



Preserving Memory | Restoring Minds

## YEAR-AT-A-GLANCE 2022: A Look Back and a Look Ahead

2022 was a notable year for Sharp Again Naturally (SAN). Our comprehensive programs and extensive resources grew significantly as we continued to educate and empower people with the tools they need to take control of their cognitive health. We engaged new audiences, led fundraising efforts, and provided essential training and timely information. Our leadership changed and grew, with Lisa Feiner stepping down as board chair after founding the organization and serving as the leader of the board for many years. Lisa will remain an active and involved board member as we welcome Steve Ledvina as our new board chair.

Steve is a national board-certified health and wellness coach focusing on brain health and Alzheimer's prevention. Steve co-founded SAN's small group coaching program and served as SAN's Programming Committee chair. His motivation comes from seeing three grandparents struggle with dementia, and the impact it had on his family. He believes in improving brain health by using an individualized and multi-therapeutic approach.



SAN also welcomed our new Executive Director, Karel S. Karpe, as we bid farewell to Susan Lynne, our first director. Karel is an experienced

nonprofit professional with a diverse background in the legal, corporate, and

nonprofit sectors. After years as a corporate lawyer, Karel joined the nonprofit ranks and brought her expertise to help organizations increase their capacity and impact.

Our board of directors also increased by two members with the addition of Alisa Jenney and Robert Grabel. Alisa brings experience in finance and accounting, and serves as SAN's Treasurer. Robert has a wealth of experience in finance, nonprofit management and leadership, fundraising, and business coaching. We welcome them as SAN continues to expand and diversify its board.

### FROM THE CHAIRMAN OF THE BOARD

These are exciting times for SAN. We continue to grow our community and the quantity and quality of the tools we offer for all to maintain their brain health. Core to our mission is making staying cognitively healthy accessible to everyone, and we have been able to offer our resources for free or at an affordable rate. I am proud of what we, as an organization and community, accomplished in 2022 and over the past few years. Our SAN team — donors, volunteers, board members, advisory board, staff and participants — continue to come together to help achieve our dream of making dementia only a memory. As you'll read on the following pages, the programs and resources we offer continue to expand, and that won't stop in 2023. Beyond the growth of our existing offerings, we have several exciting new opportunities to participate in our community this year. I look forward to seeing you at an event or on a virtual program soon.



—Steve Ledvina, *Board Chair*

## FROM OUR EXECUTIVE DIRECTOR

SAN continues to be on the frontlines of brain health awareness, providing programs and expertise to those who care about preserving their brain health. There has never been a more important time for our work. **1 out of 10 Americans are living with a diagnosis of Alzheimer's or related dementias and that number is expected to double by the year 2050.** For the past 10 years, SAN has been educating and creating awareness, and has been a singular voice in empowering individuals to improve their cognitive health.

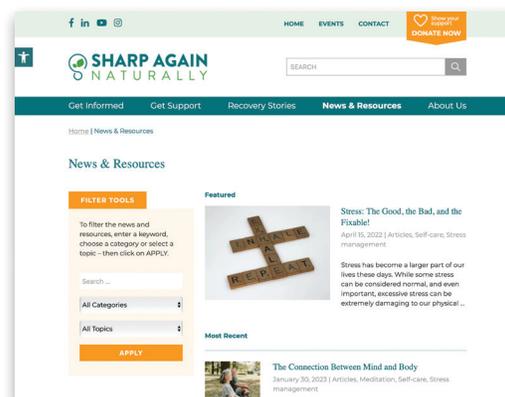
Through the generous support of our donors, SAN provides our programs at affordable prices to those impacted by cognitive decline and those who are worried about their future brain health.

In 2023 we look forward to exponentially expanding our reach via multimedia to deliver monthly webinars, articles that educate and shine a light on timely topics of concern, and our ongoing virtual programming and in person programs with particular efforts to reach people in underserved communities.

—Karel S. Karpe, *Executive Director*  
Please stay in touch! [karel.karpe@sharpagein.org](mailto:karel.karpe@sharpagein.org)

“I just finished up the first session of AWAKEN AND ENERGIZE. I noticed when it was done, I could still feel my heartbeat throughout my body synchronized with the beat rhythm of the Kirtan Kriya music. I could feel a cool, palpable energy during this online live meditation with others. There's definitely a connection that I notice, different than when you just listen to a recorded guided meditation, very similar to being present in a room with others.”

