



CLEAR THOUGHTS FOUNDATION

# Impact Report



CLEAR  
THOUGHTS  
FOUNDATION

*...funding the fight against dementia*

2022-2023

# Introduction

While dementia is complex, we at Clear Thoughts Foundation (CTF) are keeping the pathway to eliminating it, simple...

## Our Vision

To see a world free of dementia.

## Our Mission

To fund the discovery of breakthrough drugs and novel treatments to eliminate dementia.



Our 2022–2023 impact report expands upon the influence of our vision and mission through funded research on the ever-growing problem of dementia.

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# Dementia Awareness

**What is dementia?** Dementia is a loss of cognitive ability that is severe enough to interfere with daily life. It is a term that describes a collection of symptoms that can be caused by a number of diseases that affect the brain.

**Did you know...** there are over 100 different forms of dementia, such as Alzheimer's disease, Frontotemporal dementia (also known as 'FTD'), Lewy body dementia, Vascular dementia, and many more. CTF is a passionate about funding breakthrough research that will have an impact across all forms of dementia.

**Dementia often goes undiagnosed** due to common misconceptions such as:

- All forms of dementia present with symptoms of memory loss. **There are many forms that do not experience memory loss as an initial symptom of disease development, but rather present with symptoms effecting behavior, language, motor skills, cognitive thinking, and more.**

- Dementia occurs in older individuals. **While older individuals have a greater risk of diagnosis, rates are rising for early on-set dementia impacting individuals as young as their 20's and 30's.**



57.4

There are an estimated 57.4 million people living with dementia around the world.



Social isolation for older adults can increase the risk of developing dementia by 50%.

50%



## TOP CAUSES OF DEATH IN U.S.:

1. Heart Disease
2. Cancer
3. COVID-19
4. Accidents
5. Respiratory Disease
6. Stroke
7. Dementia

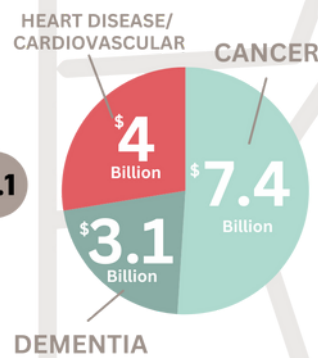
7th

Dementia is the 7th leading cause of death in the United States and 8th globally.



Dementia research receives a significantly lower amount of funding compared to other leading causes of death.

3.1



14th



14th

If the cost of dementia was an economy, it would be the 14th largest in the world.

# A Message From Our



**Hayley D. Jameson**

## Founder & President

Dear CTF Supporter,

Every year I am truly in awe of you, our passionate supporters, for your perseverance in standing beside team CTF and continuing to support our shared vision to see a world free of dementia!

On behalf of team CTF, I am proud to share the incredible accomplishments and impact we have made on dementia through the funding of our research cohort, the CTF Consortium. While our researchers continue to work toward the ultimate development of human trials to bring their drugs and therapeutics to market, I would like to pause to reflect upon the accomplishments of 2022-2023. I have great hope that the continued funding of this research will bring about results that all of us have been working toward for over a decade.

In addition to advancing research towards a cure, we have also expanded our engagement and educational efforts by launching several new initiatives such as our *Lightning Learning* event and *Dementia Uncovered* podcast.

All of these efforts work toward seeing a world free of dementia... which slowly robbed my very own father of all God-given dignities and our loved ones of precious time with him. I know many of you have a similar story, which is why I am truly grateful for your support, allowing us to continue working together to fund the fight against dementia.

We will not rest until this disease is nothing but an ugly memory and we can all live in a world free of dementia.

Yours in the fight,

A handwritten signature in cursive script that reads "Hayley D. Jameson".

# CTF Historical Timeline

**Dementia Diagnosis**  
Donald M. Jameson Jr., father of Hayley and Matthew Jameson, is diagnosed with Frontotemporal Dementia (FTD).



2006

2010



**Clear Thoughts Foundation**  
After receiving their father's diagnosis with no cure, Hayley, Matthew, and close friend Sharon Sippel, created [Clear Thoughts Foundation](#) with a mission to fund breakthrough drugs and novel treatments to eliminate dementia.

**Chief Scientific Advisors**  
Hank Safferstein, Ph.D., and Susan Catalano, Ph.D., serve as Chief Scientific Advisors to CTF.



2010-15

2013



**DJ's Passing**  
Donald M. Jameson Jr., inspiration for the creation of CTF, passes on December 25, 2013.

**Creation of the Gala**  
Magical Memories Gala was held with huge success. It has since developed into the Roll for a Reason Gala, CTF's largest fundraiser of the year.



2014

2014-15



**First Research Grant - CogRX**  
CTF partners with [Cognition Therapeutics \(CogRX\)](#) and awards \$50,000 to neuroscientist [Dr. Roya Tehrani-DePasquale's](#) dementia research.

**New Scientific Advisor**  
Steven DeKosky, M.D., serves as Chief Scientific Advisor to CTF.

**Second Research Grant - PIND**  
CTF is introduced to [Pittsburgh Institute of Neurodegenerative Disease \(PIND\)](#) and awards dementia researcher Dr. Amantha Thathiah \$50,000.



2016-17

2017-18



**Third Research Grant - PIND**  
CTF continues to fund Dr. [Thathiah's](#) dementia research at PIND awarding another \$50,000.

**New Scientific Advisor**  
Jim Dilmore, Ph.D./M.S., serves as Chief Scientific Advisor to CTF.



2017-19

2019



**CTF Consortium**  
CTF expands research efforts through the creation of the [CTF Consortium](#) – a collaborative group of renowned doctors and researchers working together to cure dementia.

**New Scientific Advisor**  
Karl Herrup, Ph.D., serves as Chief Scientific Advisor to CTF.

**CTF Consortium – Year 1**  
CTF welcomes three inaugural researchers to the Consortium: Dr. Robert Friedlander, Dr. Oscar Lopez, and previously funded Dr. Amantha Thathiah. \$150,000 is awarded.



2020

**10 Year Anniversary**  
CTF celebrates 10 years of funding the fight against dementia.

2021



**CTF Consortium – Year 2**  
CTF's inaugural funding year of the CTF Consortium's research is extended throughout 2021 due to the many lab delays and closures experienced in response to the COVID-19 pandemic.

**Dementia Awareness Month**  
CTF launches its first ever Dementia Awareness Month throughout May to spread education, research awareness, and hope within the local community.

**CTF Consortium – Year 3**  
CTF continues funding the CTF Consortium by awarding a two-year grant totaling \$200,000.

Researcher Dr. Lopez presents poster at the [Alzheimer's Association National Conference \(AAIC\)](#).

Researcher Dr. Thathiah publishes researcher findings in scientific journal [Proceedings of the National Academy of Sciences \(PNAS\)](#).

**Released Impact Report**  
CTF releases its first ever Impact Report highlighting the advancements of research accomplished in '20-'21.

