



Preventing Alzheimer's with Cognitive Training

PACT

MICHIGAN STATE UNIVERSITY UNIVERSITY OF SOUTH FLORIDA

www.PACTstudy.org

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Announcement

Thank you for being a part of the PACT Study and welcome to the first edition of our quarterly newsletter!

In each edition, you will find content such as:

- Updates and reminders about the PACT Study
- Facts about Alzheimer's, dementia, brain health, and more
- Information on upcoming events and research opportunities

To stay even more connected and follow PACT news and events like our free Community Memory Screenings, please like and follow us on Facebook by clicking the logo here →



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Reminders for Current PACT Study Participants

As a reminder, a member of our PACT study team will be contacting you approximately one year from the date of your first PACT study appointment to instruct you to do an additional ten sessions of cognitive training exercises.

In the meantime, *please do not*:

- Participate in any other research studies
- Complete any other computerized cognitive training

Our study team is always available to answer any questions at any time. Please feel free to contact us at any time:

Tampa	(813) 974-8572 usftampapact@gmail.com
St. Pete	(727) 873-4090 usfsppact@gmail.com
Lakeland	(863) 800-0835 usflakelandpact@gmail.com
Grand Rapids, MI	(616) 234-0952 msupact@gmail.com
USF Spanish	(813) 600-5237 usfspanishpact@gmail.com
MSU Spanish	(616) 426-9150 msupact@gmail.com

How you can help with our research:

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- Refer your friends and family to participate in the PACT study
- Help us host a talk or “lunch and learn” on brain health in your community
- Contact the PACT Study location nearest to you if you know of any community organizations that may be interested in helping us share our research

NOURISH YOUR BRAIN

WITH A *HEALTHY DIET*.
EATING RIGHT IS IMPORTANT FOR HEART HEALTH AND BRAIN HEALTH!

Foods we eat are critical in maintaining our brain health. Learn how to eat smart below!

HEALTH TIPS



Eat nutritious foods in sensible portion sizes



Add lemon, spices & herbs instead of salt



Seek out green leafy vegetables & berries



Rinse canned foods to remove excess salt & sugar



Cooking at home results in better diet quality



+ DRINK MORE **WATER**
NOT SODA



+ EAT **TORTILLA CHIPS + SALSA**
NOT CHEESE DIP



+ COOK WITH **OLIVE OIL**
NOT BUTTER



+ EAT **SALAD**
NOT FRENCH FRIES

+ EAT MORE **FISH**
NOT RED MEAT



Global Council on Brain Health

Brain-Food: GCBH Recommendations on Nourishing your Brain Health; GlobalCouncilonBrainHealth.org

D20399

Contact: GCBH@aarp.org + For more brain health tips see stayingsharp.org; DOI: <https://doi.org/10.26419/pia.00019.002>

*PACT Study Principal Investigator
Recognized for 2019 Outstanding
Research Achievement Award*



PACT Study Principal Investigator, Jerri Edwards, PhD was awarded the 2019 Outstanding Research Achievement Award on October 21, 2019.

"USF's reputation for ground-breaking research continues to grow because of the passion of our faculty for discovering new knowledge," USF President Steven Currall said. "These award recipients are recognized nationally and internationally for their efforts, which benefit our students and the communities we serve."

"Dr. Edwards is an internationally regarded expert in cognitive interventions to promote older adults' independent functioning. In 2018, Dr. Edwards' was ranked as the 8th top funded investigator in the field of psychiatry by the Blue Ridge Institute for Medical Research. In 2018, Dr. Edwards served as principal investigator of four grants and co-investigator of one grant. Dr. Edwards and her team are embarking on the first U.S. large primary dementia prevention trial: Preventing Alzheimer's with Cognitive Training - PACT (www.pactstudy.org)."

Dr. Edwards, and other PACT study investigators, are available for talks. For more information, please call the Cognitive Aging Lab at (813) 974-6703

*Full article here: <https://www.usf.edu/.../12-usf-faculty-members-recognized-wit...>

**Thank you for being a part of this important research on brain health!
Our research would not be possible without volunteers like you!**

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**"It's never too late to
change your mind"**

2019 PACT Study Highlights

- Michigan State University (MSU) opened two PACT sites in Grand Rapids, MI and enrolled 122 participants since conducting their first study visit in July
- Over the 2019 year, 702 participants were enrolled in PACT across four University of South Florida sites
- PACT Spanish materials were introduced, allowing our bilingual study team to offer screenings, testing, and training in Spanish at both USF and MSU
- MSU PACT Principal Investigator, David Morgan, PhD, was a key speaker at the 2019 Symposium on Alzheimer's Disease and Related Disorders, in Galveston, TX

