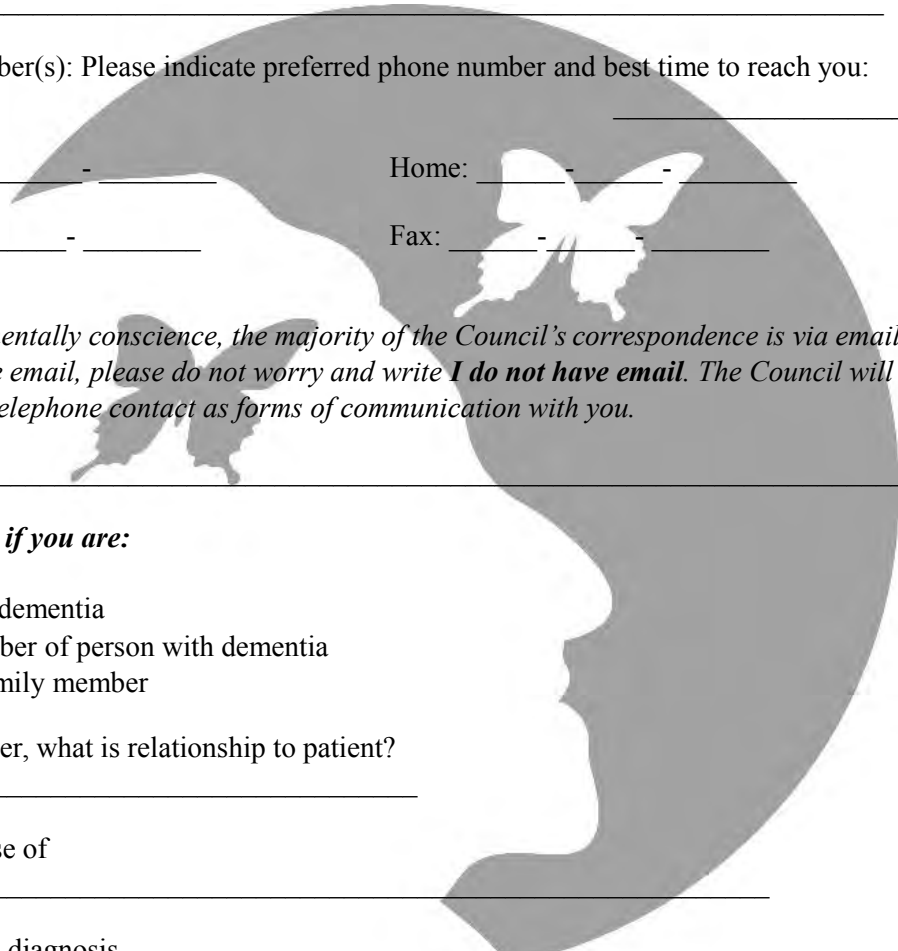
Family member of person with dementia

Bereaved family member

If family member, what is relationship to patient?

Diagnosis (cause of
dementia) _____

Year of original diagnosis _____



How long have been receiving care for the dementia diagnosis at Johns Hopkins?
_____ *Please indicate estimated months/years*

Why would you like to become a member of the Council?

Comments related to treatment experience(s):

Please read before signing

I certify that the statements made in this application are true and correct and have been given voluntarily. I understand that I will not be paid for my services as a volunteer member of the Patient and Family Council. I agree to respect patient confidentiality and to uphold the traditions and standards of the Johns Hopkins Medical Institution. I understand that membership on the Patient & Family Council is based on approval from the Council Co-Chairpersons and Staff Liaison. Volunteers will demonstrate a readiness to help others, maintain respect for collaboration and assist the Memory Center in delivering quality patient dementia care.

Applicant's
Signature _____ Date _____

Please return completed application via mail, email or fax to:
Andrea Nelson, RN, MSN – Director of Memory Care Programs
Staff Liaison - Patient & Family Advisory Council
The Johns Hopkins Memory and Alzheimer's Treatment Center
5300 Alpha Commons Dr. 4th Floor
Baltimore, MD 21224
410-550-7211
Fax: 410-550-1407
anelso18@jhmi.edu



**The 15th Annual Journey To Hope Conference
November 12, 2022**

List of Abbreviations

AD – Alzheimer’s disease

ADRC – Alzheimer’s Disease Research Center

ALF – Assisted living facility

CCRC – Continuing care retirement community

CIND – Cognitive impairment not dementia

DLB – Dementia with Lewy bodies

FTD – Frontotemporal dementia

MACAB – Memory and Alzheimer’s Community Advisory Board

MATC – Memory and Alzheimer’s Treatment Center

MCI – Mild cognitive impairment

POA – Power of Attorney

PFAC – Patient Family Advisory Council

SNF – Skilled nursing facility or nursing home

VA – Department of Veterans Affairs

VD – Vascular dementia



We are grateful for your participation in Journey to Hope. This program is offered yearly, free of charge to all participants. We welcome your donations to defray the costs of the conference in the future.

