

THE MCGILL UNIVERSITY RESEARCH CENTRE FOR STUDIES IN AGING (MCSA)



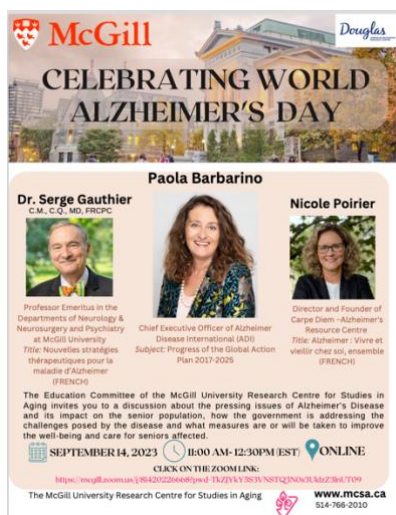
November 2023 – 21TH EDITION



Keeping you updated on the latest news, events, and research achievements!

The scientific achievements from last year were possible thanks to the active participation of our patients, their relatives, and friends. Together, we advance clinical science towards new therapies for Alzheimer's Disease.

WORLD ALZHEIMER DAY SEPTEMBER 21, 2023 DOLLY DASTOOR PH.D., CHAIR OF THE EDUCATION COMMITTEE



This day was celebrated at McGill University Research Centre for Studies in Aging on September 14, 2023, with a symposium Special Invitees: Mme Paola Barbarino, the CEO of Alzheimer Disease International, Dr Serge Gauthier, C.M., C.Q., MD, FRCPC, Professor Emeritus in the Departments of Neurology & Neurosurgery and Psychiatry, McGill University and Ms. Nicole Poirier, Director, and Founder of Carpe Diem – Alzheimer's Resource Centre, Trois-Rivières.

We celebrated and recognized Alzheimer day, a week in advance on September 14 as there are several events going on in Montreal, on Sept 21 to recognize the day and we wanted to give all an opportunity to attend the various events.

The Global Action Plan was developed by WHO (World Health Organization) to tackle the challenge that dementia poses to health-care systems, communities, and families worldwide.

It was published by WHO 6 years ago in 2017 to be achieved in 2025, 2 years from now,

but progress has been woefully off track for several years by national governments and very disappointing. *From Plan to Impact VI*, a report from Alzheimer's Disease International (ADI)—released to coincide with the Seventy-Sixth World Health Assembly (May 21–30, 2023), highlights the dire situation. ADI are calling on WHO to prolong the deadline by 4 years, to 2029. National governments must use this change to accelerate the work that still needs to be done on reaching the Global Action Plan targets. Because of the exponential rise in dementia cases worldwide, prioritisation of dementia in public health is crucial. **Around 57 million individuals were living with dementia in 2019, and is predicted to rise to 153 million cases by 2050.**

Seven action areas were outlined in the plan dementia as a public health priority; awareness and friendliness; risk reduction; diagnosis, treatment, care, and support; support for carers; information systems for dementia and research and innovation.

A key target of the WHO Global Action Plan is for at least three-quarters of the 194 member states to develop a national plan for dementia by 2025. However, only 39 member states—around a fifth of the total—have produced a national dementia plan. This lack of action on national dementia plans is disappointing.

Increase funding for research, improve access to care, and to boost international collaboration are necessary to meet the Global Action Plan targets, but serious and concrete action is needed, empty words are not enough.

Encouraging progress has taken place in dementia research over the past few decades. Disease-modifying treatments are now a tangible prospect for people with Alzheimer's disease: in clinical trials, anti-amyloid antibodies removed amyloid from the brain, and these drugs might slow cognitive decline in some individuals. Further breakthroughs include the identification of biomarkers and their use in diagnostic criteria, which can allow for early detection of the disease. The ADI report highlights another reason for national governments to act quickly on dementia, to take advantage of these scientific breakthroughs.

Health-care systems worldwide are unprepared for these breakthroughs and urgently need strengthening. For low-income and middle-income countries, this is even more challenging, because health-care systems can be fragmented across rural and urban areas.

The ADI report outlines several areas in which urgent government action is needed to achieve the targets in the Global Action Plan and encourages states that small steps could be better than doing nothing at all. ADI suggests that countries without a national dementia plan could instead focus first on a different key target within the WHO Global Action Plan—ex: enacting legislation that helps carers by allowing them time off work or running a public health awareness campaign for risk reduction. But governments must not be complacent, and immediate steps—however small— need to be taken to tackle dementia, to meet the needs of families, communities, and health-care systems around the world.

NEW COLLABORATIONS



New Collaboration: The McGill University Research Centre for Studies in Aging (MCSA) and The McGill University Dementia Education Program (DEP) working together to provide the best clinical care, research and education in aging and dementia, are now collaborating in developing a Memory Clinic in Brazil. The Memory Clinic in Brazil focuses on Research, Clinical Care, and Education for both health professionals and families. This is a collaboration with the Moinhos de Vento Hospital (HMV) in Porto Alegre, Brazil and Federal University of Rio Grande do Sul (FURGS), Brazil.

