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

McGill

August 2024 – 23TH 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.

NRM AND PK COURSE CONFERENCE (2024)

The XIV Neuro Receptor Mapping (NRM 2024) Conference took place in Montreal from **May 18-21, 2024**. Established by Prof. Dr. Albert Gjedde in 1997, NRM is a biannual event focused on in-vivo brain function quantification using Positron Emission Tomography (PET). Renowned for its innovation and impact, the conference was hosted by McGill University's CaTS, the Montreal Neurological Institute, and the Douglas Mental Health University Institute.

Originally scheduled for 2020 but postponed due to the pandemic, NRM24 succeeded the 2018 London conference. The event attracted 350 attendees, including students, researchers, and industry professionals, to discuss advances in PET tracers, methods, and medical applications. The conference featured the PK Course-Pharmakokinetics: PET-PK, held from **May 16-18, 2024**, at the Montreal Neurological Institute. Special thanks to Conference Chair Dr. Romina Mizrahi, Co-Chair Dr. Pablo Rusjan, and the local organizing committee, led by Alexandra Triantafillopoulos, for their efforts in making NRM24 a great success.

As part of the organizing team from Douglas group led by Dr. Romina Mizrahi and Dr. Pablo Rusjan, registrations, logistics and emails were also handled Ranjini Garani and Sara Arghavani under Pablo's supervision. Help and support for on-site registration and event logistics from all the members of Pablo's lab - Jianxin You, Sarah Petkau, Dr. Maira Belén Blasco, Dr. Christian Ramos Jiménez, Paula Agustina Campos Oller, and Dr. Razieh Alemi.

Robert Hopewell, PhD student of Dr. Pedro Rosa-Neto attended the PK 2024 course from May 16 to May 18, 2024, at the Neuro. Montreal Neurological

Lilly

Eli Lilly and Company is a global healthcare leader that unites caring with discovery to make life better for people around the world. We were founded more than a century ago by Colonel Eli Lilly, who was committed to creating high quality medicines that meet people's needs, and today we remain true to that mission in all our work. Lilly employees work to discover and bring life-changing medicines to people who need them, improve the understanding and management of disease, and contribute to our communities through philanthropy and volunteerism. Eli Lilly Canada was established in 1938, the result of a research collaboration with scientists at the University of Toronto which eventually produced the world's first commercially available insulin. Our work focuses on oncology, diabetes, autoimmunity, neurodegeneration, and pain. To learn more about Lilly Canada, please visit us at www.lilly.ca. For our perspective on issues in healthcare and innovation, follow us on twitter @LillyPadCA.

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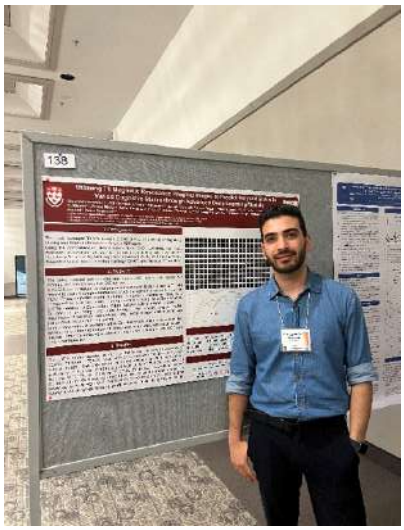
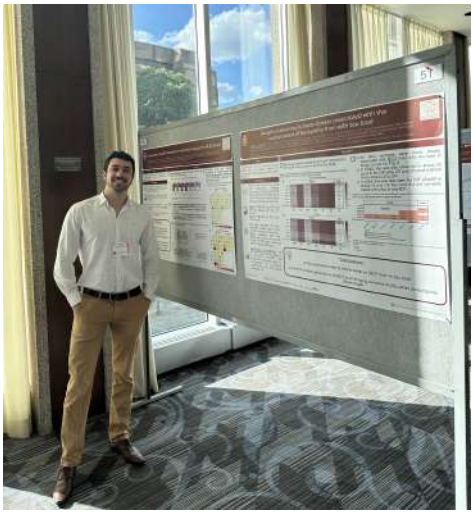
Institute-Hospital. “The course was excellent. Technically, I benefited most from the software that allowed us to experiment with curve fitting of pharmacokinetic models. This was excellently structured, and we had access to experts in the field to help us with work through problems. The event “Bateau Mouche” was terrific. I had an incredible time talking to giants in the field about radiopharmaceutical and brain imaging and was able to get great answers to multiple projects I'm working on. Additionally, sitting next to Jason Cai and Chao Zheng at dinner I was able to have the entire story of their development of the radiotracer SDM-8.”