- ❖ To make an online gift, go to <https://secure.jhu.edu/form/psych>
In the designation box, choose “Other” and enter Journey to Hope

- ❖ If you wish to send a check, please make it payable to:

Johns Hopkins University
Memo Area: Journey to Hope

Mail to:
Johns Hopkins University
Department of Psychiatry and Behavioral Sciences
PO Box 49143
Baltimore, MD 21297-9143

- ❖ If you would like to make a gift of appreciated securities or have other questions, please contact Betsy Rutherford, Sr. Associate Director of Development
betsy@jhmi.edu or (443) 743-0758

THANK YOU!



LINK TO JOHNS HOPKINS MEMORY CENTER WEBSITE

https://www.hopkinsmedicine.org/psychiatry/specialty_areas/memory_center/



Martha Blaxall, PhD

Trailblazer Award Recipient

Dr. Blaxall is a retired economist with a lengthy career in health policy, international trade, and economic development. She was the first Director of Research at what is now the Centers for Medicare and Medicaid Policy (CMS), taught health policy at George Washington University, and was a Senior Scholar at what is now the National Academy of Medicine. She has carried out project work in economic development in more than 30 countries around the world.

Dr. Blaxall's father, one of the earliest patients of the Memory Center in 2007, had a very successful experience as a Memory Center patient until his death in 2021. In appreciation, she and her brother, Dr. Robert Ossoff, a former Department Chair at Vanderbilt Medical School, established an endowed lecture at the Memory Center to fund an annual speech on recent developments in understanding and addressing memory loss. Since its founding, the Michael M. Ossoff lecture has brought more than a dozen distinguished speakers to Johns Hopkins Bayview from the United States and several countries in Europe. The Ossoff Family has also supported the Center with funding for fellowship training and has contributed to other priorities within Bayview's Psychiatry programs. As a member of the Advisory Board of the Medical School's Department of Psychiatry and Behavioral Health, Dr. Blaxall has maintained her interest in the growth and development of the Memory and Alzheimer's Treatment Center, and is an enthusiastic supporter of the Patient Family Advisory Council. She is a graduate of Wellesley College and holds a Ph.D. from The Fletcher School at Tufts University.

Murvell Delpino-Activities Coordinator – ADC, MC, CDP



Murvell Delpino- (*Murv*) has worked in health care serving the senior population for 20 years. She currently works as an Activities Coordinator specializing in Memory Care and Activity Programming at Asbury Methodist Village, Continuing Care Retirement Community in Montgomery County, Maryland. Murvell obtained certifications as an Activity Director through NCCAP- (National Certification Counsel for Activities Professionals), currently holds a specialization as a NCCAP course mentor and served on the NCCAP Board. Other certifications obtained are Mental Health Responder and Dementia Care Practitioner. Trainings received include an Arts in Health course teaching seniors to paint and The Montessori for seniors' program. Murvell engages with seniors in a variety of health care communities and public settings, leading to positive outcomes. Her training utilizes proven activity techniques and interventions range from conducting small group adaptive painting classes, one to one interactive kits based on the Montessori for seniors program and assisting Residents to using several reminiscent activities such as The Music and Memories IPOD project. Murvell volunteers with the Greater Maryland and Washington Chapters of the Alzheimer's association as an Advocate and Congressional Ambassador. She has served on the board of Stepping Stones Shelter in Rockville Maryland which provides a temporary shelter for the homeless in her county. She now serves as the Maryland, D.C and Virginia Chapter President for The Twilight Wish Foundation helping underserved seniors to have their wishes granted. Murvell is a Mother of a blended family of four and a grandmother to six children.

David Felzenberg

Member, Memory Center Patient Family Advisory Council (PFAC)

Panelist



David Felzenberg is the sole 24/7 caregiver for his wife, Janice, who was diagnosed with Alzheimer's disease in 2017. David is a member of Alzheimer's Association support groups and has taken numerous caregiver classes, including classes on the Johns Hopkins Bayview campus. He is also a member of the Patient Family Advisory Council (PFAC) with the Johns Hopkins Memory Center.

