



The Association for Frontotemporal Degeneration

Opening the gateway to help and a cure

Volume XIII, Issue 2

Summer 2016

TreatFTD: \$10 Million to Jumpstart FTD Clinical Trials

While every family's story of life after an FTD diagnosis is different, all can agree on the urgent need for effective treatments. However, to date, only a handful of FTD drug candidates have advanced to the clinical trial stage. As a result, while scientific progress targeting FTD is accelerating, from the perspective of people with FTD and their families, it cannot move quickly enough.

In May 2016, two generous donors – the Lauder Foundation and the Samuel I. Newhouse Foundation – made a multi-year commitment to help push the science targeting FTD forward. Through an investment of \$10 million over the next 10 years, AFTD and the Alzheimer's Drug Discovery Foundation (ADDF) will build on a

longtime collaboration to establish a new funding partnership, *TreatFTD*, focused on FTD clinical trials.



TreatFTD co-donor Donald Newhouse and his wife Susan Newhouse in 2008.

The *TreatFTD* program will fund trials of drugs that target the disease mechanisms underlying FTD, as well

as trials of drugs targeting the relief of FTD symptoms. While some will be new drugs, others will be “repurposed” medications originally developed to treat other disorders – a cost-effective move that can take advantage of previous work establishing the safety, side-effect profile and dosage range of such drugs. By focusing exclusively on clinical trials, *TreatFTD* will accelerate the search for effective treatments.

Clinical trials of medications for FTD pose unique challenges: How can researchers work around the limitations imposed by a small patient population, and how can we best respect the needs of individuals with FTD and their families in doing so? What outcome measures will provide the strongest

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Celebrating a Community of Support

Dedicated support group leaders volunteer their talents to bring support to those impacted by FTD. Their commitment and passion create a community where caregivers can turn for help in coping with the day-to-day of caring for their loved ones, while taking care of themselves as well. Caregivers gain opportunities for practical problem-solving, being around others who truly understand and working through challenges together. In the absence of disease specific treatments, strong FTD support groups offer the most beneficial intervention available today.

AFTD began to establish formal affiliate relationships with support

group leaders in September 2015. Just ten months later, about half of FTD-specific support group leaders across the country have affiliated with AFTD.

To date, AFTD has offered twelve trainings for support group leaders, including training from FTD experts and training in group process. These efforts have provided facilitators ongoing opportunities to collaborate and learn from each other and from AFTD. Group facilitators are increasing their knowledge of FTD, keeping up to date with the evolving science and working through how to best respond to the tough situations often faced by families affected.

(Continued on page 5)

Spotlight On... Rick Childs, AFTD Board of Directors

Just days prior to the couple's 25th wedding anniversary, Rick Childs helped his wife, Beatrice "Beezie" Ives Childs move into an assisted living facility. This wasn't close to how he had envisioned spending the day with his 59-year-old bride. His story is not unlike that of so many individuals impacted by FTD: faced with a very challenging situation, he found a way to move forward that could help others.



AFTD Board Member, Rick Childs

After a 30-year career as a real estate manager for an environmental engineering firm, Beatrice began to lose interest in activities that had previously appealed to her. After retirement, she had planned to

enroll in cooking school, to fine tune her skills and learn more about an innovative and creative art she loved. Weeks passed and she never enrolled, eventually losing all interest. Seeing these changes, Rick and the family began a quest for answers that resulted in a diagnosis of FTD.

During this journey, Rick and Beatrice met AFTD Medical Advisory Council member, Dr. Bradford Dickerson at Massachusetts General Hospital, and learned about AFTD. At AFTD's 2011 Education Conference in Boston, Rick made a personal connection with another AFTD volunteer and

Board member, and decided to get involved too.

Rick and his family have contributed consistently as AFTD major donors since 2011, providing both unrestricted support and support for AFTD supports targeting families with children.

Rick joined AFTD's Board of Directors in spring 2016, bringing a dedication to the cause and business leadership experience as an investment manager for a private insurance company in Boston.

"I'd like to give caregivers and those afflicted by this horrible disease better support and the hope that a cure is possible," he said.

He adds his sincerest advice to caregivers, patients, friends and families: "Never give up."

