



December 2020

# 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 Specialist*

I always like talking to you through this column, just like I enjoy talking to all my friends. I am happy that we have made it to the end of 2020, despite all that has happened in our personal lives, our country, and our world. We look forward to 2021 with the hope that a new



**Dr. Fabu Phillis Carter**

year brings. When we at the ADRC and AA-FAiM/WRAP reflect on 2020, our biggest appreciation goes to each of you for continuing to be an important part of our research studies. Thank you all very much.

We are happy that we were able to give a tangible appreciation through delivering meals to Madison and Beloit in August and September.

We also had a Drive Thru Resource Fair in November where we handed out free face masks, shields, gels, books, warm scarves, and a hot grilled meal along with our partners Justveggiez, Quartz, Safe Communities, 100 Black Men, Kujichagulia Madison Center for Self Determination, Venus Inspires, Well Woman Program, and the Madison Public Library. I have also had check-in conversations with many of you that I have thoroughly enjoyed.

To acknowledge the important contributions of our study participants and their study partners, both studies have increased remuneration to \$75 for participants and \$50 for study partners. We are still recruiting into the ADRC for people with Mild Cognitive Impairment and Alzheimer's disease, and into the AA-FAiM/WRAP Program for people with healthy memories. We encourage anyone interested in our research to contact me, Fabu Carter, at [fpcarter@medicine.wisc.edu](mailto:fpcarter@medicine.wisc.edu), or Edward Murray at [elmurray@medicine.wisc.edu](mailto:elmurray@medicine.wisc.edu). ♦

## Register for the new Get Movin' on Zoom

It is time to get moving again in our beloved exercise class with our wonderful instructor Venus Washington. Many of you have let me know, it has been difficult to stay fit since last March when the pandemic kept us close to home. Lots of us walked this summer, but now with the winter weather, we have to avoid falls. We want everyone to join us together for online exercise classes.



We also have new Get Movin' t-shirts that are free to each participant, and basic exercise equipment that will arrive at the home of the first

25 folks to register for our free classes. Please use this link to register by January 1, 2021: [go.wisc.edu/90iics](https://go.wisc.edu/90iics) Please be prepared to give your name, phone number, home address, email and most importantly, what size t-shirt you wear.

## Get in Contact

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# Nearly 200 Elders Receive Healthy Aging and Winter Safety Information at Drive-Thru Resource Fair

Saturday, November 14, 2020

Penn Park on Madison's South Side was abuzz on Saturday, November 14, with a socially distanced drive-thru resource fair focused on healthy aging and winter safety. Nearly 200 people attended "Keeping Families & Elders Safe this Winter." Event staff reported serving visitors who arrived via various transportation methods, including 80 cars, one motor scooter, and three walk-ups.

Attendees received information about healthy aging, eating well, and participating in Alzheimer's disease research. Additional resources included free face shields from the Wisconsin Alzheimer's Disease Research Center and more than 250 new Afro-centric

books for all ages from Women in Focus, Kujichagulia Inc., and the Madison Public Library's Goodman South Madison and Central Library branches. Event staff also distributed 176 free grilled lunches from local catering business Justveggiez. Leftover meals were donated to The Beacon, a resource center that supports people experiencing homelessness. The event was sponsored by the Wisconsin Alzheimer's Disease Research Center. Community organizations that participated in the event were 100 Black Men of Madison, Quartz, Women in Focus, African American Opioid Coalition, Alzheimer's & Dementia Alliance of Wisconsin, Safe Communities, and Venus Inspires. ♦



## Meet our COVID-19 Social Media Influencers

Shekoli, which means hello in my Oneida language. My name is Sacheen Lawrence, and I am an enrolled



member of the Oneida Nation in Wisconsin. I am the Oneida Community Influencer for the Oneida Nation through UW-Madison and the Wisconsin Partnership Program. My goal is to educate my Native American community through my Facebook page about

credible COVID-19 information. This can include resources, statistics, encouragement, and any new information about COVID. If you have questions, comments, or resourceful information that would benefit my Native American community and the fight against coronavirus, you can send me an email: [slawrence@medicine.wisc.edu](mailto:slawrence@medicine.wisc.edu). If you would like to follow my Facebook page, you can search [COVID-19 Information for the Oneida Nation](#). Yaw^ko, which is thank you in the Oneida Language.

Hello, community, my name is Venus Washington. Some of you already know me as a health



coach and personal trainer. However, I am currently a new UW-Madison employee and a part of the Wisconsin Partnership program (WPP) COVID-19 grant as the African American social influencer. My job is to connect with my African American community and provide accurate COVID-19 updates and helpful resources. UW scientists will provide medical information about the virus, and I will provide health and wellness tips to support



you through the pandemic. You can connect with me on Facebook at: [COVID-19 Info For Madison's black community](#), YouTube: [Venus Inspires](#), or email: [venusinspires8@gmail.com](mailto:venusinspires8@gmail.com).