The role of genetic diversity and social disparities as risk factors to Alzheimer's Disease remains unknown. In order to address this knowledge gap, the McGill University Research Centre for Studies in Aging (MCSA), started a collaboration with the Moinhos de Vento Hospital (HMV) and Federal University of Rio Grande do Sul (FURGS), Brazil. The collaboration involves student exchanges, technology transfer and large-scale data collection. We will create a sister Translational Biomarker for aging and dementia cohort (TRIAD) cohort and collect data of amyloid, tau PET as well as CSF and fluid biomarkers. The HMV has cutting edge facilities that will enable data collections at the same standards as in Montreal. Clinical and biomarkers will be collected under the leadership of the Zimmer lab. The results of this collaboration will enable technologies developed at the MCSA to be deployed at large-scale to low- and mid-income countries. The collaboration is led by Prof. Sheila Martins (HMV), Prof. Eduardo Zimmer (FURGS, McGill), Dr. Wyllians Vendramini Borelli (HMV) and Dr. Pedro Rosa-Neto (McGill).



XXVI WORLD CONGRESS OF NEUROLOGY— WCN 2023 MONTREAL 15-19 OCTOBER 2023



Dr. Pedro Rosa-Neto, Director of the McGill University Research Centre for Studies in Aging, Dr. Geddes, Dr. Vitali, & students attended the World Congress of Neurology Conference in Montreal from October 15-19, 2023.

This important meeting of neurology was the occasion to make the point about the new available disease modifying treatments against Alzheimer.

Dr. Wan Lu Jia MD MSc CCFP(COE)

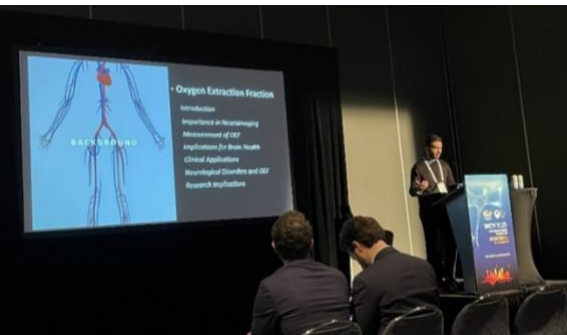
Lecture Title: Independent associations of plasma GFAP with amyloid- β and tau in Alzheimer's disease

Description of oral presentation: The findings indicate that plasma GFAP (Glial Fibrillary Acidic Protein), is independently associated with both A β and tau pathologies in Alzheimer's disease. A β -PET showed associations throughout the entire cortex, suggesting its effectiveness as a reliable marker of A β pathology across the Alzheimer's disease spectrum. In addition, astrocyte reactivity, represented by GFAP levels, seems to be part of Alzheimer's disease pathophysiology.

Dr. Kely Quispialaya

Poster title: "Plasma p-tau181 outperforms [18F]FDG-PET in the diagnosis of early Alzheimer's disease"

Description: This study investigated the associations between plasma p-tau181 and [18F]FDG-PET and their capacity to identify early biological AD. We observed that while both plasma p-tau181 concentrations and [18F]FDG-PET were associated with AD pathophysiology measured by core AD biomarkers (CSF and A β -PET), plasma p-tau181 outperformed [18F]FDG-PET in identifying individuals with early AD pathophysiology. However, we also observed that [18F]FDG-PET was more strongly associated with neuropsychological assessments than plasma p-tau181. Taken together, our study suggests that plasma p-tau181 may aid in evaluating individuals.

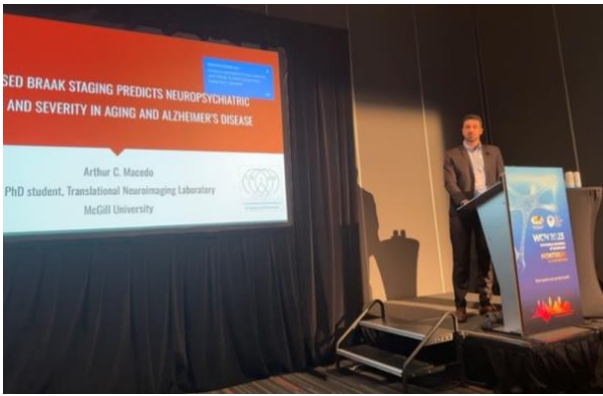


Seyyed Ali Hosseini, Ph.D. Student - Integrated Program in Neuroscience, McGill University

Lecture Title: "Quantitative Evaluation of Oxygen Extraction Fraction (OEF) in Alzheimer's Disease: A Correlation with Tau and Amyloid Pathology and Cognitive Status."

Description of Oral Presentation:

This study highlights the potential of MRI OEF as a significant marker in understanding Alzheimer's Disease (AD). The demonstrated correlation of OEF with tau and amyloid deposition, and the cognitive status offers promising insights for early diagnosis of Alzheimer's.

