

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

A COLLABORATIVE FROM AARP

Dec. 16, 2020 | Winter Newsletter



## GCBH News Picks

### [Protecting Your Brain Health During the Pandemic](#)

A recent *Next Avenue* article cites the GCBH music report and recommendations to stay cognitively sharp during COVID-19.

### [Brain-Boosting Supplements May Have High Doses of Unapproved Rx Medications](#)

The *Washington Post* cites GCBH's study which found that supplements for brain health have no benefits for most people, and in fact are costly and potentially harmful.

### [Why is Music Good for the Brain?](#)

*Harvard Health* recently featured AARP's music and brain health survey in its blog series.



## Dear colleagues,

We hope you and your loved ones are staying safe and healthy during the holiday season. Below are highlights of recent and upcoming AARP [Global Council on Brain Health](#) activities and events.

### **TOMORROW: AARP-Encore Holiday Concert**

Tune in tomorrow, December 17<sup>th</sup>, as AARP and Encore Creativity for Older Adults – the nation's largest choral organization for adults over 55 – present *Joy!* This virtual performance will feature more than 400 singers from across the country for joyous and uplifting songs of the season, including a sing-along for all participants. The event will also highlight the power of music to promote brain health and mental well-being and feature insights from the recent [music report](#) published by the GCBH.

Viewing is free and available until Jan. 16, 2021. More details [here](#).

### **GCBH Celebrates 5th Anniversary**

In late October, the GCBH celebrated its five-year anniversary with a live interactive session with brain health experts across the world. Panelists shared their in-depth knowledge and expertise related to supplements, sleep, exercise, music, delirium and more. The virtual format enabled us to reach an even greater number of participants from across the country and around the globe.

To watch a replay of the opening video and webinars – and test your knowledge in our brain health trivia quiz – click [here](#). A short highlights video will be posted soon.

### **GCBH Wins Digital Health Awards**

The GCBH was recently recognized in the [Fall 2020 Digital Health Awards](#), which honors the world's best digital health resources. GCBH picked up two Bronze awards for its [music](#) and [delirium](#) infographics, as well as a Merit award for the [GCBH web portal](#). Two Gold, three Silver, and three Bronze Awards were also received for other AARP entries that were influenced, encouraged, or guided by GCBH activities, particularly our [music report](#).

All GCBH reports and infographics, in multiple languages, can be found in our [Resource Library](#).

### **Share Your Thoughts**

We invite you to complete a short [stakeholder survey](#) to help inform us about our collaborations and outreach efforts. Your thoughts and recommendations are greatly appreciated!

### **Join 'Brain Health Matters'**

The Johns Hopkins Alzheimer's Disease Research Center, directed by Dr. Marilyn Albert, chair of the GCBH Governance Committee, has collaborated with us to present a social media campaign Brain Health Matters. This multi-week series has featured expert recommendations and tips from the GCBH. Visit the Johns Hopkins Memory and Aging [Facebook](#) and [Twitter](#) to participate.

### **Other Updates**

**New AARP-Backed Platform Enables Alzheimer's Data Sharing.** Last month, the Alzheimer's Disease Data Initiative (ADDI) – a global coalition that aims to increase sharing of dementia-related data among researchers – launched the [Alzheimer's Disease \(AD\) Workbench](#). AARP is a partner in this project, which provides a cloud-based platform for scientists to accelerate discoveries and innovations for AD and related dementias. Learn more [here](#).

**AARP Spotlights Disparities in Dementia Care.** AARP has been actively involved in highlighting dementia disparities – including the effect of social determinants on brain health – in its role as a founding member of the Milken Institute's [Alliance to Improve Dementia Care](#). GCBH Governance Committee member Dr. Peggye Dilworth-Anderson (UNC-Chapel Hill) is part of the Milken Alliance and is taking a leadership role. Last week, Sarah Lock moderated a panel on "Reducing Health and Economic Disparities in Dementia Care" at the Milken Institute Future of Health Summit; watch the [replay](#).

**GCBH Shares Research at Scientific Conferences and Events.** GCBH staff participated in the [Alzheimer's Disease International \(ADI\) Conference](#) held virtually last week. Sarah Lock chaired a symposium on [Brain Health and Gender](#), building on AARP's recent report [It's Time to Act](#) released last spring. Watch a [highlights video](#) of the report release event featuring AARP CEO Jo Ann Jenkins and Maria Shriver, founder of the Women's Alzheimer's Movement. Women's brain health was also the topic of an [AARP Michigan event](#) earlier this month featured GCBH Governance Committee member Dr. Kate Zhong (UNLV).

GCBH recently presented its music and brain health [study](#) at the [GSA 2020 Annual Scientific Meeting](#), which featured two of our GCBH music experts – Dr. Mary Mittelman (NYU School of Medicine) and

Prof. Kuei-Min Chen (Kaohsiung Medical University, Taiwan) – as well as GCBH Governance Committee member Dr. Jacobo Mintzer (Roper St. Francis Healthcare).

**In partnership,  
AARP 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 [GCBH@aarp.org](mailto:GCBH@aarp.org)*

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

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