AFTD NEWS BRIEFS

2016 RFP for Fueling FTD Drug Discovery

Research investigating the pathologic mechanisms underlying FTD is advancing, creating new targets for drug discovery. The Alzheimer's Drug Discovery Foundation (ADDF) and The Association for Frontotemporal Degeneration (AFTD) seek to accelerate and support innovative drug discovery programs for FTD through a new Request for Proposals (RFP). ADDF/AFTD will provide one-year grants with the possibility of follow-on funding. Proposed budgets averaging \$100,000-\$150,000 are recommended. Applications may be submitted by nonprofit academic institutions and for-profit biotechnology companies, both public and private, worldwide. The deadline for applications is September 2nd, 2016. For more information, visit: www.theaftd.org/research/funding-opportunities

AFTD Heads to the International Conference on FTD in Munich, Germany

A Platinum Sponsor of the International Conference on Frontotemporal Dementias (ICFTD), AFTD staff will speak at this year's conference in Munich, Germany. There are two events – one focused on the international synthesis, exchange and dissemination of research evidence related to FTD, and a second for caregivers, providing a forum for discussion and opportunity to promote international awareness for FTD. AFTD Executive Director Susan L-J Dickinson, M.S., CGC will open the caregiver conference on September 1st, and Program Director, Sharon Denny will discuss AFTD's work targeting support groups. The 10th International Conference on FTD will be held from August 31-September 2, 2016. For more information, and to register, visit: www.bit.ly/297RriA

World FTD Awareness Week and Food for Thought

During the week of September 25th, countries around the globe will participate in the second *World FTD Awareness Week*. The event will build on new momentum from the 10th International Conference on Frontotemporal Dementias, held on August 31-September 2, 2016 in Munich, Germany.

This year, the goal is to foster *World FTD Awareness Week* activities and events in more than 12 countries around the world, including AFTD's Food for Thought events. By getting all constituents around the world involved, all voices will be heard in the fight against FTD.

Consider a Planned Gift to AFTD...

Planned Giving Opportunities at AFTD:

- Wills/Bequests
- IRAs and other Retirement Assets
- Stocks
- Insurance

"A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit." - David Elton

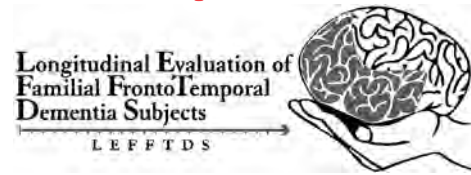
Help us **plan for a future** in which FTD is understood, effectively diagnosed, treated, cured and ultimately prevented. A legacy gift will ensure that AFTD can continue fighting this disease until we have achieved our mission.

Caregiver Lewis Lorten, whose wife Jacqueline was diagnosed with PPA in 2014, notes: *"The unpredictable course of the different variants of FTD can make every patient's and every caregiver's role different, difficult and lonely. My decision to include AFTD as a beneficiary of our estate is in the hope that the organization can increase awareness, foster a community of support and guide research... changing the perspective for the future. That's a lot of hope for my small gift but I hope others who can will join me in this effort."*

A planned gift can be a portion of your estate or a designated amount, such as \$1,000, \$5,000, \$20,000 or any amount you wish. Your gift **WILL** help sustain the momentum to finding **care and a cure!**

To learn more, please contact Development Manager, Pam McGonigle at pmcgonigle@theaftd.org or 267.514.7221.

Natural History Studies Provide a Roadmap for FTD Drug Development



Living with an FTD diagnosis can feel like trying to navigate uncharted wilderness, especially when there are questions the doctors can't answer. What caused this disease? How advanced is it? What comes next?

Researchers and clinicians can feel equally lost. While the science targeting FTD is gaining momentum, so many crucial questions remain: How can we diagnose FTD more effectively? Can we identify people at risk and intervene to prevent the disorder? How do FTD symptoms change over time – and why does the progression differ between patients?

To find answers, we need to follow *more individuals with FTD over time*, a type of research experts call a “natural history” study. In addition to clinical symptoms, natural history studies may use neuropsychological

tests, brain imaging, or changes in blood or cerebrospinal (CSF) fluid biomarkers to track disease progression and develop the biological equivalent of a “roadmap” to FTD.