Seyyed Ali Hosseini, PhD Student International

Title: "Utilizing T1 Magnetic Resonance Imaging Images to Predict Amyloid Status in Varied Cognitive Status through Advanced Deep Learning Models"

Description: In this study, we develop a method to predict amyloid status in Alzheimer's disease using T1 MRI images, employing a CNN ensemble model with 588 subjects from the comprehensive TRAID dataset at McGill University. This dataset encompasses a variety of cognitive conditions, and our approach integrates advanced deep learning techniques to ensure robust prediction accuracy. The CNN model, in particular, excels in performance, achieving an accuracy of 76.27%, recall of 88.00%, and a ROC AUC of 82.47%, highlighting its potential as a non-invasive and cost-effective alternative to conventional amyloid PET scans for AD diagnostics.



Arthur C. Macedo, PhD Student International

Title#1: Comparison of tau-PET tracers for in vivo Braak staging: the HEAD Study **Description:** In this study, we compared three different tracers regarding their properties to stage the severity of Alzheimer’s disease. In this case, tracers are molecules that bind to abnormal proteins in the brain of patients with Alzheimer’s disease and indicate their location and quantity. With this study, we aimed to understand the limitations and strengths of different tracers used in research with patients with dementia and get insights on when and how to use each of them in research and clinical practice.

Title #2: Phosphorylated tau is more closely associated with the spatial extent of tauopathy than with tau load **Description:** This project aimed to understand which kind of information blood tests for Alzheimer’s disease can give us regarding what is happening in the brain. We compared the relationship of the abnormal proteins in the blood with two metrics of Alzheimer’s disease tau pathology in the brain: its volume and the area affected by the pathology. We found out that these blood tests are a better indication of the area affected by the pathology rather than the amount of this pathological protein in the brain.

Zheng Yansheng, Master's Student

Title: Correlation of Cerebrospinal Fluid tau N-terminal 224 with Amyloid-β, Tau tangles, and Neurodegeneration in Alzheimer's Disease

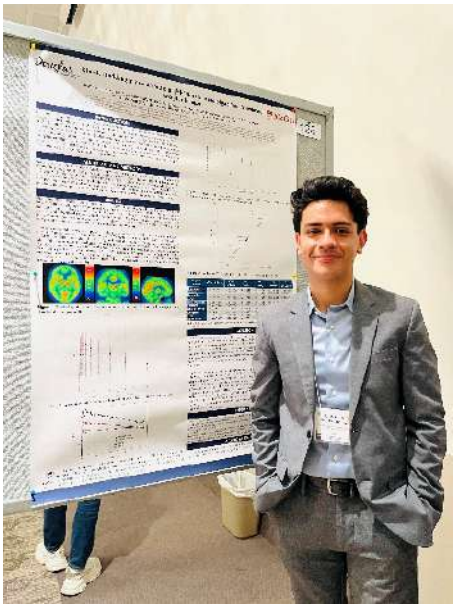
Description: This study investigated the association of CSF tau N-terminal 224 (N224) with Alzheimer's disease (AD) pathology using PET imaging and CSF biomarkers. Involving 134 individuals from the TRIAD cohort, the study quantified CSF tau N224, T-tau, and NfL levels and used 18F-NAV-4694-PET and 18F-MK-6240-PET for amyloid-β and tau tangles, respectively. Results showed increased CSF tau N224 in AD patients and positive correlations with Aβ-PET, tau-PET, T-tau, and NfL, with the strongest associations found in the temporal and entorhinal cortices. CSF tau N224 demonstrated potential as a novel biomarker for neurodegeneration in AD.

Christian Ramos Jiménez, MD | PhD student in neuroscience, Supervisor, Dr. Romina Mizrahi and Co-Supervisor, Dr. Pablo Rusjan.

Title: Kinetic modeling in human brain of [^{18}F] TRACK, a radioligand for Tropomyosin Receptor Kinases

Description: My research project focuses on unraveling the effects of cannabis use on the human brain. Utilizing Positron Emission Tomography (PET) with the novel radiotracer [^{11}C]SL25.1188, which binds to monoamine oxidase B (MAO-B)—an enzyme crucial for dopamine degradation and a proxy for astrogliosis—I aim to gain deeper insights into how cannabis impacts brain function and contributes to neuroinflammation.

Additionally, I am involved in the evaluation and kinetic modeling of a new radiotracer known as [^{18}F]TRACK, which targets Tropomyosin receptor kinases B/C (TrkB/C), a protein associated with psychiatric and neurodegenerative disorders as well as various types of cancers.



Kankana, Pharm D, PhD

Title: Monoamine Oxidase B In Early Psychosis: A Positron Emission Tomography Study With [11C]SL25.1188

Description: Dr. Kankana Nisha Aji is an upcoming researcher in the field of PET Neuroimaging with a focus on imaging Astrocyte function in Early Psychosis using PET. She has a background in Pharmaceutical sciences (Pharm D, Manipal Academy of Higher Education) and Pharmacology (Ph.D, University of Toronto). She has made significant contributions in investigating astrocyte function and interactions between microglial density and peripheral markers in early psychosis using novel PET radioligands. Her recent work on imaging monoamine oxidase B as an astroglia marker in early psychosis has been instrumental in advancing our understanding of astrocyte dysfunction in cannabis-using clinical high-risk and first-episode psychosis populations. Dr. Kankana is an emerging researcher with over 6 years of experience in academic research, driven by a passion to address unmet medical needs aimed at improving patient outcomes through impactful clinical research and development.

