

**NEWS!**

## ARPF Outreach Update

by Conni Ingallina,  
ARPF Communications Director



November is National Alzheimer's Awareness Month. A whole month dedicated to increasing the awareness of this disease and what YOU can do to prevent it. A whole month to tell the

ARPF story and spread the Prevention word.

In preparation for this month, we created a video featuring Dr. Khalsa talking about prevention. As you know, the ARPF has been the foremost voice for Alzheimer's Prevention since 1993. Telling our story is powerful as more and more people are interested in how they can have a sharp brain as they age. This video is a great informational tool that you can use to send to others to help us spread the word. You can find it on the home page at [www.alzheimersprevention.org](http://www.alzheimersprevention.org).

*"The old idea that as you age your mental functioning, and your memory is going to go downhill I think is out the window. I think now we know, that as we age we can actually improve our mental functioning and maintain and improve our memory. That is great news for everybody."*

- Dharma Singh Khalsa, M.D.

*continued on p.3 Outreach*

## President's Message

# Why It's Been an Exciting Year

Dear Friend,  
2011 was a year of great achievements for ARPF:

- We continued with our innovative research and had five papers published.
- We organized educational programs and activities throughout the country.
- Hosted our 8th Annual Tucson Memory Screening Day.
- Launched our teleseminar series.
- Were selected by rock legend David Cassidy to be his chosen charity on Celebrity Apprentice.
- Started our own channel on YouTube "The Alzheimer's Prevention Camp Grows" with a highly acclaimed interview, available at [www.youtube.com/user/preventalzheimers](http://www.youtube.com/user/preventalzheimers).
- PSA featuring Cassidy for the benefit of the ARPF. You may see it on your local TV station.
- I've started blogging on Huff Post.
- I presented a paper about our work at a very advanced medical conference in Stockholm, Sweden.

In his PSA, singer, songwriter, and producer David Cassidy speaks about his family's struggle with dementia (his grandfather and mother) and our new studies from the ARPF, which give hope. You may watch it on our website or at [www.youtube.com/user/preventalzheimers](http://www.youtube.com/user/preventalzheimers).

We also began two new research projects, which I will describe in detail in the New Year's issue. You won't want to miss that. It's very exciting but I can't reveal them quite yet.

In my blogs on Huff Post, I've been sharing my experiences, ideas, and insights, into anti-aging and the power of our integrative program to maintain mental sharpness with age and prevent and reverse memory loss. To read them simply go to [www.Huffingtonpost.com](http://www.Huffingtonpost.com). Put my name in the search bar at the top of the page. I think you'll enjoy them.

After you read them, please tell your friends about them or send them the link. You can also tweet about them and put them on your Facebook page. Be on the lookout for my most current one called Alphabet Soup and Your Brain. In it, I share why senior moments are not a normal part of aging.

As this exciting year comes to an end, we at the ARPF are grateful for our successes and the individuals who made them possible.

1. First of all, I want to thank our donors and volunteers for believing in our Mission.

2. To our team of local reps, a heartfelt Thank You for helping us spread the Alzheimer's Prevention word!

3. Special thanks also to the medical scientists who partnered with ARPF to carry out our mission of continued research studies in the holistic approach to the prevention of this terrible disease.

4. To our outstanding Scientific Advisory Council, my gratitude for sharing your innovative ideas and your unfaltering support.

5. Finally, I am incredibly grateful to our team of talented and dedicated professionals who serve as our backbone, working behind the scenes to keep the vision and to make things happen: to the fabulous Board of Directors and staff of the ARPF, again, Thank You.

On behalf of all of us at ARPF, I wish you a blessed Holiday Season and a very happy, healthy, and prosperous New Year.

Please continue to support our work with your financial contributions. We need your help now more than ever. To donate, go to [www.alzheimersprevention.org](http://www.alzheimersprevention.org).

Sincerely yours,

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



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



*Happy  
Holidays*  
FROM  
ALL OF US AT ARPF



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**COMMUNITY OUTREACH**

*8th Annual Memory Screening Day*

On November 15, 2011, ARPF held its 8th Annual Memory Screening Day in partnership with Our Family Services in Tucson, Ariz. This year we organized a true Health Fair. Participants had their memory screened, their blood pressure checked, and even an opportunity to participate in a Chair Yoga class and an Exercise Session sponsored by Silver

Sneakers. Attendees were offered tools and information about Alzheimer's prevention and other important resources provided by the event's sponsors.

We want to extend a very special **Thank You** to the wonderful Senior Companions who came to help us and assist the seniors who attended this event!



Silver Sneakers exercise class.



Blood Pressure screening.



Chair Yoga session.



Your Memory Screening Team at Work.

*Thanks  
to Our Sponsors*

**SILVER SPONSORS**

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**BRONZE SPONSORS**

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**COMMUNITY RESOURCES**

- La Verne Olsen
- Silver Sneakers
- Trader Joes

**PARTNERS IN EXCELLENCE**

- Our Family Services
- Our Family Senior Companion Program
- Tucson Jewish Community Center
- Alzheimer's Research and Prevention Foundation

## Outreach *continued from p. 1*

As many of you may know, singer, songwriter and actor David Cassidy has been working with the ARPF to help raise awareness for Alzheimer's Prevention. Recently, he recorded a Public Service Announcement (PSA) for us in which he speaks about his family's struggle with dementia and new studies from the ARPF which give hope. You can watch David's video on our home page as well, [www.alzheimersprevention.org](http://www.alzheimersprevention.org).

