

# ACT

## FALL-2023 NEWSLETTER

As Dr Eric Larson, co-founder of the ACT study, mentioned when announcing his retirement last year, change is an inevitable feature of life and a central theme in the ACT study: Adult CHANGES in Thought. The ACT Study is undergoing yet another important change, with the addition of a new member (me) to the leadership team. I am thrilled to be joining Dr Paul Crane and Dr Andrea LaCroix to lead this very important study, taking over for Dr Rita Mangione Smith and Dr Jennifer Nelson, who so capably stepped in to help lead this study during the transition period following Dr Larson's retirement.

Prior to joining Kaiser Permanente Washington Health Research Institute (KPWHRI) in April, I was a Professor of Public Health and Radiology at the University of California San Diego (UC San Diego), where I performed research on cognitive and brain health in aging within two large, longitudinal studies of aging, the Rancho Bernardo Study of Healthy Aging, and the Vietnam Era Twin Study of Aging.

I also worked closely with Dr Andrea LaCroix there, teaching graduate students and postdoctoral fellows on aging research. I am so excited to now be part of the ACT Study, which is an amazing resource for helping us learn more about how the brain changes with age.

If you are interested in learning more about me and my prior work, you can view my researcher page:

<https://www.kpwashingtonresearch.org/our-research/our-scientists/McEvoy-Linda-K>

I joined KPWHRI just before the wonderful ACT Annual Symposium that took place in May. This year we learned more about how the ACT study is making important contributions to our knowledge across a wide range of topics, and at all levels of science, from studying how brain cells react to common medicines to studying

whether air pollution is associated with increased risk of dementia. You can find copies of slide presentations and recordings for several of the sessions on our ACT website at <https://actagingresearch.org/news-and-results/act-research-symposium>. Or you can read a nice summary of the symposium on the website's News & Results tab (<https://www.kpwashingtonresearch.org/news-and-events/recent-news/news-2023/researchers-gather-address-critical-topics-aging-and-dementia>).

As the presentations at the symposium demonstrated, ACT is a unique study that is allowing us to gain an in-depth understanding of brain aging and the factors that affect it. None of this would be possible without your continued participation in the study!

I am grateful for all the time and effort you have contributed to the ACT Study, and I look forward to partnering with you to continue to advance our knowledge of healthy aging.

### **Joke(s)**

Question:

What did the seal with one fin say to the shark?

Answer:

If seal is broken, do not consume.

### **Joke 2:**

How do pickles enjoy a day off? They relish it.

### **Send comments or suggestions to:**

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