

vitalnews

Sticht Center for Healthy Aging
and Alzheimer's Prevention

vital: volunteers in touch with aging and life

Service with a (BIG) Smile!



As part of the Geriatrics Service Core (GSC), we have been providing research participants transportation to and from the medical center and other clinic areas for over 20 years. We currently have a staff of two full-time drivers and a fleet consisting of one van and two crossover vehicles to transport participants for their screening, clinic, or intervention visits.

Recently we spoke with Transportation Coordinator, James (Jim) Lovette (pictured above), to gain some insight about his role and asked him to share some memorable moments he has experienced over the past years.

"I've had the privilege of being a part of this team for the past 13 years," Lovette says. What began as a simple, part-time 'retirement' job gradually

evolved into a rewarding, full-time role in which he provides essential transportation to people who, for various reasons, may be unable to drive themselves to their appointments. He adds, "from the start, I adopted a philosophy of treating participants as I would want to be treated and sharing a bit of history about the Sticht Center and the medical center, proudly mentioning the people they would meet during their visit and aim to make each ride as enjoyable as possible for them."

He continues, "nearly everyone I've driven has a fascinating story to tell, and I always try to engage with the participants, learning more about their lives and families. Over time, especially with longer rides and repeat trips, I've had the privilege

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Winter/Spring 2025

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Do you enjoy dance and music?

Would you like to be more social?

Did you know physical activity, being social, and cognitive challenges are all important for brain health as you get older? And that activities

you may already enjoy, like **music** and **dancing**, might actually promote brain health? The **IGROOVE** study is evaluating the effects of dance and music on fitness and thinking for those who are concerned about their memory. Participants will attend classes one, two or three days a week for six months and learn about four different styles of dance or music.



This research is co-led by Christina E. Hugenschmidt, Ph.D., associate professor of gerontology and geriatric medicine at Wake Forest University School of Medicine, and Christina T. Soriano, M.F.A., dance professor at Wake Forest University. “We are thrilled that the NIH continues to support Wake Forest’s research on dance and how movement benefits brain health,” said Soriano.

Preliminary results from past studies suggest that improvisational dance can improve secondary symptoms of dementia that affect quality of life – including gait and balance challenges, mood changes, apathy and depression. Research from other universities shows that music can also benefit mood and social connection, and activates brain areas resistant to aging-related changes.

You may qualify to participate if you:

- are 65 years of age or older
- have concerns about your memory or feel that your memory has changed over the past few years
- do not have a diagnosis of memory loss
- are exercising less than 3 times a week (other than leisurely walking)
- can commit to attend classes for up to three hours a week for six months
- enjoy dance and music



By joining IGROOVE, you’ll have the opportunity to meet new people, learn new things, and receive feedback about your personal health from medical professionals, all while contributing to the future of aging care and research.

For more information,
please contact the IGROOVE team at 336-713-6683.



You're invited to join us in a new **Weight Loss Study** called **BEACON** for Older Adults to find the best way to lose weight **WITHOUT** losing bone mass!

BEACON Study participants receive at no cost:

- A 1-year weight loss program led by a nutrition coach
- The possibility of a supervised strength training program or medication to prevent bone loss during weight loss
- Results about your body composition, blood work, and physical functioning

You may qualify to participate if you are:

- At least 60 years of age and would benefit from a weight loss program
- Living with low bone mass (known as osteopenia- testing for this is provided by the study)
- Willing to travel to the Wake Forest University campus for up to 3 days a week for 1 year
- Not currently using insulin or osteoporosis medications

To learn more please call: **336-713-8539, option 2** or email: BeaconStudy@wakehealth.edu



IRB:00077185

There has never been a better time for all of us to look at ways that we can stay healthy. This is especially true today as older adults can often be at a higher risk for more serious complications from COVID and the flu.

The **AgingWell** Series
2025 healthy body • healthy brain

Now older adults, and those who love them, can stay connected and learn about ways to stay healthy- all from the safety and comfort of home- by participating in the **FREE** monthly *virtual* AgingWell Series.

The AgingWell Series is a 1-hour, on-line program that not only provides valuable information on different healthy living tips, but includes feature segments on topics such as "*EatingWell*" hosted by local chefs from area restaurants who provide cooking demonstrations of some of their most popular dishes. Also included in the monthly webinars are segments on either "*MovingWell*" with local trainers demonstrating different types of physical activities that are effective, safe, fun and can all be done at home, or "*LivingWell*" segments that guide the AgingWell participants on cultural journeys that explore local destinations filled with interest and adventures!

