

**SPECIAL  
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***Alzheimer's Research and Prevention Foundation —the leading voice advocating for the prevention and reversal of memory loss.***

**From the Founding President & Medical Director  
Dharma Singh Khalsa, M.D.**

This was a year of great strides for the Alzheimer's Research and Prevention Foundation. We are proud of the great achievements against Alzheimer's – on behalf of all those suffering from this terrible disease and their families.

Looking back to the beginning of the year, we are proud to say we have touched the lives and educated an exponentially larger number of people than the previous year. As you know, education is likely the only weapon powerful enough to make a real difference in our health, and our brain health in particular – so we are absolutely thrilled to continue to spread the word.

I had the opportunity to do so as a featured speaker at the Age Management Medicine Conference in Boca Raton, FL where I presented the results of ARPF research before 300 doctors. Our research gained great interest and support.

We are proud to have also offered three Memory Screening events this year, as you can see on page 2, and are planning to offer even more in 2011.

But perhaps more importantly, our innovative research is yielding encouraging results, which gives us even more hope to continue on the path of an integrative medical approach to the prevention and treatment of memory loss.

We completed two research projects on the use of the Kirtan Kriya singing meditation, in conjunction with the University of Pennsylvania School of Medicine in Philadelphia, PA, and had a number of several scientific papers published in major medical journals. A detailed list is available on the following pages.

One of the studies was on individuals with memory loss,

and results show an improvement in focus, concentration, memory, as well as activation of specific areas of the brain that correspond to cognitive function.

In addition, we began a joint project with UCLA, Department of Psychiatry. The study is titled "Meditation Use to Reduce Stress Response and Improve Cognitive Functioning in Older Family Dementia Caregivers." This research is also a breakthrough in the field, and brings much needed tools to help caregivers in their daily commitments and tasks.

I invite you to join our growing family on Facebook and Twitter, and continue following our progress in the fight against Alzheimer's disease. Thank you for your outstanding support.

Dharma Singh Khalsa, M.D.

**WHO IS THE Alzheimer's Research & Prevention Foundation?**

**We Are . . .**

The Alzheimer's Research and Prevention Foundation (ARPF), founded in 1993 by Dharma Singh Khalsa, M.D., is a 501(c)(3) non-profit organization, based in Tucson, Arizona, that is the leading voice advocating for the prevention and reversal of

memory loss—a crucial goal in lessening the burden Alzheimer's disease places on families and society. The ARPF is dedicated to helping individuals maximize brain health and function, regardless of age or stage of life. The foundation educates the public about lifestyle choices that

support brain health, such as meditation, physical and mental exercise, diet and nutritional supplements. In collaboration with some of the nation's leading academic centers, ARPF is the driving force behind clinical research investigating the benefits of meditation in people with memory loss.

**Just 12 Minutes  
of the Kirtan  
Kriya  
Meditation A  
Day can slow  
memory loss  
and help brain  
function.**

**The ARPF is  
involved in a  
coalition of  
organizations  
nationally working  
together to eradicate  
Alzheimer's. We  
hope to change the  
face of how we see  
this disease. YOU  
CAN HELP—  
DONATE TODAY!**



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## HIGHLIGHTS FROM 2010

### SCIENTIFIC RESEARCH PAPERS

In 2010, the ARPF research was published in 4 papers:

1. **Journal:** Journal of Alzheimer's Disease  
**Title:** *Meditation Effects On Cognitive Function and Cerebral Blood Flow in Subjects with Memory Loss: A Preliminary Study*
2. **Journal:** Journal of Nuclear Medicine  
**Title:** *Cerebral Blood Flow Changes During Chanting Meditation*
3. **Journal:** Consciousness and Cognition  
**Title:** *Cerebral blood flow differences between long-term meditators and non-meditators*
2. **Journal:** Psychiatry Research: Neuroimaging  
**Title:** *Cerebral blood flow changes associated with different meditation practices and perceived depth of meditation.*

These publications represent the culmination of years of research and the validation of that research into mainstream, scientific journals. We anticipate many more such publications in the coming months as our research progresses.

### EVENTS

In addition to the numerous healthfairs and senior events across the U.S. the ARPF hosted 2 events in Phoenix.