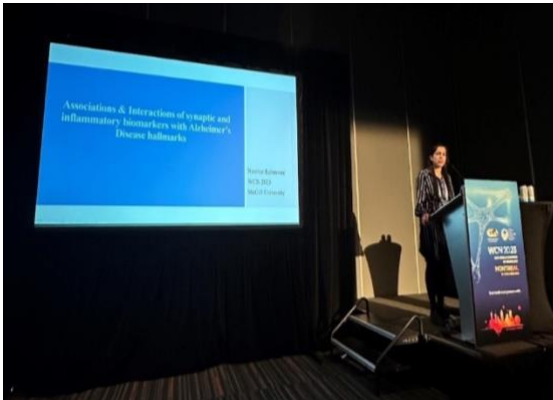


Arthur C. Macedo, PhD student

Lecture Title: PET-based BRAAK staging predicts neuropsychiatric burden and severity in aging and Alzheimer’s Disease.

Description of Oral Presentation: This project talks about a possible application of a staging system for Alzheimer’s disease using positron emission tomography, a brain imaging technique. We found that it may be used to predict which patients will have more behavioral changes in the future. This can be used to research new drugs for Alzheimer’s disease and to help health professionals know which patients have a

worse prognosis.



Nesrine Rahmouni, PhD student

Lecture Title: “Associations and interactions of synaptic and inflammatory biomarkers in Alzheimer’s Disease.”

Description of Oral Presentation: My study suggests that synaptic dysfunction is more associated to tau than amyloid pathology in Alzheimer's disease. SNAP25 seems to be the biomarker to be more closely associated to AD pathophysiology. Our results also support the important role of inflammation on synaptic dysfunction.



Dr. Paolo Vitali, MD, PhD, FRCPC, Neurologist, Neuropsychologist, attended the World Congress of Neurology Conference in Montreal: Lévesque, M., Vitali, P., Rosa-Neto, P., Vermette, J., Besnier, F., Gayda, M., Gagnon, C., Bherer, L. Home-Based Exercise in Primary Progressive Aphasia: A Pilot Study. XXVI World Congress of Neurology (WCN 2023). 2023 Oct 15-19; Montréal, Canada



Dr. Paolo Vitali, MD, PhD, FRCPC, also participated at the « à la Campagne de la Société Alzheimer de Montréal, les visages de l'Alzheimer. »

Pre- and post-diagnostic support

The human factor is essential in our interventions. A good diagnosis enables us to support the family and discuss the future and the services available. Research is advancing rapidly. With biomarkers, early detection of Alzheimer's disease is now possible.

Do you know the warning signs of Alzheimer's disease?

Click here to consult our 10 warning signs fact sheet.

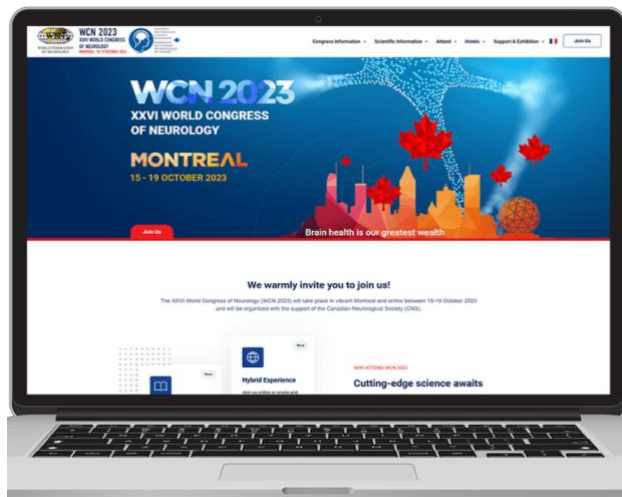
Learn more about risk factors and how to reduce them through Alzheimer's Disease International's Never too early, never too late campaign. Click here to find out more.

When Alzheimer's disease is diagnosed, it's important to plan for the future. Read this article from the Alzheimer Society of Canada. [Visages - SAM \(alzheimermontreal.ca\)](https://www.alzheimermontreal.ca/visages-sam)

Conférences:

1. Vitali, P. Diagnostic, traitement et recherche sur l'Aphasie Progressive Primaire. AVC-Aphasie Laval, Québec, Canada (Septembre 27, 2023) in French
2. Vitali, P. Diagnosis, treatment, and research on primary progressive aphasia. AVC-Aphasie Laval, Québec, Canada (Septembre 27, 2023) in English

The World Federation of Neurology's XXVI World Congress of Neurology (WCN 2023) was in Montreal, Canada, from 15 -19 October 2023.



The congress was proudly co-hosted by the Canadian Neurological Society (CNS), here in Montreal, a wonderful destination, safe and relatively inexpensive and a city with much to offer. Montreal also has a rich history of neurology, with giants such as Dr Wilder Penfield, Dr Brenda Milner, and many others. The Montreal Neurological Institute was opened to all those that were interested in the history of neurology. Montreal is a multicultural city that has at its core French culture, with all the different aspects of French culture, particularly a keen interest in food.

The WCN brought us up to date in the broad field of neurology, from tropical neurology to molecular genetics. The Scientific Program and Teaching Programs are at the core of the World Congress of Neurology. These are complemented by plenary lectures from leading experts in their fields, the exciting and entertaining Tournament of the Minds, cutting edge scientific sessions relevant to all the corners of the globe, and poster sessions that will feature the research of young neurologists of the future.