David earned a bachelor's degree in Political Science from The American University, Washington, D.C. He received a master's degree in Public Administration and Urban Studies at the University of Maryland, College Park. He worked as a Development Director (Chief Fundraising Officer) at several health-systems nonprofit organizations. At the American Nurses Association (ANA) Foundation, he raised funds for nursing schools to fund nursing scholarships. At the American Society of Health-System Pharmacists (ASHP) Foundation, he raised funds so Pharm.D. students could obtain scholarships. Members of ASHP are pharmacists who work in a hospital setting. At the Hospital for Sick Children, a pediatric rehabilitation hospital, David raised for specialized services for preemies -- as early as four months old -- who came from pediatric acute care hospitals.

Cynthia D. Fields, MD

Assistant Professor

The Johns Hopkins University School of Medicine
Department of Psychiatry and Behavioral Sciences
Division of Geriatric Psychiatry and Neuropsychiatry



Dr. Cynthia Fields is an Assistant Professor in the Department of Psychiatry and Behavioral Sciences. She is Board Certified in Psychiatry, Geriatric Psychiatry, and Behavioral Neurology and Neuropsychiatry. Dr. Fields' clinical interest is in the psychiatric complications of neurological diseases, including Alzheimer's disease and related dementias as well as Parkinson's disease. She especially enjoys teaching the medical students about dementia during their clinical rotations. In that didactic, Dr. Fields interviews the care partner of one her patients with dementia in order to provide the students with the caregiver's perspective. As for research, she recently joined Dr. Quincy Samus on the MIND at Home project and MEMORI Corps. Dr. Fields also serves on the State of Maryland's Virginia I. Jones Alzheimer's Disease and Related Dementias Council. Dr. Fields is pleased to announce that she will be dancing in the upcoming 2023 Memory Ball to benefit the Alzheimer's Association, so stay tuned!

Helen Hovdesven

Co-chair Memory Center Patient Family Advisory Council (PFAC)

Panelist



Helen joined the Johns Hopkins Advisory Board for the Department of Psychiatry in 2003. When the Memory Center was being developed, Helen agreed to be Co-chair of the initial Patient Family Advisory Council, later becoming the Chair when it opened in 2008. Helen has been Chair until 2020 and is presently Co-chair. Helen walked the path with her husband, Arne, and after his death, completed a series of podcasts in 2010 entitled, “Alzheimer’s from Diagnosis to Death” and “Brain Autopsy.” These are available on the Memory Center’s website.

Helen was awarded the Trailblazer Award at the 8th Annual Journey To Hope conference in 2015 for her “Dedicated Advocacy and Support of Alzheimer’s Patients and their Caregivers.” She was appointed to the Committee on Care Interventions for Individuals with Dementia and their Caregivers - Phase II of the National Academies of Sciences, Engineering and Medicine in Washington, DC. This is Helen’s 15th Journey to Hope.

Constantine G. Lyketsos, MD, MHS, FACLP, FACPsych, FACNP

**Elizabeth Plank Althouse Professor, School of Medicine, Johns Hopkins University
Chair, Department of Psychiatry and Behavioral Sciences, Johns Hopkins Bayview
Director, Memory and Alzheimer's Treatment Center, Johns Hopkins Bayview**

Conference host, Expert Speaker



A native of Athens, Greece, Dr. Lyketsos graduated from Athens College, Northwestern University and Washington University Medical School in St. Louis. He completed residency and Chief Residency in psychiatry at Johns Hopkins, as well as a fellowship in clinical epidemiology. An active clinician, teacher, and researcher he founded the Johns Hopkins Memory and Alzheimer's Center which he directs. Dr. Lyketsos leads the Johns Hopkins Precision Medicine Center of Excellence on Alzheimer's Disease, and is Associate Director of NIH-funded Alzheimer's Disease Research Center. A world authority in treatment development for Alzheimer's, he has received multiple major awards, and authored over 400 peer-reviewed articles, chapters, commentaries, as well as five books. His work has been cited over 59,000 times with an h-index of 129 (Google Scholar). Castle-Connolly has named him as one of *America's Top Doctors* every year since 2001.

