

# Global Council on Brain Health<sup>SM</sup>

A COLLABORATIVE FROM AARP

July 23, 2020 | Summer Newsletter



## GCBH in the News

### Do Brain Games Keep Your Mind Sharp as You Age?

Women's Brain Health Initiative cited a previous GCBH report, *Engage Your Brain*, in its discussion on how cognitively-stimulating activities can help maintain or improve brain health.

Read the [full story](#).

### New AARP Report Shows Power of Music on the Brain

GCBH's latest report is highlighted in this story which includes a Top Tips video on how music can keep your brain healthy.

Read the [full story](#).

### How Social Isolation Affects the Brain

GCBH Vice-Chair Professor Linda Clare was cited for her meta-analysis study indicating an association between social isolation and cognitive decline later in life.

Read the [full story](#).



## Dear colleagues,

I hope you and your loved ones are staying healthy as we head into summer. AARP is continuing to provide the latest [news and guidance](#) on coronavirus for those age 50+, while the [Global Council on Brain Health](#) has been keeping busy in this virtual world. Here is a quick update on our recent and upcoming activities.

## Recent GCBH Reports

**Music and Brain Health Report** – Last month, the GCBH published *Music on Our Minds: The Rich Potential of Music to Promote Brain Health and Mental Well-Being*. The report offers numerous recommendations and practical tips for individuals to incorporate music into their lives to promote mental well-being, increase social connection, and stimulate thinking skills. The full report and accompanying infographic and survey is available [here](#).

The GCBH report is part of a broader AARP initiative to drive awareness about the benefits of music to both brain and body. See [additional content](#) from AARP and stay tuned for more music-related activities as the summer unfolds. Also check out the [Staying Sharp guide](#) to music and brain health.

– Past GCBH reports and materials, in multiple languages, can be found in our [Resource Library](#) –

## Other AARP Reports

**AARP and Women's Alzheimer's Movement Report** – AARP and the Women's Alzheimer's Movement (WAM) recently published *It's Time to Act: The Challenges of Alzheimer's and Dementia for Women*. The joint report – incorporating the input of many leading policy and science thought leaders including many GCBH members and liaisons – maps out a strategy to improve women's brain-health research and policies over the next decade. We also surveyed our stakeholders and the wider public asking them to prioritize the five action steps outlined in the report. The survey results as well as the full report (also available in Spanish) are posted [here](#). See news coverage from our partner [WAM](#).

The report and the preceding brainstorming session leading to it was made possible through the support of AARP and the AARP Foundation's A. Barry Rand Fund for Brain Health Research. As part of the report [release](#), AARP CEO Jo Ann Jenkins participated in a webinar discussion alongside WAM founder Maria Shriver and a distinguished panel of women's brain health researchers, including GCBH governance member Dr. Kristine Yaffe and GCBH liaison Dr. Fiona Carragher. The discussion was moderated by GCBH's Sarah Lenz Lock; watch the [webinar replay](#).

## Other Updates

**AAIC 2020 Conference** – The GCBH will share findings of its recent music and brain health report at the [Alzheimer's Association International Conference](#) (AAIC) being held virtually July 27-31. A poster summary of the GCBH report will be presented and made available on our website [here](#) following the conference.

**AARP Calls for National Alzheimer's Prevention Goal** – AARP and a broad coalition of more than 80 aging and health groups including UsAgainstAlzheimer's released a [joint statement](#) calling for a national prevention goal for Alzheimer's and dementia. The adoption of a national, measurable, time-bound impact prevention goal to reduce dementia is similar to efforts to reduce heart disease and other health challenges.

**AARP Joins New Alliance to Improve Dementia Care** – AARP has partnered with the Milken Institute to help [launch](#) the Alliance to Improve Dementia Care. With additional support from the Alzheimer's Association, Biogen, and The John A. Hartford Foundation, the Alliance will seek to transform and improve the complex health and long-term care systems that people at risk for and living with dementia must navigate.

## DIY Brain Health Toolkit

AARP State Offices offer ready-made Do It Yourself (DIY) Toolkits for volunteers interested in leading local, community presentations on topics including brain health. The newly named 6 Pillars of Brain Health toolkit provides materials and resources for conducting a workshop on improving brain health through diet, exercise, and more. Please note that workshops are currently being conducted virtually until safe to meet in person. For more information, please contact David DeBiasi, Associate State Director AARP Virginia, at [DDeBiasi@aarp.org](mailto:DDeBiasi@aarp.org)

## In partnership, David Parkes and the Policy & Brain Health team

Please forward this message to interested colleagues. If you would like to be added or removed from these occasional updates, please reply to [dparkes@aarp.org](mailto:dparkes@aarp.org)

Visit the GCBH website to learn more about our work in brain health:

[www.GlobalCouncilonBrainHealth.org](http://www.GlobalCouncilonBrainHealth.org)