

## What to bring on the day of the MERI evaluation?

### New MERI participants:

- It is recommended that a spouse, family member, or close friend accompany the participant on the day of the evaluation.
- It is also suggested that participants bring copies of recent medical records.
- Bring a list of current medications.

### Returning MERI participants:

- Bring a list of updated medications.

### Additional Research Questions:

- ◆ You will answer questions about mood, coping, and sleep habits
- ◆ We are interested in learning about the impact COVID-19 in older adults
- ◆ We are also interested in social isolation and loneliness

## Participation in the MERI program is free.

### How to make an appointment?

For further information about the MERI program or to make an appointment, please call our research assistant at:

**845-398-5584**

or

**845-398-6533**

**[gpc@nki.rfmh.org](mailto:gpc@nki.rfmh.org)**



**Website: [Geri.rfmh.org](http://Geri.rfmh.org)**

## Memory Evaluation Research Initiative (MERI)



## Geriatric Psychiatry Division

at the  
**Nathan S. Kline Institute for  
Psychiatric Research**



**[Geri.rfmh.org](http://Geri.rfmh.org)**



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# MERI PROGRAM

## **History of the MERI Program:**

The MERI program began in 2003 under the direction of Nunzio Pomara, MD and was developed to offer memory and cognitive evaluations to members of the community at no cost. This program also provides information to the community and health professionals about advances in the treatment of Alzheimer's disease and ongoing clinical studies.

## **What are neuropsychological tests?**

Neuropsychological tests are assessments that are used to measure a person's ability to think, remember, and make decisions. The tests are administered in a quiet room, one-on-one with a trained rater. Some of the tests involve answering questions asked by the rater, others require working with pictures or blocks, and a few require use of a pencil and paper.

## **What will happen during my evaluation?**

The MERI visit is a 3-4 hour evaluation which consists of three parts:

<b>Part 1</b> (Approx. 60-75 mins)	Neuropsychological testing for the evaluation of cognition including memory
<b>Part 2</b> (Approx. 45-60 mins)	Detailed review of personal and family health history, as well as a description of any symptoms and progression of memory complaints is performed. The subject's current medical conditions and medications are reviewed and vital signs (blood pressure, heart rate, respiratory rate, temperature, weight and height) are obtained. A brief screening for psychiatric conditions such as anxiety and depression is also performed. A blood draw will be obtained for research purposes to identify biomarkers of cognitive function.
<b>Part 3</b> (Approx. 20-30 mins)	A psychiatric evaluation by Dr. Pomara. The evaluation will consist of questions about sleep, appetite, overall function, and other psychiatric symptoms.

## **When will feed**



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Results are discussed among the doctors and psychologists in our team. A summary of this evaluation is mailed to participants within 2 to 3 weeks.

- It contains findings about their general intellectual function, memory, and psychomotor functions as well as comments and recommendations.
- A copy of this summary evaluation is provided to the participant's personal physician, if requested.

## **What type of possible recommendations are made?**

- A brain imaging (MRI or CT scan) procedure
- An evaluation by a neurologist for dementia
- A follow up evaluation from a psychologist or social worker
- An evaluation of current medications