



June 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 Carter, Senior Outreach Specialist

I have talked to many of you by phone, and I am grateful to check in with all of you. Spring has come, and I am fully vaccinated so that I am protected from the virus while protecting others. Please reach out if you are having trouble getting vaccinated. Last month, our colleague Mr. Edward Murray retired; we are so grateful for his work and we are hiring for his position. We will introduce the new person in the September "Brain Health Buzz."



Dr. Fabu Carter

I am looking forward to our June 26 Volunteer Appreciation Meal that we will deliver to your homes and to our July 31 Resource Drive

Thru Fair in Penn Park. Please mark your calendars and meet me in Penn Park, so that we can see each other. You can visit the tables and pick up good books, interesting items, and a grilled meal, all free. We will still wear masks and maintain social distancing. We have included a list of our summer events at the end of this newsletter.

While our recruitment efforts were temporarily paused due to the pandemic, we are now restarting enrollment for our studies. If you are already enrolled, please tell an African American adult age 40 and over about our study and recommend that they telephone me at (608) 235-4745.

We now offer \$75 for the participant and \$50 for the study partner, and we can enroll by phone or in person. Thank you for your help in growing our study. ♦

Meet Our New Student

Maryam Muhammad is the new student administrative outreach assistant at the Wisconsin Alzheimer's Disease Research Center, working with Dr. Fabu Carter.

My name is Maryam Muhammad, and I work as Dr. Fabu's student administrative outreach assistant. Currently, I am a rising senior at UW-Madison studying microbiology. At the university, I am a member of the Black History Month Planning Committee, which throughout the year plans and organizes a month of events to engage Black students on campus. For my summer internship, I will help build a garden for low-income families in the Beaver Dam area. I am originally from Milwaukee, WI. My plan after graduation is to pursue a career in healthcare. My time with the ADRC has introduced me to great people, and I enjoy my contribution to the lives of the many participants in the community.



Maryam Muhammad

Get in Contact

Fabu Carter, PhD:

Monday – Friday, 8 a.m.–4 p.m.

Phone: (608) 235-4745

Wisconsin ADRC Oneida Outreach Team Distributes Meals and Care Packages Throughout Wisconsin

Our participants are so important to our research, especially during the COVID-19 pandemic when so much has been difficult in our country. The Wisconsin ADRC Oneida Outreach Team put together two different meals for Native American participants. Hot meals were delivered for participants in Oneida, Green Bay, and surrounding areas. The meal consisted of Kanastolhole, wild rice with berries, corn soup, corn mush and a strawberry drink.

For our participants who were out of our delivery area, they received a care package including products from the Oneida Market. The box included a low-sugar jam, variety of honey sticks, dried apple snacks, and apple butter. Every participant also

received a swag bag with some goodies from the program such as face masks, tobacco pouches, and a certificate of appreciation, among other items.

The outreach team in Oneida also put together a care package for all our study participants across the state. These care boxes were created as a token of our appreciation for our participants and their families. The items provided in the care package were carefully selected to offer a gluten-free choice, protective equipment, and tools to stimulate brain health, and were largely sourced from Black- and Oneida-owned small businesses. The care boxes were very well received by our participants and many reached out to show their appreciation. We are recruiting Native American



Every participant received a package hand sanitizer, crossword puzzles, soap, popcorn and more.

participants, and if you or someone you may know may qualify and would like more information on how to become part of an Alzheimer's disease study, please contact Sacheen Lawrence: slawrence@medicine.wisc.edu.

Summer Herb Garden Project Added to Get Movin' Classes

By Kevin Thomas

The Herb Garden Project has been added to the Get Movin' Exercise classes to assist with better nutrition by using freshly grown herbs instead of salt and sugar. Classes on herbs start on June 10 and run every Thursday through July 15, from 2 p.m. – 2:30 p.m. on the same zoom link as the exercise class. For more information about registering for Get Movin' classes, go to

adrc.wisc.edu/get-movin

Lytonia Floyd, UW Extension nutritionist, will lead the herb class after the Get Movin' classes that run from 1:00 p.m. - 2:00 p.m. on Thursdays. She will teach great ways to cook with herbs. The herbs are

provided via a partnership with Rooted at Badger Rock Community Gardens, and we thank Sara Karlson and her team at Rooted. The herb gardens will be available for pick-up at the Badger Rock Center 10 a.m. - 3 p.m. (501 East Badger Road, Madison, WI 53713) along with instructions on how to water and maintain the gardens.

There are nine portable herb gardens available on a first come, first serve basis. Please email Dr. Fabu Carter at fpcarter@medicine.wisc.edu if you are interested as well as your herb selection, up to three. The herbs available include basil, ginger, cilantro, dill, mint, chives, garlic, thyme, rosemary, and lavender.



Upcoming Events with the Wisconsin ADRC

The Wisconsin ADRC has four community events this summer, keep this list handy to save the dates!

13
JUN

Sunday, June 13, 2021

2nd Annual Mamie's Backyard Garden Opening, from 1 p.m. - 5 p.m. Come and celebrate another gardening season with Ms. Diane, family, and friends at 2201 Lake Point Drive. We'll be in the backyard garden.

26
JUN

Saturday, June 26, 2021

Volunteer Appreciation Event. We are still being safe so we will transport a hot breakfast and an appreciation gift from Oneida artists to each participant's home. We will be telephoning in advance to ask how many meals of fried chicken and waffles or a gluten free meal your family would like.

31
JUL

Saturday, July 31, 2021

Drive-Thru Resource Fair at Penn Park from 10 a.m. until 12:30 p.m. Drive thru to get a free, grilled meal, free items from community organizations including new books, safety items, and much, much more. Open to participants and the community.

21
AUG

Saturday, August 21, 2021

12th Annual Simpson Street Finest Family Neighborhood Reunion. This is a drive-thru from 12:00 p.m. – 6:00 p.m. at 2201 Lake Point Drive in the back parking lot of Antler's. This is open to families.