Lilly

LIONS CLUB INTERNATIONAL AWARD TO ABIR CHAMOUN

In March 2024, MCSA's very own Abir Chamoun, Research and Clincal Trials Coordinator, was awarded the International President's Award for her outstanding service to Lions International !

AAIC 2024 PHILADELPHIA– THE ALZHEIMER'S ASSOCIATION INTERNATIONAL CONFERENCE - JULY 28, 2024 – TO AUGUST 1, 2024

Dr. Paolo Vitali: This edition of AAIC 2024 was characterized by the presentation of the new clinical and research criteria of Alzheimer's diseases (AD) by the American Alzheimer Association, based on the staging of AD in accordance with multiple biomarkers. Plasma biomarkers for early detection of AD were still a very popular topic at the meeting. Exciting news regarding anti amyloid treatment in the DIAN-Tu cohort were presented. New risk factors for late onset dementia were described, with LDL levels, and vision difficulty. New data on non-pharmacological prevention

strategies for dementia were also presented.

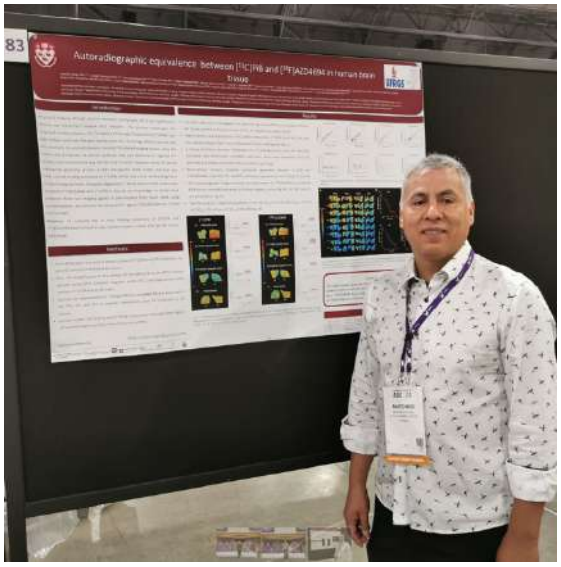
Dr. Maiya Geddes: Research from the Lab of Maiya Geddes, a neurologist scientist at the MSCA, was highlighted at the AAIC this year: This included a study about the temporal relationship, or interplay over time, between modifiable risk factors for dementia, presented by McGill medical student Ryan Kara. A second research study by first author Nathan Friedman, a McGill Neurology resident, was presented. Nathan's research focused on patient suitability for remote cognitive assessment, and potential 'red flags' of patients who are poorly suited for virtual diagnostic dementia assessments. This research was also highlighted by the Canadian Consortium for Neurodegeneration in Aging (CCNA) : https://ccna-ccnv.ca/remote-cognitive-assessment/.

Dr. Pedro Rosa-Neto's Students that attended: Nesrine Rahmouni, Joseph Therriault, Jaime Arias Fernandez,Tevy Chan, Yi-Ting Wang, Arthur C. Macedo, Lydia Trudel, Brandon Hall, Kely Monica, Antonio Aliaga Aliaga

Antonio Aliaga

Title: Autoradiographic equivalence between [11C]PiB and [18F]AZD4694 in human brain tissue

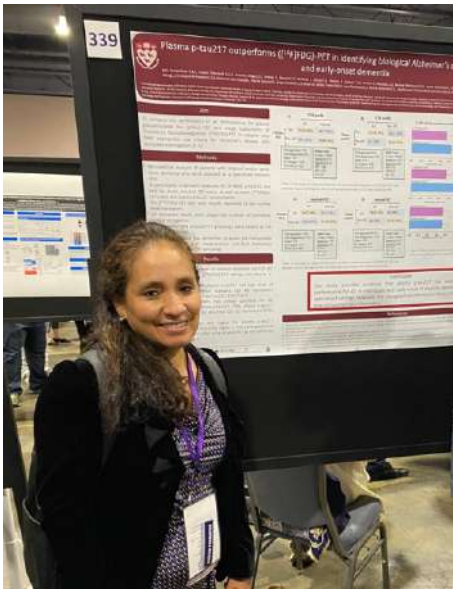
Description: We assessed the in vitro binding properties of [11C]PiB and [18F]AZD4694 head-to-head in post-mortem human healthy and AD brain tissue



Kely Quispialaya, PhD Student

Title: Plasma p-tau217 outperforms ([18F]FDG)-PET in identifying biological Alzheimer's disease in atypical and early-onset dementia

