OUR VOICES

Wisconsin Alzheimer's Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

Brain Health Wisdom for Indigenous People

Aug 2024/No. 7

Shekoli! (Hello)

Welcome to our newsletter, *Our Voices*. This quarterly publication is designed to inform you of future events, provide brain health resources, and share celebrations and other helpful news.

Maintaining Indigenous community connections is important to me. Please feel free to contact me with any comments or suggestions.

Sacheen Lawrence
slawrence@medicine.wisc.edu

"Our Voices" Purpose

- **Provide Support**
- **Help with Motivation**
- **Highlight Accomplishments**
- **Announcements & Updates**

Valerie Barber shares her natural medicinal knowledge with attendees at the June GLNAEA meeting

By Sacheen Lawrence

The quarterly Great Lakes Native American Elders Association (GLNAEA) was held on June 5 and 6 in Turtle Lake at the St. Croix Casino. A highlight of this gathering was the educational day sponsored by the Wisconsin Alzheimer's Disease Research Center (ADRC). For this event, Valerie Barber, from Lac Courte Oreilles Band of Lake Superior Ojibwe, presented approaches to natural medicinal plants as home healing remedies. She brought plants such as wintergreen, sweet fern, choke cherry, and birch to educate us on how these plants are natural remedies and how we can use them.

(Continued on next page)

One plant discussed was chokecherries, which grow in loose clusters called panicles. It is recognized by tiny white spots all over the tree's bark. She taught us that, with the bark, you could take the outer layer off by scraping it until you reach the inner bark or cambium layer, and then boil it. This drink is good for memory, or as she said, to "keep yourself sharp."

Amber Hoon and Allen Bear discuss their personal and professional insights on elder brain health.

Written by Cassandra Thomas

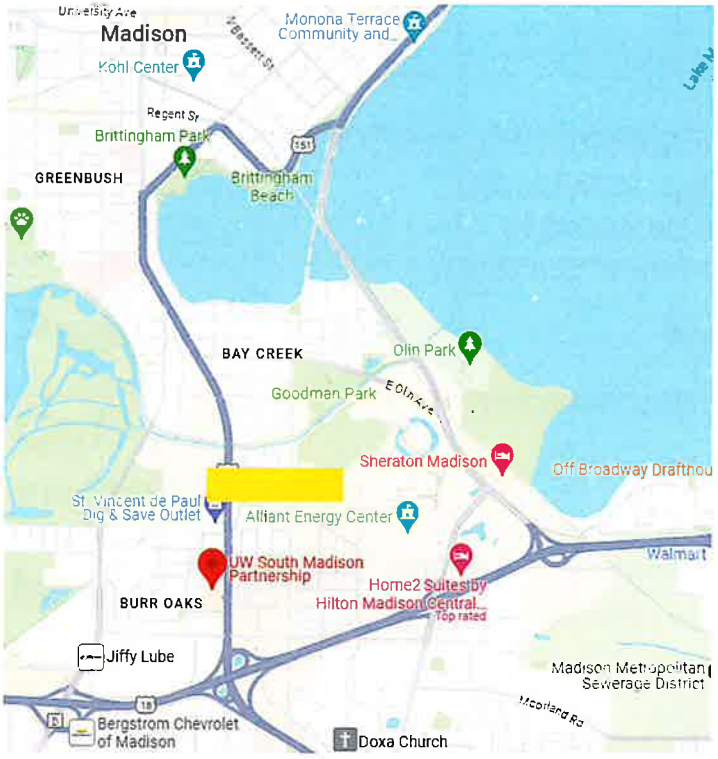
Amber Hoon, the Tribal Dementia Program Director for the Great Lakes Inter-Tribal Council's (GLITC) "Together Strong" Program, and Allen Bear of the Red Cliff Band of Lake Superior Chippewa shared personal stories of working with elders and connecting with traditional activities and improving brain health. In their presentation, Amber highlighted the role grief can play on the mental, emotional, physical, and social areas of brain health, and Allen highlighted his work with an intergenerational group in Milwaukee that built a lodge together as part of their healthy brain program. Amber and Allen facilitated small group discussions regarding healthy practices and risk factors for dementia with large group reflections and shared understandings. Attendees communicated the importance of connectedness to nature, intergenerational engagement, gathering, foraging, fishing, and planting, expressing positivity and gratitude daily, and participating in their community.

We have an additional research visit location

UW South Madison Partnership Office Visit

A Welcoming and Safe Environment for Your Visit

For the convenience of our valued study participants, the Wisconsin Alzheimer's Disease Research Center (ADRC) is pleased to offer a new option for study visits outside of the hospital setting — the Community Data Collection Project site at the UW South Madison Partnership (UWSMP).



