

Stockton Center on Successful Aging to Hold Summer Research Program on Brain Health

'Healthy Brain, Healthy Mind' Research Project Seeks Volunteers Ages 50 and Older Who Are Right-Handed

For Immediate Release

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Galloway, NJ – The Stockton Center on Successful Aging (SCOSA) is conducting a research project from now until early August on the campus of The Richard Stockton College at 101 Vera King Farris Drive, Galloway. This research is designed to explore the relationship between activity in the brain and thinking and memory.

The research project, **Healthy Brain, Healthy Mind**, is being directed by Dr. Jessica Fleck, associate professor of Psychology. Dr. Fleck has been a member of Stockton's Psychology Program since 2006 and has been a SCOSA Research Fellow since last May. In addition to researching brain health throughout the lifespan, Dr. Fleck is also an active researcher of creativity and the creative brain.

While getting screenings for blood pressure, cholesterol, blood sugar, skin cancers and other conditions is common for older adults, very few individuals have ever participated in a screening of brain health and function. The National Institute on Aging suggests that changes in the physical brain may occur a decade or more before changes in memory and thinking are observed. If so, early detection of changes in the physical brain would be key to long-term health and vitality.

The study is comprised of two sessions, each approximately an hour-and-a-half in duration. Organizers are looking for participants who are 50 years of age or older, particularly those between the ages of 50-65.

For this project, participants must be right-handed and have no prior diagnosis of dementia. The project involves the use of EEG, which noninvasively measures electrical activity in the brain by placing a simple net of sensors over the head. Tests of memory and thinking will also be administered in a second session. Participants who score outside the normal range will be provided referrals should they wish to seek further neurological assessment.

Those who are interested in participating in, or learning more about this study, should contact Dr. Jessica Fleck and the Healthy Brain, Healthy Mind Research Team at 609-626-3444 or eeqlab@stockton.edu.

For more information on the issues surrounding brain changes and detection of possible Alzheimer's, these web sites may be helpful:

<http://www.sfn.org/news-and-calendar/news-and-calendar/news/spotlight/scientists-work-to-detect-alzheimers-disease-earlier>

<http://www.alzfdn.org/documents/memorymatters.pdf>

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