

ACT

SPRING – 2025 NEWSLETTER

The Clinical Core

In this edition of the newsletter, we would like to introduce you to some of the ACT clinical core team members. These are the people you may see when you come to the clinic for study interviews or when they come to your homes to conduct the interviews. We asked our staff to share a bit about themselves so that you, our valued participants, can get to know us a little better. The team includes individuals from Kaiser Permanente (KP) who staff our clinics and manage the study, and individuals from the University of Washington (UW) who conduct home visits and process the visit data.

So, who are we?

This picture shows some of us after a lunch outing last year.



Front row: Marilyn, Katierose, Nora, Patti, Margie, Linda
Back row: Holly, Tiffany, Kelsey, Roxanne, Jared, Luke

Marilyn- I have worked with KP for four years. I've been part of ACT for the past year and a half, and in that short time, I've already shared so many laughs and even tears with you all. If you see me in the clinic, come ready to share your favorite food recipe or restaurant recommendation!

Holly- I have done two "tours of duty" for the ACT study, with the current one beginning in 2009. Altogether, I've been an ACT clinic interviewer for 18 of the 26 years that I've worked at Group Health/KP. I am retiring in May. I have really enjoyed meeting with ACT members, and it has been a privilege to do this work because of their dedication to our war on Alzheimer's disease. We can't fight it without you.

Tiffany- I have been working at Group Health/KP doing interviews for 30 years. I love to interview. It gives me an opportunity to get to know people that I otherwise would not have had an opportunity to meet. Research is important to our community locally and globally. Anything I can do to assist in that effort is a plus for me. Hope I get to meet you!

Kelsey- I have worked at KP for 2.5 years, and I've been on ACT for that entire time. In my free time I enjoy playing volleyball, gardening, and exploring the Pacific Northwest (PNW).

Roxanne- I have been working for KP for 4.5 years as the Project Manager of the Clinical Core. My favorite part is when I meet our dedicated participants, be it in the lobby, elevator or when I get a chance to talk to you on the phone. I love the summers out here in the PNW and you will find me sitting outside on the porch with a book and some music. I survive all the other seasons for summer!

Luke- I have worked at KP for over three years since graduating from the UW! I have worked on the ACT Study as an interviewer for most of those three years. In my free time I like to play tennis and golf at the local public courses and parks in Seattle.

Nora van Doren- I have been working on the ACT Study for over 20 years, and I have met many delightful participants and learnt something new with each interview. This is the best job I have ever had.

Chay- I have worked at KP for almost 3 years as a Project Manager on the Biorepository (blood draw) part of the study. I grew up on the East Coast. I received my BA in psychology and PhD in behavioral genetics from the University of Colorado, Boulder.

Carrie- I started in March and am the newest member of the study team. I come from a rich background in public health research and service. I love exploring city parks, swimming in the lakes, and baking.

Muhammed- I have been with KP for three months and I truly enjoy working with the ACT study. Outside of work, I enjoy staying active, hiking, cooking, and recently joined a cycling club. I'm

looking forward to continuing to support you throughout your participation in ACT.



Isabel, Leslie, Patti, Jared – members of our Home Visit Team

Isabel- I am a Psychometrist with the home visit team. I've been with the team for 3 years and truly enjoy interviewing our participants and hearing their interesting and fun life stories!

Leslie- I have been part of the home visit team for the past year. As a Psychometrist there are many parts of this position that are interesting, however, meeting the participants is absolutely the best part of my day. I am grateful for the generosity of their time and willingness to participate in scientific research.

Patti- I have been with the ACT Study for 19 years as part of the UW Home Visit Team. I enjoy getting to know our participants in their homes during their study visit and traveling to various parts of our city and surrounding areas. I walk 1-2 times a week, aquacise 3 times a week and when I'm able to, I take tap dancing lessons once a week. I enjoy cooking and collecting recipes.

Jared- I have been working in the Psychometrist position on the home visit team for almost 7 years. My favorite part about the role is being able to see people in their home environments and getting to see and hear about

some of the fun things people surround themselves with. Always interesting stories!

Virginia- I have worked for the UW ACT Study as a Data Technician for over 9 years. I do data entry and medical coding as well as data quality control. I have really found working with the team very satisfying and a good fit.

Linda- I have been the director of the Clinical team for 2 years, following the retirement of ACT's founder, Eric Larson. I feel so privileged to work with such dedicated staff members and am so grateful for the dedication of our study participants. The ACT study is a very valuable scientific resource. I love sharing our discoveries with other scientists and with members of the community, like you. Coming from San Diego, I love exploring the lushness of the PNW!

Fun Fact- Jared & Leslie worked at KP then crossed over to the UW home team.

ACT Research Symposium 2025

We hosted the 12th annual ACT Research Symposium in May. Recordings of the event showcase the amazing range of research that is being done using data from the ACT Study. They are posted on our website at the link below:

<https://www.actagingresearch.org/admin/act-research-symposium/act-research-symposium-2025>

Send comments or suggestions to:

ACT Study
1730 Minor Ave, Suite 1360
Seattle, WA 98101
206-442-5228