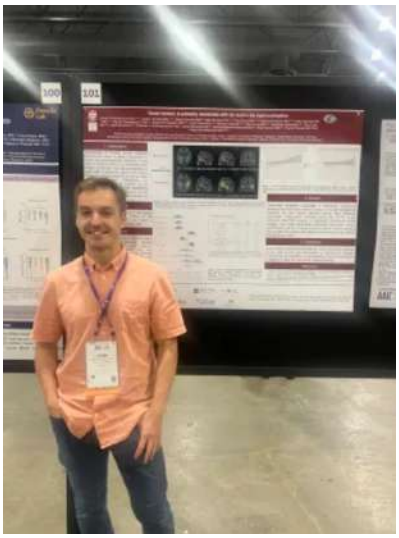
Description: In this study, we compare the diagnostic performance of a quantitative assay for plasma p-tau217 assay to [18F]FDG-PET positivity as assessed by expert nuclear medicine raters in a group of individuals evaluated by dementia specialists who met appropriate use recommendations for AD biomarker testing. Our study provides evidence that plasma p-tau217 has strong diagnostic performance for AD in individuals with early-onset or atypical dementia evaluated in specialized settings. Nevertheless, the topographical information from ([18F]FDG)-PET may give complementary information



Jaime Fernandez Arias, PhD student

Title: Visual memory is primarily affected by tau load in the right hemisphere

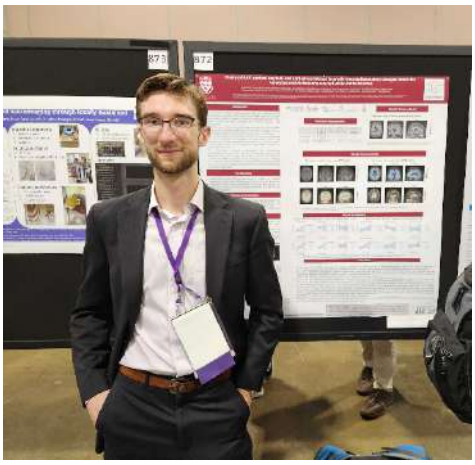
Description: we aimed to test if the relationship between visual or verbal memory performance with tau PET was lateralized. We found that people that have more tau on the right side tend to have worse visual memory scores.



Brandon Hall, MSc., PhD Student

Title: "Plasma GFAP, cortical amyloid, and cortical tau interact to predict neuroinflammatory changes within the ventricles and Alzheimer's-relevant white matter bundles".

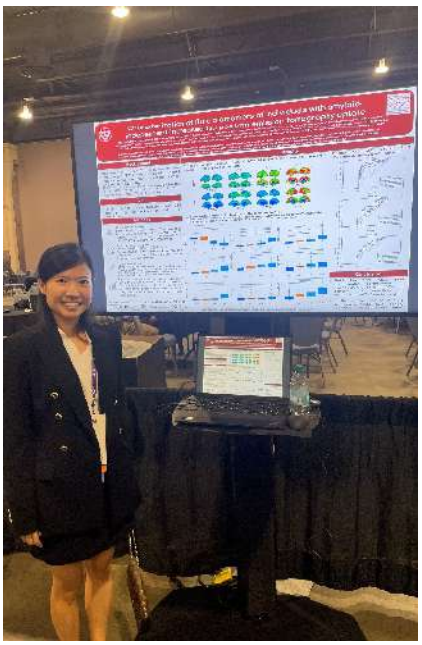
Description: Cerebrospinal fluid in the ventricles, classically assumed to be freely diffusing in all directions, appears to have its movement hindered in association with the accumulation of amyloid plaques and tau tangles as measured by PET scans. However, within the white matter near the ventricles, more water is able to flow freely in association to inflammatory changes and amyloid pathology.



Dr. Tevy Chan, Master's Student

Title: "Characterization of fluid biomarkers of individuals with amyloid-independent increased tau positron emission tomography uptake."

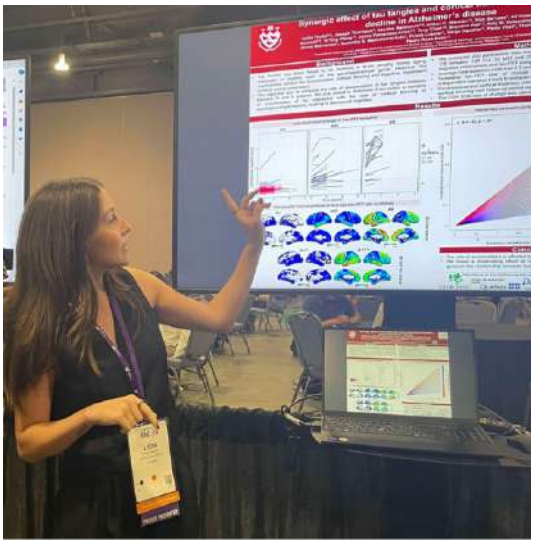
Description: Increased uptake on Tau positron-emission tomography (PET) is sometimes observed in the absence of amyloid β accumulation. This A-T+ PET profile might represent primary age-related tauopathy (PART), an amyloid β-independent 3R/4R tauopathy observed in aging brains. In this cross-sectional study using data from TRIAD, we showed that individuals with an A-T+ PET status exhibit a different cerebrospinal fluid and plasma biomarker profile compared to those with A+T+ and A-T- PET, particularly in markers such as p-tau205, p-tau217, and GFAP, among others. Further characterization of fluid biomarkers could help identify this group of individuals and facilitate the differential diagnosis of adults with cognitive impairment.

