

Aging and Adult Dependent Care Committee (AADCC)

**April 27th, 2021
WebEx
2:00 PM to 4:00 PM**

Attendees:

Carla Alvarez Mells	Debbie Henken	Cooper McLendon
Louie Brennan	Jenny Jones	Melissa Porter
Lynn Cave	Martina Lavrisha	Leon Reynolds
Ben Donnelly	Sonia Marable	Mark Rubert
Tammie Edwards	Rusty Mason	Dan Xi
Chris Gaines	Derek McLean	

I. Welcome and Introduction

A. Introduction of Special Guest

Derek McLean, Ph.D., is a Health Science Administrator at Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD). He was raised in Texas, Wisconsin, and South Carolina and received a BS and MS from Clemson University and a PhD from Oregon State University. Derek completed his postdoctoral fellowships at Northwestern University and Washington State University, where his research focus was reproductive physiology, endocrinology, and adult stem cell biology. Derek has held faculty position at Washington State University for 11 years – teaching, outreach and research split with research funding from NIH, USDA, and contract research with companies. He then became the Director of Research for an Animal Health Company for eight years focusing on projects that supported company product development, marketing, and sales initiatives. He joined NIH in Jan 2020 as an SRO in NICHD.

II. Special Guest Presentation

A. Derek McLean, Ph.D., Volunteer Community Educator for Alzheimer's Association (alz.org), National Capital Area Chapter

Dr. Dereck McLean gave an informative presentation on Alzheimer's and dementia that included some of his personal experiences. His presentation was intended for individuals who wanted to learn more about Alzheimer's and dementia. There are approximately six million people in the United States living with Alzheimer's with almost a 3:1 ratio of unpaid caregivers for those persons, showing that it is not just an impact on those with the disease but also those that are caring for those individuals. Listed below were the objectives.

i. Compare Alzheimer's and dementia.

Dementia is the umbrella term for an individual's changing in memory, thinking, or reasoning. There are many causes for dementia, but Alzheimer's disease is the most common cause with 60-80% of dementia cases associated with Alzheimer's disease.

ii. Recognize how Alzheimer's disease affect the brain.

Alzheimer's causes nerve cells to die, which leads to shrinkage in the brain. The brain changes result in changes in memory, thinking, and behavior.

iii. **Risk factors of Alzheimer's**

We are all at risk of developing Alzheimer's disease. Age is the greatest known risk factor for Alzheimer's with an individual's risk for developing the disease increasing at age 65. The risk of Alzheimer's doubles every five years after age 65. Family history and genetics are also risk factors with studies showing that Hispanics and African American's are at an increased risk for Alzheimer's. Women are also two-thirds more likely to develop the disease.

iv. **Identifying the three stages of the disease.**

The three stages of Alzheimer's disease are early, middle, and late. In the early stage persons may function independently but may start noticing memory lapses. The middle stage is typically the longest stage and can last many years, making it difficult to do routine tasks. In the late stage an individual can lose the ability to hold a conversation and control movements. No two individuals experience symptoms and progression the same way.

v. **Current FDA approved treatments that address some symptoms.**

Although there is currently no treatment that has been proven to slow down the progression of Alzheimer's disease, there are three types of drugs that are approved by the FDA to help manage Alzheimer's symptoms.

vi. **Advancing research.**

Approximately two billion dollars annually goes to Alzheimer's and dementia research and studies to include lifestyle factors and the disparity of Alzheimer's disease in different populations. The Alzheimer's association has a program called TrialMatch that is a service that provides customized lists of clinical studies based on user-provided information.

vii. **Resources available.**

Alzheimer's Association

Online: <https://www.alz.org/>

Phone: 1-800-272-3900

III. Updates

A. Letter to Dr. Alfred Johnson

The responses have been received from Dr. Johnson. There will be some edits before the final version goes out. There was sincere appreciation from NIH leadership on the work the committee is doing.

B. Debrief: Webinar- "Using Evidence-Informed Communication Strategies to Address COVID-19 Vaccination Hesitancy"

This event had over 180 live participants with over 325 registrants and numerous inquiries about the presentation and requests on where to locate the video. Chris will be sending these details to the committee. The webinars have been very effective and well attended even more so in the virtual environment than when we were primarily on campus. This webinar can be a great resource to provide to friends and family that may be nervous about the vaccine.

C. AADCC Project Listing

The committee members are asked to review the project listing from time to time in the event you can assist with projects. The updated list includes thorough descriptions of the

project. A formal project lead is not needed for each item, but someone will have to help facilitate setting up meetings and make sure the work is moving forward. It is asked that if you are working on a project that a quarterly update be provided in June. It may also be beneficial to share project updates including meeting details with the committee in the event members who have not signed up for a specific project could attend and assist.

- i. Chris wanted the committee to know that there will be an announcement going out to the stakeholder groups to develop an article for the Wellness@NIH quarterly newsletter.
- ii. Chris also has an upcoming meeting with the ORS website group regarding updating webpages. Updates to follow.
- iii. Chris is working with ORS IT for help with an AADCC Team site that will make sharing information easier.
- iv. Jenny suggested using the committee calendar to add the various project meetings and activities.
- v. The project listing will also be sent to the committee again as a means to get more volunteers and facilitators.

D. Upcoming AADCC Membership Drive

Cooper wanted the committee to be start thinking of the committee membership drive. The committee will start marking discussions in the early fall. Members will have the option to stay on and extend their terms, but some people will transition out. Let Cooper or Jill know if you are unsure of when your term will end since not everyone joined at the same time. Both Cooper and Jill will be ending their terms in the leadership role. Committee members are reminded that the meetings are open if they want to invite perspective members to join and see what the AADCC Committee is about.

- i. Melissa suggested using the Wellness@NIH newsletter article as a means of getting the word out before the fall. As well as the various listserv's and global email.

IV. Open Discussion

A. Aging and Implicit Bias Training

Debbie Henken sent a letter to her executive officer regarding the fact that age and agism was not mentioned in any example of the Implicit Bias mandatory training especially considering the average age of the NIH workforce. The committee felt that a letter should be sent to Dr. Marie Bernard who is the Deputy Director of NIA about age bias and discrimination being added to future mandatory trainings. The goal would be for Dr. Bernard to involve the Director of NIH Dr. Richard Hodes and get him behind the movement as well. Chris will make Tammie Edwards, and Rusty Mason aware of the committee's intentions. Data would need to be included regarding the average age of the NIH employee and years of service. Brittany Patterson would be the OHR liaison that the committee could use to retrieve the data. The data would also have to include previous years to show an increase or decrease in the average age and how drastic that increase or decrease is. In lieu of waiting on the data. Debbie thought sending a short letter saying the issue should be considered in future trainings. Debbie stated that she will start a draft email and send it to Jill and Cooper.

V. Announcements and Adjournment

A. Jenny Jones

Jenny wanted to thank the committee for the very nice cards she received.

The next meeting will be June 22nd, 2021