This Series is sponsored by the Atrium Health Wake Forest Baptist, Sticht Center for Healthy Aging and Alzheimer's Prevention and is presented from **5:30-6:30 pm** on the **second Tuesday of each month** via **Zoom**.

To register, just e-mail: AgingWellSeries@wakehealth.edu and you will be sent a link to join!

Want to learn more about the health of your heart, lungs, and other important parts of your body?

Do you often get short of breath with physical activity, have swelling in your feet and ankles, are overweight, or have high blood pressure?

If so, you may qualify for a new research study. Researchers with the HeartShare study are working to learn why some people develop a common age-related heart condition and others do not.

If you experience the symptoms above or have ever been diagnosed with heart failure, we want to hear from you.

Compensation of up to \$750 is provided for your participation in the study. In addition, **HeartShare study participants will receive these FREE assessments:**

- Echocardiogram
- CT scan of heart, lungs, and abdomen
- Cardiac MRI
- Exercise Test
- Physical Exam
- EKG
- Pulmonary Function
- Blood Test

There are multiple options for participation, including joining a registry to only participate online if you prefer not to do in-person visits.

Contact the study team to find out more!

Call: **336-716-6339** or E-mail: pweldner@wakehealth.edu



IRB #00094642

Stressed Caregiver with Sleep Trouble?

Cereset Research (CR), is a noninvasive brain feedback system that translates brainwaves into auditory tones in real time. CR may relieve symptoms of stress, anxiety, or insomnia by supporting brain harmonization.

You may qualify if:

- 18 yrs +
- Currently 10+ hours/week caregiving
- Symptoms of stress, anxiety, or insomnia

Study involves:

- 4 sessions (60 mins each) listening to tones relaxing in a zero gravity chair
- Up to 5 study visits

336-716-9447

BBRP@wakehealth.edu

WakeHealth.edu/BeInvolved



BE INVOLVED. VOLUNTEER FOR A CLINICAL TRIAL



Wake Forest University School of Medicine is the academic core of Atrium Health.

IRB00078620



LOOKING TO GET HEALTHIER IN THE NEW YEAR? **TOPS** IS FOR YOU!



DO I QUALIFY?

If you fit the following criteria, you may be eligible to join TOPS:

- Female
- 50+ years old
- Overweight

Participants receive:

- A 48-month lifestyle program
- Sessions that may include a combination of health education, diet, weight loss, and exercise
- Free medical tests (knee x-ray & MRI)



WHAT IS TOPS?

TOPS is Wake Forest University's new 4-year study investigating how diet and weight loss can help prevent knee osteoarthritis in women.

Help us take down the leading cause of disability in women over 50!



CONTACT INFO

Phone: 336-713-8539 (Option 6)

Email: tops@wfu.edu

Website: wakehealth.edu/beinvolved

Scan the QR code for more information!



Together we can **START** on a new path to treat Alzheimer's disease.



The **START** (Synaptic Therapy Alzheimer's Research Trial) research study is testing an investigational treatment, of a daily pill, to see if it can safely slow memory loss from Alzheimer's disease (AD). It lasts about two years and you will be asked to make approximately 24 visits to the Sticht Center to see doctors who will closely monitor your health. By participating, you or your loved one could be an important part of finding new treatments for people with AD.

To qualify for the study you or your loved one must:

- ✓ Be between 50 and 85 years old
- ✓ Have a diagnosis of mild AD dementia, OR a diagnosis of mild cognitive impairment (MCI) due to AD, OR memory concerns noticed by another person
- ✓ Have someone who can come with you to some visits and take part in some testing



IRB00097542

To learn more call us at: **336-716-MIND (6463)**

An annual ✓checkup for your brain? **Yes your BRAIN!**



We are diligent about getting our annual physical exams because we know that if a problem is detected early, there is greater chance for successful treatment. So what about an annual checkup for your brain?

Now we have the opportunity to be **proactive** about our brain health

through the **Healthy Brain Study** research program at the Sticht Center for Healthy Aging and Alzheimer's Prevention.

The **Healthy Brain Study** provides a unique opportunity to receive an extensive brain health assessment at no charge.

It is open to adults with:

- ✓ No memory concerns
- ✓ Mild memory concerns
- ✓ Early stage Alzheimer's disease or dementia.

Following your assessment we will review the results with you and then schedule next year's checkup. It's just that easy!