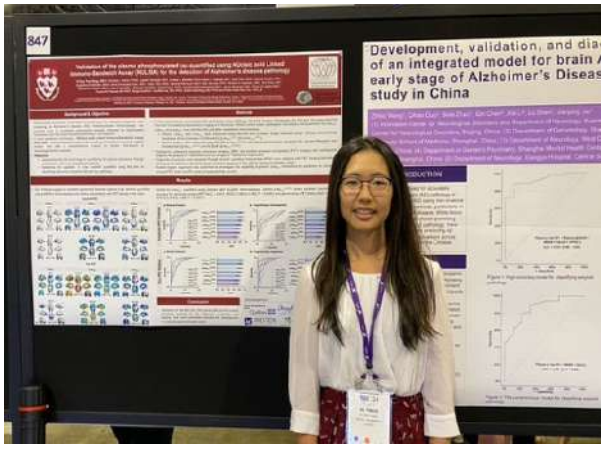


Lydia Trudel, PhD Student

Title: "Synergic effect of tau tangles and cortical thinning on cognitive decline in Alzheimer's Disease."

Description: Our research focused on how tau pathology and cortical thinning affected cognition over a follow-up visit. We found an interaction between tau levels at first visit and atrophy in the temporal lobe on cognitive decline.





Yi-Ting Wang, PhD Student

Poster Title 1: Genetic contribution to the sex differences of tau pathologies in Alzheimer's disease – APOE and beyond **Description:** *APOE* polymorphism is the main genetic determinant of Alzheimer's disease (AD) risk. Existing literature suggests that biological sex may alter the impact of *APOE ε4* on tau pathology. However, the influence beyond *APOE* has been minimally investigated. In this study, we elucidated the genetic contribution to the sex differences in AD tau biomarker-informed pathology. Our findings suggest exploring the polygenic architecture aids in identifying female individuals at the highest risk of developing tau pathology. This may be valuable for stratifying AD risk and as an enrichment strategy in clinical trials.

Poster Title 2: Validation of the plasma phosphorylated tau quantified using NUcleic acid Linked Immuno-Sandwich Assay (NULISA) for the detection of Alzheimer's disease pathology. **Description:** Blood-based biomarkers have been revolutionizing the detection, diagnosis and screening of Alzheimer's disease (AD). A novel proteomic technology - NUcleic acid Linked Immuno-Sandwich Assay (NULISA) - was developed to improve the sensitivity of traditional assays and offer a comprehensive outlook for protein biomarkers in neurodegenerative diseases. In this study, we validate the NULISA-derived AD plasma biomarkers for identifying abnormal amyloid-β (Aβ) and tau pathology.

Dr. Arthur Macedo, PhD Student

Arthur Macedo presented one oral presentation, and two poster presentations (one of which was the same as the oral presentation). The same presentations were presented for NRM 2024:

Title#1: Comparison of tau-PET tracers for in vivo Braak staging: the HEAD Study **Description:** In this study, we compared three different tracers regarding their properties to stage the severity of Alzheimer's disease. In this case, tracers are molecules that bind to abnormal proteins in the brain of patients with Alzheimer's disease and indicate their location and quantity. With this study, we aimed to understand the limitations and strengths of different tracers used in research with patients with dementia and get insights on when and how to use each of them in research and clinical practice.

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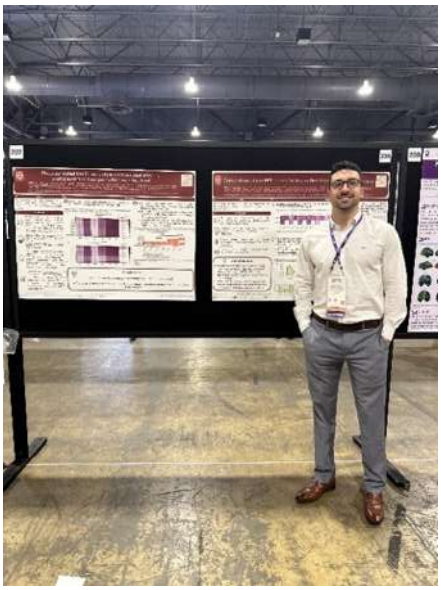
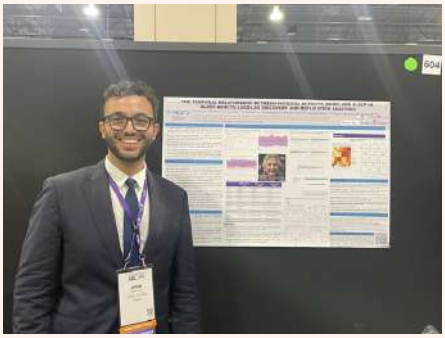


