



March 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 Specialist

During February, Black History Month, I felt happy celebrating myself, my people, and all of our contributions to the world. This year, I watched the PBS television program, “The Black Church: This is Our Story, This is Our Song,” narrated by Dr. Henry Louis Gates Jr. I learned that it was a group of African American ministers that



Dr. Fabu Phillis Carter

were invited by the Secretary of War to answer what was needed to compensate African Americans for slavery. They requested 40 acres and a mule for the newly freed men and women for all the labor they and their ancestors had provided to build wealth in the South. William T. Sherman's Special Field Order 15 was enacted to give Confederate land to the Black people who had worked it. After President Abraham Lincoln's assassination,

President Andrew Johnson reversed Sherman's order, giving the land back to its former Confederate owners. I learned from this that the country still owes each African American family 40 acres and a mule because legally we have yet to receive this promise. You can view the free PBS documentary online at: pbs.org/show/black-church

It is also almost one year that we have been enduring the COVID-19 pandemic. Dr. Taryn James gave an excellent presentation to the Oneida Community Advisory Board on both the Pfizer and Moderna vaccines, and all of the details of both studies. What was clear at the end of Dr. James' presentation is that both vaccines are safe. For more information on the vaccines, go to cdc.gov/coronavirus.

We are recruiting African Americans into our study by telephone, so if you have family, friends, or community members who are interested in being a part of our study, please contact us. The payment is now \$75 for a study participant and \$50 for a study informant. Thank you all for being the most important part of our research. ♦

Introducing our American Indian Alzheimer's Research Ambassador

My name is John Danforth, and I've been brought on to the ADRC as an American Indian Alzheimer's Research Ambassador with a focus on recruitment and retention of enrolled tribal members from the Oneida Nation. This month, I will complete my MBA



John Danforth

from St. Norbert College. I have a bachelor's degree from UW-Green Bay. I also work for the Oneida Nation as a project specialist in the Trust Enrollment Department where I review data on the tribe's enrollment crisis. My wife, Catrina, and I own Hidden Valley

Driving Range in Oneida. Together we raise our daughter, Nyah, and our pitbull, Gigi. I look forward to contributing to the ADRC mission of improving the lives of people affected by Alzheimer's disease while positively impacting the community that has provided me with so many opportunities, the Oneida Nation.

Get in Contact

Dr. Fabu Phillis Carter:

Monday – Friday, 8 a.m.–4:00 p.m.

Phone: (608) 235-4745

Edward Murray, CCP/PA:

Wednesday and Friday, 8 a.m.–4:00 p.m.

Phone: (608) 265-3171

Alzheimer's Poetry Project Will Host Poetry for Life Call-In Show on Thursdays Starting Feb. 25

Alzheimer's Poetry Project is launching a weekly Poetry for Life: Call-in Show on Thursdays at 10:30 a.m. CST starting February 25. Join Gary Glazner and Dr. Fabu Carter for a 30-minute-long event that sounds like an old-fashioned radio show. They will share funny poems, happy poems, well-loved poems, poems that make you want to dance, love poems, silly poems, and more. The program is suitable for all ages.

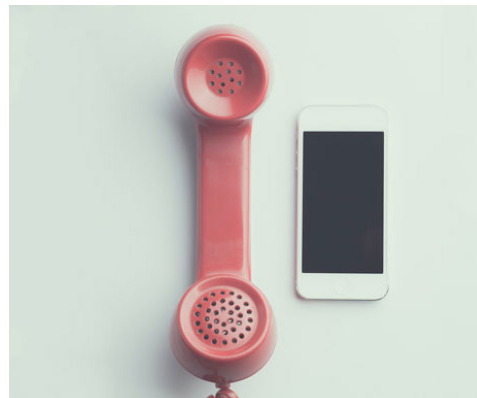
Join by calling (609) 663-1816 on Thursdays at 10:30 a.m. No access code is needed. If you want to talk, press *6.

Glazner is the founder and executive director of Alzheimer's Poetry Project.

Carter is the Alzheimer's Poetry Project Wisconsin director and a senior outreach specialist at the Wisconsin Alzheimer's Disease Research Center. Learn more about Carter at her website:

artistfabu.com

Poetry for Life: Call-in Show is partially funded by the RRF Foundation for Aging and Bader Philanthropies, Inc. Alzheimer's Poetry Project would like to thank Adelphi University School of Social Work; Alzheimer's & Dementia Alliance of Wisconsin; John and Susan McFadden; Wisconsin Dementia Care Specialist Rob Griesel; and the SPARK! Alliance for their support and partnership. ♦



Gary Glazner performs poetry with an event attendee.

Coming Soon: A Cookbook and Online Cooking Classes



African Americans Fighting Alzheimer's Disease in Midlife and the Wisconsin ADRC will honor African American cooks and cuisine with a print cookbook and an online series of cooking classes. We will hire an African American chef to develop culturally specific, brain healthy recipes and demonstrate their cooking techniques and recipes in an online cooking series. For more information please contact Ed Murray at elmurray@medicine.wisc.edu or Fabu Carter at fpccarter@medicine.wisc.edu.