The Sticht Center on Aging and Wake Forest University Will Play a Key Role in the LIFE Study

LIFE (Lifestyle Interventions and Independence for Elders) is the largest study to date that looks at ways to prevent mobility disability in older adults. A total of 1600 senior adult volunteers will participate at eight study sites around the country, including Yale, Stanford, and Tufts Universities. Locally, 200 volunteers in the Triad region will have the opportunity to participate in this important research study. Enrollment is currently underway.

LIFE is primarily funded by the National Institute on Aging (NIA), which is expected to contribute more than $60 million over the course of the study. Sticht Center on Aging director Stephen Kritchevsky, Ph.D., describes LIFE as “an important milestone in aging research.”
LIFE Study

Lifestyle Interventions and Independence for Elders (LIFE) is a research study that explores ways of helping older adults improve their quality of life and remain independent longer. Participants will be randomly assigned to one of two LIFE programs. One program provides sessions on successful aging and flexibility training. Classes will cover nutrition, communicating with health care professionals, and many other topics. The other program will help participants become more physically active. Those classes will include customized fitness, strength, flexibility, and balance training.

If you are between the ages of 70-89 call 336-713-8539 or 1-877-BE-VITAL (238-4825) to find out if you qualify to participate in the LIFE study.

IRB# 11584

I’M FIT Study

The Improving Muscle for Function Independence Trial (I’M FIT) is seeking participants between the ages of 65-79. Volunteers should be overweight, non-smokers, and willing to do strength training three days a week. As a participant you may receive (at no cost): a supervised five-month strength training program, a chance to receive an additional weight loss program, and information about your body fat, bone density, cholesterol, physical function, and fitness.

You can find out more about I’M FIT by calling 336-713-2102 or 1-877-BE-VITAL (238-4825).

IRB# 9098
SECRET Study

Wake Forest University School of Medicine is conducting a diet/exercise research study called SECRET (Study the Effects of Caloric Restriction and Exercise Training).

You may be eligible to participate if you are at least 60 years old, overweight, have high blood pressure, or get short of breath while going up hills or inclines.

Participants may receive the following at no charge:
- Medical tests and exams
- Possible diet or exercise program

Please call Judy Brown at 336-713-4702 for more information.

IRB# 5668

PREDICT Study

Are you a female 55-66 or 76-85 years old?
Are you being treated for diabetes, high blood pressure or coronary artery disease?
If so, you may qualify to participate in the PREDICT research study.

The benefits you may receive at no cost include...
- Magnetic resonance imaging (MRI) of your heart
- Laboratory test results, including cholesterol
- Electrocardiogram (EKG)
- Cardiac stress test with IV infusion

Help us in the fight against heart disease!

Please call 336-716-1178 to learn more about the PREDICT research study.

IRB# 1362
Vitamin D and Physical Function Study

We are looking for people 70-89 years of age to participate in a vitamin D research study to see if a vitamin D supplement can improve physical function.

To qualify, you must:

☑ Be willing to take a vitamin D and calcium supplement daily for 4 months
☑ Have some difficulty getting in or out of a chair, walking up a flight of stairs, or walking 3-4 blocks

You will receive the following at no cost:

☑ Information about your body fat, bone density, blood sugar, vitamin D level, and physical function

You will be compensated up to $100 for your time and travel.

For more information or to see if you are eligible for this vitamin D research study, please call 1-877-BE-VITAL (238-4825) or 336-713-8539.

IRB# 11371

DANONE Study

Memories are precious...

Wake Forest University Baptist Medical Center is currently conducting a research study to evaluate the effect of a nutritional drink on memory and thinking functions.

This study is for people 50 years and older who have been diagnosed with Alzheimer’s disease and are currently using medication for their symptoms.

If you or someone you know is interested in learning more about this research study, please call 336-713-8520 or 1-877-238-4825.

IRB# 8703
ARE YOU FORGETTING MORE THAN USUAL?

Are you currently experiencing memory problems?