World Congress of Neurology: Brain health is our greatest wealth: Each World Congress of Neurology promotes the mission of the World Federation of Neurology and together with its key partners and their combined reach strives to overcome the barriers to brain health and quality neurological care for all.

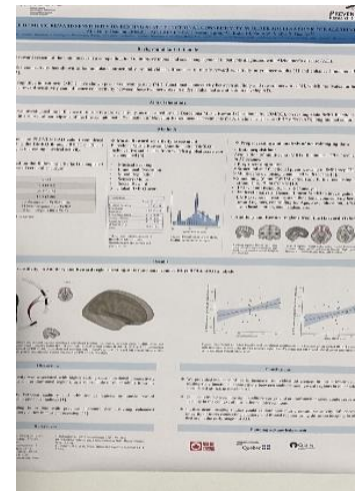


Dr. Maiya Geddes, MD, FRCPC, and students from her lab, presented at the World Congress of Neurology between October 15 -19, 2023. Dr. Geddes was a Dementia Theme Lead for the Congress.

Aliz Noly, PhD Student of Dr. M. Geddes

Poster title: " The influence of music reward sensitivity on resting-state functional connectivity in older adults at-risk for Alzheimer's Disease."

Description: Music’s ability to engage the reward system of the brain makes it a compelling tool to improve mood and arousal in normal aging and clinical populations. The study presented in the poster aimed to investigate whether individual differences in music reward sensitivity modulated resting-state functional connectivity (rs-FC) between auditory and reward regions of the brain, in a subsample of older adults from the PREVENT-AD cohort. Our findings highlighted neuroimaging metrics and assessment tools of interest that could be included in future studies aiming at developing personalised music-based interventions in aging.



Caitlin Walker, PhD Student of Dr. M. Geddes



Title of Lecture: “A comparison of effort-based decision making for social and monetary rewards in older adults at risk for Alzheimer’s disease.”

Description: Effort-based decision making is essential for maintaining older adults’ health and well-being, but whether different reward domains can increase older adults’ willingness to engage in effortful behaviour is underexplored. The aim of this research was to determine how reward and effort level influence the willingness to exert physical effort to obtain prosocial (donation to charity) or self-serving (money for oneself) rewards in older adults at risk of Alzheimer’s disease. A novel effort expenditure for rewards task was administered to older adults from the PREVENT-AD cohort, and the results

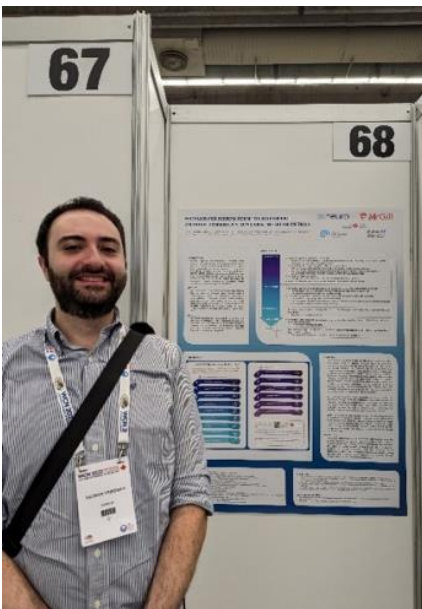
revealed that participants were more willing to exert physical effort for prosocial compared to self-serving rewards, with the strongest effect being seen for high effort + high reward trials.



Ryan Kara, 1st year Medical Student

Title of lecture: The Temporal Relationship Between Physical Activity, Mood and Sleep in Older Adults via a Lead-Lag Analysis

Description: Understanding the importance of sleep time, physical activity and mood can be a determining factor in developing future interventions and studies seeking to increase physical activity as physical inactivity is a major lifestyle risk factor for Alzheimer's disease in older adults. We aimed to (1) examine the intra-behavioural variability of daily activities (i.e. physical activity, sleep, and mood), and (2) study the temporal dynamics of these behaviours, and their inter-behavioural relationships. We found that physical activity and mood could predict the subsequent day's sleep pattern, and that mood is an important factor as it takes precedent over physical activity and sleep, with a temporal relationship of mood preceding physical activity time, which in turn precedes sleep time.



Nathan Friedman, Neurology Resident

Title of Poster: Red Flags for Remote Cognitive Assessment: An Expert Consensus Study Using the Delphi Method

Description: The objective of our project was to create a decision-making tool comprising a set of "red flag" clinical indicators for assessing a patient's suitability for remote cognitive and behavioral diagnostic evaluations. To achieve this, we employed the Delphi method to find consensus, among a multidisciplinary group of experts. This collaborative effort took place under the umbrella of a workgroup within the Canadian Consortium on Neurodegeneration in Aging (CCNA). Subsequently, we developed an infographic designed for distribution to healthcare providers who are considering remote cognitive diagnostic assessments for their patients.

