

YEAR-AT-A-GLANCE 2025

FROM THE NEW BOARD CHAIR



On behalf of the board and staff, I want to extend our heartfelt thanks for your support and commitment to Sharp Again. 2025 was a year of tremendous impact. Our growing community of individuals, practitioners, volunteers, partners and donors came together to ensure that Sharp Again continues

to provide the resources, expert guidance and above all, hope, to advance and preserve cognitive wellness and prevent dementia.

Sharp Again, in conjunction with our Medical Advisory Board, remains committed to assessing and incorporating the rapidly growing body of brain health research into accessible, free and low-cost programs that meet the needs of the community. Through virtual group coaching, topical webinars, expanded outreach programs and our 'Maintain Your Brain' Community, we informed and inspired thousands of people to proactively protect their memory. We launched our first in-person small group coaching program — an important step in meeting people where they are by creating safe, supportive environments to explore lifestyle challenges that often get in the way of optimal health.

This past year also marked an extraordinary milestone for Sharp Again with the publication of our first book, *Minding Your Memory*, which highlights our expertise on the subject of cognitive health and takes our message to a significantly wider audience. David Perlmutter, MD, board-certified neurologist and #1 bestselling author of *Grain Brain* and *Drop Acid*, wrote the forward and enthusiastically advises to “[l]et this book serve as your guide, your reference, and your inspiration.” He shared that it is “a beacon for a new era in brain health, where knowledge is power, action is medicine, and hope is entirely justified.” We can think of no greater endorsement for our work.

Looking ahead, we remain dedicated to our mission of realizing a future where a sharp brain for life is attainable for everyone. We thank you for your continued support.

Daisy Kline, Board Chair

MINDING YOUR MEMORY

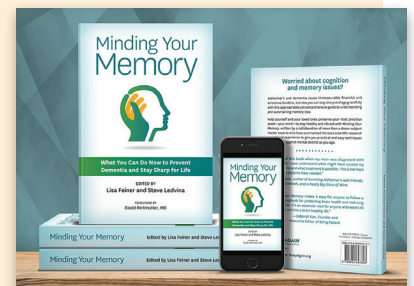
Sharp Again's new book, *Minding Your Memory: What You Can Do Now to Prevent Dementia and Stay Sharp for Life*, is a comprehensive resource with over 500 citations of the latest scientific research and scholarly articles about cognitive health. *Minding Your Memory* demonstrates our depth of knowledge as it examines the underlying causes of memory loss and the steps everyone can take to keep their cognition intact in middle age and beyond.

For those who have lost a loved one to dementia, who are worried about their own cognition, and who are committed to staying cognitively healthy, *Minding Your Memory* stands out as a trusted resource which is accessible to the layperson as well as healthcare professionals.

The accumulation of knowledge and experience gained over the past 13 years continues to inform our webinars, presentations, and coaching

program. Given the rapid rate of discoveries in the field of brain health, we will incorporate the latest research and clinical

evidence to ensure that the book remains a relevant and valuable resource.



Minding Your Memory is available from Amazon, Barnes & Noble and Bookshop. Book events and presentations will continue through 2026; please go to <https://sharpagain.org> to stay abreast of our in-person and virtual events.

FIRST IN-PERSON ‘6 WEEKS TO A BETTER BRAIN’ COACHING PROGRAM

After five years of conducting coaching groups exclusively online, Sharp Again responded to requests to launch an in-person ‘6 Weeks to a Sharper Brain’ small group program. McHenry Senior Center in Illinois, an active and vital community, was the inaugural site of this program which garnered high praise and satisfaction from participants.

Kim Ramos, one of Sharp Again’s board-certified Health and Wellness coaches, led the group and observed that the in-person experience enabled participants to connect with each other more easily and deeply. “Listening to others in the group, the feedback and encouragement — that was the most important part,” reported Barb S, one of the participants. Kim noted that the weekly sessions were also longer than those online, as participants took advantage of the opportunity to chat and linger before and after the formal sessions.

The group setting reinforced each person’s goals and motivation, helping to spur behavior change. Group

members reported feeling more energetic and inspired to do things they hadn’t been doing; they upped their exercise and ate in a healthier way by adding

more greens, fruits and vegetables to their diet and reducing simple carbs and salty snacks. Karen G said, “By experiencing this class, it helped me focus on all aspects of healthy habits, and we all learn[ed] things about ourselves.”

By the end of the program, the group reported that they had experienced real change over the six weeks. One participant commented, “I have had some breakthroughs with my attitude about myself and others.” Jo S shared, “You have given me tools that are invaluable. Whether I choose to use them is on me. We all know what we should do. To come into the group, reinforce it, hear what others are doing, what they are going through — this has been great!”

They all stated they would recommend the program to others and agreed that it was a good value.



“The class challenged me . . . I have a new set of intentions about what day-to-day living is like. I am rediscovering my capabilities.”

INSPIRING STORY

At 72, Marilyn B. was living with a quiet fear. Both of her parents had Alzheimer’s, and she had watched her mother lose the ability to recognize her own children before passing away at 67. When Marilyn began forgetting appointments — and even missed her own birthday lunch — she felt history repeating itself.

