

Lisa L. Barnes, PhD

The Alla V. and Solomon Jesmer Professor
of Gerontology and Geriatric Medicine

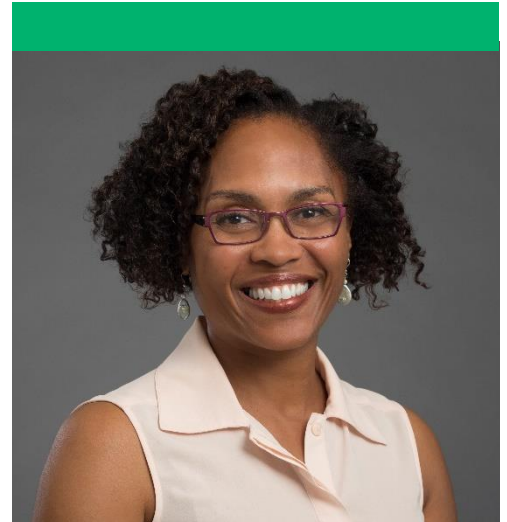
Advancement of Medicine

In 2024, I had several notable research activities and recognition from the scientific community. I was invited to co-lead a national Alzheimer's disease conference focused on health equity. The 2024 Alzheimer's Association International Conference

Advancements: Exploring Equity in Diagnosis focused on the importance of achieving population generalizable research and ensuring novel interventions for high-risk populations disproportionately impacted by Alzheimer's disease. I received the James Jackson Outstanding Mentorship Award from the Gerontological Society of America and became a fellow of the Academy of Behavioral Medicine Research, or ABMR. ABMR is the premier honorary scientific organization for scientists working at the interface of behavior and medicine. It comprises several hundred eminent senior investigators, all of whom have been elected as fellows of the academy through a highly selective process.

Research

Because of the Jesmer family's generosity, I have been able to advance research and education in gerontology and make significant contributions to the scientific field. Because of my expertise in minority aging, I had the opportunity to participate in three invited visiting professorships at the University of Wisconsin, New York University and the University of Kentucky. I published 41 manuscripts last year in leading medical journals on a variety of topics, including health disparities of Alzheimer's disease, neuropathology of Alzheimer's disease, genetics, neuroimaging and multiomics studies. I also contributed to papers about lifestyle factors for dementia and risk factors for dementia. One paper calculated projections for dementia prevalence across the United States, garnering much attention from policymakers. Another set of papers focused on predictors and benefits of timely diagnosis for Alzheimer's dementia, which has significant implications for our health care system because diagnostic delays or missed diagnoses in dementia are common and end up costing millions of dollars.





Community Outreach

The funds associated with my endowed faculty position continue to support retention efforts for my ongoing National Institutes of Health-funded, community-based studies of older African Americans. For example, I was able to host a 20th anniversary luncheon for the participants in my studies. The event featured panel discussions, testimonials, study updates and various awards to acknowledge participants' dedication to these studies for the past 20 years. The oldest participant in attendance was 105 years old. The event included a seated lunch, a photo booth and music from the study participants' era as young adults (1950s and 1960s). I also purchased a software management system for the social worker on my team, allowing her to effectively manage and track the resource needs of our participants. We hosted our annual back-to-school resource and health fair for the community in August 2024, bringing together city vendors who offered health information, health screenings, school immunizations, and dental exams for young children and their parents. We distributed book bags and school supplies for over 300 children last year. We also presented an award to a community partner who has dedicated her time to ensuring the community receives vital health education to increase health literacy. We've also established a quarterly newsletter called Graceful Living with your generous support, which allows us to connect with our study participants, provide study updates, and feature different Rush Alzheimer's disease faculty and their research portfolios.

Selected Speaking Engagements

- "Considerations for evaluating cognitive health in African Americans," Center for Aging and Population Sciences (University of Texas-Austin) and Center for Advancing Sociodemographic and Economic Study of Alzheimer's Disease, January 2024.
- "Conducting community-based research in the African American Community," Black Men's Brain Health Conference, Las Vegas, Nevada, February 2024.
- "Step-by-step guide to A&D submission, review, and publication: What does an editor do?" Alzheimer's Association Neuroscience Next Hub, University of Chicago, April 2024.
- "Behaviors, Brain Health, and Biology: Impact on Aging and Cognition," Academy of Behavioral Medicine Research, University of Minnesota, June 2024.

- “20th Annual Pythias A. and Virginia I. Jones African American Community Forum on Memory Loss, Maryland Alzheimer’s Association Chapter, November 2024.

Media

- “Medscape Neurology Perspective: Mindful Living: Strategies to Prevent Cognitive Decline”, May 2024.
- “What we know about Alzheimer’s disease” Therapy for Black Girls podcast, November 2024.

Publication Highlights — Abbreviated

- “Longitudinal change in memory performance as a strong endophenotype for Alzheimer’s disease,” *Alzheimer’s & Dementia Journal*. February 2024.
- “Promoting diverse perspectives: Addressing health disparities related to Alzheimer’s and all dementias,” *Alzheimer’s & Dementia Journal*. April 2024.
- “Everyday Discrimination is Associated With Higher Odds of Hospitalizations Among Older African Americans,” *Journal of Gerontology, Medical Sciences*. March 2024.
- “School racial/ethnic composition, effect modification by caring teacher/staff presence, and mid-/late-life depressive symptoms: findings from the Study of Healthy Aging in African Americans,” *American Journal of Epidemiology*. September 2024.
- “The time course of motor and cognitive decline in older adults and their associations with brain pathologies: a multicohort study,” *Lancet Healthy Longevity*. May 2024.
- “Loneliness, cerebrovascular and Alzheimer’s disease pathology, and cognition,” *Alzheimer’s & Dementia Journal*. September 2024.
- “Religious Involvement and Cognitive Function Among White, Black, and Hispanic Older Adults,” *Research and Aging*. August 2024.
- “The MindMoves Trial: Cross-Sectional Analyses of Baseline Vascular Risk and Cognition in Older Women with Cardiovascular Disease,” *Journal of Alzheimer’s Disease*. 2024.

The Year Ahead: 2025 and Beyond

In the coming year, we will continue to focus on retention and brain donation for my studies. There are very few studies that have brain tissue from well-characterized African Americans who started



off without dementia. Our study has become a national resource for the community to understand the underlying biology of cognitive impairment. But it takes tremendous effort and resources to educate the community on the importance of brain donation, to connect with families who will ultimately make the call at the time of death, and to staff an autopsy service that is on call 24 hours a day. The generous support from this fund allows us to create culturally sensitive programming to increase the consent rate for autopsy and continue to be the premier study on minority aging in the country.

With Gratitude

I want to sincerely thank you for generously supporting research in the field of gerontology and geriatric medicine. Because of your support, we are recognized nationally and internationally for a study focused on aging in older African American adults, a population that is underrepresented in research despite being at higher risk of Alzheimer's disease. We have created and sustained a premier study of aging that is a model of inclusive science and community-engaged research for the scientific community.