Jane Marks, RN, MS

Associate Director for the Johns Hopkins Geriatrics Workforce Enhancement Program

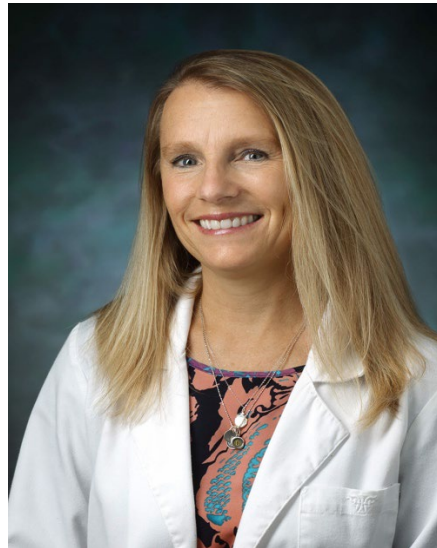
Presenter: Caring Hands Award



Jane Marks RN, MS is the Associate Director for the Johns Hopkins Geriatrics Workforce Enhancement Program, a HRSA funded grant integrating geriatrics into primary care practices and promoting community outreach. Her work with the project extends across the state of Maryland working with various health care systems and agencies. She has been involved in providing and coordinating education for health professionals and caregivers regarding older adults. She participates in community activities and outreach to seniors as well. For the past 2 years, she participated with Maryland's Dept. of Aging and other organizations to create educational videos regarding dementia for Maryland Access Point Staff and other community-based staff. The goal of this effort is to promote Maryland as a Dementia Capable Community. Jane is involved with the Maryland Gerontological Nurse Group that promotes nursing education regarding care of the older adult and recognition of the important role nursing assistants have in the older adult's care. Jane has been a nurse in the Division of Geriatric Medicine for over 35 years and worked in a primary care team with Dr. John Burton for older adults until 2018.

Jennifer Mason MSN, RN, CDP

Conference Moderator



Jennifer Mason received her Bachelor of Science degree from Johns Hopkins University School of Nursing in 1988. She then served in various roles through the years as a medical and psychiatric nurse at Johns Hopkins, as a program coordinator at Union Memorial Hospital's Counseling Center, as well as a school and community health nurse while her children were school age. Jen became part of the original team who opened the Memory Center doors in 2008 and began seeing patients in the summer of that year. From that point on, Jen was instrumental in developing nurse-led education visits as well as developing and running the community based educational seminars for caregivers in the Memory Center for the next 7 years. She then went on to become the interim and clinic manager of the Memory Center until she returned to school for her MSN in 2016 attending Stevenson University for a Master's degree in Nursing Education. She currently works for the Washington D.C. Veterans Administration Medical Center in their outpatient mental health clinic.

Jen has volunteered as a memory café facilitator for the Alzheimer's association for the past 4 years and has served as a community liaison for caregivers from the café in her community. She is a member of the Alzheimer's Impact movement (AIM) who serve to support efforts to change policy on Capitol Hill, and is a member of the American Nurses Association. Jen hopes to continue her passion for educating caregivers and patients with Alzheimer's disease in the community and is looking forward to many more years supporting this amazing group of people.

Megan McGowan, OTR/L, Occupational Therapist

Panelist



Megan McGowan is a clinical coordinator for rehab services at JHBMC. She is an occupational therapist by trade and has been an OT for 11 years. She started her career in Geri-psych and acute care. She now coordinates OT care in mental health and behavioral health services across campus at JHBMC including on the APU, at CPP, and in the hospital. She focuses her clinical time working with patients with neurocognitive impairment who are demonstrating behaviors that are interrupting their ability to receive medical care. She works to manage behaviors through assessment of cognitive function and development of behavioral management plans and tailored activities.

Andrea Nelson, RN, MSN

**Director of Memory Care Programs for the Memory and Alzheimer's Treatment Center
Johns Hopkins Bayview Medical Center**

Conference Director, Panelist & Moderator



Andrea Nelson is a geriatric and psychiatric nurse with over 30 years' experience working in psychiatry, long-term care and dementia care. Before joining the Hopkins team in 2004 as a senior research nurse for the Alzheimer's Disease Research Center, she worked in numerous settings including hospitals, nursing homes, assisted living facilities, adult day centers, continuing care retirement communities, and for two chapters of the Alzheimer's Association.