Where do I go?

Location: The UW South Madison Partnership Office is located at Village on the Park, 2238 South Park St., Madison, WI 53713, across from the Goodman South Madison Library. Once there, you'll find the Community Data Collection Project site in Room 119. **Parking:** Plenty of free parking is available. Please park in any spot except those labelled as business or timed stalls. **Bus Routes:** From downtown, take the Madison Metro B bus until the South Park / Buick bus stop.

Find more information online at communityrelations.wisc.edu/south-madison-partnership

Frequently Asked Questions

How long will my visit last?

Your appointment should last around 4.5–5 hours.

What can I expect at my visit?

- Check in
- A biometrics check, including height, weight, and blood pressure
- A physical exam
- Blood draws
- Cognitive testing
- Questionnaires

Do I need to bring anything with me?

You do not need to bring anything with you to your visit.

How do I prepare for my visit?

If possible, please wear short sleeves to your appointment. We can no longer take blood pressure over clothes. Individuals wearing long-sleeve shirts or turtlenecks will be asked to change into a hospital gown for a specific portion of the visit.

Who do I call if I have questions?

Please call either of our ADRC coordinators if you have any questions or concerns about your visit.

Ben Young
608-263-2582

Allison Randall
608-265-9310

Foods to Boost your Brain Function

Food	Examples	Benefits
Oily Fishes	Sardines, Salmon, Tuna	Omega 3s help increase blood flow to the brain
Berries	Strawberries, Blueberries, Blackberries	Improves communication between brain cells
Whole Grains	Brown rice, Whole Grain Bread, Whole Grain Pasta, Oatmeal	Source of Vitamin E, which aids in cognition function
Dark Chocolate	N/A	Improves brain plasticity which is needed for learning
Eggs	N/A	Contains Vitamins B-6 and B-12 which prevent brain shrinkage and cognitive decline
Peanuts	N/A	Unsaturated fats and protein to keep your energy up throughout the day
Coffee *in moderation*	N/A	Helps with concentration, and increases brains capacity for processing information
Nuts & Seeds	Sunflower seeds, Almonds, Hazelnuts	Contains Vitamin E which contributes to improved cognition and reduced risk of Alzheimer's disease
Avocadoes	N/A	Contains Vitamin E which contributes to improved cognition and reduced risk of Alzheimer's disease
Leafy Greens	Kale, Broccoli	Contains key antioxidants , vitamins, and minerals that support brain health

You're Invited to the

2024 FALL COMMUNITY CONVERSATION: The Impact of Social Connections on Brain Health

This free educational event will provide information to help people stay connected, improve their brain health, support memory, and live healthier, happier lives. Join the Wisconsin Alzheimer's Disease Research Center (ADRC) for complimentary refreshments and resources, livestream presentations by University of Wisconsin faculty, and a Q&A panel moderated by Art Walaszek, MD.

Schedule of Events

4:30-5:30 p.m. Resources and refreshments **5:30-7:30 p.m.** Livestream of speakers and Q&A panel

Dorothy Farrar-Edwards, PhD
Co-Director, All of Us Research Program, Leader, Outreach, Recruitment and Retention Core, Wisconsin ADRC

Andrea Gilmore-Bykovskyi, PhD, RN
Associate Vice Chair for Research, BerbeeWalsh Department of Emergency Medicine, Co-Leader, Care Research Core, Wisconsin ADRC

David Rakel, MD
Chair, Department of Family Medicine and Community Health, University of Wisconsin School of Medicine and Public Health

Vonnie Sisauyhoat, PhD
Psychologist, William Middleton Memorial Veterans Hospital

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When and Where:
September 10, 2024
4:30-7:30 p.m.

Oneida Congregate Mealsite
2901 S. Overland Road
Oneida, WI 54155

Everyone is welcome.

RSVPs are not required, but are appreciated.

Learn more and register for this event online at:
go.wisc.edu/2358h2

Or call

Sacheen L. Lawrence, Native American Outreach Specialist, at:

920-544-6647

KEEPING OUR BRAINS HEALTHY

The WordSearch.com

Dementia Awareness

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CAREGIVER
DEMENTIA
RESERVATION
NATION
HEALTHY
CLINICAL CORE
ALZHEIMER'S
SOCIALIZATION
BRAIN
WISCONSIN
MEMORY
SOVEREIGNTY
ONEIDA
INDIGENOUS
RESEARCH

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