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The Alzheimer's Association International Conference (AAIC) is the world's largest gathering of researchers focused on Alzheimer's and related dementias. The latest episode of **Speaking of Alzheimer's**, the podcast from the Alzheimer's Association New England chapters, features Courtney Kloske, Ph.D., Director of Scientific Engagement for the Alzheimer's Association, discussing promising advances in blood-based biomarkers, brain health and risk reduction, emerging treatments, and other groundbreaking studies. Listen now on **Apple Podcasts** or **Spotify**.

Dear FTD Unit Community Members,

I hope you are enjoying your summer.

This issue of our newsletters is focused on research.

In July, I and many MGH FTD Unit team members traveled to London for the annual Alzheimer's Association International Association International Conference (AAIC). AAIC is largest conference on dementia in the world with over 10,000 attending in person and another 3,000 watching online. Our team presented research findings in scientific and poster sessions. We have collected many of the posters that our team shared at AAIC on our **website** if you would like to learn more. Some of the posters even have a short video explainer! Researchers shared advances in disease modifying treatments, biomarkers and lifestyle modifications that can reduce the risk of developing dementia, among many other discoveries at this year's conference. The field continues to make real progress!

I am also pleased to report that members of our Speech Language Pathology Program attended the inaugural International Conference on Primary Progressive Aphasia, staying on in London after AAIC. You can read more about Megan Quimby and Nneka Watson's experiences at ICPPA on page 3.

If you or a family member has been recently diagnosed with young-onset dementia, you may be interested in participating in Resilient Together, a research study we're conducting along with the MGH Center for Health Outcomes and Interdisciplinary Research. Read more about it on page 2.

We're pleased to announce a new fundraiser for our Unit, Pilates for a Purpose, on Saturday September 26th at North End Pilates in Boston. Details about the event are on page 4.

We appreciate your continued engagement with our clinic and research programs. We hope to see you at an event, in clinic or online soon! Until then, take care and be well.

Bradford C. Dickerson, MD
Director, MGH Frontotemporal Disorders Unit



Resilient Together Research Study



The MGH FTD Unit and the MGH Center for Health Outcomes and Interdisciplinary Research (CHOIR) are conducting the **Resilient Together** research study. Resilient Together is a short-term program for **newly diagnosed** patients with **young onset** (65 years old or younger) cognitive impairment or dementia and their care partner, sponsored by the National Institute of Aging.

A diagnosis of young onset cognitive impairment or dementia can bring uncertainty about the future and intense emotions for individuals living with the diagnosis, their family members, friends, and extended support network. These emotions can be big and overwhelming sometimes, but there are strategies that can help adapt to these life changes.

Resilient Together was developed by a team of psychologists, neurologists, young onset cognitive impairment of dementia specialists, and individuals with a cognitive impairment or dementia diagnosis and their care partners. It is based on what we know works best and the lived experiences of folks facing cognitive impairment or dementia. Each care partnership will have a different life experience, and our team will work together to help this fit your journey.

WHAT?

- 7 virtual sessions with a clinician, via Zoom.
- 1 short orientation session and 6 program sessions.
- You will be randomly assigned to participate in one of two programs.
- Complete surveys before and after the program.
- Receive financial compensation up to \$300 upon study completion.

WHEN?

- Meet weekly with a clinical psychologist for ~45 minutes per session.
- Timing is flexible.

WHO?

- You or someone you love have been diagnosed with young onset cognitive impairment or dementia in the last 6 months.
- You and someone you love want help managing stress.
- Both you and your care partner are interested in participating.

HOW?

- Talk to your doctor and care team if interested.
- Contact any of the study coordinators for more information.
 - Available through emails or phone calls.

Interested in Participating?



617-726-6520



MGHResilientTogether
YOD@MGB.org



Scan the QR
code for more
information!

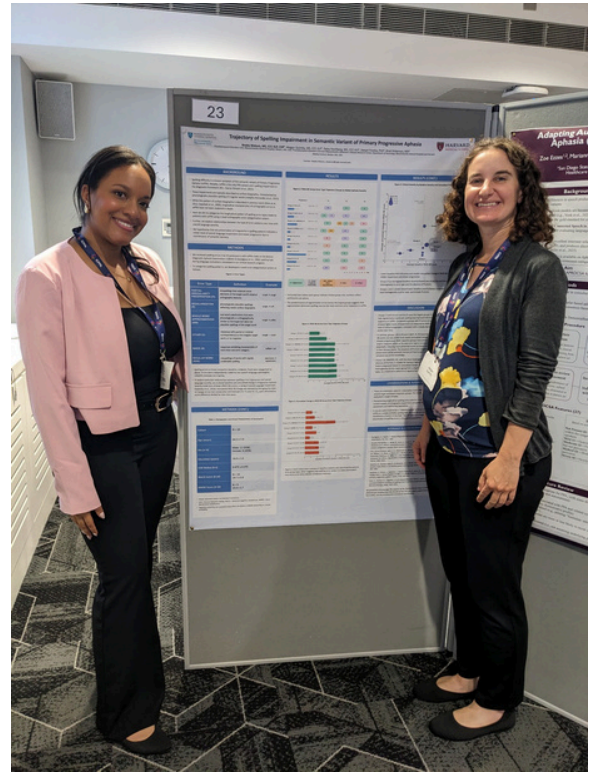
MGH FTD Unit Speech Language Pathology Team Participates in Inaugural International Conference on PPA

