

## Introducing the 90+ Study

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The **90+ Study** consists of members of the Leisure World Cohort from USC who were 90 years of age or older as of January 2003. Over 760 participants have joined **The 90+ Study** so far making this one of the largest studies of those 90 and over. Many of you have come to see the research team at the Clinic for Aging Research & Education (C.A.R.E.) in Laguna Woods, California and others have been visited by the staff in your homes. Information provided over the last 20 years by participants of the Leisure World Cohort along with new information obtained during visits with **The 90+ Study** will allow us to better understand the determinants of successful aging and longevity.

### Goals of The 90+ Study

1. Compare characteristics of those who live into their 90's to those who do not live as long.
2. Examine the progression of thinking skills and physical function.
3. Determine the number of people with memory problems and the causes of those problems.
4. Study brain tissue of the oldest old.

The **90+ Study** is funded by the National Institute on Aging.

### Public Television

In January, **The 90+ Study** was featured in the Life & Times news magazine on KCET. The show introduced our study as well as other research exploring the latest issues related to aging. Study participants Viola Krahn and Roscoe McGuire shared their stories and experiences and were the stars of the show. Many thanks to Viola and Roscoe!

### We Want to See You

Good news for participants of **The 90+ Study** who live away from Leisure World, California. We would like to see all participants who have provided information by mail or telephone and have not been seen in-person. We can make arrangements to visit you anywhere in the US. If you are interested please contact us.

### Brain Donation Program

Some participants and their families in **The 90+ Study** have made arrangements for brain autopsy after their passing. This option is available to all participants whose families agree. If you have enrolled in the Brain Donation Program, the pager number to be called at the time of passing is 714-506-4004. If you would like a wallet-sized reminder card with this pager number sent to you or information regarding the Brain Donation program, please call our office at 949-768-3635.

### Important Request

**The 90+ Study** team would appreciate notification from family or friends when a participant passes away. If you would like to notify us, please call us at our office.

### Appreciation Party

**The 90+ Study** is pleased to announce The First Annual Appreciation Party. This event is scheduled for June 11th between 11:30AM and 1:30PM, at the Main Lounge of Clubhouse 2 in Leisure World. Invitations will be mailed out in late spring so be sure to check your mailboxes and get ready to have some fun!

### If You Move Or Have Questions

If you move, please send us your new address and phone number. We want to keep you updated on the progress of **The 90+ Study**. Comments, questions, suggestions? Let us know what you think!

This is the first edition of *Old News is Good News*, **The 90+ Study** newsletter. With it we will keep you informed of progress in the research we are conducting as well as make announcements related to our study. The newsletter is being sent to all participants and friends helping us in this project.

### Results Are Coming In

Thanks to the generous participation of those in the Leisure World Cohort Study and **The 90+ Study**, we are now starting to see some very interesting findings. Following are some study results reported in 2003 at the national meeting of the American Academy of Neurology in Honolulu, Hawaii.

Using information provided by participants of the Leisure World Cohort we identified characteristics shared by those who lived into their 90's. Our findings showed that low weight during early adulthood, physical exercise well into adulthood, and use of estrogen replacement therapy, were related to survival into the 10th decade.

So pass the information on to your children and grandchildren. The Leisure World Cohort and **The 90+ Study** participants are adding to the understanding of successful aging and longevity for future generations.