



Share This Email



Share This Email



Share This Email



A Community #ForAllAges

January/February 2023



## Preventing Alzheimer's with Cognitive Training (PACT)



### Age-Friendly Sarasota, New Beginnings

Since 2015, [Age-Friendly Sarasota](#) has been a partnership between local, state, national, and international entities, and The Patterson Foundation (TPF) has been at the forefront in leading the effort to achieve a community for all ages. As the first age-friendly community in the State of Florida, Sarasota approached the work by engaging the community to evaluate our collective strengths, define aspirations, and then plan, implement, and evaluate objectives and goals set forth by the Age-Friendly Action Plan. In 2019, Sarasota County Health and Human Services, in collaboration with the Sarasota Department of Health, assumed responsibility for the Age-Friendly initiative with continued support from TPF and [MagnifyGood](#) for consulting and strategic communications.

As we begin 2023 and look toward the future, TPF will pass the torch and

The [University of South Florida](#) (USF) is seeking healthy older adults to volunteer for the Preventing Alzheimer's with Cognitive Training (PACT) study. This landmark study examines whether computerized brain training exercises can reduce the risk of cognitive impairment and dementia, such as Alzheimer's disease. Additional funding was awarded to further investigate if Alzheimer's disease can be detected early through simple blood tests. The grant from the National Institute on Aging, part of the National Institutes of Health, expands USF's PACT study.

Studies like PACT take on increased urgency because no proven treatments yet exist to cure or stop the progression of Alzheimer's disease, the most common form of dementia. The USF PACT study concentrates on the effectiveness of computerized programs, or brain games, for preventing dementia. At the end of the PACT trial, the scientists will examine blood samples from willing participants

conclude its active involvement with Age-Friendly Sarasota. Sarasota County Government will assume full responsibility for all aspects of the initiative. You will still be able to access information about Age-Friendly Sarasota on [TPF's Past Initiatives page](#).

We acknowledge and appreciate Debra Jacobs and the entire TPF team for their tireless work from the start of this journey. In that spirit, we will continue to work with community partners to improve the quality of life for all Sarasota County residents.

For more information about TPF and its investment in community, please visit: [thepattersonfoundation.org/](http://thepattersonfoundation.org/).



### **Community Alliance of Sarasota County/Aging Stakeholders**

The Community Alliance of Sarasota County is a group of organizations representing the human services community. It is a voluntary, unincorporated alliance making connections and setting priorities for the social services delivery system. Each system represented has a sub-committee that meets regularly to focus on programs and policies that have a direct impact on services provided to the community. The Aging Stakeholders meet monthly to offer education, training, information, and resources on areas of interest affecting the older adult population. These include HomeShare, Universal Design, Safety & Preparedness, Understanding

and determine which specific blood-based biomarkers predict Alzheimer's disease, the severity of the disease, and/or responsiveness to treatment.

### **Potential Benefits of Computerized Training Exercises**

Our research has shown that brain games may:

- Protect against dementia, such as Alzheimer's disease
- Enhance mental quickness and visual attention
- Improve gait speed and balance
- Improve driving safety
- Maintain health and well-being
- Allow you to perform everyday tasks more efficiently
- Protect against depression

### **Your Commitment:**

If you qualify to help, you will complete 3 study visits lasting no more than 2 hours each at the PACT research study location nearest you and 45 one-hour sessions on your own, in your own home, over the next 3 years.

### **Can You help? You may qualify if you:**

- Are 65 years of age or older
- Do not have any neurological disorders
- Have not had a stroke or brain injury
- Do not have mild cognitive impairment or dementia such as Alzheimer's disease

Kay Perrin, a Sarasota County Seniors Advisory Council member, has been participating in the study. We asked her to share her experience with us: I have been involved with the study for about three months. I can attest to the fact that participating in this study is fun. The computer games are challenging, and I see myself improving my score a little each week. You can play the games on your phone or computer. You will not only help your own brain, but you will also be contributing to groundbreaking research in the study of Alzheimer's and dementia. There is nothing to lose and so much to gain. Give it a try!

the work of End-of-Life Doulas, Seniors and Suicide, and The Florida Ombudsman Program to name just a few.

We are excited to welcome the new Chair of Aging Stakeholders, Skylar Betts. Skylar is the Director of Business Development & Enrollment at Town Square at University Park (opening in January 2023). She has over a decade of experience in Urgent Care, Senior Centers, Assisted Living, and Adult Day Care. Her passion is serving the older adult population. Skylar and her husband moved to Florida two years ago during the pandemic and are expecting their first child in March.

The Aging Stakeholders meet on the second Wednesday of each month from 9-10am via Zoom. The meeting is open to professionals and the public. If you are interested in attending, please reach out to Susan Berger, Aging System Policy Coordinator at Sarasota County Health and Human Services: [sberger@scgov.net](mailto:sberger@scgov.net).

Have a happy and healthy New Year!

More information is available at the PACT study website, [pactstudy.org](http://pactstudy.org), or by calling (813) 974-6703.

Information from the USF College of Behavioral and Community Sciences News, June 8, 2022, and Kay Perrin, Member, Sarasota Seniors Advisory Council



---

To share news or information, contact the editor at [ssternberg@thepattersonfoundation.org](mailto:ssternberg@thepattersonfoundation.org).



The Patterson Foundation | 2 N. Tamiami Trail, Suite 206, Sarasota, FL 34236

[Unsubscribe nhenry@thepattersonfoundation.org](mailto:nhenry@thepattersonfoundation.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [ssternberg@thepattersonfoundation.org](mailto:ssternberg@thepattersonfoundation.org) in collaboration with



Try email marketing for free today!