To be eligible for this innovative brain health study, participants must:

- ✓ Be age 55 and over
- ✓ Not be taking insulin for diabetes
- ✓ Be ready to be **proactive** about their brain health!

To learn more call:

336-716-MIND (6463)

IRB# 00025540



How Are You Sleeping?

Help our team build and deliver programs for healthy aging!

- Complete a one-time survey about how you are sleeping (access the survey below). IRB00090479
- Share your preferences on programs for healthy sleep in our health system. IRB00088283
- Provide feedback on using technology (smartphone, activity watches) to support healthy sleep and activity at home. IRB00091952

To Get Started or Learn More...

- Scan the **QR Code** using your camera app! →
- Go to <https://redcap.link/HowAreYouSleeping>
- Call us and leave a message at **(336) 716-5604**
- Email us at **AMAZEresearchteam@wakehealth.edu**



Scan Me!

AMAZE Research Team
Atrium Health Wake Forest Baptist
Movement And Zzz's for Everyone



Wake Forest University School of Medicine is the academic core of Atrium Health.



Be a part of exciting research with Beet Juice

We're working to better understand the effects of drinking Beet Juice on eye health

We're looking for healthy participants who are between the ages of 45 - 80 who are not on blood pressure medication.

What's involved:

- 2 visits in a 4-week trial
- Participants will be provided with Beet Juice for 28 days
- Participants will receive a \$50 gift card for each visit
- Study is located at the Atrium Health Wake Forest Baptist Medical Center

For more information contact Gary Miller at: 336-758-1901

millergd@wfu.edu



Department of Health and Exercise Science

IRB#00025556

continued from cover page

of hearing many unforgettable stories. Each person has enriched my life in different ways. Whether it's joy, sadness, or amazement, I'm always moved by the experiences and life stories I hear."

Some of his other stories include one participant who had lived in Memphis, and when asked if she'd ever met Elvis, she replied with a smile: "He used to wake my baby up!" She lived in a boarding house where one of Elvis' band members stayed, and they used to practice on the porch.

During his time working with the LIFE program, he transported

participants three times a week for several years. Lovette says, sometimes, I'd have four passengers in the car at once. We laughed, shared stories, and became a little like family. We often sang together, from hymns to Christmas carols. There were moments of deep connection too—times we cried or even prayed together. When the study ended, it felt like graduating high school and leaving behind cherished friends. Though the study had concluded, we kept in touch for a while, and I was even invited to a 90th birthday party for one of those participants."

"The transportation program is a

vital service, and the participants often express their gratitude for it. I've had many participants who've been involved in multiple studies, and I believe that, for the most part, they would agree that this program is immensely beneficial."

"For me, personally, after a career that included the military, teaching, recreation, and sales, topping off my working life in an environment with a leading medical institution, surrounded by some of the best colleagues I've ever worked with, and serving so many of the kindest, most interesting people I've ever met—has been much more than a job. It has truly been a blessing," Lovette adds.

- **Do you have normal memory?**
 - **Are you experiencing memory problems?**
 - **Have you received a diagnosis of mild cognitive impairment (MCI) or dementia?**

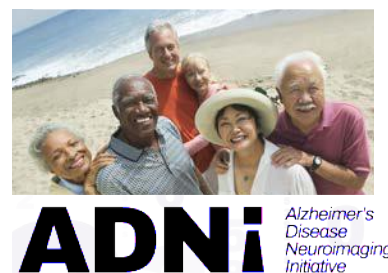
If you answered “yes” to any of these questions, we invite you to be a part of the **ADNI4** study. **ADNI4** seeks volunteers from all races, ethnicities, and economic and education levels to increase our understanding of Alzheimer’s and help fuel earlier diagnosis, more treatments, and eventually a cure!

Participants of **ADNI4** will receive at no cost:

- A physical exam and memory testing
- Scans of your brain, and blood tests to check your general health
- Compensation for your time and travel

ADNI4 needs volunteers who:

- Are between the ages of 55-90 and in general good health
- Have someone who can attend some visits with you



To learn more, call 336-716-MIND (6463)

IRB00095527

Wonder what your COPD and Heart Health have in common?

THARROS is a clinical study looking at whether treatments for COPD may help prevent COPD flare-ups, heart failure and heart attacks.

We understand the impact COPD has on your daily life, so we’ve made it easy to

get involved. You could have most of your visits over video call and get study treatment delivered to your door.

COPD and heart health are closely linked COPD, especially flare-ups, affects how well the lungs work. When the lungs are not working like they should, it puts a strain on the heart. This may lead to a higher risk of serious heart events like heart attacks and heart failure. Some people with COPD are also at risk because they smoke, which damages both the airways and the blood vessels.

