

Our Partners

Alzheimer's Association
American Heart Association
City of Newark Dept. of Recreation,
Cultural Affairs, and Senior Services

Clara Maass Medical Center
East Orange Division of Senior Services
Essex County Division of Seniors Service
Greater Newark Healthcare Coalition
Lincoln Park Coast Cultural District
New Jersey Department of Health, Office
of Minority and Multicultural Health
University Hospital
Urban Healthcare Initiative Program

Rutgers Biomedical and Health Sciences

Rutgers New Jersey Medical School

Institute for Health, Healthcare Policy and Aging Research

Rutgers School of Public Health

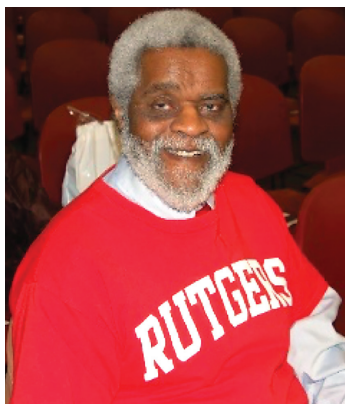
Rutgers School of Nursing

Rutgers University–Newark

Office of the Chancellor

Office of University–Community Partnerships (OUCP)

School of Public Affairs and Administration (SPAA)



"I never realized how much fun staying healthy can be. I've learned a whole lot, and have actually started making some lifestyle changes—just what the doctor ordered. Thank You!"
—Sidney Snead, Rutgers University Alumnus

For More Information Contact:
Rutgers University–Newark
Office of University–Community
Partnerships at **973-353-1633**.

Community Advisory Board

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of Senior Services

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American Heart Association

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City of Newark

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Recreation Center

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New Hope Baptist Church

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St. James AME Church

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of Newark Senior Services

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Rutgers Aging
Advisory Council

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Coalition/Jehovah–Jirah
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Church Center

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Paradise Baptist Church

Geri Woods–Coles

Bethany Baptist Church

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Assistant Chancellor
University–Community
Partnerships, Assistant
Professor, SPAA

Donita Devance

Associate Director
Office of University–
Community Partnerships
(OUCP)

STAFF TO THE BOARD

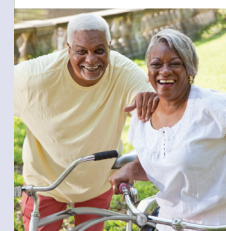
Yvette Beaumont

Assistant Director, OUCP

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Advocates for Healthy Living Initiative (AHLI)



RUTGERS UNIVERSITY–NEWARK
OFFICE OF UNIVERSITY—
COMMUNITY PARTNERSHIPS

RUTGERS

Office of University–
Community Partnerships

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Who We Are

Rutgers University–Newark Office of University-Community Partnerships' *Advocates for Healthy Living Initiative (AHLI)* provides our elders with tools and information to live healthier lives. Through base building and collaborations with community and faith-based organizations, we serve as partners in promoting health equity in our community.

UNDERSTANDING RESEARCH/INCREASING PARTICIPATION FROM UNDERSERVED COMMUNITIES

- ▼ **Scholarly research**
- ▼ **Clinical trials**
- ▼ **Community-based participatory research**

Our Mission

Reduce health disparities, promote health equity and improve the quality of life among urban seniors through transdisciplinary education, targeted intervention, base building, and collaborative, community-based partnerships.

Our Vision

Seniors thrive in an environment supported by health advocates and community partners working to increase health literacy, improve healthy living practices, and reduce health disparities, morbidity and mortality from preventable causes.

Community Wellness Initiatives

▼ **Lunch 'n' Learns and Community Health Educational Program Seminars**

Trained community members share information on health topics at churches, senior centers, and public housing while providing a complimentary healthy meal.

▼ **Understanding Research and How it Affects Your Community**

Partnering with communities helps us to uncover ways to improve health outcomes. AHLI provides seminars on research techniques, benefits, and, shares research outcomes.

▼ **Fitness and Dance Classes**

Fitness trainers provide dance-based exercise programs (Zumba, Sit&Fit, dance group, and yoga) in partnership with local churches, senior centers, and senior housing.

▼ **Targeted Programs**

Initiatives designed to address specific needs of men and/or women ages 55 and over.

▼ **Intergenerational Engagement**

Undergraduate and graduate college students serve as community ambassadors and research assistants, and help disseminate important health education information and data.



East Orange Silver Steppers



"There is no power for change greater than a community discovering what it cares about."

▼ Margaret Wheatley, *Finding Our Way: Leadership for an Uncertain Time* (2005)