



Previous research has shown that exercise is related to better memory



## Researchers and supporters - together in the fight for memories

### Early career researchers work for a world free of Alzheimer's



Dr Belinda Brown

**Alzheimer's disease is occurring at an increased pace. An aging population means a far larger proportion of our community will be affected by Alzheimer's and dementia in the coming years. Alarming, at this time it's the second leading cause of death in Australia.**

While this fact is concerning, we know that a vital part of the continuing journey towards an Alzheimer's free world will be the ongoing support of committed research. The researchers working on projects at McCusker Foundation strive continuously to bring hope to those who have had their lives affected by Alzheimer's disease. As a valued supporter of the McCusker Foundation, you too are bringing hope to the community that one day Alzheimer's will be a distant memory.

The McCusker Alzheimer's Research Foundation and its Director of Research Professor Ralph Martins, are dedicated to ensuring research continues on an

international level by supporting a new generation of Alzheimer's researchers.

One emerging researcher unravelling the truth of this devastating disease is Dr Belinda Brown. Dr Brown is an ECU Research Fellow in Neuroscience based at the McCusker Foundation who completed her PhD there in 2014. Her area of interest is exercise and the potential it has to prevent memory loss in older adults.

Dr Brown's previous work in the study of exercise and brain health has found that people undertaking higher levels of physical activity have lower levels of brain amyloid (the toxic protein implicated in Alzheimer's disease) and larger volume of a brain region important in short-term memory. They also found that individuals undertaking more intense levels of physical activity performed the best on tests of memory and thinking.

Dr Brown is one of seventy six younger researchers who will share in \$43 million of new Federal Government funding to support innovative ideas to tackle the impacts of dementia and find ways to prevent and cure the devastating disease. The successful recipient of a \$600,079 NHMRC-ARC Dementia Research Development Fellowship, Belinda's research will investigate the role of intense physical activity in protecting the ageing brain.

Dr Brown says, "We know that all forms of exercise are great for our overall health, and we are now seeing the benefits

of exercise on the brain. Our previous research has demonstrated that exercise is related to better memory, larger brain volume and less toxic protein in the brain that is associated with Alzheimer's disease. This next project will look at intensity of exercise, as we believe high-intensity exercise may be of the greatest benefit to the brain".

While the previous research in this area was conducted in a study where researchers observed people's usual activity levels, the new funded study will be an intervention trial to confirm and extend the previous findings. The study will evaluate the effect of a six month high-intensity exercise intervention versus low-intensity exercise, on measures of brain volume and connectivity, as well as performance on tasks assessing memory and thinking.

**To ensure we can continue to work towards our shared vision of a world without Alzheimer's disease, your continued support of research is vital. Together we will prevent the disease, develop better treatments, and ultimately find a cure for this devastating condition that takes memories and lives.**

We look forward to bringing you more information about the research into Alzheimer's disease that you so generously support.

A young Ben with his Dad



### HOLDING AN EVENT

If you are interested in holding an event to raise funds for Alzheimer's research, please contact us on [admin@alzheimers.com.au](mailto:admin@alzheimers.com.au) or 9347 4200.

Matthew enjoying a well-deserved treat at the Sunset Supper Club



## Events supporting Alzheimer's research

Friends and family share memories and work towards a healthy brain and body at recent and upcoming events to promote awareness, physical and mental activity, and at one ongoing event - a healthy diet

### Alzheimer's research supporters play at the WACA

High school student Ben Philip takes his school project to a whole new level to support Alzheimer's disease research

The generous support of community members who give their time and make donations to assist research efforts have our enduring gratitude. Ben Philip is one remarkable supporter who is helping develop better treatments and ultimately find a cure for the devastating Alzheimer's disease. Even more amazing is that Ben is only 16 years old!

Ben and his family know all about living with the devastating effects of dementia. Ben watched his devoted dad change over the past six years after being diagnosed with Lewy Body disease, a form of dementia. The father of six developed difficulty walking and following conversations, and sadly was no longer able to enjoy the art and music he once loved, due to the effects of the disease. Eventually he wasn't able to participate in significant family events that many of us take for granted.

Ben decided to use his unique perspective of the disease to help others who might be affected in the future. In an ambitious undertaking Ben took his fight for memories to the WACA with a charity cricket event, Ben's Big Bash. The event that started as a Scotch College school project has not only raised valuable funding and awareness for Alzheimer's

disease research but gave the community the rare opportunity to step out on the hallowed turf of the WACA.