The International SLT/P PPA Network recently hosted the inaugural International Conference on Primary Progressive Aphasia in London, UK. Megan Quimby, MS, CCC-SLP, Director of Speech and Language Pathology at the the MGH FTD Unit, and Nneka Watson, MS, CCC-SLP, Staff Speech-Language Pathologist, attended the conference and presented a poster titled "Trajectory of spelling impairment in semantic variant of Primary Progressive Aphasia."

After the conference, Megan reflected "While I love attending bigger, important conferences such as the American-Speech-Language-Hearing Association (ASHA) Conference, my feedback is always that I wish there were more presentations specifically on Primary Progressive Aphasia (PPA). It was wonderful to have the opportunity to attend ICPPA, a conference solely on PPA research. Collaborating with other researchers who also specialize in PPA and care so much about the patients we work with was very rewarding. This was the first International Conference of Primary Progressive Aphasia which, in my opinion, is a sign we are headed in the right direction!"

Nneka shared "PPA is such a specific, under-recognized niche of speech-language pathology, and there was something powerful about recognizing that an international community of people have organized their careers around understanding it, spreading awareness of it, and improving the lives of those impacted by it. Being surrounded by that concentration of expertise and care was truly a gift. It meant even more to attend alongside Megan and present research that we have spent so much time building together with Daisy (Hochberg, MS, CCC-SLP, Founding Speech and Language Pathologist) and our incredible team. This is still early work, but seeing the enthusiasm from fellow researchers and SLPs as we shared its potential clinical significance was exciting!

"I always try to be cognizant of the fact that there are individuals and families whose lives exist at the center of every study, poster, and article presented. I am so grateful to work alongside a team so devoted to this work and so grateful to the families it's ultimately for. I'm leaving this week with a long reading list of excellent research, a ton of new knowledge, and a humbling reminder of how much there still is to learn!"



MGH FTD Unit in the Community



After meeting with Congresswoman Pressley's staff

It's been a busy few months of advocacy for Amy Almeida, our Manager of Caregiver Support Services and Community Engagement as she represented families living with FTD, young-onset and atypical Alzheimers and related conditions at the State House in Boston and in Washington, DC with the **Alzheimer's Impact Movement**.



With state Rep. Meghan Kilcoyne, sponsor of the Mass biomarker bill



The Massachusetts and New Hampshire delegations ready to flood Capitol Hill in a sea of purple



With Chelsea Gordon, Government Relations Director, Alzheimer's Association, MA/NH Chapter, and other advocates

Pilates for a Purpose



North End Pilates Studio is hosting Pilates for a Purpose, a special fundraiser benefiting the MGH Frontotemporal Disorders Unit and AFTD on Saturday September 26th, the day before FTD Awareness Week begins! Book a spot in the 9:00 am, 10:00 am or 11:00 am classes to help raise awareness and support individuals and families affected by frontotemporal degeneration (FTD). Tickets are \$25.

Can't participate? Stop by to purchase a t-shirt, enjoy light refreshments and learn more about FTD with the MGH FTD Unit's Caregiver Support team.

Book your spot at **NEPilatesBoston.com** or use the QR code to the right.



