Marcann Mental Health



Together

Welcome to the September edition of our newsletter – Together. This newsletter is dedicated to supporting your mental well-being, cognitive health, and sense of connection. We're glad you're here and hope you find information, encouragement, and resources to help you thrive.

This newsletter is for seniors in Arizona – rooted in our community and focused on what matters most.

Table of Contents

Brain and memory changes as we age – newly approved blood tests for Alzheimer's disease.

Who these tests are for

Therapy Corner

Resources for help

We hope this issue informs, inspires, and reminds you that you are not alone on this journey.

Memory

Understanding - Science - Hope



What is Alzheimer's disease?

Alzheimer's is the most common form of dementia. In Alzheimer's disease, brain connections are damaged by the buildup of amyloid protein plaques in the spaces between cells and TAU protein tangles inside the nerve cells. Neurons are destroyed, affecting memory, language, visual-spatial organization, the ability to plan, and emotions and behaviors. More than 7 million Americans aged 65 and older are living with Alzheimer's in 2026. That number is projected to nearly double by 2060.

Two New FDA-cleared Blood Tests

These tests measure amyloid and TAU proteins in the blood.

- **Lumipulse (Fujirebio),** cleared May 2025 – helps measure amyloid proteins associated with Alzheimer's.
- **Elecsys pTau181 (Roche),** cleared October 2025 – helps measure TAU protein changes linked to Alzheimer's.

Knowledge today. Better decisions tomorrow. A healthier future for all.

Memory

Who these tests are for

Clear information. Better understanding. Better care.

Who the Tests Are For

These tests may be appropriate for adults 55 and older with memory concerns or early cognitive changes.

Who the Tests Are Not For

These tests are not intended for healthy individuals without symptoms, adults under 55, or as a standalone diagnosis

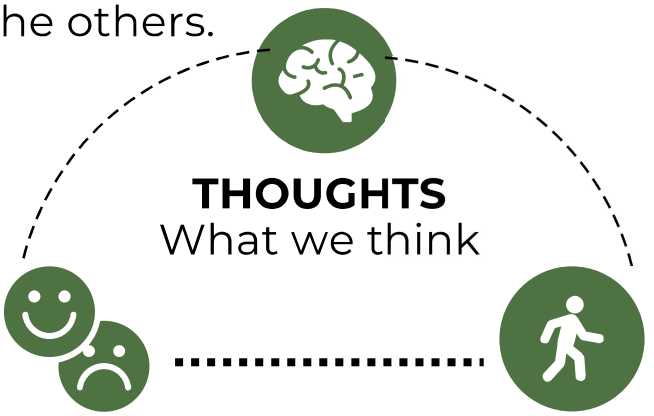
Available in Arizona

Testing is available through Banner Alzheimer's Institute, Banner Sun Health Research Institute, Mayo Clinic, and Labcorp with a prescription or referral from a healthcare provider.

Talk to your doctor about what is right for you.

Therapy Corner

Cognitive Behavioral Therapy (CBT) is a practical, evidence-based approach that helps us understand the connection between our **thoughts, emotions, and behaviors**—and shows us how changing one can positively influence the others.



EXAMPLE: Changing a Negative Thought About Aging

Negative Thought:
"Getting older means I'm useless and a burden."
Leads to sadness, withdrawal, and avoidance of activities.

Balanced Thought:
"I may have changes, but I still have wisdom, value, and meaningful contributions to make."
Leads to hope, connection, and engagement in life.

Small shifts in thinking can lead to big changes in how we feel and live.

Resources for Help

You are not alone. Help is here.

Suicide & Crisis Lifeline: 988
24/7 support for emotional distress. Call 988

NAMI (National Alliance on Mental Illness): 1-800-950-6264
Provides mental health information, support, and referrals for individuals and families.

Crisis Response Network: 602-222-9444
Provides immediate crisis support, assesses risk and needs, and connects individuals with appropriate mental health resources.

Sources

- Smith, J., et al. (2020). Resilience in Older Adults: The Role of Cognitive Behavioral Therapy. Journal of Positive Psychology, 15(4), 456–467.
- Alzheimer's Association. (2024). Alzheimer's Disease Facts and Figures.
- American Psychological Association. (n.d.). Depression treatments for older adults: Group cognitive-behavioral therapy.