

Aging isn't for the faint of heart — it's for planning well. Navigating the next chapter for your loved ones requires a delicate balance. You want to find the right level of care, one that allows those who are aging to savor a rich yet independent life with peace of mind for all. In Greater Boston, there are many long-term senior care options that offer this level of comfort. From active independent living communities to assisted living facilities to skilled nursing centers, the region has a wide spectrum of enticing selections, offering activities, fine dining, medical assistance, and meaningful human connections. With these choices, loved ones can seamlessly and safely transition into the next stage of their lives, embracing a new, fulfilling, and active senior lifestyle.







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Bridges® by EPOCH's teams see every resident interaction as an opportunity to spark connections, exercise strengths, boost confidence, and add joy through all stages of memory loss. As a result, we have a lot of happy residents – and happy families.

To my great relief and joy, [my father's] quality of life vastly improved when he moved to Bridges. He is cared for so beautifully here - not only his physical needs, but also socially and emotionally. The staff has really gotten to know him as an individual, and I feel supported and welcomed as a partner in his care. The activities are engaging and keep him busy and even trying new things. - Zoe





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ANEW ERAIN ALZHEIMER'S DISEASE: 3 THINGS TO KNOW



Learn more about Alzheimer's disease and the new, potentially game-changing research underway

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Think of amyloid-beta

as the match that starts

the forest fire and tau as

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Dominic Walsh,

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he burden of Alzheimer's disease is immense, ultimately robbing many patients of their memories, cognitive function, and independence. The prognosis is fatal, and although much progress has been made in recent years, the need for additional treatment remains. Despite the fact that there have been many recent scientific breakthroughs, the field as a whole is known for its challenges. Why is Alzheimer's research so complex, and how do we ultimately tackle this debilitating disease?

1. Many unknowns remain about the intricate changes within the brain

The human brain is "the most complex thing that has yet to be discovered in our universe," with billions of cells and trillions of connections between those cells.¹ Although Alzheimer's disease is usually diagnosed in people 65 years of age and older, changes to the brain can start occurring years or even decades before symptoms appear.² Advancements in sophisticated brain imaging techniques that monitor emerging pathologies have trans-

formed our understanding of the natural history of Alzheimer's and provided the means to identify patients and assess the effectiveness of potential therapies.

These pathologies include the abnormal accumulation of two proteins — amyloid beta protein, which clumps together to form "plaques," and tau, which amasses inside neurons to produce "tangles." Amyloid beta is a fragment of the larger amyloid precursor protein and is produced throughout the body, while tau is essentially brain specific and is involved in maintaining the structure of neurons.³

Amyloid plaques form throughout the cerebral cortex, whereas tau tangles develop in a specific pattern, first affecting brain areas responsible for learning and memory. Research has shown that the presence and amount of tau tangles match well to the severity and types of symptoms that a person with Alzheimer's disease experiences. These proteins can disrupt communication between brain cells, which can lead to the loss

of brain function, neurodegeneration, and clinical decline — all traditional hallmarks of Alzheimer's disease. 4

A growing body of research indicates that amyloid and tau work together to drive healthy neurons into a diseased state.³

"Think of amyloid-beta as the match that starts the forest fire and tau as the timber that fuels the fire," explains Dominic Walsh, vice president and head of neurodegeneration research unit at Biogen, who has spent decades in Alzheimer's research: "While plaques are detectable prior to symptoms, the appearance of tangles is more closely linked to symptom onset."

Research over the past several years has greatly increased understanding of both amyloid beta and tau and the interplay between the proteins, although there remain many unknowns about the intricate changes that happen within the brain over time.

2. Defeating Alzheimer's disease warrants multiple scientific approaches

Given the complexity of the brain and disease pathology, along with the tremendous unmet need, researchers across the field are studying a broad range of potential ways to battle the disease. In fact, researchers at Biogen — a pioneer in Alzheimer's disease — are studying a number of different approaches, or modalities, in hopes of finding treatment breakthroughs.

"The best chance we have at defeating this disease is through a multifaceted scientific approach that involves multiple modalities and targets, to explore what will make a clinically significant impact for patients," says Walsh.

Different modalities include:

- Antibodies that mimic our natural immune responses in the body and aim to either prevent amyloid beta plaques from forming or work to remove plaques that have formed.⁵
- Antisense oligonucleotides (ASOs) that are comprised of the same types of building blocks that make up DNA and RNA, the protein-

making machinery in the cell, and can modify, reduce, or restore important proteins such as tau.⁶

• **Small molecules** which are low molecular weight compounds that are orally administered and can regulate how cells process certain proteins.⁷

The study of these modalities and other treatments, coupled with increased understanding of the disease itself, can help advance the field with the hope of breakthroughs to transform the trajectory of Alzheimer's disease.

3. Potentially game-changing research is underway

In a field historically filled with setbacks, a new era of Alzheimer's disease research is underway.