**Appoints Executive Director**  
CTF appoints its first ever Executive Director to continue foundational growth.

**WXPI News Feature**  
CTF is featured on WPXI Channel 11 news with anchor, Amy Hudak.



2022

**Lightning Learning Event**  
CTF holds first ever educational panel with experts speaking on various aspects relating to dementia.

**Dementia Uncovered Podcast**  
CTF releases educational podcast.

**CTF Consortium – Year 4**  
CTF Consortium continued research of the previously awarded two-year grant.

CTF Consortium researcher, Dr. Robert Friedlander, submits for NIH project grants totaling \$5.6 million dollars to run a larger study on melatonin's impact on dementia.

**Roll for a Reason Gala Success**  
CTF had it's best Gala to date raising over \$217,000 for their mission.

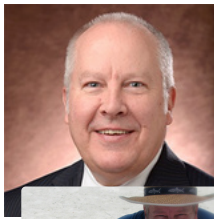
*The work continues...*

# Team CTF

Our board members and advisors are a diverse, yet passionate, group of individuals who all share the common thread of having their lives touched by personal experiences with dementia. We know firsthand the frustration and disappointment of limited treatments, inadequate drugs, and lack of funding to aggressively treat this fast growing, consuming, and heart wrenching disease. During CTF's 2023 *Roll for a Reason Gala* evening presentation, team CTF stood hand-in-hand in solidarity to honor those they have lost or know that are currently battling this horrific disease. Below we pay tribute to these loved ones, as well as our incredible dedicated team members, who continue to reaffirm their dedication to CTF and passion to make a difference year after year.



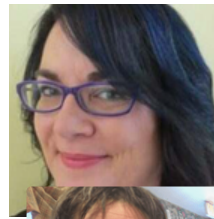
**Hayley D. Jameson**  
*President & Founder,  
Board Member*



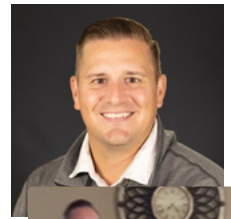
**D. Matthew Jameson**  
*Co-founder,  
Board Member*



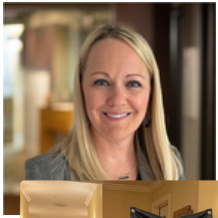
**Sharon Sippel**  
*Co-founder,  
Board Member Emeritus*



**Lisa Sevcik**  
*Board Member*



**Adam Zaccari**  
*Board Member*



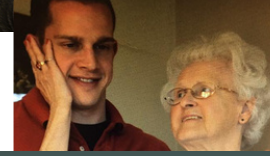
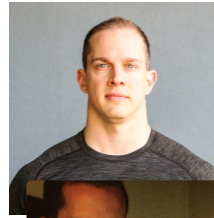
**Megan Markley**  
*Board Member*



**Gary Napotnik**  
*Board Advisor*



**Bob Ward**  
*Board Advisor*



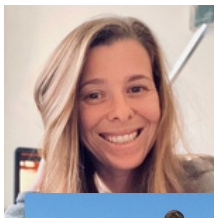
**Justin Shal**  
*Board Advisor*



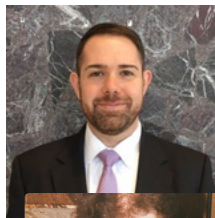
**Tim Campbell**  
*Board Advisor*



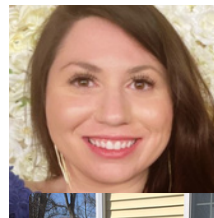
**Kevin Jameson**  
*Board Advisor*



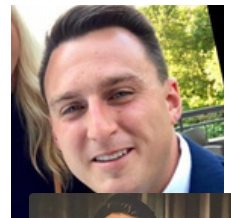
**Melissa Redman**  
*Board Advisor*



**Nate Joseph**  
*Board Advisor*



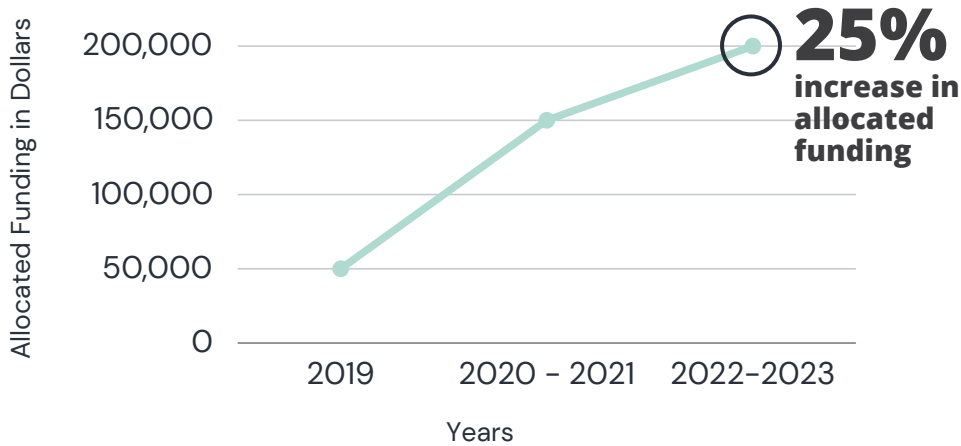
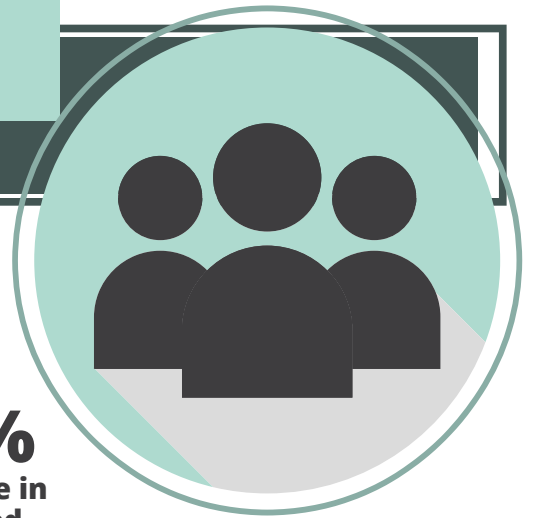
**Nicole Lignelli**  
*Board Advisor*



**Brent Meyers**  
*Board Advisor*

# Statistical Growth

The numbers below outline the increase in CTF's allocated research funding from the previous years to the CTF Consortium in 2022 & 2023. A total cumulative amount of \$350,000 has been awarded.

