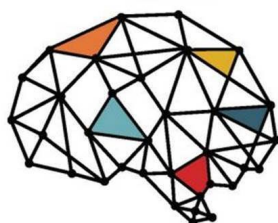


Global Council on Brain HealthSM

A COLLABORATIVE FROM AARP

June 7, 2021 | Summer Newsletter



GCBH in the News

Five Ways to Keep Your Brain Healthy as You Age

This recent article examines Dr. Sanjay Gupta's book, *Keep Sharp*, and cites research by GCBH founding member Dr. Martha Clare Morris. Read [here](#).

Hey Naani-Ma, Put On Your Dancing Shoes. It's Good For Your Brain!

GCBH's Sarah Lenz Lock discusses the connection between music and brain health in an *India Currents* feature. Read [here](#).

Lifestyle Modifications Support Brain Health

A recent article in *Pharmacy Times* cites AARP's survey on supplements in a discussion on how lifestyle choices can help protect the brain. Read [here](#).



Dear colleagues,

Happy Brain Health Awareness Month! As summer kicks off, be sure to check out these exciting activities from AARP and the [Global Council on Brain Health](#).

UPCOMING EVENTS

Tomorrow: Book Conversation with Lisa Genova, 6/8

GCBH's Executive Director Sarah Lenz Lock will moderate a virtual conversation with Lisa Genova, author of *Still Alice*, on June 8th at 7pm ET. Lisa Genova will discuss her latest New York Times bestseller, *Remember: The Science of Memory and the Art of Forgetting*, during the live discussion and Q&A. Register [here](#).

Participate in #BrainMatters Twitterchat, 6/17

Please join and spread word about an upcoming Twitterchat organized by the Johns Hopkins Alzheimer's Disease Research Center (JHADRC) on June 18th at 12noon ET. Guest experts from the GCBH and other stakeholders will answer questions and provide resources. The JHADRC will run the Twitter chat from [@jh_memory_aging](#) under the hashtag #BrainMatters.

Tune In – Sound Health Network Webinars, 6/23 and 6/30

AARP is excited to partner with the Sound Health Network (SHN) for a June 23rd webinar on *Music for People Living with Dementia and their Care Partners* featuring music therapist Jeffrey Wolfe and Jeanne Kelly, Artistic Director of Encore Creativity for Older Adults; learn more and register [here](#). Also check out a SHN Journal Club [event](#) on June 30th exploring the ways in which music can be used to expand dementia care networks on a social level. The journal club will be moderated by Dr. Suzanne Hanser, Professor of Music Therapy at Berklee College of Music and Expert for GCBH's [music report](#).

Join the Global Dialogue on Dementia and an Ageing Society, 6/30

The World Dementia Council, established by the G8 (now G7) at the London Dementia Summit in 2013, will host a global dialogue on dementia and an ageing society on June 30th. The virtual meeting will be co-chaired by Professor Shekhar Saxena, Professor of the Practice of Global Mental Health at Harvard, and GCBH's Sarah Lenz Lock. Find more details [here](#).

OTHER UPDATES

Save-the-Date: AARP Stigma Survey Release, 6/22

On June 22nd, AARP will release new survey results around the stigma associated with a diagnosis of dementia. The survey data will reflect the point of view of two separate samples: (1) healthcare providers, and (2) adults age 40 and over. GCBH's Sarah Lenz Lock will discuss the survey findings during the Milken Institute's [Future of Health Summit](#) being held concurrently. **NEW Brain Health DIY Toolkit**

AARP recently updated its 'Six Pillars of Brain Health' Do-It-Yourself (DIY) Toolkit. This interactive program offers new videos, fresh images and updated resources and infographics. Designed for anyone interested in learning how to live a brain-healthy lifestyle, the DIY Toolkit offers a complete set of ready-to-use workshop materials for volunteers in coordination with AARP State Offices. For more information, please contact GCBH@aarp.org

Coming Soon...GCBH Behavior Change Seminars

Stay tuned for an upcoming GCBH webinar series exploring ways to encourage adults to adopt and sustain healthy lifestyle behaviors that foster better brain health. Dates, topics and speakers to be announced soon; the webinars will be open to the public.

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 about our work in brain health:

www.GlobalCouncilonBrainHealth.org