In 2014, advocacy by AFTD, combined with the efforts of researchers in the U.S. and Canada, led to NIH funding for two natural history studies of FTD: Advancing Research and Treatment of Frontotemporal Lobar Degeneration (ARTFL) and the Longitudinal Evaluation of Familial FrontoTemporal Dementia Subjects (LEFFTDS).

ARTFL aims to establish a “trial-ready” cohort for future research. Anyone with an FTD disorder can enroll. Participants with sporadic FTD (no family history) undergo a single evaluation and provide a blood sample; those diagnosed with PSP also receive an MRI scan and a lumbar

puncture. ARTFL participants who do have a family history of FTD will be evaluated twice.

LEFFTDS is limited to individuals who have mutations in the three genes most commonly affected in FTD — MAPT, GRN, or C9ORF72. The study is open to everyone in the affected family, including asymptomatic individuals, who do not need to learn their mutation status to participate. LEFFTDS participants will be evaluated at three time points, each of which will include an MRI scan and blood sample; two will also include a lumbar puncture.

AFTD encourages everyone to learn more about ARTFL and LEFFTDS at www.clinicaltrials.gov (enter “ARTFL” or “LEFFTDS”), and to consider participating in these important natural history studies.

TreatFTD *(Continued from page 1)*

evidence of a drug's efficacy? *TreatFTD* will allow researchers to “learn by doing” the answers to these questions.

The initiative will also dovetail with two other emergent AFTD research efforts — the FTD Disorders Registry, which will keep enrollees informed about upcoming clinical trials, and the FTD Biomarkers Initiative, a potential source of the biomarkers needed to confirm a drug's biological actions and assess its effectiveness.

The partnership at the heart of *TreatFTD* builds on AFTD and ADDF's 10-year alliance to support FTD research through Drug Discovery awards. It's also an example of how the risky and expensive process of drug development

is being transformed by people through working together rather than trying to “go it alone.”

Members of the newly formed *TreatFTD* Joint Steering Committee

expect to issue the first call for proposals at the 10th International Conference on Frontotemporal Dementias in Munich later this summer. Co-donor Donald Newhouse is looking forward to seeing *TreatFTD* take shape: “My wife, Susan, suffered from primary progressive aphasia...My brother, Si, suffers from the same dementia. Si's wife, Victoria, and I and our families are committed to research to find treatments and a cure for

“This partnership between the ADDF and AFTD is a significant step forward in carrying out our commitment.”

FTD and Alzheimer's. This partnership between the ADDF and AFTD is a significant step forward in carrying out our commitment.”

This effort has potential to be of value for other neurological diseases as well, a reality that could draw more philanthropic support and more collaborative efforts to focus on FTD over time. As ADDF Executive Director Howard Fillit notes, “Partnerships are critical to the success of our mission to find effective drugs to treat Alzheimer's and other causes of dementia. By combining our resources and sharing expertise, we will conquer these diseases faster.”

Community of Support *(Continued from page 1)*

“Affiliation helps leaders to create a space where their support group members can process and cope, where these individuals can become better-informed and learn how to be strong, effective advocates for themselves and their families,” notes AFTD Support Services Manager Bridget Moran.

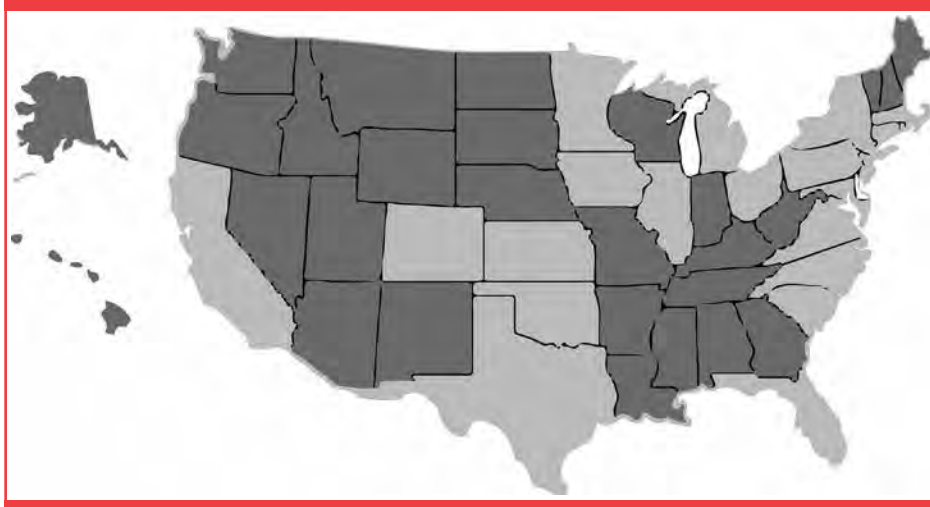
Since this formal affiliation effort began, the creation of new FTD-specific support groups has increased, with 15 added in the last 10 months through work by 19

