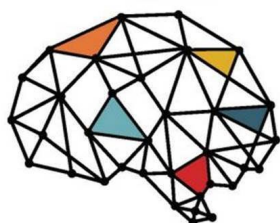


Global Council on Brain HealthSM

A COLLABORATIVE FROM AARP

August 16, 2021 | GCBH Newsletter



GCBH in the News

The 7 Worst Habits for Your Brain

Numerous GCBH collaborators are quoted in this AARP story on everyday missteps that could harm your brain health. Read [here](#).

What to Know About Memory Pills

The GCBH supplements report is cited in this article that warns against the use of so-called 'memory pills.' Read [here](#).

3 Ways That Being Heart-Healthy Helps Your Brain

This recent news article cites the GCBH cardiovascular report and highlights the heart-brain connection. Read [here](#).



Dear colleagues,

We hope you are enjoying the summer and staying healthy in body and mind! Below is an update on recent and upcoming [Global Council on Brain Health](#) activities.

Behavior Change Webinars, Next Steps. The GCBH has just concluded its four-part webinar series exploring the science of behavior change and brain health. Thank you to all our panelists and colleagues who joined us! In case you missed any of the webinars, the recordings and presentations are available on our website [here](#). The insights and questions shared during the panels will help inform a forthcoming GCBH report, currently slated for release in Fall 2021.

Call for Submissions: Brain Health Disparities. The journal *Clinical Gerontologist* is currently accepting manuscripts for a special issue on "Cross-cultural Strategies to Address Brain and Mental Health in Underserved Populations." This special issue is co-edited by Dr. Vijeth Iyengar (Administration for Community Living/HHS and liaison to the GCBH). Submissions are welcome from both within and outside the United States and should be broadly relevant to healthcare professionals and policymakers. Deadline to submit is February 1st, 2022. See full details [here](#).

Share Your Creative Ideas and Resources for Meaningful Engagement – Let's, as Anne Basting says, help create a "booster shot against loneliness." With COVID-19 on the rise, loneliness and isolation are lurking again threatening brain health. The GCBH will compile information offering resources for meaningful engagement to address social isolation and loneliness during the pandemic. We invite all stakeholders to collaborate on this critical issue through a [Google Spreadsheet](#) where you can view and contribute your ideas and content through September 10th. Virtual events, reports, websites, graphics, videos and other materials are welcome and much appreciated. We will create a collective report from all our collaborators and share it as widely possible this Fall.

Recent/Upcoming Scientific Conferences. The GCBH shared findings of its COVID-19 and brain health [report](#) at the 2021 Alzheimer's Association International Conference (AAIC) last month. Our poster on 'Tailoring Brain Health Guidance for the Pandemic Era' is available to [view and download](#). Also check out two related posters – exploring self-reported lifestyle behaviors and pivoting brain health guidance during the pandemic – both based on AARP's *Staying Sharp* platform, available [here](#) and [here](#). Looking ahead to November, the GCBH will participate in the [GSA 2021 Annual Scientific Meeting](#) and present its latest research on COVID-19 and brain health as well as a symposium session on the theme of 'East Meets West' highlighting community-based programs for dementia prevention and support. Additionally, during IFA's Global Conference on Aging, GCBH Executive Director Sarah Lenz Lock will speak at the [Presidential Symposium on Brain Health](#) alongside GCBH Governance Committee Member Dr. Miia Kivipelto (Karolinska Institutet). The panel will be moderated by GCBH Issue Expert, Dr. Alvaro Pascual-Leone (Harvard Medical School).

Essays from International Leaders in Dementia. The World

Dementia Council earlier this month published a [Global Dialogue on Prevention: Reflections](#) with various national perspectives and insights. GCBH Governance Committee Member Dr. Kaarin Anstey (University of New South Wales) penned the introduction, and GCBH Executive Director Sarah Lenz Lock contributed an essay on brain health awareness.

Please feel free reach to out with any questions and potential opportunities to collaborate.

**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, or have information to share, please reply to GCBH@aarp.org

Visit the GCBH website to learn more and discover free resources:

www.GlobalCouncilonBrainHealth.org