— K.R.



## News and Resource Articles

As part of our on-going commitment to educate and empower individuals on their journey to brain health, SAN provides multiple resources on our website including articles written by accomplished experts in their fields. Topics include stress management, benefits of gratitude, health consequences of artificial sweeteners, tips on exercising your brain, brain injury prevention, brain health and oral hygiene, and benefits of new learning later in life. All of these resources continue to be available on our website under [News & Resources](#).

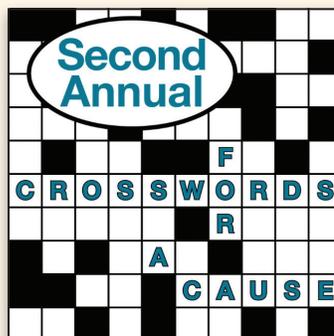
## AN EVENING OF ENLIGHTENMENT: A DECADE OF ADVANCING BRAIN HEALTH

Our annual gala took place on September 20, 2022 at the beautiful VIP Country Club in New Rochelle, New York. The gala was hosted by News 12 Westchester Reporter Lisa LaRocca, celebrated SAN's co-founder and outgoing board chair Lisa Feiner, and featured a keynote address by Dr. Dale Bredesen, an internationally recognized expert in the mechanisms of neurodegenerative diseases and author of *The End of Alzheimer's*. The event was well-attended and raised over \$60,000. Special thanks go to all our sponsors and donors whose support allows SAN to provide state of the art programming.

**SAVE THE DATE OF JULY 11, 2023 FOR OUR 2023 GALA!**

## CROSSWORDS FOR A CAUSE

SAN held its second annual Crosswords for a Cause in June and July 2022. Crossword puzzles are a fun way to keep our brains sharp. During the four-week competition, several hundred crossword enthusiasts tackled puzzles designed for SAN by New York Times puzzle creators.



# SAN'S PROGRAMS

2022 saw the expansion of our direct-to-consumer programs, including webinars, meditation programs, and SAN's unique and powerful Stay Sharp Coaching Program. Our programming directly reflects our mission of educating, empowering and supporting lifestyle changes that improve and preserve brain health.

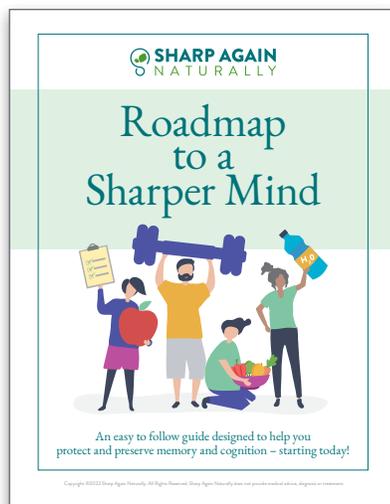
## WEBINARS

In 2022, SAN offered a free webinar series provided by numerous experts on a variety of topics that support individuals on their quest for life-long brain health. These included genetic influences, heavy metals, brain-boosting nutrition, social/emotional needs, and the impact of stress, sleep and the airway on brain health.

Over 1,000 people across the United States, Canada and the world have taken advantage of our webinars to start or continue their journey toward optimal brain health. All of our webinars are available for viewing on SAN's [YouTube](#) channel.

## The Roadmap to a Sharper Mind

In 2022, SAN released our free 20-page publication "[Roadmap to a Sharper Mind](#)," an easy-to-understand guide providing information and tools to start individuals on an immediate path to better brain health. The sooner people know the causes of memory loss, the better prepared they will be to prevent it. The Roadmap offers information on a variety of risk factors that impact brain health including environmental toxins, prescription medications, hormonal imbalances, prolonged stress, and physical and emotional trauma, as well as ways to address them such as exercise, better nutrition and social interaction.



## AWAKEN & ENERGIZE

SAN also offered a free virtual mindfulness and meditation program with 20-minute trainings on the Kirtan Kriya, and different types of meditation and breathing practices. These



proven techniques result in stress reduction, improvement in cognitive function, and increased well-being.

## STAY SHARP COACHING PROGRAM

The comprehensive Stay Sharp Foundational Coaching Program offers a unique opportunity for those looking to preserve their cognition or make improvements to recently noticed lapses in memory. Our small groups allow participants to get the individualized attention they need to enhance their brain health. Working with a professional health coach, they are bolstered by peer support in a secure, supportive, and confidential online setting. A comprehensive workbook assists participants in identifying and achieving their goals.