In October, we held the third in a series of teleseminars which were designed to help inform and teach the public. These well attended seminars included topics such as eldercare law, caregiving tips and, of course, the 4 Pillars of Alzheimer's Prevention™. In doing these teleseminars, we have seen a need for more interactive education and will continue to hold these in 2012. Join us on March 22, 2012 for one entitled "How Your Choices Today Impact Your Health Tomorrow".

As the fall and winter approach, we continue to spread the Prevention word. Here are ways you can help to spread the word in your community:

1. Take advantage of our free brochures and take them to your local Senior Center or Assisted

Living Center for distribution.

2. As you talk to people in your community about Alzheimer's Prevention, send them to our website for lots of information, including Dr. Khalsa's informational video.
3. If you practice the Kirtan Kriya daily, you know the great benefits of this 12 minute medical meditation. Why not buy some extra copies and hand them out to people in your community?
4. Testimonials – do you or someone you know have a testimonial about how the ARPF has benefited you? We would love your testimonial and are giving away our online report on "How 12 minutes a day can improve your memory" to anyone who gives us their testimonial.
5. See an upcoming healthfair in your community that could benefit from the ARPF information? Contact us and we'll work with you to get the word out.
6. Consider the ARPF for your year-end, tax-deductible donation. We rely on our supporters to help keep the Prevention message alive.

Since November is an important month to talk about Alzheimer's Prevention, we hope you



**David Cassidy recorded a Public Service Announcement (PSA) for ARPF. Watch for it on your local tv stations. The PSA can also be viewed on the home page of ARPF's website.**

will partner with us to help us get the word out. And don't forget to share with us how YOU are spreading the Prevention word. Let me know at [conni@alzheimersprevention.org](mailto:conni@alzheimersprevention.org).

I look forward to hearing from you soon.

As you can see, there is always something going on at the ARPF. Don't hesitate to check out our website at [www.alzheimersprevention.org](http://www.alzheimersprevention.org) or e-mail us at [info@alzheimersprevention.org](mailto:info@alzheimersprevention.org). We are always happy to hear from you!

## What Others Are Saying About ARPF

### Teleseminar Comments:

"Thank you. Very informative seminar. I hope you have more of these."

Mark – California

"I found this, as well as the previous teleseminar, very informative and thank you, Kirti and all those at ARPF for taking the time to educate us as we struggle in the battle of caring for Alzheimer's sufferers."

JoAnn – Boynton Beach, FL

"Good overview of stress reducer and prevention tips. You are doing a great job, thank you."

Sylvia – Hunt, TX

### YouTube Video Comments:

"It's refreshing to see how the 4 Pillars of therapy incorporates brain rejuvenation & holistic nutritional aspects of good living, which enriches quality & joy of life. I really liked the Kirtan Kriya meditation & felt a sense of re-oxygenation & improved lucid thinking."

ChimesSoPretty

"Thank you Dr. Khalsa, for your groundbreaking work on this devastating disease. I think modern science has yet to "catch up" with non-drug related therapies. Keep up the good work! ."

satpremkaur

## Unbelievable Raffle Win this 100% Electric Car!



### 2012 Nissan LEAF SL

ARPF is proud to participate in The Jim Click Automotive Team's raffle featuring a brand new electric car including the charging station and complete installation!

**Tickets are \$25 each  
or 5 tickets for \$100**

To purchase tickets, go to [www.AlzheimersPrevention.org](http://www.AlzheimersPrevention.org) and click on **ARPF Store**

**100% of your purchase will support ARPF.**

Help us spread the word and tell all your friends and family.

The raffle is open to anyone in the US. Entries must be received by April 20, 2012. The drawing will be held April 27, 2012.

Working Towards Prevention Since 1993

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The ARPF is a Proud Member of:



Mission Statement:

The Alzheimer's Research and Prevention Foundation (ARPF) is dedicated to reducing the incidence of Alzheimer's disease by conducting clinical research and providing educational outreach.

## ARPF Non-Profit Store — All proceeds support ARPF programs

### Audio CD of the Kirtan Kriya

ARPF research reveals that doing the Kirtan Kriya singing exercise for 12 minutes a day reverses memory loss and enhances brain function. This exercise is also beneficial to increase mental energy, sharpens concentration and improves focus. The results of ARPF research have been documented in four studies and are evident in the appearance of healthier brains in study participants. Available both as a CD or as a MP3 downloadable file.

### ARPF Bracelet with Elephant Medallion

"An elephant never forgets." ARPF has developed a "Memory Band" with a elephant charm to help remind us of the kind of mind we can have - a sharp mind that we can keep that way as long as we follow the 4 Pillars of Prevention.™

### The Prevention of Alzheimer's Disease: State of the Art

MP3 Download of Lecture and pamphlet. Discover how to Reverse Memory Loss in 12 Minutes a Day.

### Alzheimer's Prevention Complete Toolkit

All the information in one place that will educate you on the lifestyle changes and current research that integrates a holistic approach to create a long-term memory saving lifestyle. This Toolkit will give you the tools you need to make the right choices to outlive the onset of the disease.

### Kirtan Kriya Mantra Magnets and Stickers

Kirtan Kriya meditation exercise Magnets, approx 2.5"x3.5". Stickers, approx 2" square.

### The Power of Brain Aerobics Brochure

This brochure will start you on a 4 week brain aerobics program to increase your brain power.

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

Learn the ways to proactively impact the health of your brain and help prevent cognitive decline.

### Foundation Brochure

We believe that a holistic medical program creates the greatest chance of preventing Alzheimer's disease. Learn how to integrate prevention strategies into your daily life to preserve your memory for the future, as well as enhance it for the present.

To find out more or to order any of these items, visit [www.alzheimersprevention.org](http://www.alzheimersprevention.org)