newly-affiliated facilitators across the U.S. AFTD has also launched two new phone-based support groups: one for male caregivers and

Leader in West Palm Beach, FL shared, “I am thrilled to be an affiliate facilitator, because I know I have the whole of AFTD behind me in this work...The training workshops, educational sessions and close contact with Bridget has given me the confidence and skill to lead a very successful support group.”

To find a support group in your area, visit AFTD’s “In Your Region” pages for the most up-to-date listings.

If you are thinking about starting a support group, contact Bridget Moran at bmoran@theaftd.org or 866-507-7222.



States shaded in light grey have at least one AFTD-affiliated support group facilitator.

one for those helping to care for loved ones affected by FTD/ALS. Sandi Lutz, a Support Group



FTD DISORDERS REGISTRY

The Future of FTD Research.

Having a centralized location of recorded personal experiences is crucial to understanding how a disease affects people living with FTD and their families. Announced in May, the first of its kind FTD Disorders Registry will be available soon. Look for more information to come on the FTD Disorders Registry and how you can join.



Join the Registry.

Tell your Story.

Advance the Science.

Donations Honor Loved Ones *Gifts received from March 16, 2016 - June 15, 2016*

In Memory of

James S. Abbott	Kyle Steven Durkin	Eugene Klein	Sandra Rogers
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Michael Bruemmer	Ferris "Sonny" L. Grooms	David Joseph Matthews	Richard L. Stoddard
Robert Burroughs, <i>in honor of his birthday</i>	Albert Charles Hall	Robert Matusiak	Wendy Suzman
Sylvia Butterfield	Sharon Halper	Ronald McCarthy	Lucia Swanson
William J. Butterworth III	Cindy Lou Halverson	Terry McDevitt	Sharon Swickheimer
Ann Campbell	George Gilbert Handley	Michael L. McNiff	Robert J. Sykes Jr.
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Stephanie DeSantis	Richard "Dick" R. Jensen	Bill Proett	Lesley "Lee" Stone Welshans
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	Daniel J. Kennedy		

AFTD is grateful for these gifts, which fund research, education and support.

In Honor of

Rebecca Adams	Connie Daniels	Gary Parks Griffith	Edward "Buff" Morris	Kathy Savini
Gail Andersen	George Demkow	Karl Grow	Donald Newhouse	Alvin Schneider
Michael J. Angello	Carolyn Dooman	Sandi Grow	Si Newhouse	Barbara Slattery
Randy Baker	Dani Duniho	Alice Hale	Cindy Orland	Ellen Solomon
Drew Basham	Stephen Fenoglio	Debbie Holland	Kimberly Williams-	Jeanette Stoothoff
Trish Bellwoar	Jeannie Frank	Alex Houlding	Paisley	Sylvia Tendler
Joy Spartin Bowen	Berta Ganz	Narciso Irias	Mary Catherine Pfeifer	Victoria Tinsley
John Carlson	Anne Gerlach	Carole Kleinman	Janis Pitts	Carmine Torrisi
Kenneth C. Carlson	Rosaura Gilmore	Larry Kleinman	Olivia Ripa	Jackie Traurig
Su-Ling Chang	Howard Glick	Donna Kunesh	Elaine Rose	Robert Traurig
Brandon Cline	David Goldsmith, <i>in honor of his birthday</i>	Samantha Kupferman	Catherine Rubinstein	Linda Williams
Andrew Costa	Helen Granzeier	Terry B. Lahita	Patricia Ryan	Judy Windhorst
	Susan Gregor	David Marquardt	Lillian Sackel	Larry Wright
		Virginia Miller	Sol Sackel	

In lieu of flowers...