She is currently the Director of Memory Care Programs with the Memory and Alzheimer's Treatment Center at Johns Hopkins Bayview. In this role, she works closely with patients and families in the Memory Center, develops programs for patients at Johns Hopkins Bayview, designs and presents dementia care training and curriculum, and is actively engaged in outreach on the local, national and international scale.

As a former family caregiver for her father and mother-in-law with dementia, she believes people with dementia and their caregivers can and should live active and engaged lives, with daily doses of hope, humor and joy.

Quincy M. Samus, PhD, MS

Associate Professor

Director, Memory and Aging Services Innovation Center
Department of Psychiatry and Behavioral Sciences
The Johns Hopkins University School of Medicine



Dr. Samus is an Associate Professor in the Department of Psychiatry and Behavioral Sciences and the founding Director of the Memory and Aging Services Innovation Center in the Department of Psychiatry. She is applied gerontologist trained behavioral health services research and epidemiology, and the goal of her work is to improve dementia care quality and health care equity through translation of practical evidence-based, and cost efficient practices to meet the needs of patients, families, providers, and health systems. She has led several large federally funded dementia-related projects guided by interdisciplinary collaborative and community-based participatory research principles. She has served in an advisory role on a number of local, national, and international Alzheimer's Disease and Related Disorders (ADRD) initiatives regarding dementia care and services, and currently serves as Chairperson of the State of Maryland's Virginia I Jones Alzheimer's Disease and Related Disorders Council, which is charged revising Maryland's State plan on ADRD and advising Maryland's General Assembly on related ADRD matters.



Richman Family Professor of Psychiatry and Behavioral Sciences
Johns Hopkins University School of Medicine

For over two decades, my research has focused on the development and application of PET imaging methods to understand functional neuroanatomic and monoaminergic mechanisms associated with vulnerability to cognitive decline in late life, as well as to understand the mechanisms underlying the mood and cognitive responses to drug and brain stimulation treatment. In addition to the role of neuroimaging as a bridge between basic and clinical neuroscience, I appreciated early in my career that neuroimaging represents a unique opportunity to understand the earliest neurobiological changes that occur in cognitive and mood disorders in late life and to identify predictors of treatment response to inform the development of more effective treatments for mood and cognitive disorders. While the majority of this work has focused on geriatric depression, mild cognitive impairment and Alzheimer's disease, the methods developed have been applied to other neuropsychiatric disorders including Parkinson's disease, schizophrenia and traumatic brain injury.

Pam South

Call To Action

Member, Memory Center Patient Family Advisory Council



Pam serves as a Care Partner and advocate for her husband Nathan, who for the last 13 years has lived with dementia, and balance and gait issues resulting from a very rare degenerative condition called Spinal Cerebellar Ataxia (SCA17). Pam is a recently retired Marketing professional and business owner who is now blessed to be able to focus her time and attention on the challenges of this journey with Nathan. She leans heavily on her faith and the encouragement, educational and social benefits of the Alzheimer's Support group, Hopkins Club Memory and the Hopkins Ataxia Support group for Care Providers. Pam is also privileged to serve on the Johns Hopkins Memory Center Patient Family Advisory Council and at her local church. Pam and Nathan live in Bel Air, MD with their son and his family, which allows her the ultimate joy of spoiling her 8 year old granddaughter.

Seeking individuals with Alzheimer's disease to participate in a research study



The CRD Study

is interested in learning about circadian rhythms and activity levels in patients with Alzheimer's disease. The CRD study is a 1 week observational study which involves 1 clinic visit at Johns Hopkins at Bayview.

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

410-550-4969

Principal Investigator: Paul Rosenberg, MD Protocol number: IRB00151016



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MEDICINE



“I want to be involved in my care plan.”

“I want to make sure activities I value are still a part of my life as my memory changes.”

Have you or a loved one been diagnosed with early-stage (mild) dementia?

The “Meaningful Activity Plan for Early Dementia” Study may be right for you.

A research study evaluating the impact of involving persons with early-stage dementia in their care through the development of a meaningful activity plan.

Study participation involves:

- **Cognitive testing** (at beginning of study, and 12 months later)
- **3-4 activity planning sessions** (with persons with early-stage dementia and care partner)
- **A brief check-in** (at 6 months)
- **Participants receive up to \$600 depending on length of participation (0-12 months)**

For more information, please call:

202-515-1356





JOHNS HOPKINS

M E D I C I N E

Approved August 28, 2021

alzheimer's 
association®



MEMORI
Corps

Making engagement meaningful



The **MEMORI Corps research study** is testing to find out if providing regular companionship and personalized activities to people living at home with dementia by Companion Guides (i.e. trained volunteer 55 years or older) can improve health and well-being.

