Community Advisory Board

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Mildred English, St. James AME Church
Linda Epps, Bethany Baptist Church
Dr. Jacqueline Reeves, St. James AME Church
Donna Sparks, Bethany Baptist Church
Geri Woods-Coles, Bethany Baptist Church
Ingrid Williams, New Hope Baptist Church
Mary Dawkins, Hillside Senior Citizen Center
Sheltry Ward, Northern NJ Black Nurses Association
Robin Lateef-Pharms, Bethany Senior Center
Louise Layton, Rutgers Aging Advisory Council

National Scientific and Medical Advisory Board

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Karen Lincoln, PhD. MSW, M.A. University of Southern California, School of Social Work, Los Angeles, CA.
Lisa Barnes, PhD. Rush University, Chicago, IL. Alzheimer’s Disease Center.
Jennifer Manly, PhD. Columbia University, Neurology, NYC.
Martha Crowther, PhD. MPH. University of Alabama. Tuscaloosa, AL. UA Center for Mental Health and Aging.
Lloyd Webb, DVM, MPH. Tuskegee University, Institute of Public Health, Tuskegee, AL.
Sheila Peters, PhD. Fisk University, Nashville, TN. Associate Professor, Psychology.
Sinead N. Younge, PhD. Morehouse College, Atlanta, GA. Associate Professor, Psychology.
Thomas Obisesan, MD. Howard University Medical School, Washington, DC.

Rutgers University-Newark

Mark A. Gluck, Ph.D., Co-Director, Professor of Neuroscience, Center for Molecular and Behavioral Neuroscience
Diane Hill, Ph.D., Co-Director, Assistant Chancellor, Office of University-Community Partnerships
Ashlee Shaw, Ph.D., Associate Director, Postdoctoral Fellow, Center for Molecular and Behavioral Neuroscience
Glenda Wright, Community Research Coordinator
Deborah Flamengo, Community Engagement Liaison

African-American Brain Health Initiative: A University-Community Partnership

Rutgers University-Newark, Chancellor’s Seed Grant & Provost’s Research Grant
New Jersey Department of Health, Office of Minority and Multicultural Health
Department of Health and Human Services, Office of Minority and Multicultural Health

Funders

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RUTGERS UNIVERSITY | NEWARK
www.brainhealth.rutgers.edu
(973) 353-3673
**Mission Statement**

The Rutgers University-Newark African-American Brain Health Initiative is a unique university-community partnership promoting brain health among African-American seniors in the greater Newark, New Jersey, area.

Combining research, education, and community engagement, we seek to understand why African Americans are at greater risk for Alzheimer’s disease, memory loss, and other age-related brain health problems, and what we can do to help improve people’s memory and brain health.

**Community Engagement**

- **Annual African-Americans and Brain Health Event:** A half-day educational event at Rutgers for seniors, providing information on brain health, aging, and avoiding Alzheimer's disease.
- **"Brain and Heart-Healthy Soul Food Cooking":** A cooking class and nutrition lecture on how to make soul food recipes healthier, but just as tasty.
- **Brain health awareness events** at partner churches, senior centers, and local public housing.
- **Dance-based exercise classes** for seniors at partner locations and open to the public at no charge.

**Education**

- **Brain Health Pioneers:** Newark high school students learn about brain science and brain health by attending a summer Brain Camp at Rutgers.
- **Brain Health Scholars:** Undergraduates, native to Newark, participate in community-based research on brain science.
- **Brain Health Ambassadors:** Retired or semi-retired nurses assist in community education programs and community-based research on aging and brain health.

**Community-Based Research**

- **Who is most at risk for getting Alzheimer's disease?** What regular habits and lifestyles are best for reducing your risk for Alzheimer's? We are seeking African Americans, 55 and older, to participate in a study of aging, memory, and other assessments of health and lifestyle.
- **Can participation in a dance-based exercise class improve memory and brain function in older African Americans?** Will regular exercise reduce the risk for getting Alzheimer's disease? In partnership with the New Jersey Department of Health’s Office of Minority and Multicultural Health, we offer exercise classes at local churches, senior centers, and public housing. By assessing people’s memory, mood, and health, we can evaluate the ability of exercise to improve memory functions that often decline with aging.

**To Participate in Research and Contribute to Brain Health Science,**

Call: (973) 353-3673