Families who wish to direct memorial donations to AFTD are encouraged to call our office. AFTD can mail you donation materials, or you can download them from our website. All donors will receive letters of acknowledgment, and families will also receive a list of donors. To contribute online, visit www.theaftd.org and select "Donate Now."



AFTD CONFERENCE 2016
MINNEAPOLIS, MN

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THE LARSEN FAMILY

2016 AFTD Education Conference: A Day to Remember!

AFTD held its annual Education Conference on May 13th, in Minneapolis, Minnesota and 270 people came to take part – the highest number of attendees to date! Several experts from the Mayo Clinic in Rochester, Minnesota, contributed to the rich content presented, as well as others from Northwestern University's Feinberg School of Medicine and Bethesda Hospital. Children's author and illustrator, Nancy Carlson, a native to the Minneapolis-area, delivered a clever and heart-warming keynote address to a captive audience, even auctioning several drawings with proceeds benefitting AFTD.

Over the past several years, people diagnosed with FTD have attended in growing numbers. The conference began with a video and message from Susan Suchan, diagnosed with PPA, followed by two sessions specifically for people with FTD. It has become abundantly clear that people with an FTD diagnosis are not only interested in attending, but also capable of helping plan and lead parts of the program.

"Hearing from others with the same diagnosis about what is important to them, what bothers them, how to communicate more effectively, etc., was extremely helpful."

To demonstrate this point, dementia advocate and AFTD volunteer, Teresa Webb, worked with AFTD Program Manager, Matt Sharp, to develop and lead two sessions for people with an FTD diagnosis; one in the morning and an informal session in the afternoon. The morning session, called "Building Bridges" was offered in conjunction with the main presentations and featured an active discussion led by Matt

partners. The afternoon session was more relaxed, offering unstructured time for people to socialize or just rest in a quieter space away from the noise of the conference. One conference attendee noted, "I attended the morning session with my dad, who has FTD. Hearing from others with the same



Dr. Brad Boeve speaking to AFTD Volunteer, Deborah Dolan.



AFTD Advocate and Conference Speaker, Susan Suchan talking to AFTD Board Member, Paul Lester.



Keynote Speaker, Nancy Carlson, during her keynote address.



AFTD Volunteer, Teresa Webb, offers support to a fellow conference attendee.

diagnosis about what is important to them, what bothers them, how to communicate more effectively, etc., was extremely helpful."

We look forward to continuing to develop our program for further inclusion of persons diagnosed and to next year's conference on May 5th, 2017, in Baltimore, MD.

To access all of the presentations from the conference, visit: www.theaftd.org/newsroom/event-archive/2016-aftd-education-conference

Pre-Conference Dinner for Persons Diagnosed: A Time to Connect

By Teresa Webb

The evening prior to AFTD's conference in 2012, Howard Glick was having dinner on a restaurant's patio when a fellow person with FTD passed by. Howard invited them to join him, and just like that, the *FTD Support Group Social Dinner* was started; simply a bunch of people brought together by a common disease and enjoying a meal. Each year since, people with FTD have independently planned the dinner to coincide with AFTD's annual conference. This year, we welcomed 17 people with FTD that were there for

their first time, with a total of 68 people, including care-partners and family members.

The annual *FTD Support Group Social Dinner* is a time to renew friendships and make connections. For many with FTD, it offers a few hours of freedom; knowing no one is going to react in anger or frustration because of what they said, how they acted or not being able to find the words. It is a time to be happy, laugh, share stories and celebrate one another. We also share in the sadness of friends



Teresa Webb, Susan Suchan and Sheryl Lebauer toast to Howard Glick.

who can no longer attend because of the disease. This year, we raised a glass to honor Howard Glick, the dinner's creator, who couldn't be with us.

The search is on for the "perfect" restaurant to host the 2017 dinner in Baltimore, and it is my hope that we will continue to eat and celebrate together as long as there is a disease called FTD.

Giving a Hand to Our Helping Hands!