**Memory Fitness Day, Sun City, Arizona**—featuring classes on the 4 Pillars of Alzheimer's Prevention™ and a Memory Screening, in collaboration with the Catholic Outreach Center, a Division of the Foundation for Senior Living. This interactive event was very well received as each attendee was able to rotate between classes on Stress Management, Nutrition and Exercise, as well as get their memory screened. We look forward to making this an annual event.

### National Memory Screening Day

The ARPF hosted its 7th Annual Tucson Memory Screening Day, held November 16, 2010 at the Tucson Jewish Community Center where we screened 100+ seniors with the help of volunteers from Our Family Services. This event has become a highlight of the year for us we get to see old friends each year with our supporting sponsors and volunteers, as well as the seniors that we are able to screen and educate every year. We look forward to continuing on with this event for many more years to come.



Conni Ingallina,  
Sister Janet Doyle,  
Kirti Khalsa, Becky Brees

The ARPF was honored at several fundraisers throughout the year, including a Fashion show. The Fashion Show was held at a local Senior Center in Tucson and included the loveliest senior fashions! All funds raised went to the ARPF. ***If you want to hold a fundraiser for the ARPF, give us a call today!***



Dr. Dharma gives Jamie Zink of Our Family Services a token of our appreciation.



A Glimpse of The Models of the Fashion Show

### OUTREACH

We are proud to report that we are now providing education across the country, as well as internationally, with the message of the ARPF. We distributed literature, attended healthfairs and conferences, spoke at events and shared our research as often as possible.

We saw a large increase in online purchases of the Kirtan Kriya CD as the research papers were made public and people began see more information in mainstream media. And we have found many people are using the meditation and the ARPF research in their senior education classes.

### SOCIAL MEDIA....

With the advent of Facebook, Twitter and blogging, the ARPF has been able to get the word out even more. Each day we get more and more subscription requests for our newsletter. Our Facebook has over 700 friends (won't you "like" us?) and we "Twitter" to over 560 followers. And don't forget our blog—Dr. Khalsa blogs monthly on the ARPF website as well as on Healthcentral.com, about everything from the 4 Pillars of Alzheimer's Prevention™ to brain longevity. So become a "follower" today!

[www.alzheimersprevention.org](http://www.alzheimersprevention.org)

### FUNDRAISERS



We couldn't do what we do without our faithful donors. Our donors come from many walks of life and many sources:

- Corporate Donor Campaigns
- Donations in Memory of Loved Ones Lost to Alzheimer's and other Dementia Diseases
- Sponsors of Events, like our Annual "Memory Screening Day"
- People who come to our events and are compelled to give.
- Bequests

We have once again been approved by the **Federation of Health & Medical Research Charities of America** and the **Combined Federal Campaign**. T

he ARPF is also a proud participant in the **State Employee Campaigns for:** *Arizona, California, Connecticut, Florida, Illinois, Massachusetts, Michigan, New Mexico, New York, Rhode Island, Texas, Virginia, Washington, and Wisconsin*, as well as a member of the **Best Charities in America**.



## RESEARCH CENTERS

The ARPF has conducted years of research with eminent partners, such as:

1. UCLA-Department of Psychiatry
2. University of Pennsylvania-Department of Radiology
3. University of California, Irvine—Amen Center

## BOARD MEMBERS & STAFF

**Dharma Singh Khalsa, M.D.**  
President/Medical Director

**Randal Brooks, LPC, LISAC, CEAP**  
Vice President

**Carolyn S. Sechler, CPA**  
Treasurer

**Kirti Khalsa**  
Secretary/Chief Operating Officer

**Carolyn Lucz**  
Board Member

**Conni Ingallina**  
Communications Director

## COMMUNITY RESOURCES

**Prevention Toolkit**—A collaboration of different researchers in the field from Colorado to Washington - full of tips, tools, resources and great information on preventing memory loss and Alzheimer's Disease—**only \$49.95!**

**Kirtan Kriya CD**—The 12 minute singing meditation CD for daily use. Now available as a downloadable MP3 file - **only \$12.**

