



The Aerobic & Cognitive Exercise Study (ACES) Research Updates

The Healthy Aging and Neuropsychology Lab at Union College



Summer 2015

Highlights

- June is Alzheimer's & Brain Awareness Month
#ENDALZ
#GOPURPLE
- First NIA participant completed 6 months on April 27, 2015 at Sunnyview!
- Annual DSMB meeting is scheduled for Wed, June 17 at 12:00pm EST.
- We're calling all referrals!! We are happy to discuss the study in detail with any of your patients / residents.
- Please contact Nicole Barcelos, PsyD if you need flyers, have any questions, or if you are interested in an ACE Study presentation for your staff.

Summer is finally here...Grab those sneakers & hop on the Cybercycle!!

ACE Study Update...

The start of summer means we have 1 year left on the ACES grant! Our first participant was enrolled in October 2014 at Sunnyview and completed the 6 month intervention period in April 2015!

We are enrolling participants at our three clinical sites (Sunnyview Rehabilitation Hospital, Albany Medical Center, and the Stratton VAMC), in addition to 5 senior living communities.

Our goal is to enroll 30 participants at each of our three clinical sites (Sunnyview, Albany Med, and Albany VA) for a total of **90 participants by May 2016.**



We need your help with recruiting & enrolling participants!

What you can do:

- Display study flyers at your office.
- Discuss the importance of keeping your mind and body active with your patients/residents.
- Refer, refer, refer!!
- Share your ideas with us on how to increase recruitment/enrollment and retention/adherence.

Site	Referred	Declined/ Screen Fail	In Screening ^a	Enrolled ^a	Active ^a	Completed 6 mo ^a
Sunnyview Wellness	3	1	0	2	1	1
Albany Medical Center	7	4	0	3	2	0
Stratton VAMC	2	1	0	1	1	0
Schaffer Heights ^b	4(8)	3(5)	0(0)	1(3)	0(0)	0(0)
Kingsway Community ^b	4(16)	2(13)	1(0)	1(3)	0(0)	0(1)
Prestwick Chase ^b	2(8)	0(5)	0(0)	2(3)	2(2)	0(0)
Glen Eddy ^b	1(14)	0(6)	0(1)	1(7)	1(3)	0(0)
Hawthorne Ridge ^b	10(11)	3(3)	2(3)	5(5)	2(5)	0(0)
TOTALS	33(57)	14(32)	3(4)	16(21)	9(10)	1(1)

Note: Numbers are current as of 6/9/15; ^a# of enrolled participants based on referral source; participants may be exercising at a different location than referring source; ^b MCI (normative comparison)

Contact Us:

p: 518-388-6430
f: 518-889-9856

ACESTudyUSA@gmail.com

Union College
Dept of Psychology,
Bailey 203
807 Union St.
Schenectady, NY 12308

As the school year comes to an at Union, we would like to extend a thank you to our undergraduate RAs who have helped with ACES over the past year:

Adrianna Ratajska
Allie Novak
Ana Carranco
Ariella Honig

Ariella Yazdani
Audrey Hunt
David Wu
Jessica Stark

Julie Warren
Katherine Sotolongo
Kerry Lewis
Makenzie Michel

Michaela Haller
Molly Maloney
Rachel Powers
Yuan Gao

Principal Investigator
Cay Anderson-Hanley, PhD
Union College

Research Coordinator
Nicole Barcelos, PsyD
Union College

Co-Investigators
Mina Dunnam, PhD
Stratton VAMC

Robert Gillen, PhD
Sunnyview
Earl Zimmerman, MD
Albany Medical College

DSMB Members
Jennifer Dunkin, PhD
UCSD

Douglas Noordsy, MD
Dartmouth
Michael Wolff, MD
Community Care

Program Officer
Laurie Ryan, PhD
National Institute on Aging