FEATURED RESEARCH MEMBER: ASSOCIATE MEMBER DR. CATHERINE FERRIER, MD



Dr. Catherine Ferrier is an Assistant Professor of Family Medicine at McGill University and an Associate Member of the McGill University Research Centre for Studies in Aging (MCSA). A family physician, she fell into geriatrics in 1984 when she was completing her residency and looking for a job. Geriatric Medicine was just emerging as a specialty, and the service at the Montreal General Hospital was two years old, when Dr. Ferrier received a call from Dr. Jacqueline McClaran, who needed to hire four doctors. Despite having had no specific training in geriatrics during medical school or residency, she got the job, and has been there ever since. The MCSA was born around the same time and in the same place; a natural collaboration developed, that has continued over the years.

Dr. Ferrier was named a Fellow of the College of Family Physicians of Canada in 2004 and received a Certificate of Added Competence in the Care of the Elderly from the CFPC in 2016.

She has a special interest in neurocognitive disorders, including the social implications of losing cognition and autonomy, and the need for family and community support. She is the home geriatric consultant for the Benny Farm and René-Cassin CLSCs. She is an expert in assessment of decision-making capacity, and frequently teaches on the subject, advises colleagues, and testifies in court on behalf of patients. She has an interest in advance care planning, topic on which she gave a lecture in the Brainy Boomer series and wrote a chapter for the 2022 World Alzheimer Report. She advocates for the protection of vulnerable seniors and has testified to Canadian and Québec government committees on their behalf.

WELCOME INTERNATIONAL STUDENTS

Yansheng Zheng, IPN Student from China, 3-year program September 2023- 2026



Following the completion of my undergraduate studies at Dalhousie University, I commenced my affiliation with the McGill University Research Centre for Studies in Aging (MCSA). In September 2023, I started my studies as a newly enrolled master's student under the supervision of Dr. Rosa-Neto and Dr. Multhaup. The primary focus of my project is the quantification of fluid biomarkers associated with Alzheimer's Disease. I aim to make a valuable contribution to the field by exploring the potential of using these biomarkers for the development of a blood-based diagnostic method for Alzheimer's Disease.

Dr. Takashi Matsudaira, Visiting Scholar from Japan, arrived late August 2023 and will stay until next July 2024 at the McGill University Research Centre for Studies in Aging (MCSA), McGill University.

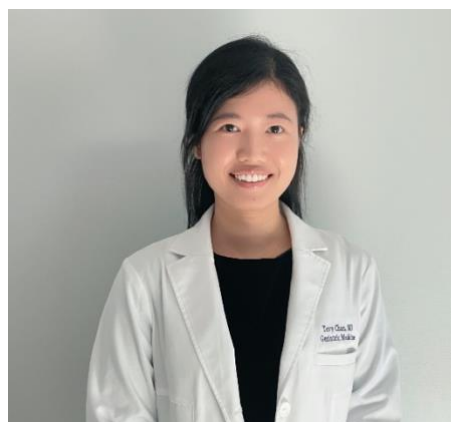
I was engaged in Japan as a neurologist, specializing in dementia and epilepsy, and was conducting research using positron emission tomography (PET) . My current research is to reveal the molecular mechanism involved in the combination of AD and epilepsy in the elderly using PET.

Now that I have the opportunity to research here, I would like to gain knowledge of PET analysis methods as well as blood/CSF biomarkers related to AD, linking these to my present research. I will assist with the introduction of a PET tracer used in Japan to evaluate mitochondrial function. I arrived in Montreal, with good weather season, I am enjoying Montreal's various tourist attractions and Canada's famous food.



MCSA NEW STAFF MEMBERS & STUDENTS

Tevy Chan, MD



Dr Chan recently completed her residency training in Geriatric Medicine at McGill University. She is currently in the Clinician Investigator Program and pursuing a Master's degree in Experimental Medicine. Tevy is supervised by Dr. Pedro Rosa-Neto and Dr. Claire Godard-Sebillotte. Her current project involves evaluating the clinical utility of blood-based biomarkers for Alzheimer's diagnosis and management in geriatrics clinics.

Brandon Hall

Armed with a background in counseling psychology and a master's degree in neuroimaging and informatics, Brandon seeks to detangle Alzheimer's pathophysiology from common comorbidities in aging. As a member of Dr. Pedro Rosa-Neto's TNL group, he leverages a large multimodal dataset to design new ways of using neuroimaging data. His current project applies a new diffusion-weighted imaging method to analyze fluid dynamics of cerebrospinal fluid in older adults at risk of developing AD.



Lydia Trudel

Lydia is a PhD student enrolled in McGill University's IPN program. She has a background in cognitive neuroscience and a master's degree in biomedical sciences. Her research centers on biomarkers in Alzheimer's Disease and employs techniques such as PET imaging to unravel the disease's underlying mechanisms. Lydia's work is dedicated to advancing our comprehension of Alzheimer's disease, with the potential to enhance diagnostics and treatment strategies.