The THARROS study is looking at whether current treatments for COPD may help to prevent these serious heart events.

Everyone in this study will:

- ♦ Get an approved treatment for their COPD with either a BGF or GFF inhaler
- ♦ Take the study treatment using an inhaler. There are no treatment injections or infusions
- ♦ Have constant access to rescue inhalers to use any time.

You might be able to participate in you

- ♦ Have been diagnosed with COPD
- ♦ Are between the ages of 40 and 80
- ♦ Are a current or former smoker



To learn more please contact:

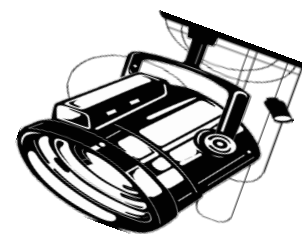
Ashlynn Brock, Clinical Research Coordinator

(336) 713-9185

Email: abrock@wakehealth.edu

IRB00110143

Participant Spotlight on: **Dr. Barbara Lister-Sink**



Upon first meeting Barbara Lister-Sink, EdD, of Winston Salem, North Carolina, one's first impressions might include: fire-cracker, and dynamo, but after spending just a few minutes with her, her deeper traits soon become apparent. Traits of fierce determination, focus, commitment and resilience- just to name a few.

You see at the very youthful age of 77, Dr. Lister-Sink has led an extremely full and rewarding life with absolutely no plans to slow down!

Lister-Sink, who currently serves as Director of the Graduate Music Program at Salem College with an emphasis in injury-preventive keyboard technique, and

is the creator of the Lister-Sink Method® and the award-winning video "Freeing the Caged Bird" that is used world-wide. She continues to perform and give workshops internationally. In 2023, as a leader in best practices in neuroscience and music, she presented at the Music & Mind Symposium, co-hosted by Wake Forest University School of Medicine.

Dr. Lister-Sink shares that she has a quest for knowledge— especially about how to live her best life, which is what first brought her to the Wake Forest University Sticht Center for Healthy Aging and Alzheimer's Prevention. Since 2017 Lister-Sink has been involved in multiple "healthy aging" studies because she says, "knowledge is power and the more we can learn about our own bodies the better equipped we are to live our best lives!"

Michelle Gordon, Clinical Research Manager at the Sticht Center adds, "Dr. Lister-Sink is an excellent example of what 'Aging Well' looks like."

Lister-Sink is quick to say that she is no "super-woman" and that like anyone else, she has faced some physical barriers but she says that one of the keys of her successful aging journey is to not give up! She stresses that we all should focus on the many, many things that we CAN do rather than on the things we can't. She adds, "as we age, our bodies may not be able to physically do everything we once could, so to continue moving forward we modify and DON'T GIVE UP!"

This is why Lister-Sink encourages everyone she knows to get involved with the studies at the Sticht Center. "They have marvelous people who genuinely care about each person and make the study experience fun," she says. Adding, "the Sticht Center team helps me achieve my goal to keep myself engaged, aware and active."

In addition to her career on the piano, Lister-Sink is also a published author, accomplished painter, gym enthusiast and most recently a ballroom dancer!



MEDICAL RESEARCH

One Mission... Your Health.

The research we are doing at Wake Forest University School of Medicine has no boundaries. Our team of researchers is focusing on finding new ways to better treat – and one day eliminate – some of the world’s most devastating diseases. The advances we’re making today, and those that we will make tomorrow, will not only benefit our lives but those of generations to come – regionally, nationally, and globally. **ENVISION** the future.

ENVISION

The Campaign to Accelerate Discovery, Hope and Health



To learn more about our ENVISION campaign and how you can help us continue to fuel breakthroughs and discoveries, visit Giving.WakeHealth.edu/ENVISION.



Wake Forest University
School of Medicine

Congratulations!

The winner of the \$100 drawing is:

Rick F. of Winston-Salem, NC



To be eligible for our next drawing you only need to be a member of Vital. By receiving this newsletter by mail you are already a member!

Atrium Health Wake Forest
Baptist Sticht Center for Healthy
Aging & Alzheimer's Prevention
Medical Center Boulevard
Winston-Salem, NC 27157
336-713-8539
Toll Free: 877-238-4825
Deb Burcombe
Editor/Designer
If you would like to be added or
removed from our mailing list,
please call Kim Kennedy at
336-713-8567

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