With the generous support of sponsors - the WACA, legal firm K&L Gates, and marketing agency Rare - Ben raised over \$13,000 for the disease that affected not only his own father, but also more than 30,000 West Australians who currently have Alzheimer's disease.

The exciting day included a Super 8 Knockout Competition for 24 teams and a chance to attend a WACA sundowner where a signed Australian Test Cricket bat was raffled. Prizes included a cricket clinic with Western Warriors players for the winning Hawks team and tickets to a Scorchers match at the WACA for runners up.

**Ben shared, "I am so proud of what we achieved with Ben's Big Bash and hope that it will help find a cure for dementia in the future".**

To Ben and all those involved in organising and attending Ben's Big Bash, your vision and support means research can continue to discover treatments and an earlier diagnosis of the devastating Alzheimer's disease. Thank you for being part of a world where Alzheimer's can be a distant memory.

### Watch this space

An exciting new event in partnership with an AFL Legend

The McCusker Alzheimer's Research Foundation is honoured that Barry Cable has offered to assist the promotion and fundraising efforts of Alzheimer's research with his last long distance bike ride in mid-2016.

Legend of the Australian Football Hall of Fame, Barry Cable has worked extensively with state-wide communities for over 40 years. We are fortunate to have such a prominent figure in Western Australian sport willing to give his time and considerable effort to complete a 1,000km ride to raise funds and awareness for Alzheimer's Research.

With fellow Legends of the Australian Football Hall of Fame suffering from dementia, this ride will be personally significant not only for Barry, but also decades of footy players and supporters, and our current Foundation supporters who have been affected by the devastation of this disease.

As details of the event are finalised we will be publically launching the event, but we wanted you to hear from us first about this exciting opportunity. More info coming to you soon!



The McCusker Foundation team ready to ramble

## Sunset Supper Club

**Great food, entertainment and Alzheimer's research awareness on Friday evenings**

You may remember high school student Matthew Litwin who held a movie event to raise funds for Alzheimer's research earlier this year in honour of his 80 year old grandad who has Alzheimer's. The Litwin family is again championing the importance of research into the disease.

Matthew's father Paul Litwin and co-organiser Craig Francis are the creators of the recently launched Sunset Supper Club which is held at Garden City in Booragoon on Friday nights. Young Matthew will be there too, helping the group of community minded All Saints College students who are generously giving their time.

Along with the Sunset Supper Club organisers, Garden City management with support from Melville Rotary, are bringing a festival of good food, entertainment and awareness of Alzheimer's to the community each Friday night.

Running Friday evenings until April 2016, you can enjoy delicious international foods from 20 food vans, great local entertainment, beautiful surrounds, and make a real difference for Alzheimer's research.

Staff and researchers of the McCusker Foundation will attend each night to chat to anyone with questions or interested in what we do, and share giveaways and activities for the children and young at heart. We will also be selling \$5 Loyalty Cards on behalf of the Sunset Supper Club which will give you four 10% discounts. The Sunset Supper Club is generously donating all funds raised from the cards to the Foundation. Once you've used your card don't forget to bring it back to the McCusker Foundation stand to go in the draw for a family weekend at Kalbarri Edge Resort.

**We hope to see you at one of these vibrant, family-friendly Friday evening events! Don't forget to pop over to our stand to say hello.**

## LATEST NEWS

Visit [www.facebook.com/McCuskerAlzheimersResearch](http://www.facebook.com/McCuskerAlzheimersResearch) to get the latest news about the Sunset Supper Club and join our wonderful community working towards an Alzheimer's free world.

## Rambling for a cause

**Fun, family, friends and dressed up ramblers took over Perth City for charity**

Over 2,000 members of the community dressed up and spent a unique Sunday in the city hunting for clues and searching for secret locations. Not wanting to miss out on the fun, Foundation staff got into the spirit of the event and entered their own teams.

The Realmart Perth Ramble combined the adventure of a treasure hunt with the fun of an amazing race. It was a great day out for all ages all while supporting community organisations. Teams had four hours to walk around our amazing city to uncover secret locations, solve puzzles, discover more about Perth, and be in the running to win great prizes.

The fifth annual event was once again expertly organised by the Rotary Club of Mill Point to raise funds for charity. Alzheimer's research supporters generously chose the Foundation to benefit from their contributions, making their fun day out a fight for memories as well.