Ryan Kara, student of Dr. Maiya Geddes



WELCOME VISITING SCHOLARS

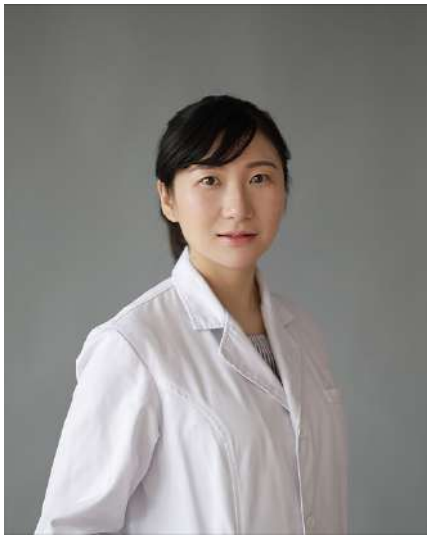
Min Chu

Min Chu is a postdoctoral researcher at Xuanwu Hospital of Capital Medical University. She graduated with a Ph.D. in Neurology from Xuanwu Hospital of Capital Medical University in 2023. Her main research focuses on the pathogenesis of frontotemporal dementia. She has published 15 SCI papers as the first or co-first author in journals such as JNNP, Brain, Journal of Neuroinflammation, and Alzheimer Research Therapy. She was selected for the 2023 National Funded Postdoctoral Researcher Program, Beijing Postdoctoral Funding, and the Capital Medical University Excellence Postdoctoral Program.

Her main work for supervisor Dr. Pedro Rosa Neto involves analyzing the glymphatic function metrics DTI-ALPS, exploring its characteristics in Alzheimer's disease, and identifying its relationship with other pathophysiological processes.

Arrival Date: June 4th, 2024

Departure Date: September 1st, 2024



Jieying Li, M.D Ph.D. Associate chief physician, Department of Neuropsychology, Sichuan Academy of Medical Sciences & Sichuan Provincial People's Hospital.

My research focuses on audiovisual integration experiments and dynamic brain network analysis in Alzheimer's disease. I began in Montreal on June 19, 2024.

THE LAURA CHALK ROWLES LECTURESHIP

Liyong Wu, M.D, PhD

Dr. Wu is professor and deputy director in the department of Neurology at Xuanwu Hospital, Capital Medical University, Beijing, China. His research interests include neuropsychology, neuroimaging (MRI) biomarker of Alzheimer's disease and related cognitive disorders.

EVENT ANNOUNCEMENT COMING SOON

A free public lecture in its series: "THE LAURA CHALK ROWLES LECTURESHIP"

Dr. Liyong Wu has been invited as Guest Lecturer for the Laura Chalk Rowles Lectureship being held at the Montreal Neurological Institute (MNI), date to be announced. His Laura Chalk Rowles lecture is entitled: FTD Study in China and is scheduled for October. If you are interested in attending, please forward us an email to: alexandra.triantafillopoulos1@mcgill.ca

Location : Montreal Neurological Institute and Hospital, 3801 rue University, Montréal, Québec H3A 2B4, Brain Tumor Research Centre Centre of Grandpré Communications Centre.

WELCOME STAFF

Reem Haidar, Research Nurse

My name is Reem Haidar. I am a nurse clinician and have been for five years now. I worked my way up from registered nurse to nurse clinician after I obtained my bachelor's degree in nursing from the University of Montreal. I was previously working in a respiratory intensive care unit (ICU) at the Montreal Chest Institute, which specialised in weaning patients from mechanical ventilation, and in non-invasive ventilation for acute respiratory failure. After working there for three years during the COVID-19 pandemic, I decided I needed a change in career path. For a while, I believed that nurses were limited to working in hospitals, rehabilitation and long-term care facilities and clinics. I came across a research position at the McGill Research Center for Studies in Aging and was immediately interested. What drew me in was the opportunity to help people at a preventative level and assist in improving health care services and patient outcomes. Although I'm not as experienced with working with people with Alzheimer's disease and dementia, I was always intrigued by Alzheimer's disease and saw this as an opportunity for me to learn about it and further my understanding of the disease. I am honoured to bring any contribution to the development of science and research in Alzheimer's as I constantly thrive to learn every day. I will be practicing my role at the Montreal Neurological Institute (MNI), and I look forward to work with the incredible MCSA research team.