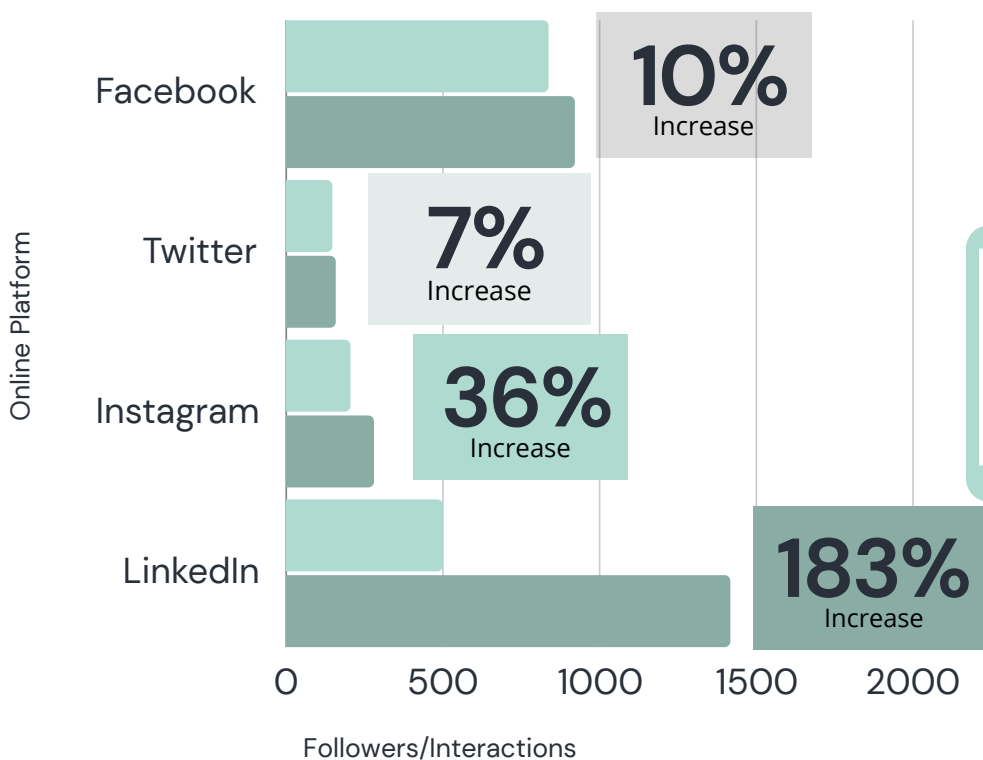


# 4,530

Active supporters in 2022 & 2023

## Online Presence

The numbers below outline the increase in CTF's online presence since our previous Impact Report.



**23%**  
increase in website visitors from 2022-2023



# Funded Research

## The CTF Consortium

### Research Members



**Dr. Amantha Thathiah, Ph.D.**

*Pitt Assistant Professor of Neurobiology;  
Pittsburgh Institute of Neurodegenerative  
Diseases (PIND)*



**Dr. Oscar L. Lopez, MD, FAAN**

*Pitt Professor of Neurology, Psychiatry, and  
Clinical and Translational Sciences;  
Levidow – Pittsburgh Foundation Endowed Chair  
in Alzheimer's Disease and Related Dementias;  
Director of Pitt Alzheimer's Disease Research  
Center; Chief of Pitt Cognitive and Behavioral  
Neurology Division*



**Dr. Robert M. Friedlander, MD**

*Chair, Pitt Walter E. Dandy Professor; Head of  
Pitt Cerebrovascular Neurosurgery; Director  
of Pitt Complex Brain Surgery Program;  
Co-Director of UPMC Neurological Institute*

The CTF Consortium supports three unique researchers, all focused on finding drugs and/or treatments to progress viable solutions for dementia through their complementary expertise. Conducting the research at a faster rate through shared knowledge is a transformative approach to advance science and accelerate new treatments to stop the progression of dementia.

The CTF Consortium researchers are incredibly grateful for your generous support throughout 2022–2023, allocating \$200,000 to their research collectively.

The funding provided over the past two years has been exceptionally important, saving the CTF Consortium what would normally be two additional years needed to generate proper testing of tissues essential to pursue a new and exciting phase of research in 2024–2025.

Provided in the pages to follow are in-depth reports of the research conducted and funded by your donated dollars. A separate section highlighting the collaborative threads can be found on page twelve.



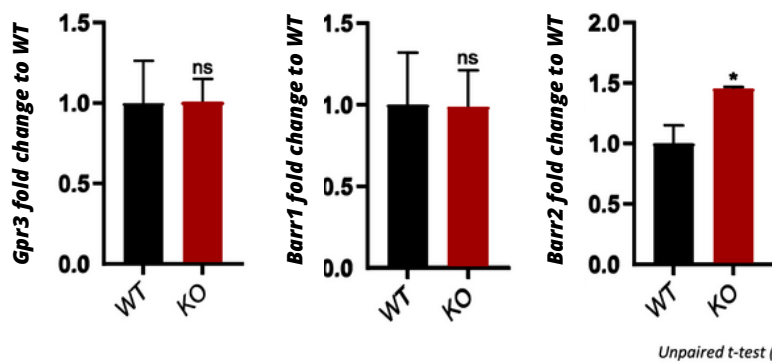


**Dr. Amantha Thathiah's** research focuses on better understanding G protein-coupled receptors (GPCRs) – integral membrane proteins used by cells to convert extracellular signals into intracellular responses. They mediate a wide range of signaling pathways involved in nearly all physiological processes in the human body and are among the most successful targets for drug development. GPCRs have been involved in neuron inflammation and cell death, Amyloid-beta ( $A\beta$  or Abeta) and tau pathology, and have been linked to the development of several neurodegenerative diseases, including Alzheimer's disease, Vascular dementia, Frontotemporal dementia (FTD), and more. Investigating the correlation between changes in GPCR activity and impact of the development of neurodegenerative diseases is imperative to identifying successful treatment.

Dr. Thathiah has identified G protein-coupled receptor 3 (GPR3) as an identifier of  $\beta$ -amyloid production and determined that GPR3 is highly expressed in areas of the human brain impacted by Alzheimer's disease. GPR3 directly regulates neuronal communication between brain cells and is involved in neuroinflammation and cognitive function.

Melatonin receptors MT1 and MT2 are GPCRs that adhere to the cell's surface so that they can receive external melatonin signals. In neurons, melatonin synthesis occurs exclusively in mitochondria but mitochondrial dysfunction related to and promoting tau aggregation, is believed to lead to cell death, therefore impairing the cells receipt and protection by melatonin.

Through the provided funding to the CTF Consortium, Dr. Thathiah now better understands the involvement of GPR3 and MT1 in mitochondrial function, determining that GPR3 is not involved in neuronal survival and that melatonin receptor-mediated signaling affects neuronal survival in Alzheimer's disease.



**Findings:**

- Levels of  $\beta$ -arrestin 2\* are elevated in melatonin-deficient mice (AANAT KO mice)
- GPR3 levels are unchanged in melatonin-deficient mice

**\* $\beta$ -arrestin is a protein that affects several intracellular signaling pathways within the cell which are involved in regulating mitochondrial function. Elevated  $\beta$ arr2 levels have been shown to increase mitochondrial oxidative stress, a known factor in aging.**

Additional research findings built upon these discoveries can be found under Dr. Friedlander's research update (pg.9), as their labs worked closely on these projects to determine outcomes.

