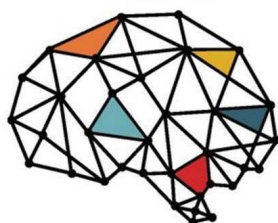


Global Council on Brain HealthSM

A COLLABORATIVE FROM AARP

May 6, 2021 | Spring Newsletter



GCBH in the News

COVID-19 'Long-Haulers' Seek Answers and Support

A recent *Next Avenue* article cites the GCBH's COVID-19 report in addressing how long-haul COVID may impact cognitive decline. Read [here](#).

Dementia, Alzheimer's Have Reached Crisis Point

In a recent *Philadelphia Inquirer* piece, GCBH Governance Committee member Dr. Jason Karlawish answers questions about his new book, *The Problem of Alzheimer's*, and provides suggestions on what we can do about it. Read [here](#).

Spring Clean Your Brain!

Several GCBH collaborators were quoted in a recent *Parade* article with tips to reclaim your brain health. Read [here](#).

Easy Ways to Improve Your Brain Health

GCBH Special Advisor James Goodwin shares four easy ways to maintain brain health adapted from his new book, *Supercharge Your Brain*. Read [here](#).



Dear colleagues,

We hope you are all doing well and enjoying this beautiful month of May. Below is an update on recent and upcoming AARP [Global Council on Brain Health](#) activities and events.

RSVP: COVID/Brain Health Town Hall

Please join AARP, UsAgainstAlzheimer's Center for Brain Health Equity, and the BOLD Public Health Center of Excellence on Dementia Caregiving for a virtual public health town hall on COVID19 and Brain Health next **Thursday, May 13th at 2pm ET**. GCBH's Dr. Duke Han will provide recommendations on protecting brain health as outlined in our [COVID-19 report](#), and Sarah Lock will share resources. Panelists will also explore strategies for educating, supporting, and safeguarding the health and well-being of dementia caregivers of color during the pandemic. Details and registration [here](#).

New Report on Dementia Workforce

A new report on Building a Dementia-Capable Workforce will be released next **Tuesday, May 11th** by the Milken Institute Alliance to Improve Dementia Care. The Alliance seeks to transform and improve the complex health and long-term care systems that people at risk for and living with dementia must navigate. AARP is a co-founder of the multi-sector Alliance. The steering committee includes GCBH's Executive Director Sarah Lenz Lock. GCBH Governance Committee Member Dr. Peggye Dilworth-Anderson has also recently joined the Alliance, and several GCBH issue experts and liaison are members. This report, the second in a series of three reports, will present actionable recommendations to develop a dementia-capable workforce and system. The first report, *Better Brain Health through Equity: Addressing Health and Economic Disparities in Dementia for African Americans and Latinos*, was released March 31, 2021. To learn more and download the reports, click [here](#). The Alliance's next work will focus on alternative payment models for coordinated dementia care.

GCBH Governance Committee: Strategic Planning and Behavior Change

The GCBH Governance Committee met virtually in April reviewing our accomplishments and discussed our future goals and activities. The GCBH's next focus will be behavior change within the context of brain-healthy lifestyle habits. Stay tuned for more on behavior change as we plan a series of virtual meetings that will be open to the public later this summer. GCBH's current 13-member Governance Committee members and advisors are listed [here](#).

AARP Submits Comments on Health Disparities in Medical Research to NIH, Highlights Brain Health Issues

AARP responded to the National Institutes of Health's (NIH) Request for Information providing recommendations to build health equity in medical research. AARP recommends a systematic approach to collecting necessary data by race and ethnicity, calls for a more equitable allocation of funding for research and more studies with diverse researchers and cohorts and urges NIH to strengthen its efforts around increasing equity in the long-term care system, especially among communities of color. AARP discusses GCBH's calls in each of our reports for more research among diverse communities relating to cognitive health to fill knowledge gaps, reduce health disparities, and improve health outcomes. Read the letter in full [here](#).

Thanks and Farewell

We'd like to take a special opportunity to thank **Karen Shapiro** for her fabulous work as our

intern over the past year. Karen has just completed her bachelor's in public health science at the University of Maryland and is now exploring career opportunities. If you are aware of any open or upcoming positions that could use Karen's tremendous research, analytical or communications skills, we would love to connect her with you.

**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 about our work in brain health:

www.GlobalCouncilonBrainHealth.org