NEW MCSA STAFF MEMBER

Gwyneth Ingrid Mutah

My name is Gwyneth Ingrid Mutah. I have been a nurse for a little over a decade. I worked my way up from a licensed practical nurse to a registered and eventually obtained a bachelor's degree in nursing. I moved to Canada from the United States, 7 years ago and I have had the opportunity to practice as nurse in Canada since 2019 in hospitals, long term care facilities and now at the McGill University Research Center for Studies in Aging (MCSA). You know, many years ago I thought that nurses were limited to working in hospitals, long-term care and rehabilitation centers. While I was doing some studies here in Canada, I came across a research nurse. After our little exchange, I immediately developed an interest in research and started looking towards this direction. Not very long after, I got accepted for a position as a research nurse at the McGill University Research Center for Studies in Aging. What particularly drew me to this position was the fact that my career as a nurse has revolved around geriatric care including patients suffering from Alzheimer's and Dementia. This is an area that touches close to my heart. MCSA to me is like home away from home. I look forward to coming to work every day. The research team is very welcoming and friendly. I am also really amazed to see how far people are willing to go to assist scientific advancement.



STAFF FAREWELL

Ana Paula Real, GRT Observership, McGill University Research Centre for Studies in Aging, August – September 2023.



I received my MD in 2019, and by 2022, I had completed internal medicine. I then began my geriatrics residency at the Federal University of Minas Gerais (UFMG) in Belo Horizonte, Brazil, where I am currently in my final year. I have always been deeply interested in the field of dementia and have been involved in research and community projects related to cognitive disorders since my medical student days.

Spending two months at the McGill University Research Centre for Studies in Aging and the Montreal Neurological Institute (MNI) under the guidance of Dr. Pedro Rosa-Neto, was an invaluable experience for me. This experience provided me with comprehensive exposure to clinical and research practices. At the MNI, I interacted with many of Dr. Pedro Rosa-Neto's master's and PhD students. This allowed me to understand their day-to-day research activities and familiarize myself with their projects. I gained experience in Alzheimer's Disease (AD) neuroimaging techniques, such as PET Amyloid and PET Tau, using different radiotracers. I also learned about the analysis of AD fluid biomarkers. Additionally, I had the opportunity to contribute to an ongoing systematic review about plasma biomarkers for AD. During this period, I familiarized myself with all the TRIAD cohort steps. I took part in the preliminary evaluation of patients and their neuropsychological assessments. I followed the extraction and analysis of fluid samples, including blood and cerebrospinal fluid (CSF). I also attended clinical meetings where specialist neurologists discussed patient diagnoses and I was part of disclosure appointments, where participants received their test results.

As I return to my country, I have learned a lot and am Thankful for the friendships I have made. I owe this enriching experience to the generosity and guidance of Dr. Pedro Rosa-Neto, who welcomed me into his research program



NATIONAL CAREGIVER WEEK NOV 2023

SEMAINE NATIONALE DES PROCHES
AIDANTS NOVEMBRE 2023

Le comité d'éducation du Centre de recherche et d'études sur le vieillissement de l'Université McGill (CMEV), tient à remercier tous les proches aidants pour les années d'amour et de soins dévoués qu'ils ont prodigués et qu'ils continuent d'offrir quotidiennement à leurs proches. Nous reconnaissons votre courage, endurance, patience et le temps que vous consacrez à vos proches !

Merci!

NATIONAL CAREGIVER WEEK
NOVEMBER 2023

The Education Committee of the McGill University Research Centre for Studies in Aging (MCSA) would like to thank all our caregivers for the years of love and devoted care you have provided and continue to provide on a daily basis to your loved ones. We recognize your courage, endurance, patience, and the time you devote to your loved ones!

Thank you!

MCGILL CARES AIRS ITS 100TH EPISODE ON NOV 15 2023

McGill Cares was launched by the Dementia Education Program during the early days of the COVID-19 pandemic, on May 13, 2020, while many of us were isolating at home. Claire Webster, Founder of the Program, had the idea to record short interviews with different experts on topics of interest to care partners of people living with neurocognitive disorders to help educate and support them during this difficult time.



On **November 15, 2023, at 12 p.m.**, *McGill Cares* will air the 100th episode of *McGill Cares* and invite you to join them for this live recording of *McGill Cares*! Dr. José Morais, Dr. Serge Gauthier, Dr. Pedro Rosa-Neto and Claire Webster will look at highlights from the past three years and answer your questions.

If you are not able to join us for this live webcast, rest assured that it will be recorded and posted on our website to view at your convenience, like all past episodes of *McGill Cares*. Note that this webcast will take place

in English. <https://mcgill.ca/x/UXK>

McGill Cares is supported by the Amelia Saputo Community Outreach for Dementia Care. We have had over 70,000 views of our free online webcasts to date. Thank you for being an important part of our success.

DEMENTIA EDUCATION PROGRAM PRESENTS NEW COMMUNITY OUTREACH ACTIVITY: *YOUNG CAREGIVER COMMUNITY*

Young Caregiver Community

A supportive space for informal caregivers who are looking after a person with young-onset dementia.



