



# The Primrose Press

**Primrose  
Alzheimer's Living**

2080 Guerneville Road  
Santa Rosa, CA 95403  
(707) 578-8360

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## Buck Institute Finds Alzheimer's Breakthrough

An infection-fighting protein that helped human ancestors survive the transition from trees to life on the African plains is now a major genetic risk for Alzheimer's disease, the sixth leading cause of death in 21st century America.

The protein called ApoE4 helped protect early hominids from their pathogen-laden environment but now promotes Alzheimer's and heart disease in modern humans who live about twice as long as their distant ancestors, said Dale Bredesen, a faculty member at the Buck Institute for Research on Aging in Novato.

But after scoring a scientific breakthrough in revealing how the protein contributes to the scourge of Alzheimer's, Bredesen's team is pursuing a potential drug therapy for the degenerative brain disease that afflicts 5.4 million Americans and threatens to spike in prevalence as the population steadily ages.

A drug candidate identified by Bredesen's lab is going into human clinical trials in Australia and could, if all goes well, gain US government approval in three to five years, Bredesen said.

Rammohan Rao, a co-author of the Buck report, said that one of the researchers' goals was "to identify a safe, nontoxic treatment that could be given to anyone who carries the ApoE4 gene to prevent the development of Alzheimer's disease."

An international scientific scramble is on to stem Alzheimer's, which costs more than \$200 billion and claims 83,500 lives a year in the United States, including nearly 250 in Sonoma County.

Sonoma's death rate for Alzheimer's disease is 51 per 100,000 population, nearly the same as Marin County's and far higher than Lake's (33), Mendocino's (19), and the state wide rate of 29 per 100,000 population, according to a California Department of Public Health report this year.

Even taking into account Sonoma County's unusually large senior population, the region's age-adjusted Alzheimer's death rate of 33.8 percent is nearly four percentage points higher than the state average.

Alzheimer's disease mortality nationwide increased nearly 40 percent between 2000 and 2010, while the death rates for four other major killers- diabetes, cancer, heart disease, and stroke - declined, according to the U.S. Center for Disease Control and Prevention.

Absent a cure or a therapy to slow it's progress, Alzheimer's will afflict 16 million Americans and cost \$1 trillion by 2050, the Alzheimer's Association says.

A connection between the ApoE4 protein and Alzheimer's was established in the 1900s, but Bredesen's lab—in a paper published earlier this month—was the first to pinpoint the biological mechanism involved.

"It's a gorgeous piece of science," said Caleb Finch, a professor of

Gerontology and biological science at the University of Southern California. "This could be one of the top ten scientific papers in the year 2013."

In simple terms, Bredesen said, ApoE4 lowers the body's production of an anti-aging protein called SirT1, the same entity whose activity is enhanced by resveratrol, an ingredient in red wine. The reduction of SirT1 was observed both in lab tests and in the brains of deceased Alzheimer's patients with ApoE4, he said. "It's potentially important because ApoE4 is such a common and critical risk factor for Alzheimer's disease."

About 2.5 % of the population has two ApoE4 genes, giving them a 10–12 fold risk of Alzheimer's, Bredesen said.

Even without an effective Alzheimer's drug therapy, people at risk can take basic preventive measures, including a low-carbohydrate diet, regular exercise, stress reduction and adequate sleep.

The sedentary, carb-heavy, stressed American lifestyle "some would argue is a major risk factor for Alzheimer's," Bredesen said.

About one-third of people with Alzheimer's have no ApoE4 gene, proving there is a no single cause, or cure, for the disease.

Alzheimer's is "a roof with 36 holes," he said.

Information provided by the Press Democrat,  
Saturday, October 26, 2013

### Primrose Directors

#### Executive Director

John Wotring

#### Marketing Directors

Viki Stockwell / Alicia Estrada

#### Program/ Activity Director

Jennifer Watson

#### Wellness Directors

Laura Schultz/ Alecia Tichava

#### Dietary Director

Jack Burton

#### Day Club Director

#### Plant Operations Director

Nick Meyer

### Attn: Families

Please do not replace resident's keys with the ones provided to you by us. Resident keys should have an LBR stamp on them which does not unlock the front gate. We are happy to replace resident keys as needed.

**Thank You**



## In the Day Club



Mary and Hatsuko conquering a giant puzzle



The welcome November rains found Day clubbers hunkering down and enjoying cozy inside activities such as puzzles and movies.

The newly established Primrose Chorus is practicing for joining the many Carolers joining us this month.

The baking club is focusing on holiday favorites such as cookies and other festive goodies.

The creative Day club staffers are helping club members to create memorable gifts for families in appreciation for all of their love and good care.

## Primrose Activities

While the weather may be changing, Primrose residents don't want their skills to get rusty, so several of our seasoned golfers practiced their putting skills to use in the spring.

With the Holiday parties in full swing, the residents are always ready to lend a hand to the kitchen by helping to make treats for all to enjoy.

The baking club made mini apple pies and will be focusing on cookies and goodies to share with the many visitors coming to share their time and spirit with us this month.



Bridget and Elsie modeling their new Holiday Hairstyles



Mini apple pies made by the Baking Club



Dottie and David practice their putting skills



## Kitchen Corner



### The Color of Harvest Past

Winter in Sonoma County is just a brief interlude between December's last Brussels sprouts and the first asparagus in March. We get the occasional frost, a rare hard freeze, and usually have the opportunity to see the light dusting of snow way up on Geyser Peak or Mount St. Helena. It is nice to see the snow a day or two out of the year, but for me—a guy from Michigan—that's enough. I'm happy down here in the valleys with the lovely winter's citrus crop, and the vines all naked waiting for spring.

Enjoy! Chef Jack

### Flan del Gran Flanero

Combine and let stand refrigerated overnight:

- 6 eggs
- 6 egg yolks
- 1/2 cup sugar
- 5 cups milk
- 1 lemon, zest, only
- Pinch of salt
- 1/2 tsp vanilla extract

Strain and bake in ramekins in a water bath approximately 20 minutes at 350 degrees.

## September Community Presentation

Thursday, December 12, 2013

Ron Finley from UCSF Memory and Aging Center will present on:

**“Where are we on the road to successfully treating Alzheimer’s Disease?”**

At Primrose, 2080 Guerneville Rd., Santa Rosa

2:00 – 4:00 pm

Seating is limited.

Please RSVP by Monday, December 9<sup>th</sup> to (707) 578-8360



Primrose Caregiver Support Groups



In **Santa Rosa**, we have a group that meets the **1st Tuesday of every month** from **2:30 - 4:00pm** at **Primrose** (2080 Guerneville Road).

\*At Santa Rosa location only - Day Club is offered for loved ones while attending the Primrose support group; please call prior to group for a Day Club reservation\*

In **Sebastopol**, we have a group that meets the **2nd Tuesday of each month** from **10:30am - Noon** at the **Sebastopol Senior Center**. Note: Care is not available at this group.

Our **Windsor** group meets **every 3rd Thursday** of every month from **10:30am - Noon** at the **Windsor Senior Center** (9231 Foxwood Drive). Note: Care is not available at this group.

In **Rohnert Park**, group meeting **every 4th Thursday** of every month from **10:30am - Noon** at **Merrill Gardens** (4855 Snyder Lane). Note: Care is not available at this group.