Researchers are not only investigating a range of modalities for potential treatments but are also looking at how to make treatments more convenient for patients, such as with less frequent, at-home administration. Studies are also looking at early intervention, which may offer the optimal window for therapeutic success to potentially stop or delay the onset of Alzheimer's symptoms.⁸

In addition, as tools such as blood-based diagnostics become available, the hope is that in the future, patients who are confirmed to have Alzheimer's disease pathology may be able to begin treatment earlier in the disease progression.

"We believe that developments in diagnostics, as well as multiple approaches, used either together or in sequence, will be the future of Alzheimer's treatment," says Walsh. "The good news is that the course of Alzheimer's research is more positive than it has ever been. Our goal is that the collective scientific efforts can create a brighter future for patients and families affected by this destructive and burdensome disease," notes Walsh.

To learn more, scan the code to the right or visit biogen.com/disease-areas/alzheimers-disease.html.

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It takes a team to provide the best care at Bridges by EPOCH

Bridges by EPOCH communities are exclusively designed to support the needs of those with dementia. These communities have a deep understanding of the physical, emotional, and logistical challenges of memory impairment, as well as how to manage them safely and effectively. Caregivers reassure, validate, and connect with your loved one to add joy and meaning through all stages of memory loss.

As New England's largest stand-alone memory care assisted living provider, Bridges knows it takes highly trained, compassionate individuals, from wellness to dining to life enrichment, to provide the best quality of life for your loved one.

Bridges team members are well-versed in dementia care and understand that the best outcomes need a personalized approach. By learning about each resident — their life story, hobbies, and preferences — they can provide expert support with licensed nurses available around the clock.

Beyond a safe place to live, Bridges communities are designed for connection and socialization. Life enrichment specialists create fun opportunities each day, including fitness, entertainment, art classes, recreational



BRIDGES BY EPOCH

therapies, and outings. All are adapted to individual ability levels and interests. Your loved one can thrive at Bridges, easing your caregiver stress so you have more time to reconnect as a family.

Learn more at bridgesbyepoch.com or by calling 781-209-5898.



BRIDGES BY EPOCH

There is a critical need for diversity in clinical research for Alzheimer's disease





Above: Donna Walker, a clinical research volunteer, and Michael P. Kincade, the director of diversity recruitment for Massachusetts Alzheimer's Disease and Research Center at Massachusetts General Brigham Hospital, meet to discuss the latest in Alzheimer's research. Left: Donna Walker, a clinical research volunteer, poses with her nephew, Amir Loatman.

By The Global Alzheimer's Platform Foundation

onna Walker of Dorchester knows the toll that Alzheimer's disease takes after seeing her mother and grandmother live with the unrelenting disease. Donna's story is experienced by many families, but especially African American families, as they are about twice as likely to have Alzheimer's disease compared to those who are white.¹

However, there is hope. New disease-modifying treatments are coming to the market and diversity in clinical trials is being prioritized.

"Alzheimer's disease is in my family, and as one of 13 children and with a growing family, I want to help find the cure to help future generations," Donna says.

For the last four years, Donna has been a clinical research volunteer in an Alzheimer's disease prevention study at Massachusetts Alzheimer's Disease and Research Center at Massachusetts General Brigham Hospital.

"One of our greatest needs is recruiting trial volunteers who fit the needs of our studies, as they are crucial for discovering effective treatments. Donna's willingness to promote diverse participation in clinical research, makes her an inspiration," says Michael P. Kincade, senior director of diversity recruitment at Massachusetts Alzheimer's Disease and Research Center at Massachusetts General Brigham Hospital.

Quickly finding volunteers can be a challenge. Ninety-nine percent of eligible study volunteers are never referred to or consider participating in clinical trials.² Alzheimer's research needs more people like Donna — people willing to donate their time and their bodies to improve science, ensuring research works for all.

The Global Alzheimer's Platform Foundation (GAP), a nonprofit dedicated to speeding up the delivery of innovative therapies to those with Alzheimer's and Parkinson's by reducing the time and cost of clinical trials, is working with Mass General Brigham's Center for Alzheimer Research and Treatment to prioritize participant diversity. GAP has taken actionable steps to make it happen there and at over 100 other research sites around the world.

Of note, a GAP-sponsored study proves that finding volunteers of diverse backgrounds is possible and should be the new standard. The first-of-its-kind blood and digital biomarker platform study, Bio-Hermes 001, surpassed the traditional diversity rate of other clinical trials, with 24 percent of partici-

pants from underrepresented populations, as compared with around 1-5 percent historically.

John Dwyer, president of GAP outlined why representation matters: "From the first day we began this study, we knew we needed to accelerate the validation of blood-based and digital tests. We knew that would change how Alzheimer's disease is assessed and how

people may learn about their risk for the disease. Moreover, we knew we must advance health equity and set a new standard for prioritizing diversity in clinical research."

When Donna learned clinical research for Alzheimer's disease was inhibited by the need for volunteers, she acted.

"If there are drugs that can prevent this disease or can help people live longer and better with Alzheimer's, I want to be a part of that. Ideally, with this work and effort, my grandchildren won't have to worry about Alzheimer's," Walker says.

For nearby clinical research studies for Parkinson's and Alzheimer's disease, visit globalalzplatform.org.