If the Perth Ramble sounds fun, this event may be just what you're looking for. If you too want an exciting and memorable experience and to raise money for Alzheimer's disease research, be sure to enter the event next year. Make sure you're on our mailing list or like our Facebook page so we can keep you updated when the next date is finalised.

## Tell us what you want

We want to keep you informed how you want and when you want.

There are exciting things happening at McCusker Foundation and we want to share them with you. Sometimes we send out newsletters like this one to keep you up to date with the latest Foundation news and how your generous donations are being used. Sometimes we send update letters because we are so excited about an event or breaking research news and think you might be too. Sometimes we write to you to ask for support for projects that need funding because the demand is great and the mission is important.

We know you share our wish for an Alzheimer's free world, but to better serve you we want to give you the kind of information you want, how and when you want it. You can tell us if you want to hear from us more, if you want to hear from us less, if there is one kind of information you want but not another, or if you would prefer email rather than snail mail.

Please let us know if we are not communicating to you how you want. You can call us on **08 9347 4200**, email on **admin@alzheimers.com.au** or slip a note back to us using the self-addressed envelope enclosed with this newsletter.

We look forward to hearing from you.

## How you can fight for memories

Your generous support is greatly appreciated and welcome at any level. Every gift works towards an Alzheimer's free world.

Your gift enables research into memory studies, brain imaging and blood tests to find early diagnosis tools. It supports research into lifestyle choices that will delay the onset of Alzheimer's symptoms. And it will further work developing better treatments for those already diagnosed.

There are many ways you can help the fight for memories. A gift of any size at any time; providing a gift in your Will to the McCusker Foundation; fundraising for an event you are participating in; or holding your own fundraising occasion with friends and family. We thank you for your assistance in these ways, and in many more.

## You can make a gift now

Your support today will take us all one step closer to an Alzheimer's free world. By making a donation to the McCusker Alzheimer's Research Foundation you will join a team of dedicated researchers determined to make a real difference to people all over the world. Together we will develop treatments and find a cure for this devastating disease.

Use the donation reply coupon enclosed, or the donation slip at the bottom of this page to make a donation now.

Your gift can save precious memories!

## Join the Pledge for Memories Partners

We all hope that a cure for Alzheimer's is a reality very soon. Until then a recurring regular gift is one way to have an immense impact on the work of Alzheimer's disease research. Become a Pledge for Memories Partner by committing to a regular gift to Alzheimer's research, and you will make an ongoing investment in our shared mission - an Alzheimer's free world.

**Pledge for Memories Partners are a community of loyal and ongoing supporters making a collective impact on the important work of Alzheimer's research. The ongoing support of our Partners allows researchers to make long term commitments to research projects.**

Once you become a Pledge for Memories Partner your automatic gift of an amount and regularity you choose can be amended or stopped any time you wish. You will also receive e-news progress updates to see exactly how your gifts are supporting the fight for memories.

If you wish to become a Pledge for Memories Partner, it's as simple as filling out the enclosed donation form and sending it back to us.

## THANK YOU

Whatever your interest in McCusker Alzheimer's Research Foundation, we thank you. We could not continue working towards an Alzheimer's free world without your support.

## Contact us

McCusker Alzheimer's  
Research Foundation Inc

Suite 22, Hollywood Medical Centre  
85 Monash Ave, Nedlands WA 6009

T 08 9347 4200  
E admin@alzheimers.com.au

## Yes, I will join the fight for memories!

### Make a donation by:

- Call: **08 9347 4200**
- Visit our website: **alzheimers.com.au**
- Mailing the completed form in the envelope provided to:  
**Suite 22, Hollywood Medical Centre  
85 Monash Ave, Nedlands WA 6009**

Title	First Name
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I would like to make a donation of:

\$25  \$50  \$75  \$100 **OR**  \$ \_\_\_\_\_

**OR** I would like to make an ongoing credit card donation of:

\$ \_\_\_\_\_ every  Month  3 Months  6 Months  12 Months

Credit Card (Visa/Mastercard)  Cheque  Money Order\*

Cheque or money order made payable to McCusker Alzheimer's Research Foundation

Card Number:

Card Holder's Name:

Expiry:     Signature:

Please send me more information on:  
Leaving a gift to McCusker Foundation in my Will

Thank you! A receipt will be sent to you. All donations over \$2 are tax deductible.