

Dear XXX:

Every day you work with older people. Some demonstrate how to “age gracefully” while others may struggle to do even the most basic activities of daily living. What makes these people different? What are the secrets to successful aging? With your help, researchers from that National Institute on Aging (NIA) of the National Institutes of Health (NIH) have the opportunity to shed light on the genetic, biological, behavioral factors that enable some people **to live long and age well**. Please consider assisting us to recruit for our **Insight into the Determinants of Exceptional Aging and Longevity (IDEAL)** study that will explore the factors of healthy aging. By helping NIA to recruit for this landmark study, your organization will be making an important contribution to the advancement of aging research.

### ***What is IDEAL?***

IDEAL is an extension of the Baltimore Longitudinal Study of Aging (BLSA), a research project initiated in 1958 to study “normal” human aging and age-related conditions. This NIA study has contributed important scientific findings about the physical, mental, and behavioral changes encountered as we age in over 1,000 research and consumer publications.

IDEAL will take BLSA’s investigation of normal aging one step further. Over the course of five years, IDEAL will enroll 500 healthy individuals age 80 or older into the BLSA. Like all BLSA participants, people in IDEAL will come to NIA’s clinical center in Baltimore, Maryland, every year to receive a comprehensive assessment including a medical exam and tests of strength, stamina, mental sharpness, and coordination. This information will be used to identify the unique factors that allow some individuals to have a longer than average life while maintaining good health.

### ***How can your organization engage with IDEAL?***

We would like to schedule an educational session to introduce your residents/clients/volunteers to IDEAL. Our team will present the background and purpose of the study, discuss eligibility criteria and answer any questions about participating in this research study.

If your organization is unable to host an educational session, there are other ways to help with our recruitment efforts. You can hang recruitment posters throughout your facility, include a brief article or public service announcement in your upcoming newsletter, or disseminate a message about IDEAL through your existing communication channels, such as electronic listserv, mailing, or community event.

The findings from IDEAL may one day be used to develop programs to help others maintain health and reduce the burden of diseases and disability. We sincerely hope that your organization will join us in this effort.

An IDEAL team member will follow-up with you within the next two weeks. However, if you know you are interested in helping to recruit for IDEAL or have any questions, please contact XXXX at [email](#) at your earliest convenience.

*Organizational Recruitment Letter-PER COMMUNICATIONS OFFICE, THIS WILL HAVE OFFICIAL HHS LETTERHEAD AND HAVE IDEAL LOGO OR OTHER IDENTIFIER AT BOTTOM OF PAGE*

Sincerely,

Luigi Ferrucci, MD, PhD  
Director and Principal Investigator  
Insight into the Determinants of Exceptional Aging and Longevity (IDEAL)  
National Institute on Aging  
National Institutes of Health