On September 26, 2022, Dr. Thathiah's research focused on G protein-biased GPR3 signaling ameliorates in a preclinical Alzheimer's disease mouse model was published in *The Proceedings of the National Academy of Sciences (PNAS)*. PNAS is a peer reviewed journal of the National Academy of Sciences (NAS) and one of the world's most-cited and comprehensive multidisciplinary scientific journals (over 3,500 research papers published annually). It serves as a worldwide authoritative source of high-impact, original research that broadly spans the biological, physical, and social sciences. You can find Dr. Thathiah's publishing in PNAS issue released on October 4, 2022, vol. 119 no. 40.

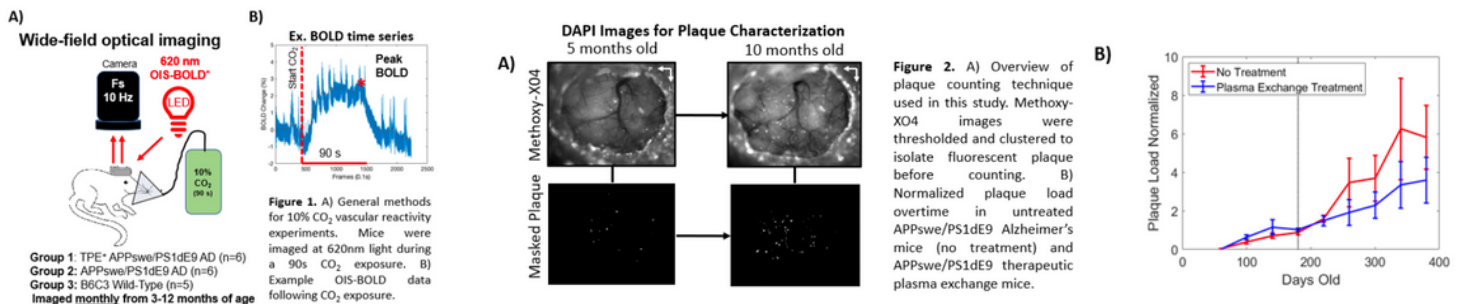




**Dr. Oscar L. Lopez** and colleagues previously demonstrated that patients suffering from moderate Alzheimer's disease (AD) showed improvement in neuropsychological tests of memory, language, and processing speed functions following treatment with therapeutic plasma exchange (TPE). While results from this human clinical trial showed that PE reduced the level of inflammatory biomarkers in blood and was effective in AD patients regardless of cerebrospinal fluid amyloid-beta (Abeta 42), the underlying mechanisms and impact on preserving vascular function remain unclear. Thus, it has been critical to conduct continued research in an AD mouse model that can advance to future human clinical trials.

Since AD pathology is usually associated with vascular dysfunction, Dr. Lopez's most recent study investigated the therapeutic potential of TPE in preserving vascular reactivity in a young AD mouse model.

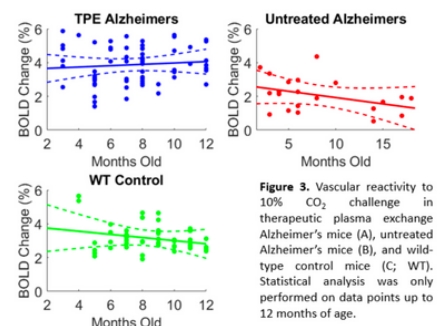
**Testing Methodology:** Bi-monthly TPE began at 6-months of age (mo) in the treatment APP/PS1 group (n=6), exchanging 300–400  $\mu$ L of plasma from a 2–3 mo donor, wild-type (WT) mouse. The control groups, APP/PS1 (n=6) and WT group (n=5), received no treatment. Wide-field optical imaging (WFOI) at 620nm light was used to assess vascular function. Peak changes from baseline blood oxygenation (OIS-BOLD) were measured (Fig. 1) and images of cortical amyloid plaques were obtained monthly using fluorescence microscopy 6–24 hrs after Methoxy-XO4 administration (Fig. 2). To account for mouse variability in plaque accumulation, plaque data were normalized to their value immediately prior to their treatment (i.e., 6 mo data). An analysis of covariance was used to assess statics for vascular reactivity and plaque load.



**Results showing a decline in plaque and increased vascular reactivity in mice treated through TPE.**

When the study was completed, TPE showed a trend towards reduced cortical plaque load in 8–12 month treated mice and vascular reactivity values measured by blood oxygenation (OIS-BOLD) also showed a trend toward improved function (Fig. 3).

**Continued studies on old-aged mice will provide additional information about the effects of TPE on AD and vascular function for use in future clinical trials.**



The funding provided through the CTF Consortium over 2022–2023

also allowed Dr. Lopez to present these findings at the 2022 Alzheimer's Association International Conference (AAIC), the world's largest meeting dedicated to advancing dementia science. His presented poster from this conference can be reviewed on the following page.

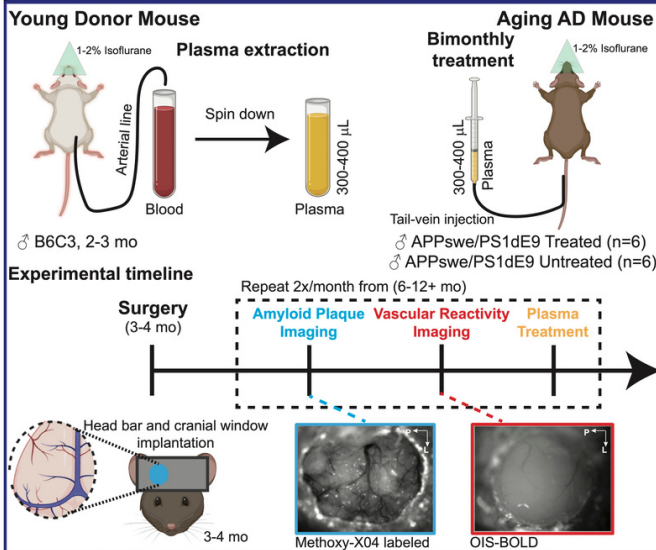
Christopher Cover<sup>1</sup>, Jenna Peratin<sup>2</sup>, Oscar Lopez<sup>3</sup>, Alberto Vazquez<sup>4</sup>

1. Dep. Bioengineering, University of Pittsburgh, 2. Dep. Neuroscience, University of Pittsburgh, 3. Dep. Neurology, University of Pittsburgh School of Medicine, 4. Dep. Radiology, University of Pittsburgh School of Medicine

