

Mission Statement

WHO ARE WE?

The **Aging & Brain Health Alliance** at Rutgers University-Newark fosters interdisciplinary and university-community collaboration to expand our understanding of aging, brain health, and the prevention of Alzheimer's disease.

WHO DO WE WORK WITH?

We focus on populations with elevated risk for dementia, especially African Americans, who suffer from Alzheimer's disease at over twice the rate of the general population.

WHAT IS OUR RELATIONSHIP WITH THE COMMUNITY?

In partnership with local community-based and faith-based organizations, we promote Alzheimer's awareness and risk reduction through brain-healthy habits and lifestyle choices.

Community Engagement

- **"Lunch & Learn"** workshops are offered at churches, senior centers, and federally-assisted housing. They feature a free healthy meal and brief educational presentations on brain health and Alzheimer's prevention.
- **Free cardio-fitness exercise classes** are offered at churches and senior centers for those 65 and over as part of our research on how to improve brain health through exercise.
- **Special programs for men** are held in partnership with men's church ministries and other groups that cater to men.
- **Dementia Caregiver Support** groups are organized at local churches, in partnership with the *Alzheimer's Association*.
- **Health Fairs** and other programs promote brain health and wellness.



Research

- **How do our daily habits and activities affect our brain health over time?**
For African Americans **ages 65 and older**, we have a long-term study of aging. An MRI brain scan is offered to healthy participants at no charge. Study participants are then invited to return for a follow-up visit every two years.
- **How does cardio-fitness exercise improve memory, mood, and health?**
We also have an optional exercise study where we measure memory, fitness and health before and after five months of cardio-fitness exercise classes, held free of charge at churches and senior centers.

To learn more about becoming a paid participant in research on aging and brain health in African Americans, please call:

(973) 353-3673