Imane Frouni, PhD, Lab Technician

Imane Fourni received her PhD in Pharmacology with a concentration in Neuropharmacology from Université de Montreal and is beginning a new professional journey as a laboratory technician at Dr. Pedro Rosa-Neto Lab as of August 2024. With extensive research experience gained through various projects at McGill University and Université de Montreal, Imane will be assisting the research team in their projects. She is eager to contribute her skills and knowledge to support the advancement of ongoing research initiatives.

BRAINY BOOMER LECTURE: UPCOMING EVENTS!

In 2007, the MCSA Education Committee started the Brainy Boomers Lecture Series to suggest practical steps to both improve and maintain brain health, as well as to promote healthy lifestyle choices amongst the most populous generation in history.
Over the past 13 years, the MCSA has organized over 400 lectures, either online or in-person, on broad range of topics.

The Brainy Boomer Lecture Series will be back with brand new presentations in September!

TO REGISTER: www.CMEV.eventbrite.com

September 4, 2024 - 12:00 – 1:00 pm

Stephanie Forbes, Regional Director Sales (from Chartwell Residence)

Topic: Démystifier la vie en résidence (French)

September 25, 2024 – 12:00-1 :00pm

Dr. Rafael Sanchez-Salas, MD

Topic: Prostate Cancer in aging population

October 2, 2024 – 12:00 -1:00pm

Rachel Gaudreau (McGill Student)

Topic: Diet and Nutrition

October 9, 2024 – 12:00 – 1:00pm

Dr. Laurel Young, PhD

Topic: Reconsidering how music helps persons living with Dementia

October 16 (FRENCH) & November 20 (ENGLISH), 2024 – 12:00 – 1:00pm

Guy Girard

Topic: Mister Happiness, the key to happiness through the 5 dimensions of being

October 30, 2024 – 12:00-1:00pm

Dr. Patricia Belchoir, PhD

Topic: Promoting well-being for people living with dementia and their families: A community-based approach (FRENCH)

The Brainy Boomers Series also hosts weekly exercise sessions: 1) Gentle Flow Yoga with Tanaz, 2) Exercise for Seniors by Giuliana Guerriero.

GENTLE FLOW YOGA WITH TANAZ

Yoga has been a part of my life for the past 24 years. I started as a young adult and am so grateful it has been by my side through many different chapters. It's my go to when I want to stretch, strengthen, and explore. I have been offering online yoga sessions at MCSA since 2021 (or 2022??). I am also a mom, a small business owner and have been a Project Manager in the non-profit sector for 10 years. In the summer, chances are you will be finding me cheering at my son's baseball game or tending to my garden. Looking forward to seeing you online again in the Fall.

Yoga for Seniors: There is a misconception that yoga is a form of exercise. While of course it can do the body a lot of good, I believe it is a physical, spiritual and mental practice that can transform how we live. For this reason, age doesn't matter. Yoga can be done by the young and by the elder. Yoga appeals to me because I have learned so much through it: how to breathe better, how to calm my nervous system, how to stack my spine, how to bring inner awareness, how to release and let go. Surprisingly, it has very little to do with how the poses look, and everything to do with how the practice makes you feel physically, and also emotionally and mentally. Yoga provides the platform to be curious, open-minded, playful and to explore how your body moves and functions in conjunction with your breath. There are many different ways to adapt a practice to meet an individual's needs and capacities. Sitting on the floor, standing, lying down, seated in a chair, it doesn't matter. There is always a way to introduce movement and breath for a clearer mind, a deeper breath, and a more spacious being.

TO REGISTER FOR A YOGA SESSION: www.CMEV.eventbrite.com

EXERCISE FOR SENIORS

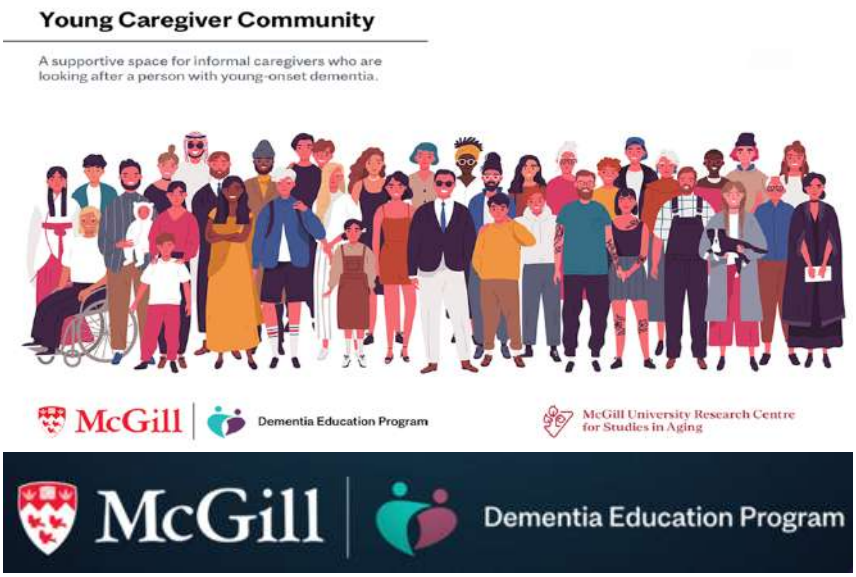
My name is Giuliana Guerriero, and I started my fitness journey about 10 years ago. Fitness has always been a passion of mine. Playing sports, staying active was something I always enjoyed doing throughout my childhood well into my teens and adult years.