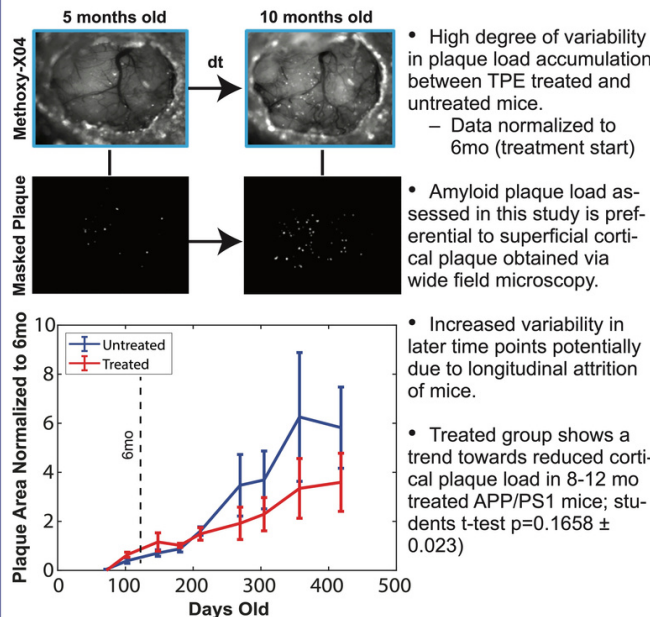
## Background and Rationale

Therapeutic plasma exchange (TPE), has shown to be a beneficial treatment for reducing plaque load and improving cognitive function in human subjects with Alzheimer's disease (AD).<sup>1,2</sup> It is unclear in animal studies the impact of TPE on reducing plaque load, however, cognitive improvements are seen in treated AD mice.<sup>3,4</sup> While prior studies have focused on characterizing TPE's impact on amyloid deposition and behavioral metrics, no studies have investigated the treatments impact on vascular function. Since preclinical AD pathology is usually associated with vascular dysfunction, the aim of the current study is to investigate the therapeutic potential of TPE on improving amyloid plaque load and preserving vascular reactivity in young, aging APPsw/PS1dE9 mice.

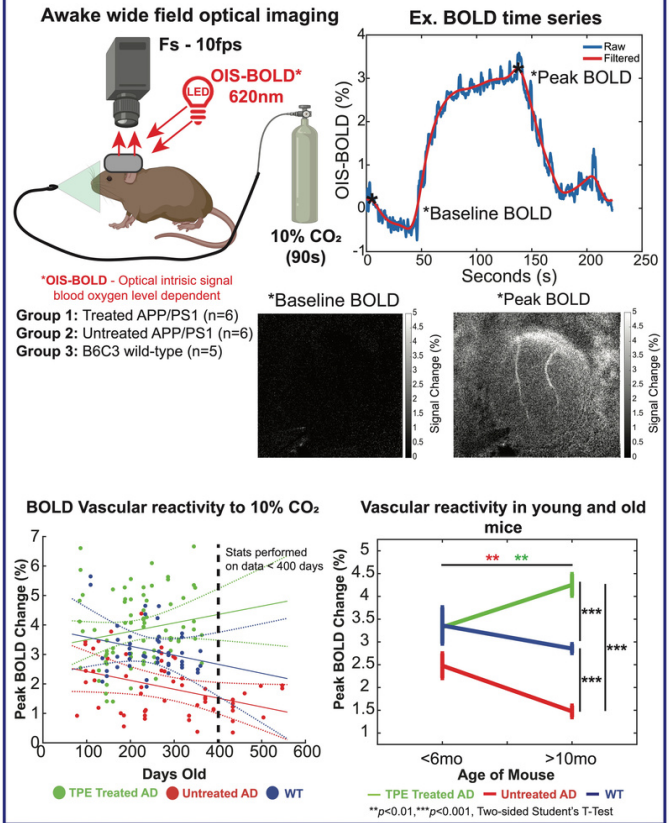
## 1. TPE treatment and experimental protocol



## 2. Impact on cortical plaque load



## 3. Impact on vascular reactivity



## Conclusions and future directions

### Take home points:

- There is a trend towards a decreased cortical amyloid plaque load in middle-older AD mice treated with TPE.
- As well as significant improvements in vascular function in TPE treated mice.

### Ongoing studies:

- Add more TPE treated mice to the study to increase power of study at later time points.
- Evaluation of neurovascular coupling in TPE treated mice.
- Evaluation of blood plasma inflammatory markers in untreated, TPE treated, and WT mice.

## References

- Boada et al., 2020. Alzheimer's Dementia PMID: 32715623; PMCID: PMC7984263
- Cuberas-Borrós et al., 2018. J Alzheimers Dis. PMID: 29154283; PMCID: PMC5734124
- Zhao et al., 2020. Alzheimer's Research Therapy; PMID: 32513253; PMCID: PMC7278124
- Middeldorp et al., 2016. JAMA Neuro PMID: 27598869; PMCID: PMC5172595

## Contact information and funding

**Christopher G. Cover, MS**  
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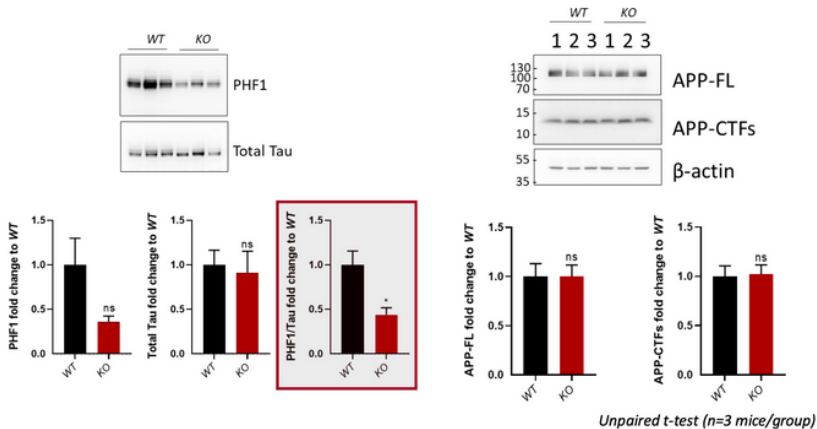
University of Pittsburgh, Alzheimer's Disease Research Center

CLEAR THOUGHTS FOUNDATION  
...funding the fight against dementia



**Dr. Robert M. Friedlander** and his team have continued to pursue research to understand the role of melatonin in inhibiting neuroinflammation and slowing dementia in a preclinical mouse model. Research has shown that melatonin levels deplete severely with aging and more so in patients with Alzheimer's disease (AD). Support from the CTF Consortium led to the establishment of a novel mouse model of age-related neurodegeneration genetically which was engineered not to make melatonin (AANAT-KO).

This mouse model in tandem with Dr. Thathiah's lab, has been used to better understand the accumulation of phosphorylated tau, which causes synaptic impairment and neuronal dysfunction – a key pathological feature of Alzheimer's disease.



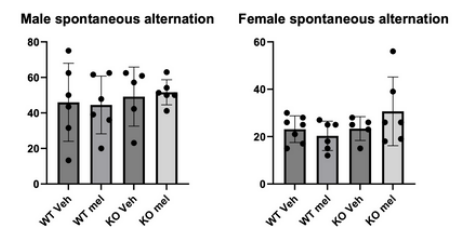
#### Findings:

- Confirmed phosphorylated tau levels are **reduced** in melatonin-deficient mice (AANAT KO mice)
- \*Amyloid precursor protein (APP) levels are unchanged in melatonin-deficient mice –  $A\beta$  levels have not yet been checked.
- Confirmed no APP gene variant changes and validates use of the AANAT KO mice for further studies.
- Tau phosphorylation signature can differ – determination of the status of tau phosphorylation at additional sites will provide insight into the implications of reduced phosphorylation at the PPHF1 site for disease.