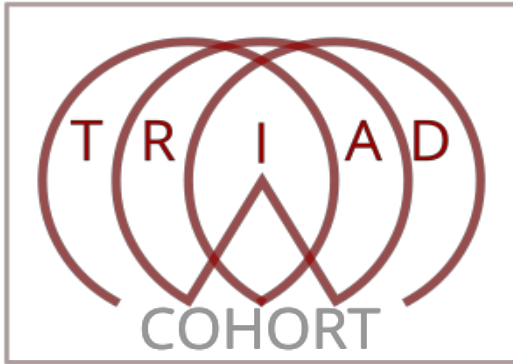
 |  Dementia Education Program

 McGill University Research Centre
for Studies in Aging

The McGill University Research Centre for Studies in Aging and the Dementia Education Program have joined forces to offer free, monthly virtual support groups for young caregivers who are looking after a parent, a spouse or a sibling with young-onset dementia, a diverse condition that affects people under the age of 65. This community outreach initiative offers a safe, non-judgmental online space for caregivers to share their stories, voice concerns and discuss the joys and challenges of this role with their peers. Info and registration: <https://mcgill.ca/x/Uff>

 **McGill** |  Dementia Education Program

WANT TO GET INVOLVED IN RESEARCH ? JOIN THE TRIAD COHORT



**Translational Biomarkers
of Aging and Dementia**

The Translational Biomarkers in Aging and Dementia (TRIAD) cohort is a longitudinal observational cohort specifically designed to study mechanisms driving dementia. The cohort studies dementia markers and their progression from pre-symptomatic stages to the onset of Alzheimer's disease or other types of dementia. TRIAD participants are followed in a longitudinal manner with clinical and neuropsychological assessments, fluid and imaging biomarkers every 24 months. Results generated from the TRIAD cohort help advance scientific knowledge and develop better targeted clinical trials to cure Alzheimer's Disease and dementia. The TRIAD cohort is actively recruiting participants, for more information about the participation criteria and the different measures please refer to <https://triad.tnl-mcgill.com>, to get additional information or to participate call our research Centre **514-761-6131 ext: 6321**. For research participants and sponsors that are interested in donating to the TRIAD Cohort

Research Study, please contact **Jenna Stevenson** by email jenna.stevenson2@affiliate.mcgill.ca

WHY YOUR DONATIONS ARE SO IMPORTANT

Between 2020-2022, our fundraising activities were impacted by the pandemic. Your continued support and encouragement were crucial and have played a central role in the continued success of the Centre's outreach, research infrastructure objectives, and medical research initiatives for the community. **We thank you for your loyal and ongoing support!** Thank you for helping us advance our mandate towards prevention, aging research, and education. Income tax receipts shall also be issued for all donations exceeding \$15.00. If you would like to donate by mail, phone or email, please contact Silvana Aguzzi at 514- 761-6131 X 6308 or by email silvana.aguzzi@mcgill.ca or Alexandra Triantafillopoulos at 514-761-6131 X 6311 or by email alexandra.triantafillopoulos1@mcgill.ca



DEMENTIA, YOUR COMPANION GUIDE

A free new educational resource, *Dementia, Your Companion Guide*, was designed to help provide answers. With engaging illustrations and a friendly writing style, this approachable guide covers a wide array of topics to assist both the person living with dementia (PLWD) and their care partners. It includes information on the science and progression of dementia as well as practical advice on safety and self-care. The Book is available in English, French, Spanish, Chinese and Greek.

 McGill
Dementia
Your Companion Guide



The guide was created by a multidisciplinary team at the McGill University **Dementia Education Program** (DEP) in the Faculty of Medicine and Health Sciences (FMHS). The content was provided by the Program's founder and former care partner **Ms. Claire Webster**, geriatrician **Dr. José A. Morais** and neurologist **Dr. Serge Gauthier**, along with partners from the McGill University Research Centre for Studies in Aging, the Division of Geriatric Medicine, the School of Physical and Occupational Therapy, and the School of Social Work.

Ask for a copy of the book at your next appointment at MCSA or Crossroads! Or Visit:
<https://www.mcgill.ca/medsimcentre/community-outreach/dementia>

STAY UP TO DATE WITH MCSA

Good day,

We hope that you are all enjoying the good weather! We are presently updating our files and would appreciate knowing if there are any changes in your address, telephone number or email address. If yes, please contact us at T:514-766-2010 ext 6308.

You have received this month's Newsletter of November 2023. We are interested in having your feedback. Call us at the above number or send us an email with your comments to silvana.aguzzi@mcgill.ca or brainy.boomer-mcsa@mcgill.ca

In case you haven't joined us for our Brainy Boomer Lectures (BB), please send us your email address and we will add you to our BB lectures email list. In case you are interested and would like to check out our recorded BB YouTube lectures please check out the following link: <https://www.youtube.com/c/MCSA2021>.

Joyeuses Fêtes
Happy Holidays



THIS NEWSLETTER IS BROUGHT TO YOU BY THE GENEROUS SPONSORSHIPS OF:

AU VIEUX DULUTH

Enjoy Au Vieux Duluth Restaurants' friendly service and welcoming ambiance. We offer award-winning grilled specialties and seafood dishes, generous servings, great value and the Bring Your Own Wine/Beer concept.

Come savour Au Vieux Duluth's world-famous butterfly shrimps, tender chicken breast and brochettes, as well as our signature certified AAA Angus Beef filet mignon served with our very own wine sauce.



