

The Aerobic & Cognitive Exercise Study (ACES) Research Newsletter

The Healthy Aging and Neuropsychology Lab at Union College



September is Healthy Aging® Month! Let's get cycling!

FALL 2015

- September is Healthy Aging® Month
#HealthyAging
#Go4LifeMonth
- November is Alzheimer's Awareness Month and National Caregiver Month
- Welcome to Coburg Village as our newest recruitment site!
- Do you need flyers? Do you want an ACES presentation at your site? Call us today!

Calling all adults 50 years and older who want to get fit while having fun! We have received NIA approval to enroll both cognitively normative and MCI populations.



We still need your help with recruiting participants!

We want to send a warm welcome to Coburg Village as our newest ACES location. We held a very successful info session last month & are excited to begin enrolling participants at Coburg!

We are 1/3 of our way towards our enrollment goal of **90 participants by May 2016!** Let's work together to meet our goal!

Do you know someone who would be great for the study but lives too far from our clinical sites and is not a resident at one of our community locations? Have no fear—Individuals can now participate if they belong to one of the fitness centers below that have an Espresso Cybercycle!

Albany—JCC
Albany—Fort Orange Club
Gansevoort—Snap Fitness
Glens Falls—YMCA
Latham—Anytime Fitness
Latham—CCP
Rotterdam—Avg Joe's Fitness
Saratoga—YMCA

Site ^a	Referred	Declined/ Screen Fail	Screening	Enrolled	Active	Completed	Early D/C
Sunnyview Wellness	5	1	2	2	0	2	0
Albany Medical Center	12	3	6	3	1	1	1
Stratton VAMC	4	1	2	1	1	0	0
Schaffer Heights	16 [8]	8 [5]	0 [0]	8 [3]	5 [0]	0 [0]	3 [3]
Kingsway	4 [16]	2 [13]	0 [0]	2 [3]	0 [0]	0 [1]	2 [2]
Prestwick Chase	2 [8]	0 [5]	0 [0]	2 [3]	2 [1]	0 [0]	0 [2]
Glen Eddy	2 [14]	0 [7]	1 [0]	1 [7]	1 [3]	0 [0]	0 [4]
Hawthorne Ridge	13 [9]	4 [4]	1 [0]	8 [5]	2 [4]	0 [0]	6 [1]
Coburg Village	22 [0]	3 [0]	19 [0]	0 [0]	0 [0]	0 [0]	0 [0]
Local Advertiser	13 [0]	4 [0]	9 [0]	0 [0]	0 [0]	0 [0]	0 [0]
TOTALS	93 [55]	26 [34]	40 [0]	27 [21]	12 [8]	3 [1]	12 [12]

Note: Numbers are current as of 9/15/15; As of 6/30/15, NIA participants include normative & MCI; # in brackets represents # of normative participants enrolled prior to 6/30/15

^a# of enrolled participants based on referral source; participants may be exercising at a different location than the referring source.

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