



December 2021

Brain Health Buzz

Brain health news for African Americans



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



**Wisconsin Registry
for Alzheimer's Prevention**
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

From My Heart to Yours

By Dr. Fabu Phillis Carter, Senior Outreach Program Manager

All of our families have been devastated by some aspect of the COVID-19 pandemic, and many of us have been devastated by the racial pandemic and the killing of Black people by police. All these recent events weigh on our minds and affect our brain health.



I hope that at the end of this year, as we celebrate holidays with family and friends, we also acknowledge our strength and resilience and abundance of love that allows us to persevere and thrive.

I am starting my seventh year of working with the Wisconsin ADRC.

Dr. Fabu Phillis Carter My work with you is important to me because we need a cure for Alzheimer's disease and my hope is that our scientists, partnered with all of you as study participants, will be leaders in this field. Scientists, coordinators, all of us as faculty and staff, could not do our jobs if you were not helping us as part of the team by being study participants.

It is vitally important that each person knows how much we appreciate your time and effort. Every time you come to a visit, we want you to leave feeling respected and appreciated. We are starting a new protocol in January 2021 — when you come in, we first address you formally by Mr., Mrs., Ms., Dr., reverend, and/or with a professional title. We are implementing this new protocol out of respect and appreciation. Let me know if there are any questions or concerns. ♦

A new support group for African American men at the Wisconsin ADRC

My goal has been to inspire hope for the future of Alzheimer's research with the involvement of African American men — the men in my community deserve the chance to participate in this necessary research. With this in mind, we are introducing a new support group for men in research at the Wisconsin ADRC.



James Bester

A men's group survey letter has been sent out, and I look forward to hearing the ways in which we can support you all, so that I can have a sincere commitment from the participants that want to be involved. Let's not just talk about it, let's be about it and work together on eliminating this disease that's negatively affecting our community. Please call or email me if you have any questions or ideas to help this group of men start with great brain health beginning in 2022.

Get in Contact

Monday – Friday, 8 a.m. – 4:00 p.m.

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Crossword puzzles and Slow Food for brain health

By Lytonia Floyd, Outreach Specialist

To those of you in our Get Movin' exercise class — it has been exciting working with you ladies for the last couple of months. As temperatures drop and outdoor activities become less frequent, it's important to find ways to keep your mind sharp and engaged throughout the winter. Studies have shown that individuals who engage in cognitively stimulating activities like brain games, Sudoku and crossword puzzles have a reduced risk of dementia. For more information on cognitively enriching activities, visit www.adrc.wisc.edu/prevention. I've been developing monthly crossword puzzles for cognitive enrichment to keep our minds active, with a new topic every month.

November's topic is "Best Foods for Brain Health." We

distributed crosswords to everyone in the Get Movin' exercise class. Please work on them at your own pace. Each week this month, we will highlight a word from the puzzle and discuss its nutrition and other benefits to brain health. Take walnuts, for example: What are the benefits from eating walnuts? What foods work best with walnuts? How long will they last?

We are also partnering with the Slow Food UW organization, a non-profit on the University of Wisconsin–Madison campus that is dedicated to providing clean and healthy food for all members of the community, with an emphasis on local and sustainable food production. They will be fixing snacks every Tuesday for the in-person Get Movin' participants. The online

participants will receive a recipe for the snacks that will be served and can choose to make it on their own.

I hope you ladies enjoy the holidays while being mindful of portion sizes and healthy eating. I will be right by your side cheering you on and watching what I put in my mouth as well!

Let's keep our focus and practice moderation during the holidays. I will be researching healthy holiday food choices and sharing recipes so that together we can make healthy changes to improve our brain and heart health. ♦



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Updates for the Oneida Nation of Wisconsin



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Shekoli (hello) from Wisconsin ADRC's Outreach Specialist, Sacheen Lawrence. We're currently developing a cook book that will include all indigenous foods with Chef Arlie Doxtator. An Oneida Nation enrolled member, he is widely known for his cooking skills both here and in Canada. We are also creating a video to show what a typical visit to the Wisconsin ADRC will look like when someone chooses to be a part of Alzheimer's disease research.

Lastly, our work on the tablet distribution program is ongoing; they will be shipped to participants before the end of the year. This past year in my new role has been pretty exciting — I am always learning something new and excited to meet all the new people along the way. I hope everyone continues to stay healthy and happy. Wishing everyone all the best!