**\*Amyloid precursor protein (APP) is abundant in neurons and gives rise to amyloid- $\beta$  ( $A\beta$ ) peptides**

Dementia is known to develop with different frequency in males and females, depending upon the disease form. Dr. Friedlander's lab has begun the necessary research to better understand these differences with melatonin's impact on memory and brain volume. Preliminary data showed that female AANAT-KO mice had memory deficits at 1 year old compared with WT mice and male AANAT-KO mice had decreased brain volume at 1 year old compared with WT mice.

Upon continued testing, at 12 months of age with 6 months of melatonin supplementation, the average memory score for AANAT-KO mice was higher in both males and females, but due to the large variability within the groups, this difference was not statistically significant. Given this factor, brain tissue samples will be collected with future funding at 24 months of age, NIH's standard for an aged mouse equivalent to an elderly human. Once brain tissue samples can be collected, MRI images will be used to calculate brain and hippocampal volumes, creating a better indication of melatonin's impact as a dementia therapeutic for both men and women.



In 2022 and 2023, Dr. Friedlander's lab submitted two NIH applications for large scale research projects to expand upon specific aims in relation to the funded research of the CTF Consortium. Your continued funding is vitally important to help secure the necessary preliminary data needed for future awarded grant funding from the NIH! NIH application details are below:

#### 2022 NIH Submission

**Requested Support:** \$2.1 million dollars

**Research Duration:** 5 years

**Project Title:** Melatonin deficits cause mitochondrial biomass reduction in age-related neurodegeneration

**Synopsis:** This project aims to investigate the role of mitochondrial homeostasis in maintaining brain health, and the potential link between melatonin levels and mitochondrial homeostasis.

#### 2023 NIH Submission

**Requested Support:** \$3.5 million dollars

**Research Duration:** 5 years

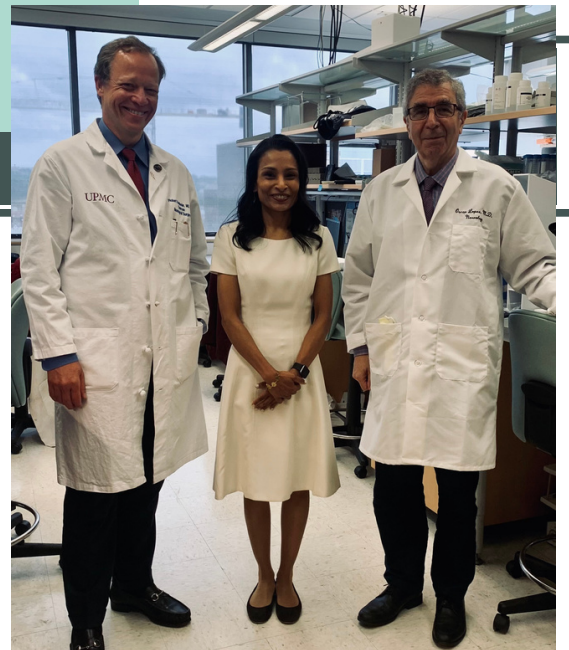
**Project Title:** Mechanisms of Melatonin deficiency in age-related neurodegeneration

**Synopsis:** This project proposes a longitudinal study in newly developed melatonin deficient mice to determine melatonin causality in neurodegeneration, as well as test oral melatonin supplementation to prevent age-related cognitive decline and neurodegeneration.

# CTF Consortium

## Collaboration

The CTF Consortium is a catalyst for uniting three highly productive research groups with complimentary expertise spanning across a variety of research methodology and treatment theories. The excitement of this new model, is found within their overlapping entities, that when explored together can accelerate research advancements and double or even triple funding impact. The chart provided below highlights the areas in which collaboration throughout this research has taken place.



### RESEARCHERS    COLLABORATION    OUTCOME

Dr. Friedlander & Dr. Thathiah

Melatonin and neuroinflammation study

- Uses shared mouse model to test and understand brain aging and melatonin impact on dementia, as well understand the role of G-protein receptors and tau
- Identified a link between the G-protein coupled receptors and melatonin's prevention of dementia, further exploration needed

Dr. Friedlander & Dr. Lopez

Shared mouse model to determine vascular function impact of therapeutic plasma exchange (TPE)

- Alzheimer's disease mouse model utilized in TPE research to better understand tau plaque reduction and vascular function

Dr. Friedlander, Dr. Lopez, & Dr. Thathiah

Overall shared research findings

- Frequent discussion of project findings to determine research overlap for potential future collaborative NIH grant applications

# CTF Consortium

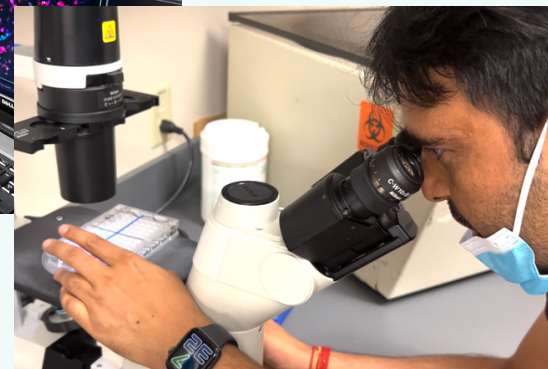
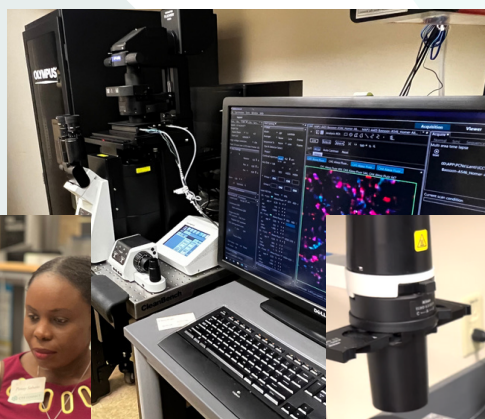
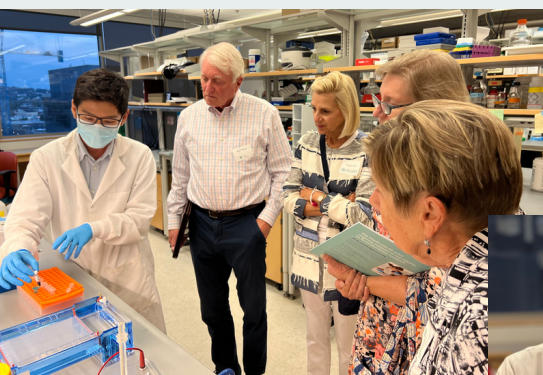
## *Future Research*

CTF plans to continue funding the CTF Consortium throughout 2024 and 2025, building on the strength of the research previously accomplished, working to better understanding GPCRs, mitochondrial function, neuronal survival, memory loss, neuroinflammation, and vascular function in relation to developing viable therapeutics for dementia prevention.