**Memory Band**—An attractive bracelet with elephant medallion to remind you of the importance of prevention and to support the ARPF—**only \$13.**

**Brochures**—The ARPF has 3 brochures that they provide to Senior Centers, Assisted Living Centers or anyone who is interested in the prevention of Alzheimer's—**FREE OF CHARGE**

⇒ The Power of Brain Aerobics

⇒ Mild Cognitive Impairment (MCI) and Early Alzheimer's Disease

⇒ The 4 Pillars of Alzheimer's Prevention™

## Scientific Advisory Council

**Ma Gloria Borrás-Boneu, M.D.**  
GRD Health Institute  
Barcelona, Spain

**Anu Kaur, MS, RD**  
Registered Dietitian &  
Wellness/Health Coach

**Sat Bir Singh Khalsa, Ph.D.**  
Asst. Professor of Medicine  
Harvard Medical School  
Sleep Disorders Research Program  
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Boston, Massachusetts

**Laura Jean Kokoska, RN**  
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ADDRESS SERVICE REQUESTED

[www.alzheimersprevention.org](http://www.alzheimersprevention.org)

## Leaders Against Alzheimer's Coalition

We're on the web at  
[www.alzheimersprevention.org](http://www.alzheimersprevention.org)

*"We, the undersigned members of the Alzheimer's-serving research and care giving community, are following up on a letter sent on February 28, 2011 urging the Senate Leadership to maintain Fiscal Year 2010 funding levels for the National Institutes of Health (NIH) and the National Institute on Aging (NIA)."*

Thus begins one of the most important letters in the history of the fight against Alzheimer's disease. Hundred of Alzheimer's researchers and service providers are calling upon Congress to preserve vital NIH research funding – organizations like *USAgainstAlzheimer's*, *Alzheimer's Foundation of America*, *Alliance for Aging Research*, *American Academy of Neurology*, *American Geriatrics Society* and, of course, the *Alzheimer's Research and Prevention Foundation*.

This group, known as the "**Leaders Engaged on Alzheimer's Disease**" or "**LEAD**," is a coalition of Alzheimer's-serving organizations dedicated to increasing America's commitment to stop Alzheimer's disease. LEAD members believe that reducing the budget of the National Institutes of Health (NIH) and National Institute on Aging (NIA) would be self-defeating, and would actually increase

government costs.

Says George Vradenburg, Co-Founder and Chairman of *USAgainstAlzheimer's* "Chopping NIH funding would defeat our national objective of reducing Medicare and Medicaid spending through innovative drugs and treatments. Preventing and curing what were at one time thought to be terminal disease has been the largest single driver of American growth and prosperity in the 20<sup>th</sup> century. Preventing Alzheimer's and other costly diseases will not only reduce healthcare costs but also make our workforce healthier, thus strengthening American competitiveness in the global marketplace. NIH and the vital basic research it supports is at the heart of that strategy."

Dr. Dharma Singh Khalsa, M.D., medical director and president of the ARPF agreed stating "The ARPF has dedicated our research to the prevention of Alzheimer's disease. To decrease funding across the board would impact greatly the forward motion that the LEAD organizations have had in defeating this disease."

The LEAD letter to Congress goes on noting "There are more than 5 million Americans suffering from Alzheimer's disease resulting in an estimated \$183 billion in annual costs to our country."

*Currently, there is an unsustainable imbalance in public health cost versus federal investment that will increase dramatically in the coming decades as our nation's baby boomers become eligible for Medicare in droves. Medicare spends three times more to care for chronically ill beneficiaries with Alzheimer's, and Medicaid spending on Alzheimer's patients is nine times greater than spending on non -- Alzheimer's beneficiaries.*

*The nation has two choices – invest in promising Alzheimer's research today, or pay a far, far greater bill for the cost of care tomorrow. The NIH is an engine for curing disease, extending life, and reducing the cost of health care. Cutting NIH funding, including funds for the Alzheimer's Disease Centers, a backbone of basic research, clinical trials, and clinical care, will halt promising research on new approaches to diagnose, prevent, and treat cost--intensive, age--related diseases."*

The ARPF is proud to support this initiative and will continue to push Congress to do the right thing. We must do everything possible to eradicate this disease.