Who may join?

People diagnosed dementia and their family caregiver living at home. Qualified participants must be live together in the study area (i.e., Allegany, Anne Arundel, Baltimore City, Baltimore County, Caroline, Carroll, Cecil, Dorchester, Frederick, Garrett, Harford, Howard, Kent, Queen Anne's, Somerset, Talbot, Washington, Wicomico, Worcester). Other eligibility requirements apply.

Healthy volunteers 55 years and older to serve as Companion Guides. Qualified volunteers must be willing and able to serve in the role, and reside in the study area (see above). Other eligibility requirements apply.

What happens in this study?

- **FREE** virtual assessments of health and wellbeing
- **FREE** subscription to Uniper Care and TV kit (a virtual, interactive community that hosts live and recorded activity sessions designed for older adults)
- **Personalized activity program** provided by a **Companion Guide** for people living with dementia and their caregiver
- Access to live and recorded activities, and education
- Opportunities to meet new people
- Gift cards for \$20, per study assessment
- Monthly stipend (\$200 month, for up to 12 months) to offset volunteering costs for eligible Companion Guides.



410-550-6744



memoricorps@jhmi.edu



www.memoricorps.org

Principal Investigator: Quincy Miles Samus, Ph.D., Johns Hopkins School of Medicine, Protocol Title: MEMORI Corps: A novel activity-based companion care program to benefit community-living persons with dementia, their families, and senior volunteers; Application No.: IRB00197899. The project described is supported by Grant Number R01AG058586 from the National Institute on Aging.



JOHNS HOPKINS

M E D I C I N E

Approved August 28, 2021

alzheimer's 
association®



MEMORI
Corps

Making engagement meaningful



The **MEMORI Corps research study** is testing to find out if providing regular companionship and personalized activities to people living at home with dementia by Companion Guides (i.e. trained volunteer 55 years or older) can improve health and well-being.

Who may join?

We are seeking Healthy volunteers 55 years and older to serve as Companion Guides. Other eligibility requirements apply.

What happens in this study?

- **FREE** virtual assessments of health and wellbeing
- **FREE** 12-month subscription to Uniper Care (a virtual, interactive community that hosts live and recorded activity sessions designed for older adults)
- **Volunteer as a Companion** to provide activities to person with dementia (e.g., meet virtually, about 5 hours per week)
- **Up to \$2,400** stipend, over a 12-month period to cover the costs for volunteering as a companion guide
- **Training, support and education** on activities, health and wellbeing, brain health, computer technology
- **Opportunities to meet new people** in your community
- **Gift cards up to \$60**, for completing 3 study assessment visits

TO LEARN MORE:



410-550-6744



memoricorps@jhmi.edu



www.memoricorps.org

Principal Investigator: Quincy Miles Samus, Ph.D., Johns Hopkins School of Medicine, Protocol Title: MEMORI Corps: A novel activity-based companion care program to benefit community-living persons with dementia, their families, and senior volunteers; Application No.: IRB00197899. The project described is supported by Grant Number R01AG058586 from the National Institute on Aging.



MEMORI
Corps

Making engagement meaningful



The **MEMORI Corps research study** is testing to find out if providing regular companionship and personalized activities to people living at home with dementia by Companion Guides (i.e. trained volunteer 55 years or older) can improve health and well-being.

Who may join?


We are seeking people diagnosed with dementia and their care partners who reside together at home in Maryland (i.e., Allegany, Anne Arundel, Baltimore City, Baltimore County, Caroline, Carroll, Cecil, Dorchester, Frederick, Garrett, Harford, Howard, Kent, Queen Anne's, Somerset, Talbot, Washington, Wicomico, Worcester).

Other eligibility requirement apply.

What happens in this study?

- **FREE** virtual assessments of health and wellbeing and personalized activity plan
- **FREE** 6-month subscription to Uniper Care and TV kit (a virtual, interactive community that hosts live and recorded activity sessions designed for older adults)
- **Companion** who provides regular emotional companionship and activities (available virtually, about 5 hours per week)
- **Support and education** on staying healthy, active, and reducing stress.
- **Gift cards for up to \$140**, per participant, for completing up to 7 study assessment visits

TO LEARN MORE

 **410-550-6744**

 **memoricorps@jhmi.edu**



www.memoricorps.org

Principal Investigator: Quincy Miles Samus, Ph.D., Johns Hopkins School of Medicine, Protocol Title: MEMORI Corps: A novel activity-based companion care program to benefit community-living persons with dementia, their families, and senior volunteers; Application No.: IRB00197899. The project described is supported by Grant Number R01AG058586 from the National Institute on Aging.