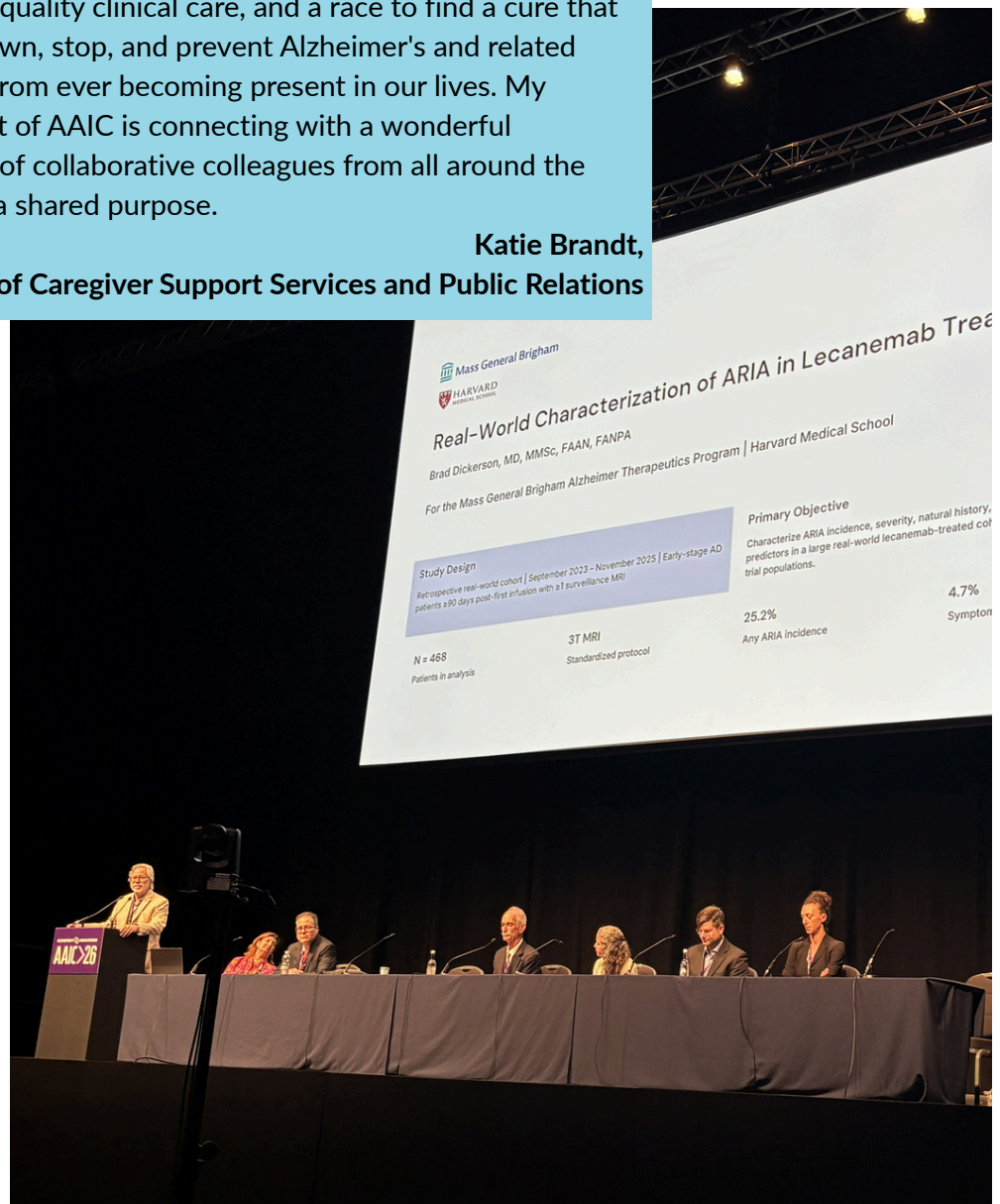
MGH FTD Unit in the Community - AAIC



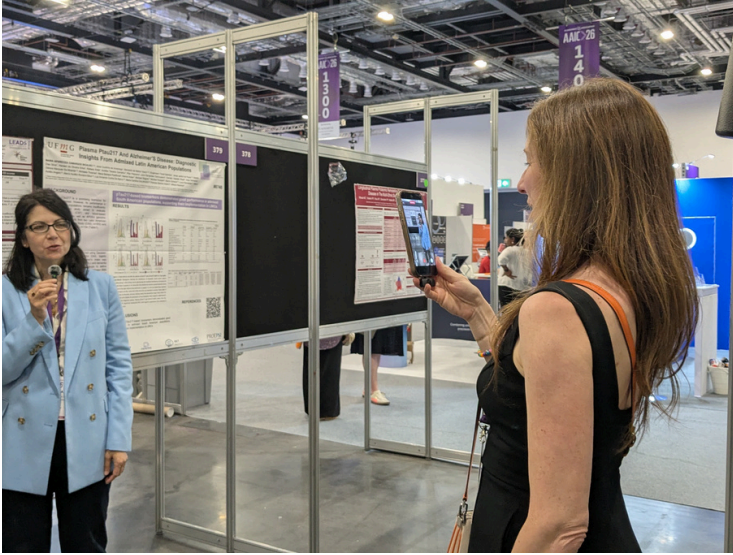
For me, AAIC is a powerful reminder that there is a global community committed to developing the best diagnostic tools, the highest quality clinical care, and a race to find a cure that will slow down, stop, and prevent Alzheimer's and related dementias from ever becoming present in our lives. My favorite part of AAIC is connecting with a wonderful community of collaborative colleagues from all around the world with a shared purpose.