The CTF Consortium's future efforts surround research expansion, to ensure that data is robust and can meet the NIH-defined standard for aged mice. Meeting this research requirement will aid in garnering successful NIH grants that are able to support the future necessary research phases requiring between 2 and 3.5 million dollars for completion. This will bridge the gap to eventually get these therapeutic treatments to clinical trial.

Building off the continued collaboration of both Dr. Friedlander and Dr. Thathiah's research labs, the future developed shared mouse model will be aged to the appropriate NIH age of 24 months old (current research conducted with a maximum age of 12 months) before new performance of memory analysis and collected tissues for MRI imaging will be gathered. These difficult-to-obtain aged mouse tissues, both with and without melatonin treatment, will then be leveraged to continue assessing the impact of melatonin on neuroinflammation – a key driver of neurodegeneration leading to various forms of dementia.

This collaborative research conducted by both Dr. Friedlander and Dr. Thathiah's labs will have further implications to not only advance Dr. Lopez's research surrounding therapeutic plasma exchange (TPE) and vascular function, but also be utilized for new application to NIH grants for continued pursuit of therapeutic development.



# Dementia Resources



## Brain Activity

It is important that an individual developing dementia works to remain as social and as mentally engaged as possible. Crossword puzzles, Sudoku, word games, puzzles, memory games, reading – really any type of activity that keeps the mind active. We suggest **Lumosity** for this as it is one of the most established brain training and mental fitness programs available. Users can sign up for a free account to play three games per day or choose the subscription service for more offerings with the ability to track results. Other online learning apps, websites, and games are as follows:

- **Elevate** - This mobile phone app offers different brain training games that focus on reading, writing, speaking, and math. Users can customize their training to focus on preferred areas and also track their progress to see how their skills are improving. It's free with in-app purchases and available for both iOS and Android devices.
- **Peak** - This mobile phone app (available for iOS and Android) provides brain games to help sharpen focus, memory, problem-solving, mental agility, and many other cognitive functions. The app is free to use but a subscription version unlocks more features.
- **Happy Neuron** - This website divides its games and activities into five critical brain areas: memory, attention, language, executive functions, and visual/spatial. Like Lumosity, it personalizes the training to its user and tracks progress, with all games being based on scientific research. Users must pay a monthly subscription fee to use the website, and its simplified app version is available for Android users only. Happy Neuron does, however, offer a free trial so interested users can determine if it is a liked approach before purchasing.
- **Braingle** - This free website provides more than 15,000 puzzles, games, and other brain teasers in addition to an online community of enthusiasts to connect with. Braingle has a wide variety of offerings, including optical illusions, codes and ciphers, and trivia quizzes. You can even create your own puzzles to give your brain a super workout!



## Senior Resource Guide

**Seniors Blue Book** is a free resource guide for all things senior, such as local living options and available services to help seniors live their best life. This guide can be accessed online at [seniorsbluebook.com](http://seniorsbluebook.com). Free print copies are available as well at participating Shop-n-Save, Walgreens, & Kuhns stores.



## Support Groups

**UPMC** provides an excellent listing page at [www.bit.ly/47pZlCM.com](http://www.bit.ly/47pZlCM.com) which highlights a plethora of support groups in the greater Pittsburgh area. Additionally, local **Alzheimer's Association** and **AFTD** chapters offer support groups in addition to some memory care facilities.



## Day Program

The **Brite Wellness Program** offers classes for individuals with mild cognitive impairments who want to optimize their physical, social, and cognitive functioning. This day program was started by the Alzheimer's Disease Research Center at the University of Pittsburgh in 2016 and has since grown to three locations in the greater Pittsburgh area. Interested individuals are encouraged to learn more at [www.britewellness.org](http://www.britewellness.org).

# News Features & Highlights

CTF continued their diligent work of raising funds and awareness through garnering unique media and community features throughout 2022 – 2023. To read, listen, or view these full features, visit CTF's *News and Events* website tab.



March



CTF announced the promotion and appointment of their first ever Executive Director.



CTF joined Life Sciences Pennsylvania (LSPA) for their annual Advocacy Day at the Pennsylvania state capital building. It was an incredible day sharing CTF's mission with our legislators – advocating for more unrestricted state funding towards private foundation dementia research.

May



During *Dementia Awareness Month*, CTF led two educational events:

1. An awareness booth at the Ligonier Country Market, which offered various art forms to pay tribute to loved ones who had battled dementia.
2. An educational seminar at North Boroughs Rotary Club, which educated guests on CTF and dementia, while also allowing them to participate in a dementia simulation.

September



CTF was selected as the featured non-profit in September for 228 Corridors Magazine, a local neighborhood magazine distributed throughout Cranberry Twp. and Mars areas.

Seniors Blue Book Pittsburgh, an educational resource guide for seniors, featured CTF as their Community Partner Spotlight which provided a highlight video on Facebook, LinkedIn, as well as within their email newsletter to spread awareness and education about CTF's mission.

December



WPXI aired a primetime news story on Channel 11 with anchor Amy Hudak, which featured CTF and the breakthrough dementia research of the CTF Consortium. Hayley D. Jameson, CTF's Founder & President, D. Matthew Jameson, CTF's Co-founder, and Cait Fenello, CTF's Executive Director were all interviewed as well to discuss this growing problem of dementia and what CTF is doing to eliminate it.



CTF was featured several other times throughout the month of December such as by joining Armstrong's Butler Buzz TV show (7,500+ followers), speaking at a Dementia Friends PA chapter meeting, and partnering with the company *Tribute* to offer free memorial videos for loved ones during the holiday season.





February



CTF shared a press release to showcase legendary Pittsburgh company, U. S. Steel, and their generous support of CTF in response to learning of former employee, Don 'DJ' Jameson's, fatal battle with Frontotemporal dementia (FTD). DJ was the inspiration behind the creation of CTF, with his family turning his sad story into a story of love and dedication to rally for a cure. This press release is an incredible story, which exemplifies the above and beyond kindness and support, as well as commitment towards the continued collaborative efforts of us all to find a cure for dementia!

May



A part of *Dementia Awareness Month*, CTF launched an educational event, *Lightning Learning*, which featured four experts who discussed pivotal topics surrounding a dementia diagnosis, such as the legal ramifications, financial burdens, care arrangements, and a variety of senior resources.

CTF also launched their podcast series, *Dementia Uncovered*, which features industry experts, impacted individuals, researchers, and more to uncover the many aspects that make up this disease, so that we as a society, can eliminate it!

KDKA's Larry Richert & Marty Griffin talk with Hayley Jameson and Eileen Stewart (cousin of Marty and CTF supporter/dementia advocate) on air to learn more about dementia research and what all of us can do to help put an end to this disease.

