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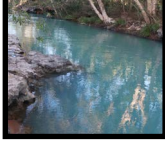
“Follow your heart, but take your brain with you.” — Alfred Adler

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PARTICIPANT SPOTLIGHT

SAHIBDEEP CHOCHAN

Hi! My name is Sahibdeep Chohan and I’m a junior at The Bronx High School of Science. I feel that my passion lies strongly in involving community engagement into science. Whether I’m volunteering at the hospital, presenting at local science fairs, or learning about sustainability abroad I constantly seek ways to better understand the world and use what I learn to help the community. Being part of P-CoC has helped me see that small changes like these are crucial as young people are the main contributors in shaping a more inclusive future.



This spring I had the chance to go to Australia for a sustainability program with CUNY. Honestly, at the start I wasn’t too sure what to expect. But once we started working with local companies like Atlas Soils, Achacha farms, and Coffee Presto I had started to realize how much innovation was happening at just the community level. We saw everything from compost experiments to full-scale regenerative farming and it really opened my eyes on how these solutions can change not just the land, but the way people live and work together. What made this trip especially meaningful for me was how deeply it resonated with our mission at P-CoC. At its core P-CoC empowers young people of color to think critically about their social and physical environments along with leading with empathy, awareness, and action. In Australia I saw how climate change had disproportionately affected Indigenous and rural communities as well as how accounting for cultural heritage plays a vital role in environmental management. My experience there had reminded me of P-CoC’s commitment to uplifting underrepresented voices and promoting equity across systems, whether in education, healthcare, or the arising climate issues.



Traveling so far from home gave me a new lens through which to see myself and the work we do at P-CoC. It reminded me that advocacy doesn’t have to start big and can just begin with curiosity, compassion, and the willingness to listen. I hope to bring what I’ve learned abroad into our local work and continue pushing for inclusive, sustainable solutions that reflect the needs of every community.



BRAIN HEALTH & OUR COMMUNITIES: UNDERSTANDING ALZHEIMER’S AND UPLIFTING VOICES OF COLOR IN SCIENCE

Brain Health & Our Communities

Alzheimer’s disease is more than a health concern, it’s a growing reality for many families of color. As the most common form of dementia, Alzheimer’s gradually impairs memory, thinking, and behavior (Alzheimer’s Association, 2024). While it affects millions of Americans, Black and Latino communities face this disease at disproportionately higher rates.

Higher Risk in Black and Latino Communities

Black Americans are about twice as likely as white Americans to develop Alzheimer’s, while Latino Americans are about 1.5 times as likely (Alzheimer’s Association, 2024). Despite this, people of color are often underdiagnosed, underrepresented in research, and less likely to receive culturally competent care (Barnes et al., 2019). These disparities result from systemic barriers, chronic health conditions like high blood pressure and diabetes, and limited access to specialized healthcare (Alzheimer’s Association, 2024).

Leading Scientists Making a Difference

Dr. Lisa Barnes and the Minority Aging Research Study

Dr. Lisa Barnes, a neuropsychologist and professor at Rush University Medical Center, leads important research on how Alzheimer’s affects African American communities. Through the Minority Aging Research Study (MARS), she has found key differences in how Alzheimer’s presents in Black adults and stressed the importance of culturally appropriate cognitive testing (Barnes et al., 2019). Her work shows that many standard memory tests don’t consider sociocultural differences, which can cause misdiagnosis or delayed care (Barnes et al., 2019).

Dr. Francisco Lopera’s Genetic Discoveries

Dr. Francisco Lopera, a neurologist from Colombia, discovered a rare gene mutation (PSEN1 E280A) in Medellín that causes early-onset Alzheimer’s, sometimes as early as age 40 (Lopera et al., 2021). This discovery led to one of the largest Alzheimer’s prevention studies worldwide, offering hope for new treatments (Lopera et al., 2021).

How Families Can Support Brain Health

Understanding Alzheimer’s is not just about preparing for the future—it’s about taking action now. Families can support brain health by:

- Eating a balanced diet rich in leafy greens, berries, and healthy fats
- Engaging in regular physical activity
- Getting quality sleep
- Staying mentally active through reading, puzzles, or learning new skills (Alzheimer’s Association, 2024)

It’s also important to talk openly with children about aging, memory changes, and caring for elders. Sharing stories about scientists like Dr. Barnes and Dr. Lopera can inspire curiosity, pride, and a deeper understanding of health equity (NIH, 2023).

Building an Inclusive Future

By investing in brain health and highlighting the contributions of people of color in science, we protect our families and help shape a future that includes and empowers us all.

Resources

- alz.org/africanamerican
- alz.org/latino
- Rush University Minority Aging Research Study
- “Forget Me Not” Documentary

References

- Alzheimer’s Association. (2024). 2024 Alzheimer’s Disease Facts and Figures.
- Barnes, L. L., et al. (2019). Racial disparities in Alzheimer’s disease: The role of education and testing bias. Journal of Alzheimer’s Disease, 69(s1), S15–S25.
- Lopera, F., et al. (2021). Clinical and genetic findings in the Colombian kindred with early-onset Alzheimer’s. Nature Medicine, 27, 568–577.
- National Institutes of Health (NIH). (2023). Encouraging diversity in the scientific workforce.

ANNOUNCEMENT

Program Partnership with Youthrupters

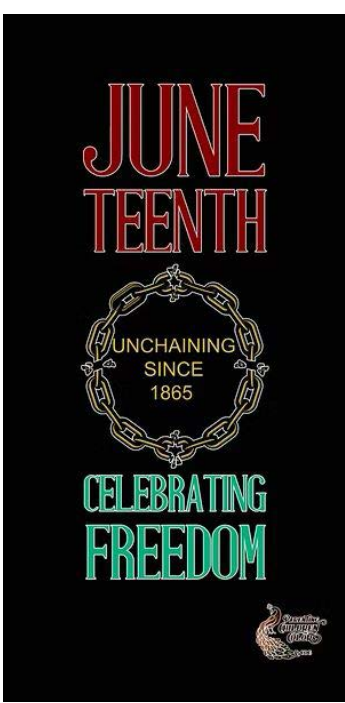
Program Partnerships Office

Shaping Tomorrow Together!

Youthrupters is a student facing 501(c) 3 not-for-profit organization established to serve 12 to 17 year old students by fostering civic engagement, forging, and building relationships with other students across different zip codes (in the five NYC boroughs, across NYS, and the country).

Click [here](#) to learn more

CELEBRATING JENETEENTH IN JUNE



Support those who support us!

Patronize the businesses of our sponsors and partners—find details on our website.

Meet us at our Tabling!

Meet some of our participants at our Tabling Events around town, and reach out to see if we can bring a table to your event—email us at info@p-coc.org.

Join the P-CoC Team!

Looking to get involved? Join or volunteer with P-CoC and make a difference! Visit <https://www.p-coc.org/join> to learn more.

Stay engaged!

Follow us on our social platforms for updates, events, and more ways to get involved.



WHO We Are!

We are a collective that cultivates a culture of support, embracing the ideology of one human race while celebrating ethnic uniqueness and the diverse skin tones that enrich our shared humanity.



WHAT We Do!

Through our race, color, and ethnicity-centered initiatives to address marginalization, we create dynamic spaces for service, networking, collaboration, and leadership development, empowering everyone to embrace fair and equitable coexistence.



HOW We Do It!

Our outreach includes cultural exchange events that celebrate ethnic heritage, positive public messaging to combat stereotypes, and our local social circle hubs for collaborative solution-oriented approaches to societal challenges, all aimed at fostering equitable coexistence.