CAREGIVER SURVEY STUDY FACT SHEET

Effect of COVID-19 on Caregivers for Persons Living with Dementia

What is the Effect of COVID-19 on Caregivers for Persons with Dementia Study?

This study is part of a national research study sponsored by the National Institutes of Health. The study is led by Drs. Paul Rosenberg and Brent Forester at Johns Hopkins and Mass General Brigham health system. We are evaluating the effects of the COVID-19 pandemic on patients with dementia and their caregivers. We are surveying caregivers (family members or care partners of people with dementia) about their experiences.

How many people will be enrolled in the study?

We will be contacting 600 formal and informal caregivers for patients with dementia across the care continuum to complete our survey.

How will caregivers be contacted?

The attached letter invites you to participate in the study. Caregivers will be contacted by postal mail. A copy of the survey and an addressed, postage-paid envelope has been enclosed. If you would like to participate, you may fill out the survey and send it back to the study team. You may refuse to take the survey or to answer any of the questions. Your answers are private. Participation is voluntary and refusal to participate or stopping the survey or refusing to answer any questions will involve no penalty or loss of benefits to which you are otherwise entitled.

How long is the survey?

It will take you 10 - 20 minutes to complete the survey. The survey will ask you questions about your experience as a caregiver for a patient living with dementia, experiences with the COVID-19 pandemic, and about health status and well-being.

What else will the study involve?

During the interview you will be asked questions like:

1. How severe is the memory loss of the person with dementia that you care for?
2. How has the COVID-19 pandemic affected you and the person you care for?
3. How has caregiving affected different aspects of your life?

We have enclosed a copy of our survey for your use. As a token of our gratitude, you will receive a \$20 gift card after completion of the survey. You will not receive any personal health benefits as a result of your participation in this research study. We hope that the results will help us to improve care for people with dementia, and their caregivers, in the future.

Are there any risks?

There is a potential risk of accidental disclosure of your private study information, but there are measures in place to prevent this risk, described in the section below.

What if I have questions about the study? Please contact the survey director, Dr. Quincy Samus, at 410-550-6493 or qmiles@jhmi.edu.

An institutional review board (IRB) is an independent committee established to help protect the rights of research subjects. If you have any questions about your rights as a research subject, and/or concerns or complaints regarding this research study, you may contact the IRB at 410-502-2092 or jhmeirb@jhmi.edu.

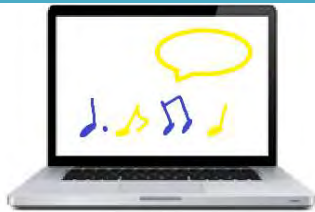
“Can Music Help Patients with Mild Cognitive Impairment (MCI) or Mild Dementia due to Alzheimer’s Disease (AD)?”

What is the purpose of this study?

This is a research study of the potential benefits of **virtual music therapy sessions** to improve **autobiographical memory, cognition, and mood** in individuals diagnosed with **Mild Cognitive Impairment (MCI) or Mild Dementia due to Alzheimer’s Disease (AD)**.

What is involved?

Virtual Music Therapy Session



Reminiscence-focused music therapy sessions via Zoom

- Two 30 minute long sessions per week for 8 weeks (a total of 16 sessions)
- The care partner will also attend music therapy sessions
- Questionnaires/Interview about your music preference, autobiographical memory, mood, cognition, quality of life before and after 16 music therapy sessions.

Magnetic Resonance Imaging (MRI)



Measure your brain structure and activity

- Two visits for MRI scan (before and after 16 music therapy sessions)

What are the potential benefits?

Your participation may help us understand if virtual music therapy sessions improve autobiographical memory, cognition, and mood in patients with Mild Cognitive Impairment (MCI) or Mild Dementia due to Alzheimer’s Disease (AD). Results of this study may eventually contribute to improving the quality of life for patients with MCI or Mild Dementia due to AD.

Who can participate?

- 18-89 years old
- Diagnosed with mild MCI or mild AD
- Have the cognitive capacity to independently provide written consent

Study site location:

Kennedy Krieger Institute
707 N Broadway, Baltimore, MD 21205

Questions?