Although the actual program cost is \$450 per person, through the generosity of our donors, SAN has been able to keep the fee for participants to only \$99 (scholarships are available upon request). The program is a proven success:

-  Over 90% of the participants agreed that as a result of their participation in the program they now have healthier lifestyles, better sleep habits, improved eating habits and better stress management.
-  100% of the participants found that the program had value and would recommend it to others.

**"The Foundational Coaching program was a wonderful value and I would highly recommend it to others because it provides a real foundation for a healthy rest-of-your life." — J.B.**

## 2023 AND BEYOND

We look forward to 2023 with renewed dedication to our mission. **Everyone deserves to enter their senior years and live them well with their cognition intact.** We hope you will join us for our webinars, mindfulness programs, and small group coaching to start or continue your journey to brain health and wellness. We have new projects in the works including a Comprehensive Guide to Brain Health, an exciting new event called Mountains for Minds, and Maintain Your Brain coaching for those who have previously taken our programs. Stay tuned!

**Your support of our vital programming helps create a better future for all.**

### What You Can Do ➔ **NOW** to Keep Your Brain Healthy

- ➔ **EAT** whole, unprocessed foods, fewer refined carbs, less sugar
- ➔ **HYDRATE:** drink half your weight in ounces daily
- ➔ **AVOID** toxins and chemicals in your environment
- ➔ **EXERCISE** 5 days/week plus strength training
- ➔ **CHALLENGE** your brain by learning something new
- ➔ **SPEND** time with family and friends
- ➔ **MANAGE** stress by relaxing, spending time in nature, meditating or doing yoga
- ➔ **SLEEP** at least 7 hours a night
- ➔ **TREAT** asthma and nighttime breathing issues
- ➔ **FAST** at least 12 hours between dinner and breakfast
- ➔ **GET HELP** for trauma – TBI, PTSD and emotional trauma
- ➔ **PROTECT** your brain during sports
- ➔ **DON'T WAIT** if you sense a memory problem!

“It’s really refreshing that Sharp Again Naturally is working on the cutting edge and exposing people to the tools we now know can be useful for fighting dementia. There are many things that can be done to make improvements in memory.” – M.A.

“My favorite part of the program was that it focused on 4 topics: nutrition, sleep, exercise and stress. You get a taste of everything, time for it to sink in and then you use that knowledge to make effective changes.” – T.P.

### SHARP AGAIN NATURALLY

PO Box 713  
Larchmont, NY 10538  
914.281.1404

[info@sharpagain.org](mailto:info@sharpagain.org)  
[www.sharpagain.org](http://www.sharpagain.org)



- 🌿 Follow and Like us on **Twitter**, **Facebook**, **LinkedIn** and **Instagram**
- 🌿 View our Webinars and Presentations on our **YouTube** Channel
- 🌿 Sign up to receive the latest research and news at [sharpagain.org](http://sharpagain.org).

### SHARP AGAIN NATURALLY BOARD OF DIRECTORS

Steve Ledvina, Board Chair  
Nancy Weiser, Vice Chair  
Alisa Jenney, Treasurer  
Debra Drelich, Secretary  
Lisa Feiner, Co-founder  
Robert Grabel  
Dr. Howard Hindin  
Vibhu Nagral  
Eric Pasinkoff, Esq.

### MEDICAL AND DENTAL ADVISORY BOARD

Richard Carlton, MD  
Michael Gelb, DDS, MS  
Howard Hindin, DDS  
Robert Kachko, ND LAc  
Gary Klingsberg, DO  
Cornelia Lenherr, MD  
David Lerner, DDS  
Shanhong Lu, MD  
Ilene Naomi Rusk, PhD  
Susanne Saltzman, MD  
Henry Sobo, MD  
Allan Warshowsky, MD

### STAFF

Karel S Karpe,  
*Executive Director*  
Joan Benz,  
*Program Coordinator*  
Gloria Tombleson,  
*Marketing and  
Administrative Coordinator*

A special **THANK YOU** to our volunteers, without whom we could not deliver our many programs.

*Sharp Again Naturally is a 501 (c) 3 non-profit organization. SAN does not provide medical advice, diagnosis or treatment.*