



Preventing Alzheimer's with Cognitive Training  
**PACT**

**NEWSLETTER**

**Fall 2022 | Vol. 7 | Preventing Alzheimer's with Cognitive Training**

**REMINDERS**

Your commitment to PACT as a new or continuing participant is invaluable! We appreciate the time and effort you devote to participate in the PACT study.

Please remember, you will be enrolled in the study for at least 3 years. During this time, we ask that you **do not** enroll in any new research studies or participate in any other computerized brain training programs outside of PACT. **If your contact information has changed, please call or email us so we can update your information.**

**Thank you for your contribution and commitment to the fight against dementia such as Alzheimer's disease.**

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## Meet the PACT Team

We appreciate everyone involved in our fight against Alzheimer's disease. In this issue, we want to introduce you to **Dr. Brianne Stanback** from the University of South Florida Tampa Campus.



Dr. Stanback is Assistant Research Professor of Psychiatry and Behavioral Neurosciences and Director of Community Engagement for the PACT study. She is an alumna of Clemson University and University of Florida. Dr. Stanback has involved community engagement in her research, teaching, and service activities for more than 12 years, "Connecting campus to community and the community to campus is essential for the work we're doing to prevent cognitive impairment and dementia with the PACT Study." In her spare time, she enjoys spending time and traveling with her husband.

Thank you, Dr. Stanback, for all that you do for PACT. We are extremely fortunate to have you on our team!

*- The PACT Team*

Add us on Facebook for more updates!

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## Music Tells Story of Dementia

The Durham Medical Orchestra will perform the premiere of "Places We Can No Longer Go" by world-renowned composer John Mackey. This piece is a musical exploration of Mackey's experience with his mother's journey through Alzheimer's disease. The concert will be held on **Sunday, December 11 at 3 pm ET** in Baldwin Auditorium at Duke University, East campus. Admission is free. The performance will also be live streamed, making it accessible to all with an internet connection. All PACT participants are invited to attend either in person or via the concert live-stream. Similar concerts are being planned at other PACT study sites. For more information about the Duke event and access to the livestream link, please visit the Durham Medical Orchestra events page, <http://dmomusic.org/events/>.

## PACT Study Sites

**Our study team is always available to answer any questions you have at any time.**

Please contact your nearest study site by phone or email.

- **University of South Florida – Tampa, FL**  
(813) 974-6703 [USFtampaPACT@gmail.com](mailto:USFtampaPACT@gmail.com)
- **University of South Florida – St. Pete, FL**  
(727) 873-4090 [USFPACT@gmail.com](mailto:USFPACT@gmail.com)
- **University of South Florida – Lakeland and Winter Haven, FL**  
(863) 800-0835 [USFlakelandPACT@gmail.com](mailto:USFlakelandPACT@gmail.com)
- **University of South Florida – Sarasota**  
(941) 500-4447 [USFtampaPACT@gmail.com](mailto:USFtampaPACT@gmail.com)
- **University of Florida – Gainesville, FL**  
(352) 294-8314 [PACTUF@phhp.ufl.edu](mailto:PACTUF@phhp.ufl.edu)
- **Duke University – Durham, NC**  
(919) 668-3154 [PACTstudy@duke.edu](mailto:PACTstudy@duke.edu)
- **University of North Florida – Jacksonville, FL**  
(904) 620-4263 [PACTJax@unf.edu](mailto:PACTJax@unf.edu)
- **Clemson University – Clemson, SC**  
(864) 916-6220 [PACT@Clemson.edu](mailto:PACT@Clemson.edu)

**Coming Soon: Greenville, SC**

# PACT Participant Expectations

## *At-Home Training*

- After your last in-person training visit, you will be asked to complete 25 sessions of computerized training exercises over the next few months. We will ask that you complete these exercises two to three times a week for one hour each time.

## *At 1 and ~2 years*

- In one year, we will ask you to complete another 10 sessions (about 10 hours) of training, and again a year later (which will be about 30 months after you enroll), we will ask you to complete 10 more sessions of training.
- So, we are asking you to commit to complete up to 45 sessions of computerized training exercises in the PACT study.

## *Follow-Up Visit at about 36 months*

- Your memory, thinking skills, and mood will be screened.
- We may ask you to additionally complete a more thorough memory and thinking skills assessment. We will tell you if you perform as expected or worse than would be expected based on your age and education.
- We may ask you to give a blood sample. You can opt out if you choose.

## *Expectations while enrolled in PACT*

- We ask that you NOT enroll in other research studies while participating in PACT. You may be withdrawn from the study if you choose to do so.
- We ask that you NOT participate in computerized brain training programs outside of the study. You may be withdrawn from the study if you choose to do so.
- We ask you to inform us if you are diagnosed with cognitive impairment or dementia such as Alzheimer's disease at any time during the study.

## *Study Results*

- Prior research suggests that completing these types of exercises may reduce your risk of dementia.
- The final results of this study will not include any names or identifying information. Results will be published in group format.
- We will share a summary of the study results with you by mail or e-mail when available. It could be up to 5 to 10 years before we have results available to share.

**We look forward to seeing you again in person at your 3-year visit!**

**In warm appreciation for your commitment to our research and the fight against Alzheimer's disease.**