

## BUILDING BRIDGES

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### *Rutgers University-Newark OUCP and Community Partners Celebrate National Minority Health Month with Seniors*

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By Diane Hill, Ph.D., Assistant Chancellor  
University-Community Partnerships, Rutgers University–Newark



**R**utgers University-Newark's (RU-N) Office of University-Community Partnerships (OUCP) celebrated National Minority Health Month on Tuesday, April 23, 2019 by hosting the *Health is Wealth: Cashing in on Your Brain and Heart Healthy Resources* event. Held at RU-N's Paul Robeson Campus Center, the event featured a healthy breakfast and lunch, information/give-away tables, and presenters from the Alzheimer's Association, Robert Wood Johnson Clara Maass Medical Center, Rutgers New Jersey Medical School, the American Heart Association, and Embrace

Your Fitness. Discussions included strategies and behaviors to improve overall health among seniors, with specific information on Alzheimer's Disease and dementia, and prevention of stroke, high blood pressure, colorectal cancer and related disorders. The East Orange Silver Steppers and Silver Fitness Team performed before the audience of approximately 200 senior citizens from Newark and the Greater-Newark area. Nashon Hornsby, Assistant Commissioner, New Jersey Department of Health brought greetings. ■



Senior participants enjoying the information tables



Francis Dixon, Executive Director, New Hope Now; Pastor Glenn Wilson, Pilgrim Baptist Church



Pastor Glenn Wilson introducing guest presenter



Dr. Diane Hill, Assistant Chancellor, University-Community Partnerships Rutgers University-Newark and Nashon Hornsby, Assistant Commissioner, New Jersey Department of Health



Dr. Luis Alzate-Duque, Academic Medicine Fellow, Office of Diversity & Community Engagement, Rutgers, NJ Medical School



The East Orange Silver Fitness Team perform one of their exercise drills



The East Orange Silver Steppers perform one of their dance routines

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