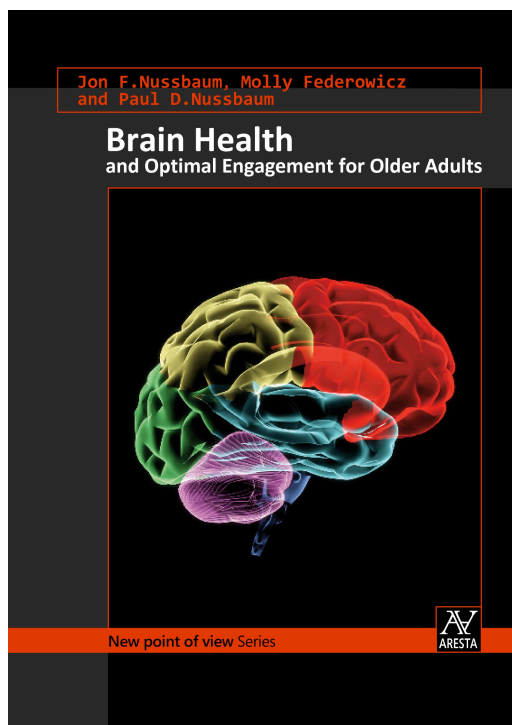




Brain Health and optimal engagement for older adults

Jon F Nussbaum, Molly Federowicz, Paul D. Nussbaum



Editorial ARESTA

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Synopsis

The human brain is a magnificent structure that can function to maximize our ability to lead a very long and satisfying life. *Brain health and optimal engagement in older adulthood* focuses on the brain as the single most important human organ as we adapt to the many challenges of the aging process. This book links brain health and family, friendship and profes-

sional relationships in older adulthood with maintaining a high quality of life well beyond the seventh and eighth decade of life. Pragmatic suggestions based upon the most recent scientific evidence are provided to help each of us maintain brain health. The importance of maintaining a balanced interactive network into older adulthood is not only dependent upon brain health but is shown to be a direct result of brain health. The three authors of this book from three distinct scientific backgrounds: life span development; clinical neuropsychology; and public health, blend their diverse perspectives into a unique understanding of successful aging that offers each reader insight in how to maximize their potential to lead a high quality of life throughout the entirety of the life span.

Authors

Jon Nussbaum (Ph.D. Purdue, 1981) is a Professor of Communication Arts & Sciences and Human Development & Family Studies at Penn State University, USA. He is the Past President of the International Communication Association, former editor of the *Journal of Communication*, a Fulbright Research Fellow in the UK (1991-92), a fellow of the International Communication Association and a Fellow within the Adult Development and Aging Division of the American Psychological Association. His current research centers on health care for older adults and intimacy.

Molly Federowicz (M.S. Dayton, 2005) is a Senior Research Program Coordinator at the Johns Hopkins University for the Alike initiative, an innovative project developed to re-establish the primacy of the patient in the training of young physicians. Federowicz designs innovative ward teams and curriculum to teach residents the relationship-based, patient-centered care that seeks a better understanding of the psychosocial context of each patient's illness.

Paul D. Nussbaum (Ph.D. Arizona, 1999) is a licensed clinical neuropsychologist having completed his internship and Post-Doctoral fellowship at Western Psychiatric Institute and Clinic, University of Pittsburgh School of Medicine where he is an adjunct Associate Professor in Neurological Surgery. Nussbaum has 25 years experience in the care of older persons suffering dementia and related disorders. An expert in neuroanatomy and human behavior, Nussbaum has published many peer reviewed articles, books, and chapters within the scientific community. He is the winner of the 2007 American Society on Aging "Gloria Cavanaugh Award" for excellence in training and education in the field of aging.