Katie Brandt,

Director of Caregiver Support Services and Public Relations



MGH FTD Unit in the Community - AAIC



Being surrounded by such inspiring and driven individuals was an extraordinary experience. It was wonderful to be able to see – through lectures, posters, and conversations – how everyone across the globe is working together as a community to help transform the lives of patients with neurodegenerative disease.

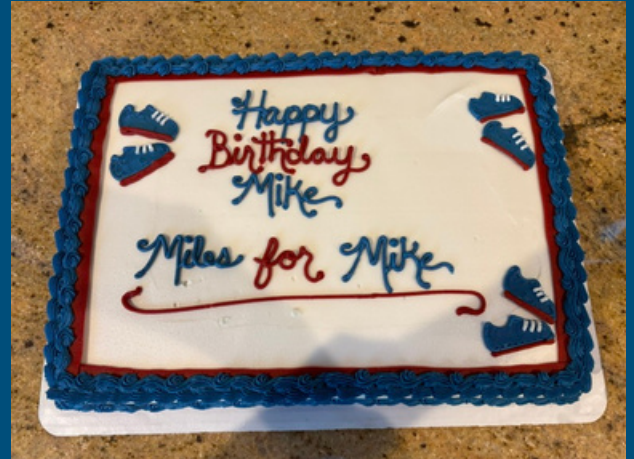
Jordan Walter, Clinical Research Coordinator



MGH FTD Unit in the Community



Members of the Boston-area FTD community enjoyed a night of music by American composers at the Concord Band concert on June 24th



Miles for Mike

Celebrating Six Years of Community Fundraising

Mike Gordon was a kind, genuine and compassionate gentleman who was always there to offer help to anyone, especially his children, siblings and friends. A hard working man during the week, Mike turned to leisure on his days off and weekends. He enjoyed snowmobiling, boating, walking, fishing, traveling, dining out and taking quiet Sunday drives to nowhere in particular with his beloved wife, Shirley. He passed away in June 2020, having lived with FTD for fourteen years under the care of the MGH FTD Unit. Like many caregivers, Shirley wanted to give back to the community that had assisted their FTD journey and launched *Miles for Mike* in 2021. This virtual walk raises awareness of FTD, benefits the MGH FTD Unit, and occurs in late July each year to celebrate Mike's birthday.

The sixth annual Miles for Mike was celebrated on July 25th this year, Mike's birthday. Since its founding, Miles for Mike has raised \$40,000 for the clinical research and care efforts of the MGHFTD Unit.

CAREGIVER SUPPORT GROUP TUESDAYS

Are you caring for a loved one living with Frontotemporal Dementia, atypical Alzheimer's Disease, or a related disorder? Our weekly online support groups meet for an hour over Zoom to provide care for the caregiver. Join us every week, or just once. You can attend on a schedule that works for you. We are here to offer support, resources and connections to our caregiver community at every stage of the journey with dementia.

We hope to see you soon.

Registration is required. Please email FTD.Boston@gmail.com to register for this free resource.

Upcoming Caregiver Support Groups in 2026: Tuesdays @ 10: 00 am Tuesdays @ 7: 00 pm

August 18
September 1, 15, 22
October 6, 20
November 3, 17
December 1, 15

August 25
September 8, 29
October 13, 27
November 10, 24
December 8, 22



From Care to Cure Podcast

The MGH FTD Unit has launched *From Care to Cure*, a podcast about frontotemporal disorders. The first season features Dr. Brad Dickerson, renowned neuroscientist and director of the MGH FTD Unit, introducing our clinical research program, explaining what FTD is and examining the process of diagnosis. The podcast will feature the voices of our clinical research team and community experts as they discuss key topics such as care care planning, symptom management and available treatments.

The first season is available now on **Spotify** and **Apple Music**. Season 2 launched in February 2026 and new episodes drop monthly. Please follow, like and share with family and friends.

KNOWLEDGE AT YOUR FINGERTIPS: THE MGH FTD UNIT YOUTUBE CHANNEL

Our clinical research team is committed to empowering our community with information to navigate life lived with a dementia diagnosis. We know how busy your lives are. To make these educational resources easily accessible, we have launched an MGH FTD Unit YouTube Channel.

Subscribe to the MGH FTD Unit YouTube Channel today!
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