Co-investigator: Kyurim Kang,
Ph.D.

443-742-2223

Kkang19@jhmi.edu

Principal investigator: Alexander
Pantelyat, M.D.

Apantel1@jhmi.edu



Have you had a TBI?

Join our OCEANS study!



Dr. Peters

Dr. Carlson

Johns Hopkins research study funded by the
Department of Defense

Who?

- Adults aged 40+ with a history of TBI
- Able to perform most daily activities without physical assistance



Carlsonlab.org

How long?

- About 12 weeks, 3 hours/week

Why?

- Play a video game or learn about healthy lifestyle options
- Receive **\$210** for completing the study

Interested?

Please contact us!

Phone: **410-782-0422**

Email:

oceanstbi@gmail.com



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of PUBLIC HEALTH

Psilocybin and Alzheimer's Disease/MCI Study

Hopkinspsychedelic.org/alzheimers | rgross39@jh.edu

About the Study

This study assesses whether psilocybin, a natural psychedelic found in some species of mushrooms, may improve mood, quality of life and cognitive function in participants with Mild Cognitive Impairment or Early-Stage Alzheimer's Disease, as well as the quality of life for people in close relationships with those individuals.

Past Research

In 2016, a study on the effects of one dose of Psilocybin on 51 participants with depression and a life-threatening cancer diagnosis showed:

- **80%** of participants reported clinically significant decreases in depressed mood and anxiety.
- **83%** reported increases in well-being or life satisfaction.
- **67%** reported the experience as one of the top five meaningful experiences in their lives.

Eligibility Criteria

- Participants must have depression and an Early-stage Alzheimer's or Mild Cognitive Impairment diagnosis.
- Participants cannot be taking anti-depressants
- Have a close friend or family member willing and able to share any observed changes in mood or behavior.
- The study is taking place at the Johns Hopkins Bayview Campus in Baltimore, MD and requires a combination of onsite and virtual visits for about 12 weeks, with follow up visits about 3 and 6 months after the study treatment.

About Us

For over 20 years the Johns Hopkins Center for Psychedelic and Consciousness Research has been the preeminent research team in the United States conducting human research with psychedelics.



Seeking individuals with Alzheimer's disease who experience agitation

The Escitalopram for Agitation in Alzheimer's Disease (S-CitAD) study is a 12-week trial of escitalopram taking place at

The S-CitAD Study is looking for volunteers who:

- ✓ Have been diagnosed with Alzheimer's disease
- ✓ Experience feelings of irritability, restlessness, frustration, or anger
- ✓ Have a study partner who can participate in the study



All participants receive:

- Free parking at each visit
- Psychosocial counseling provided to all eligible participants
- All visit procedures administered at no cost

Call for more information

Protocol: IRB00148995
PI: Constantine Lyketsos



A web-based tool to help people living with dementia and their caregivers

Are you a family caregiver for a person living with dementia? The **WeCareAdvisor Study** may be right for you!

The WeCareAdvisor is an innovative tool developed by researchers at Drexel University and University of California, Davis to help family caregivers manage common behavioral and psychological symptoms of dementia like anger, irritability, asking repeated questions, pacing, or refusing needed help.

The WeCareAdvisor walks caregivers through a step-by-step approach to understand why behaviors may be occurring, and to provide strategies that are customized to the situation that caregivers can use to manage the behaviors.

This study may be right for you if you are:

- 21 years of age or older
- Able to read, speak and understand English
- The **primary** caregiver for at least the past 6 months
- Currently managing challenging dementia-related behaviors
- Have an internet-capable device, such as a computer, tablet, or smartphone
- Have internet access

What should participants expect?

If this study is right for you, you will be asked to participate in an initial telephone interview of about 1 ½ hours in length. You will then be assigned by chance (randomly) to one of two groups, both of which will have access to WeCareAdvisor and receive daily tips, reminders, and educational materials.

For both groups, you will complete interviews three more times over six months. Participants will be compensated up to \$60 in Amazon gift cards for their time.

To see if this study is right for you and learn more about the study, please contact:
267-359-1111, visit WeCareAdvisorStudy.com, or email WeCare@drexel.edu

Drexel University and University of California, Davis

Clinicaltrials.gov ID: NCT05012410 | Funded by the National Institute on Aging: Grant # R01AG061116 | Drexel IRB number: 2007007999