The goal of AFTD's volunteer program is to match volunteers with projects that will inspire and allow them to use their unique talents and skills to contribute to our community. When AFTD Support Services Manager Bridget Moran approached graphic designer and AFTD volunteer, Jamie Ritzer-Mosier to design materials to recruit and support group members, Jamie jumped at the opportunity. The finished pieces are amazing, thanks to Jamie's creativity and hard work! We were grateful for the chance to ask Jamie about her volunteer experience:

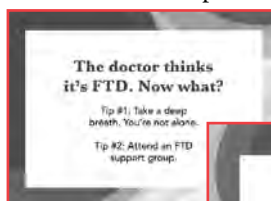


Jamie pictured here with her mother.

Tell us about the projects you worked on.

I worked on a few projects that involved providing information and resources to support group facilitators, and those looking to join a support group. My favorite involved creating and designing a support group journal that served as a resource and guide.

I hand-illustrated icons representing different skills that a support group leader would need. The project was very meaningful for me because we were creating a valuable resource for the incredible people who lead FTD support groups across the country.



Examples of Jamie's designs for AFTD.

Why did you decide to volunteer with AFTD?

I wanted to give back to AFTD because of the incredible support they gave me when my mother was diagnosed with FTD in 2014. I also wanted to help others who were going through the same painful experience as my family. I felt confused, scared and panicked – I wanted to help alleviate some of that for others by providing support in any way I could.

How was your volunteer experience?

The volunteer experience made me feel as if some of the weight of this disease had been lifted. As a graphic designer, the projects that are the most meaningful, are

the ones that appeal to me emotionally, and having that connection to FTD made this work so fulfilling. What I didn't expect was that volunteering for AFTD helped me in my own grief journey. The anticipatory grief that comes along with a terminal illness is difficult to explain to other people, as it just lingers and most people who don't understand, expect you to just snap out of it. My mother's diagnosis hit me hard and I definitely felt myself struggling with grief. Working on these projects allowed me to take the messages I was designing to heart.

"Through her talented designs, Jamie shared her passion with anyone looking for support," Bridget Moran said. "Every FTD clinic across the country now has postcards promoting support groups because of Jamie, meaning more people will be able to find us and the vital support they need. We are so grateful for her generosity with her time and talent!"

You have a talent that could benefit our community and help others impacted by FTD! To find out more, contact AFTD's Volunteer Manager Kerri Barthel at kbarthel@theaftd.org or 866-507-7222.

AFTD's 3rd Annual Volunteer Leadership Summit

AFTD Regional Coordinators and lead volunteers guide and support AFTD's volunteer efforts nationwide. AFTD's annual Volunteer Leadership Summit provides a forum for this group to learn, discuss experiences and lessons from the past year, and connect. This year's summit took place on Thursday, May 12, prior to AFTD's 2016 Education Conference in Minneapolis, MN.

Sue Carter Kahl, President of SMCK Consulting, brought a wealth of volunteer leadership experience to her role as facilitator for the group of nine Regional Coordinators

and Volunteers who attended. The day focused on teambuilding, volunteer



Volunteer Summit participants from left to right: Deb Nash, Lorrie Cox, Kacy Kunesh, Sarah Sozansky Beil, Michelle Grant, Susan Eissler, Dorian Bannister, Nancy Cummings, Kerri Barthel and Shana Nissen.

highlights from the past year, and strategies to enhance volunteer engagement in local communities.

Summits like these offer an important time for personal connections between volunteers, while re-engaging their shared passion for AFTD's mission. "The spirit of the summit was one of camaraderie, optimism and learning. The commitment and enthusiasm that these leaders bring to their roles reflects the true heart of our volunteer network," said Kerri Barthel, Volunteer Manager.

Want to bring volunteer impact to your own community? Join AFTD's volunteer network by contacting Kerri at kbarthel@theaftd.org or calling 866-507-7222.

THE AFTD-TEAM

AFTD Team Independent Events (March 15 - June 15, 2016)



Steph McLain Premier Music Academy

Stephanie from Texas hosted an independent event partnered with Premier Music Academy on May 20, 2016. Guests enjoyed raffle-like activities such as a “cork pull” all while listening to live music by kid-formed bands. Her event raised \$1,729.