Determined to change her future, she joined the Sharp Again Coaching Program. “You have to want it desperately,” she says. Marilyn eliminated added sugars and greatly reduced processed carbs, understanding their impact on brain health. She also joined the YMCA and now attends classes three times a week. After two hip replacements, regular exercise had been a challenge, but community and accountability made the difference. “My grandkids are my incentive,” she says.

After more than 20 years on antidepressants, she worked with her doctor to gradually wean off them. Today, she feels clear, energized, and hopeful.

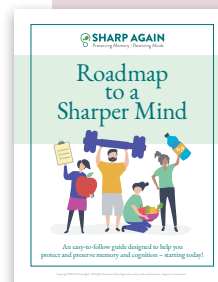
“I wasn’t afraid to die,” Marilyn reflects. “But you want your mind. You want your health.”



ROADMAP TO A SHARPER MIND

This comprehensive, free 20-page document summarizes the primary causes of memory loss and offers action steps to maintain and improve brain health. Revised in 2025, *Roadmap to a Sharper Mind* is an effective tool for our small group coaching participants. It is also the basis for a new presentation that educates and empowers audiences to make small changes to

lifestyle habits that can have a significant impact on cognition and one’s overall well-being. Download the Roadmap at <https://sharpagain.org>.



ANNUAL SUMMER GALA

Sharp Again supporters and community leaders came together this past summer in White Plains, NY for a festive “Sharp Minds and Witty Lines” evening where we celebrated programs that continue to build awareness about brain health and to change lives. News 12 reporter Lisa La Rocca was honored for her commitment to Sharp Again’s mission and for her humanitarian work.

As part of the role she plays in the local community, Lisa shines a light on causes near to her heart. Having lost her mother to Alzheimer’s disease, Lisa knows the toll the disease takes on a family. Westchester County Executive Ken Jenkins and White Plains Mayor Tom Roach each presented her with proclamations of a ‘Lisa LaRocca Day’ and Congressman George Latimer sent a special video congratulating Lisa and highlighting the work of Sharp Again.



Living Room Laughs returned to round out a perfect evening. It was an event to remember — and one that raised critical financial resources to enable us to scale our programs and continue important outreach. Thank you to all our gala attendees, sponsors, presenters and supporters for your commitment to a lifetime of cognitive health and support of our mission.



Above: Members of the Sharp Again Board with WCE Ken Jenkins

PARTNERSHIP WITH NEW YORK PRESBYTERIAN

Out of a field of over 500 applicants, Sharp Again was chosen to receive a three-year grant from New York Presbyterian Hudson Valley Hospital. The grants were created to provide funding opportunities for small community-based organizations (CBOs) whose work is crucial to the fabric of the communities the hospital serves.

Sharp Again has always focused on bringing our information and resources directly to individuals and their families. The collaboration with New York Presbyterian in 2025 gave

us the opportunity to reach more diversified audiences through topical panel discussions, conferences, and eleven presentations to organizations across the county. Members of Veterans’ organizations, community senior clubs, and the YWCA of White Plains were among those who received invaluable guidance on how to retain their cognitive abilities through lifestyle changes, as well as easy steps to get started. Attendees were curious and engaged, and eager to invite us back. 2026 will bring additional opportunities to offer our expertise to local communities, thanks to the generosity and support of New York Presbyterian Hospital.



IN THE NEWS: NEW TESTING FOR ALZHEIMER'S

One of the more exciting developments in 2025 was the introduction of two new tests for Alzheimer's disease that provide early detection through blood biomarkers and can more definitively identify and predict the disease. These tests are intended to be part of a comprehensive cognitive evaluation. A member of the Sharp Again Medical Advisory Board, Dr. Ilene Naomi Rusk, provided a detailed discussion of these new tests that was posted to our website in August.

Lumipulse, an easy-to-administer diagnostic blood test, calculates a ratio of two proteins that are each a hallmark of Alzheimer's disease: beta-amyloid and tau. Having received

FDA clearance for individuals experiencing symptoms of memory loss, Lumipulse is significantly less expensive and less invasive than other diagnostic tests and is expected to be at least partially covered by Medicare.

Another blood test called BrainScan measures three different biomarkers: p-Tau 217, Glial fibrillary acidic protein (GFAP) and Neurofilament Light Chain (NfL). While not diagnostic, test results show a high correlation to the development of Alzheimer's disease up to 10 years before symptoms begin.

Consistent with Sharp Again's focus on prevention and early intervention, these new tests provide the motivation to make lifestyle changes sooner, when we have the best opportunity to improve our memory. Sharp Again will continue to monitor the latest research and developments in cognitive health, serving as a trusted guide to translate new science into practical applications.



2025 SHARP AGAIN BOARD

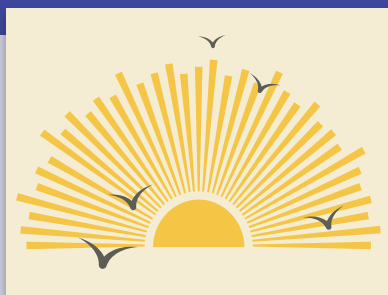
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LOOKING AHEAD

Building upon the momentum of 2025, Sharp Again remains committed to expanding our impact. Among the many strategies important to this work will be to scale our coaching program, expand our reach to wider audiences and ensure a sound financial and operational foundation to advance our work. We will continue to seek out partnerships, collaborations and funding resources with like-minded organizations and



individuals that complement and support our mission. We thank you in advance for being a part of that journey!



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