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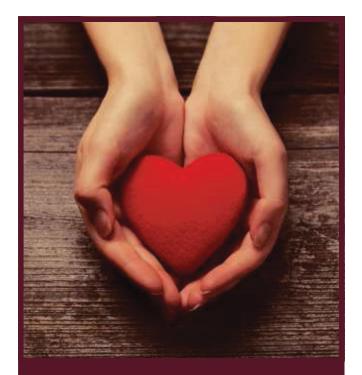
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GLOBAL

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Maya Angelou

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Rogerson House offers plentiful outdoor space for you and your family to enjoy healing time in the open air. A courtyard featuring a gazebo and fountain is set among gardens surrounded by walking paths. You can relax in the shade, listen to the soothing sounds of water, or putter in the gardens. The courtyard also hosts barbecues, picnics, concerts, and games.

Rogerson House is a proud member of the Rogerson Communities family which has been providing housing and health care for older adults since its founding in 1860. Today, Rogerson serves more than 2,000 diverse Greater Boston families through 30 facilities and programs to provide greater independence and longevity.

To learn more, visit rogersonhouse.org/globe or call 617-983-2300.

Lifestyle Recommendations **Initial Assessments** Testing and Diagnosis Caregiver Support Groups Resource Guidance Neurology Neuropsychology Psychiatry Psychotherapy Medication Management Family Care

Memory Assisted Living Long-Term Care Research Opportunities **Treatment Planning Expressive Therapies End-of-Life Care** Palliative Care And More >





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If you notice warning signs of cognitive impairment in a loved one - including loneliness and isolation, difficulty showering, inability to cook or do housework alone, failure to pay bills, or wandering episodes - it may be time for a move to a supportive living environment.

Standish Village in Dorchester, Mass., and Compass on the Bay in South Boston offer programs aimed at treating such symptoms, which may be related to Alzheimer's and other forms of dementia. Assisted living at these communities offers a safe, supportive setting where seniors choose how to spend their days with plenty of social opportunities, allowing you to worry less and savor your visits together more.

Both communities have been accredited by Purple Flag for Dementia Care, a program which recognizes excellence in the quality of services for those living with Alzheimer's disease and other dementias. Purple Flag accreditation means that a community's policies, procedures, and training practices demonstrate adherence to



Purple Flag's 60 standards of care. They are the first two providers in Massachusetts to receive this distinction.

Learn more about this award and the care at Compass and Standish Village at seniorlivingresidences.com, 617-298-5656, or contact Chris Carter, President of Purple Flag for Dementia Care, at cpcarter@ctassistedliving.com.



STANDISH VILLAGE AND COMPASS ON THE BAY

Leaders in providing exceptional memory support



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- Standish Village and Compass on the Bay are two of only a handful of providers in the nation to win this award

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No family should have to navigate the difficult journey of memory loss alone. There are numerous senior living options available for loved ones who require memory care support.

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At the neighboring communities, teams provide your loved one and family with extra support, comprehensive care, and safety. Your loved one will feel respected, secure, and comfortable, living a full and active lifestyle that enriches the mind, body, and soul.

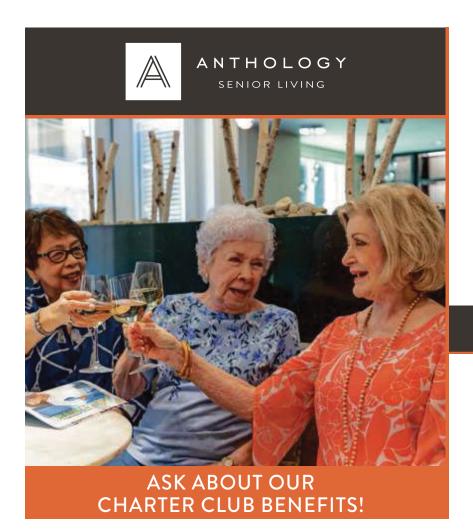
With best-in-class Alzheimer's and dementia care by specially certified caregivers, the communities have a mission to create lasting connections with residents and help them experience excellent service every day.

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To learn more, go to anthologyboston.com or call Anthology of Millis at 774-551-1123 or Anthology of Natick at 774-504-5526.



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You'll find Silverstone delivers a wide array of living options, from bright studio apartments to large private cottages in both downtown and country settings. Senior living communities are becoming a popular retirement choice for people planning their long-term care. They offer a balance of wellness and healthcare as you age in place, receiving the care you need if and when your health changes.

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Duxbury House at the Village Memory Care Residence is an award-winning assisted living memory care residence for persons with Alzheimer's disease or dementia. Village at Properties Green in Marshfield has independent living, assisted living, and assisted living memory care in monthly rental apartment homes.

Allerton House at Harbor Park in Hingham features assisted living and independent living in monthly rental apartments, while Allerton House at Central Park in Weymouth offers monthly rental apartments for independent living and assisted living. Each also has assisted living memory care in a dedicated memory care neighborhood.

Providence House Assisted Living at Corey Park in Brighton has independent living, assisted living, and assisted living memory care. Rivercourt Residences in West Groton offers independent living, assisted living, and assisted living memory care.

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