Alice Saunders - Charity Spin Class

Alice from Massachusetts hosted a charity spin class at Recycle Studio for one weekend in April 2016 and raised \$1,120.

Alyssa Myhre - Awareness for FTD

Alyssa from New York is hosting a fundraising and awareness Givezooks page IHO her father diagnosed with FTD in 2013. Thus far, her page has raised \$110.

Interested in hosting your own event?

It's such an effective way to raise awareness, tell your story, and raise funds to fight FTD! Grassroots events hosts drive AFTD's mission. For more information about how to host your own event, contact Bridget Graham at bgraham@theaftd.org.

RECIPE: AFTD's Food for Thought 2016

Serving: All 50 States **Prep Time:** Now

Cook Time: September 25 – October 9, 2016

Ingredients: Food, Drink & Education



Directions:

1. It's time to start thinking about AFTD's 4th Annual Food for Thought Campaign. Team up with friends and family, or plan something yourself. Any event - big or small - as long as it involves food and a little FTD education.
2. Your event can take place any day during the two-week period from September 25th through October 9th, 2016.
3. Planning an event is easy. AFTD staff and volunteers are here to help! Share your story, raise awareness and raise vital funds to support AFTD's mission in your community!
4. Put your state on the map to show nationwide resolve against this disease.
Email Bridget Graham at bgraham@theaftd.org, or fill out this form to get started:

www.tinyurl.com/FFT2016

THE AFTD-TEAM

AFTD Walk/Runs March through June 2016

The AFTD-Team showed up in force this spring and summer, participating in six races across the country — and we're not done yet! Thus far, more than 145 people have joined us to create a sea of red, increasing awareness across the country. We've run or walked in Watertown (CT), Towson (MD), King of Prussia (PA), Cambridge (MA), Austin (TX) and Chicago (IL). Together, participants have raised more than \$11,000 to fight this disease.

We'd like to thank and congratulate the following people for their successful race fundraisers:

- Sharon Waimberg and Brenda Elkin: \$2,218 (King of Prussia 10 Miler 5K Walk/Run)
- Joan Braxton: \$1,350 (King of Prussia 10 Miler 5K Walk/Run)
- Reller Thomas: \$140 (King of Prussia 10 Miler 5K Walk/Run)
- Diane Brody: \$650 (Cambridge 5K – Freedom Run)
- Erika Kruchten: \$630 (Humana Rock 'n' Roll Chicago)
- Karen Duhig: \$500 (Humana Rock 'n' Roll Chicago)
- Nick Basile: \$370 (Humana Rock 'n' Roll Chicago)
- Kacy Kunesh: \$2,120 (Fit Foodie Race, Austin, TX)
- Zoy Kocian: \$695 (Fit Foodie Race, Austin, TX)
- Maya Henry: \$50 (Fit Foodie Race, Austin, TX)



AFTD Supporter and family at the Freedom Run.



The AFTD-Team at the Cambridge 5K Freedom Run in June.



AFTD Volunteer Katie Brandt and her son take part in the Freedom Run.

AFTD Board Member, Steve Fenoglio and daughter Gayle doing pull-ups at the Fit Foodie 5K.



Christopher Yurkanan and Susan Eason roll up in style at the Fit Foodie 5K.



The AFTD-Team at the KOP 10 miler/5K in May.

The AFTD-Team at the Fit Foodie 5K in Austin, TX in June.



AFTD Walk/Runs – Still to Come!

If you haven't yet had a chance to take part in an AFTD-Team Walk/Run this year, there are two more races on our calendar. Join AFTD and community members for the Griffith Luau 5K & Kids 1K Run/Walk (Los Angeles, CA): August 13th and the Philadelphia Marathon: November 19th and 20th. AFTD is an official charity partner of the 2016 Philadelphia Marathon, too. For those in the Philadelphia area, The AFTD-Team has a limited number of bibs that we want to give away to our community members, at no cost at all. Before race day, create a fundraiser on Givezooks and raise \$250 or more to receive a free The AFTD-Team performance t-shirt to proudly wear during the race! Contact AFTD's Grassroots Events Coordinator, Bridget Graham at bgraham@theaftd.org, to find out how you can participate in LA or Philly this year!



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