Do you consider your memory problems to be worse than those of most people your age? If so, your participation in our research may help us learn how to stop the progression of mild cognitive impairment and Alzheimer’s disease in future generations. Researchers are looking for people who:
- Are at least 45 years of age
- Are in good general health but have memory problems or concerns OR have a diagnosis of early Alzheimer’s disease
- Have a study partner – a friend or relative who can accompany you to all clinic visits or can answer questions over the phone

If you or someone you know are currently experiencing memory problems and are interested in learning more information about our research studies, please call 336-713-8520 or 1-877-238-4825 to speak to a study team member.

ICARA Study

For people with Alzheimer’s there’s no time to lose.

A research study--ICARA--is now underway to explore a possible new investigational treatment for Alzheimer’s disease. You may be eligible to participate in the ICARA study if you:
- Are 50-88 years old
- Have a diagnosis of probable Alzheimer’s disease

In addition to receiving study-related physical exams and laboratory services at no charge, participants may receive study medication and will be monitored by a medical team, including a nurse or study coordinator and a physician.

Ask your doctor if the ICARA study is right for you.

For more information please call 336-713-8243 or visit www.ICARAsudy.com

IRB# 9588

ICARA Study

For people with Alzheimer’s there’s no time to lose.

A research study--ICARA--is now underway to explore a possible new investigational treatment for Alzheimer’s disease. You may be eligible to participate in the ICARA study if you:
- Are 50-88 years old
- Have a diagnosis of probable Alzheimer’s disease

In addition to receiving study-related physical exams and laboratory services at no charge, participants may receive study medication and will be monitored by a medical team, including a nurse or study coordinator and a physician.

Ask your doctor if the ICARA study is right for you.

For more information please call 336-713-8243 or visit www.ICARAsudy.com

IRB# 6645 and 6623
The Department of Health and Exercise Science at Wake Forest University is conducting the **POWERTRIP** research study. **POWERTRIP** is a six-week exercise program involving weight training. It is designed to assess the importance of muscle strength and power in the ability of older adults to regain their balance.

**What is involved?**
- Assessment of your ability to regain balance from a forward and sideways leaning position
- Three one-hour sessions of supervised weight training each week for six weeks (Mondays, Wednesdays, and Fridays from 2:30-3:30 p.m.)

**You may qualify if you:**
- Are 65-79 years old
- Are NOT currently exercising regularly
- Have NOT suffered a fracture in the arms or legs within the last six months

**To find out if you are eligible call Eric Haakonssen at 336-758-4625**

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**Strawberry-Peach Smoothie**

1 1/2 cups fat free vanilla yogurt  
1 cup fat free vanilla ice cream  
1 cup 1% milk  
4 large strawberries  
1/2 cup canned peaches  
6 maraschino cherries

Blend in your blender and enjoy!
Legal Help for Older People

The Elder Law Clinic is one of the Sticht Center’s most unique services. The Clinic is a training program for Wake Forest University law students that provides free legal help for senior citizens with moderate incomes.

The Elder Law Clinic is on the ground floor of the Sticht Center. While most clients live in the community, law students also assist patients while they are in the medical center. The students collaborate with our medical partners in several ways. Some examples:

- A hospital social worker learned that a heart surgery patient wanted to update her power of attorney. She referred the patient to the Elder Law Clinic and within a few days a law student went to see the patient, bedside.
- A law student wrote a will for a man who was receiving rehabilitation in the Sticht Center.

The Elder Law Clinic only sees clients during the school year (September - April). However, it accepts applications all year long. Clients must be at least 60 years old and meet income criteria.

If you would like to apply or would like more information about the Clinic, call 336-713-8630 or visit www.law.wfu.edu/eclinic. You can also find this web site by typing “Wake Forest Elder Law Clinic” into Google.
Congratulations!
The winner of the $100 drawing is

**Lula Baker**
**of Winston-Salem**

To be eligible for this drawing you only need to be a member of VITAL.
If you received this newsletter by mail you are already a member!