For more information, please call **(450) 663-1165** or visit: Auvieuxduluth.com

THIS NEWSLETTER IS BROUGHT TO YOU BY THE GENEROUS SPONSORSHIPS OF:



MEBESA

PLANCHERS · FLOORS

Specialist in Hardwood Flooring

Dustless Sanding and Refinishing of Hardwood Floors

Eco-Friendly Products

Installation and Repairs of Hardwood Floors

www.planchersmebesa.com

(450) 656-9778

mebesainc@gmail.com



 **Select 2000
Aluminum**

Bill Chronopoulos

Inc.

Depuis 1970

MANUFACTURIER - MANUFACTURER

RBQ #8274-0762-10

Aluminum railings • Stairs • Window grills
Industrial - Commercial - Residential

7125 rue Waverly
Montréal, Québec, H2S 3J1

Tel.: (514)-271-9651
Fax.: (514)-271-9977

THIS NEWSLETTER IS BROUGHT TO YOU BY THE GENEROUS SPONSORSHIPS OF:

Grand MARCHÉ COL-FAX



 3699, Autoroute 440 Ouest, Laval, QC H7P 5P6



450- 688-7773



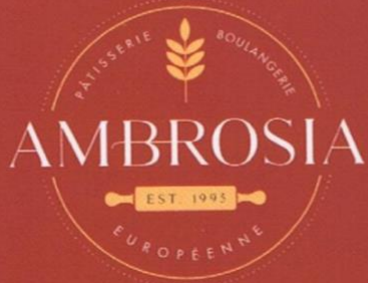
1-800-639-7373



info@colfax.ca



www.colfax.ca



AUTHENTIC FRESHLY
BAKED BREADS

PASTRIES

CUSTOM CAKES

SWEET TABLES



4657 BOUL. SAMSON
LAVAL, QC H7W 2H2



450.686.2950



INFO@PATISSERIEAMBROSIA.COM



[@AMBROSIABAKERYINC](https://www.instagram.com/AMBROSIABAKERYINC)



www.metropizzaverdun.ca



MÉTRO
Pizza

2 pour 1

25 Ans d'expérience

SAPUTO
Nous utilisons le fromage Saputo et le pepperoni de premier qualité de Roma



5101, Bannantyne, Verdun

514 362.0.362

LIVRAISON RAPIDE ET GRATUITE Min. 12\$ avant taxes
Dimanche au Mercredi : 11h à 22h - Jeudi au Samedi : 11h à 22h

Spécial Jeudi, Vendredi et Samedi

1 PIZZA X-LARGE
Pepperoni ou toute garnie
+ 2L Pepsi ou frites **25⁹⁹**



Reçu Receipts **15** Free!

Conservez 15 preuves d'achat de 15\$ (avant taxes) et plus, obtenez:

1 pizza 12" 3 ing. GRATUITEMENT

A Dream That has been Cooking for Years

BOSSA is a family-run gem located in the heart of Verdun. Serving up authentic Italian cuisine that's ready to heat and eat, delicious, hearty sandwiches, pasta, and specialty grocery items. Eat like you're in Nonna's kitchen while on the go, or from the comfort of your own home. Enjoy food that captures the tastes of southern Italy, homemade daily using only fresh, high-quality ingredients.

4354, Rue Wellington, Montreal, Quebec, H4G 1W4, Tel: 438-387-1211



**THIS NEWSLETTER IS BROUGHT TO YOU BY THE GENEROUS SPONSORSHIPS
OF:**



Tochtech Technologies

MedoClock®
l'application pour
les proches aidants
Simple d'utilisation et sécuritaire



Julie Magnan
PDG et co-fondatrice

8180 Devonshire, bureau 205
Montréal, (Québec) H4P 2K3
+1 514 378-1775
julie@medoclock.com
www.medoclock.com



L'outil MedoClock permet de faciliter le suivi, la communication et la gestion des soins d'une personne en perte d'autonomie. Elle offre une tranquillité d'esprit aux proches aidants, aux professionnels de la santé et aux personnels des résidences et, surtout, aux personnes ayant besoin de soutien.

**THIS NEWSLETTER IS BROUGHT TO YOU BY THE GENEROUS SPONSORSHIPS
OF:**



**Highview
Residences**

Exceptional Dementia Care



Alzheimer's & Dementia Home

Highview Residences provides a loving
and secure home, private rooms and
low care ratios.

highviewres.com · 1-844-700-3734 · London & Kitchener

THIS NEWSLETTER IS BROUGHT TO YOU BY THE GENEROUS SPONSORSHIPS OF:



Christopher Jankowski
Courtier immobilier agréé
Vendirect.ca
Agence immobilière
514-573-2521
chris@jankowski.ca



MCSA SOCIAL MEDIA

Follow, like, and share!

Facebook:

McGill University Research Centre for Studies in Aging @MCSA20



Website:

www.aging.mcgill.ca
tnl.research.mcgill.ca
<http://alzheimer.mcgill.ca>

Twitter:

@MCSA_Montreal



Contact:

(T): 514-766-2010
(F): 514-888-4050

YouTube:

<https://www.youtube.com/channel/UC9q0DRFcb6cgJRskdwwKD1Q/videos>



Email:

info.mcsa@mcgill.ca