Fitness is so important, for myself it was always about feeling my best, not only for my health but also for my mental health. This is why, no matter what age you are or how inactive you may be, it's so important to move your body everyday even if it's just for 20-30 minutes a day.

Giuliana will be back:
October 21, 2024 at 1:30 pm
November 18, 2024 at 1:30pm
December 2, 2024 at 1:30 pm

TO REGISTER FOR AN EXERCISE SESSION: www.CMEV.eventbrite.com

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



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

ANNOUNCEMENT!

Caring Spaces

The ***McGill University Research Centre for Studies in Aging (MCSA)*** and the ***Dementia Education Program (DEP)*** are partnering with the **School of Social Work (SSW)** to offer a new initiative, ***Caring Spaces*****,** designed to support care partners of people living with neurocognitive disorders.

The pilot project will begin on **September 10, 2024,** with the opening of the ***Caring Spaces Lounge*** in the patient waiting room on the main floor of the MCSA. The lounge will be open **every Tuesday morning from 9:30 a.m. to noon** and will be staffed by trained caregiver mentors. During this time, care partners are welcome to drop in for refreshments, to talk with our caregiver mentors, and to learn more about different educational resources and services that they can access to support them on their caregiving journey.

The lounge is the first of several ***Caring Spaces*** initiatives that we are developing… stay tuned for more details this fall!

Lilly

WANT TO GET INVOLVED IN RESEARCH ? JOIN THE TRIAD COHORT

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 .

TRIAD COHORT
Translational Biomarkers of Aging and Dementia

COUNTERBACK STUDIO

We extend our heartfelt thanks to the Counterback Studio team for their successful fundraising event! During her time at the McGill University Research Centre for Studies in Aging at Crossroads Pavilion, Vanessa Pallen, was inspired by the dedicated research being conducted at the Centre of Aging and sought to contribute further through a fundraiser. When gym owner, **Samantha Romiti** learned about the Centre's focus on Alzheimer's Disease and other age-related neurodegenerative diseases, she wholeheartedly agreed to support the cause. Counterback Studio is a boxing and fitness coaching studio that specializes in mobility techniques for circuit training and shadow boxing, making it the perfect venue for this meaningful event. On November 4th, 2023, gym participants came together for a day filled with exercise and fun to raise funds for the Centre's research initiatives. We are incredibly grateful for their generous support and look forward to the next fundraising event! Thank you for making a difference.

contact@counterbackstudio.com

5335A Sherbrooke St W, Montreal,

Quebec H4A 1V2

WHY YOUR DONATIONS MATTER: FUELING INNOVATION & CHANGE

Your donations are the lifeblood of our mission, propelling us toward groundbreaking advancements in research and community outreach. Every dollar you contribute ignites hope, fuels discovery, and drives the transformative work we do every day.

With your support, we're not just making progress – we're changing lives. Your generosity enables us to:

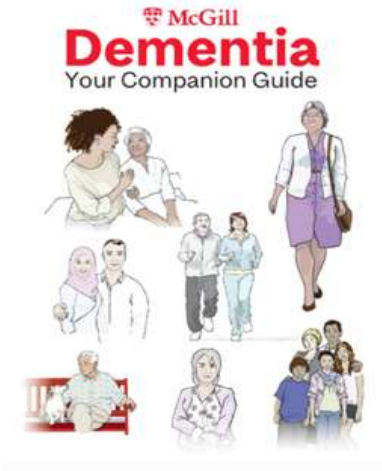
- Expand our research infrastructure, pushing the boundaries of science
- Launch vital outreach programs, touching more lives in our community
- Pioneer initiatives in prevention and aging research, fostering a healthier future for all.

Together, we can make a lasting impact! Thank you for being an integral part of our mission.

If your company, association, club, or residence would like to hold a fundraiser for our cause, which is committed to investigating causes and possible treatment of dementias, especially Alzheimer's Diseases for the McGill University Research Centre for Studies in Aging, (MCSA) please contact Alexandra Triantafillopoulos T: 514 766 2010 or email alexandra.triantafillopoulos1@mcgill.ca. Your support can make a significant difference in advancing research and improving the lives of older adults. Thank you!

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.



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 August 2024. 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.

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Website:
www.aging.mcgill.ca
tnl.research.mcgill.ca
http://alzheimer.mcgill.ca

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