August



CTF's President & Founder, Hayley Jameson, presented at M.A.S.H (Marketing Admission Supporting Healthcare) East networking group on 'The Next Era of Dementia Treatments' covering CTF's research and the many new Alzheimer's drugs.

October



CTF was featured in Northern Connection magazine's October issue as their 'Mover and Shaker of the Month,' showcasing the annual *Roll for a Reason Gala*.

CTF joined radio host, Allen Wagner, on his 60 minute program, *The Inner Page*, to discuss the latest in dementia research.



November



The Pittsburgh Post-Gazette 'SEEN' column captured CTF's most monumental Roll for a Reason Gala ever, raising over \$217,000 for dementia research!

December



CTF was honored to be selected by the Pittsburgh Foundation as a 2023 Wish Book non-profit recipient. Through this feature, CTF received over \$11,000 from generous donors looking to support breakthrough dementia research.

# Fundraisers & Memorials

Members of the CTF community hosted various fundraisers throughout 2022 and 2023, raising both awareness and vital funds to support the continuation of our mission. We are grateful for their dedication and creativity! We are also humbled by all those who honored a loved one through memorial contributions to CTF. May these individuals rest in peace knowing their lasting legacy is making a difference.

## **Dementia Awareness Month Fundraisers**

Cinderland's Beer Company  
*Super Secret Burger Club Burger Giveback*

Forbes Tavern  
*I.C. Light Promotion Giveback*

Pure Edge Performance Training  
*Bootcamp Benefit*

SHAPE Training & SweatNET Pittsburgh  
*Memorial Day Bootcamp Benefit*

Stack'd Custom Burgers and Craft Beers  
*Featured Milkshake Giveback*

THROW Axes Pittsburgh  
*Thoughtful THROW Thursday's Giveback*

Walnut Grill  
*Featured Cocktails Giveback*

## **Individual Fundraisers**

Coop de' Ville  
*Sandwich Feature*

Derek & Sherri Bayer  
*Halloween Haunted Garage Fundraiser*

Ethos Medical Dispensary  
*September Featured Non-profit*

2420 Penn  
*Thoughtful THROW Thursday's Giveback*

## **Facebook Birthday Fundraisers**

Amy Steinhiser Lawson  
Heather Ann  
Jamie Christensen  
Lauren Smith  
Melanie Malone  
Ric Lignelli  
Tabaitha Patterson Bridge

## **Donations Received in Memory Of**

Anna 'Cookie' Johnson	Jerry Houley
Catherine Henke	Jim Cook
Charlie Winek	Jim Harpst
Christine Davis	JoAnne Farley
Crystal Butson	John F. Gatto
David P. Meyers	Joy Loomis
Don (DJ) Jameson	Kathy A. Murray
Donna Jean Spencer	Mary Ann Stegman
Edna Dausch	Matthew Sevcik
Fred Soltis	Pat Gatto
George Coholich	Robert Henson
George Rantovich	Sally Keener
Gerald J. Ruffing	Sherry Finken
Gerry Jackman	Sue Mendenhall
Glenn T. Hepp	Terry Zozula
Hollis Herrell	Thomas Struzzi
James DeLeeuw	V.J. Pross Jr.
Jean D. Fey	Virginia Fauth

*CTF will forever remember Board Advisor*

**James 'Jim' L. Cook III**

**August 16, 1969 - July 11, 2023**

*"We can do no great things,  
only small things with great love."  
~ Mother Teresa*



# Ways to Support

Helping CTF helps you! You can make a lasting impact on our mission to fund dementia research while receiving several tax benefits. Below are a few ways that your partnership can benefit both the continuation of our research as well as yourself!



## Donor-Advised Funds

A donor-advised fund account is a simple, tax-smart investment solution for charitable giving. You can contribute cash, securities, or appreciated assets throughout the year to CTF, making you eligible for a current year tax deduction on all giving decisions made from this fund. Your charitable gifts to CTF and other non-profit foundations can be managed from this fund account for ease of collective year end annual reporting.

## Gifts of Stock

Donating your stock or other securities (bonds, mutual funds, etc.) is an easy way to support our mission while providing you wonderful tax benefits. For example, if your stock has increased in value from the time of your purchase, you can avoid paying the capital gains tax by donating the stock to CTF.

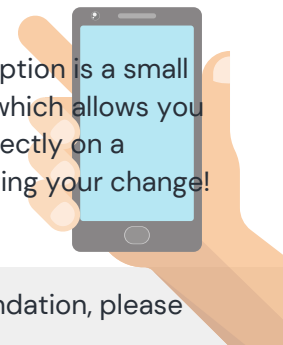


## Charitable Gift Annuity

A charitable gift annuity, or CGA, allows you as the donor to make a lump-sum donation to CTF and receive a lifetime income in return. At the time of your donation, you receive a partial tax deduction, and CTF puts up to half of your initial donation towards its mission. You will then receive annual payments per the terms of the annuity agreement for life, with CTF receiving the balance of the invested funds upon passing. A win - win to both help research growth now, while supplying annual income payments to you for the duration of your lifetime!

## RoundUp App

We get there are a lot of awesome causes out there that you are interested in supporting! This option is a small change to make for big changes towards our mission. We are partnered with the RoundUp App, which allows you to "round up" the change from your daily debit or credit card purchases and donate it to CTF directly on a monthly basis. This is a simple way to consistently fund the fight against dementia, just by donating your change! You can download the app for iPhone, Android or create an account on the Web.



For all inquiries or questions in regards to the listed ways above to support Clear Thoughts Foundation, please contact CTF at [info@cleartoughtsfoundation.org](mailto:info@cleartoughtsfoundation.org) or 412.407.7170.

# We thank you for your ongoing support of our mission to fund dementia research.

## Acknowledgements

Clear Thoughts Foundation would like to acknowledge several groups of individuals who work tirelessly in support of our mission to fund the fight against dementia. In addition, CTF is grateful to be partnered with the brilliant researchers who are utilizing their scientific expertise to bring us all closer to living in a world free of dementia. Below are those committed to our mission and research:

### **CTF Founders**

Hayley D. Jameson, *Founder & President*

D. Matthew Jameson, *Co-founder & Secretary*

Sharon Sippel, *Co-founder & Board Member Emeritus*

### **CTF Board Members**

Lisa Sevcik, Adam Zaccari, Megan Markley

### **CTF Chief Scientific Advisor**

Dr. Karl Herrup

### **CTF Board Advisors**

Gary Napotnik, Bob Ward, Justin Shal, Tim Campbell, Kevin Jameson, Melissa Redman, Nate Joseph, Nicole Lignelli, Brent Meyers

### **CTF Executive Director**

Cait Fenello

### **CTF Consortium Researchers**

Dr. Robert Friedlander, Dr. Oscar Lopez, Dr. Amantha Thathiah

### **University of Pittsburgh Personal**

Justin Meyer, Lauren Ward, Jodi Fowler

### **All CTF Supporters, In-kind Donors, and Contributors**



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