

Nutrition and word find go hand in hand with better health and cognition

By Lytonia Floyd, Outreach Specialist

Along with the recruiting and retention work I do at the Wisconsin Alzheimer's Disease Research Center, I work with Get Movin' exercise day classes on Tuesdays and Thursdays. I share a word find puzzle every month for participants to solve at their own pace. Each week we discuss a word from the puzzles relating to nutrition, and I offer a recipe for participants to try.

In honor of Black History month, we celebrated February with culturally specific foods from the cookbook *Heart*



Lytonia Floyd

Healthy Home Cooking African American Style by the U.S. Department of Health and Human Services. I encourage Get Movin' participants to try out these new healthy recipes instead of traditional meals. A participant reported back from trying a recipe for Crispy Oven-Fried Chicken. According to her, the recipe was a success. It also encouraged the other participants to try the recipe. The recipe only had one teaspoon of oil, no skin on the chicken, and was baked in the oven, all of which makes it a crispy, tasty alternative to fried chicken.

This is the start of learning that you can still eat good food and not feel bad about it or have the food be bad for your health. ♦

SOUL FOOD

P	O	R	K	T	E	N	D	E	R	L	O	I	N
B	A	R	B	E	Q	U	E	R	I	B	S	N	B
C	B	L	E	K	C	A	B	B	A	G	E	L	A
O	A	N	N	R	U	E	C	E	N	K	A	C	N
R	C	G	R	E	E	N	S	I	C	C	H	L	A
N	O	E	R	S	P	K	L	I	K	S	H	I	N
B	N	A	O	A	C	R	H	E	I	O	S	M	A
R	W	C	K	O	E	C	Y	F	E	T	W	A	P
E	R	E	H	T	D	E	D	C	F	E	E	B	U
A	C	M	T	E	D	E	A	A	N	E	E	E	D
D	A	I	I	P	I	K	G	K	I	F	T	A	D
H	H	R	E	R	E	E	C	R	M	G	T	N	I
C	F	A	F	S	D	R	K	O	A	I	E	S	N
C	R	E	D	D	R	I	N	K	L	P	A	D	G

- CHITTERLINGS
- CABBAGE
- BACON
- PIG FEET
- BANANA PUDDING
- LIMA BEANS
- PORK TENDERLOIN
- FRIED CHICKEN
- BLACK EYED PEA
- SWEET TEA
- BARBEQUE RIBS
- CORN BREAD
- RED DRINK
- HAM HOCKS
- FRIED FISH
- HOE CAKES
- GREENS
- ORKA

Play this puzzle online at : <https://thewordsearch.com/puzzle/3341376/>



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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

I hope that February, Black History Month, was informative and fun for all. Highlights for me were two conferences: Black Men and Brain Health and another on Solomon Carter Fuller. The first gave insights into the health of U.S. Black men. My new colleague James Bester is currently contacting African American men in our study to offer new programs and support, while Lytonia Floyd is focusing on educating us about good nutrition.

The second conference was a fascinating account of Dr. Solomon Carter Fuller who worked with Dr. Alois Alzheimer in Germany. We hold a yearly event in honor of Dr. Fuller and his work in the African American Community, so it was wonderful to get such a full biography and more understanding about him, his family and his work. Dr. Fuller was considered a brilliant triple threat because he was a neuropsychologist, a pathologist and a psychologist. His early work had more impact than I previously understood. I look forward to that new information being made available at our next Solomon Carter Fuller event.



Dr. Fabu Phillis Carter

We are offering a new support group for study participants with a diagnosis of mild cognitive impairment (MCI). MCI is diagnosed when someone has memory or other thinking problems but is still managing their day-to-day life independently. It is different from dementia, a condition causing declines in memory and difficulty in managing day-to-day tasks.

The new protocol for all of our studies is to continue our efforts to make our participants feel comfortable, respected and valued. All staff are asked to address African American participants on the visit or on the phone formally, i.e. Mr., Mrs., Ms., Dr. or Reverend as an indication of respect. As always, if there are any problems concerns or compliments you want to make, please telephone me. As a team, we always want every study participant to have the best experience and to remain in our study to maximize our memory studies research. ♦

Update on cookbooks and cooking classes in Oneida and Madison

Mr. Edward Murray, member of both 100 Black Men and Black Leaders for Brain Health, was a friend and admirer of the late Chef Rod Ladson. Chef Rod catered many of our Wisconsin ADRC events, and Mr. Murray came up with the idea of a culturally specific healthy cookbook and cooking classes. A year later, we are ready to lunch this project in Oneida with Chef Arlie and in Madison with Chef Yusef. Please look forward to cooking classes and their cookbooks. They will be free for each study participant.



Get in Contact

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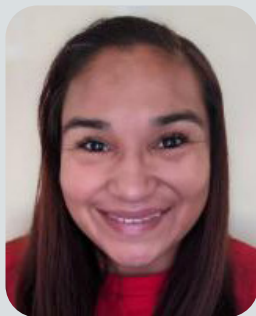
An update from our Oneida team

Shekoli! (That means “hello” in the Oneida language.)

Even though I have not been able to do much recruiting because of COVID-19 restrictions, I have been working on other projects, two of which I will share here. I am excited about a video of what a typical visit might look like for a person who chooses to be part of the study for the fight against Alzheimer’s disease. The other project is an Indigenous cookbook with Chef Arlie Doxtator. All the recipes in the book will be made with foods of our Indigenous ancestors. One additional note is that we will soon be sending tablets to our Native American participants.

I hope everyone continues to stay well, and hopefully COVID-19 positive cases continue to trend down.

Yaw^ko (Thank you)



Sacheen Lawrence
Native American
Outreach Specialist

New group will focus on men’s brain health

By James Bester, Outreach Specialist

One of the exciting projects I’m working on for the Wisconsin Alzheimer’s Disease Research Center is planning a men’s group that will promote brain health in African American men. This group



James Bester

will emphasize healthy nutrition, modified exercise and brain stimulation designed to promote good health habits. If you have already been diagnosed with memory loss, the activities may help improve your symptoms or slow their advancement.

Meetings will start on June 8 and will be held at the UW South Madison Partnership Office at 2238 S. Park St., Madison, Wisconsin, 53713.

Lisa Speckhard Pasque wrote an article in *The Capital Times* newspaper, on Oct.20, 2018, about Aaron Perry, founder of the nonprofit Rebalanced Life Wellness Association, being one of the most influential people in health care because of his extensive work improving the health of Black men. This article made me aware of my own health care needs mainly because it pointed out my willingness to put aside my health for other things that shouldn’t have been as important.

Reading this article sent shock waves through my body, because it shared that in 2014, African American men in Dane County had an average life expectancy

rate 7 years shorter than the white men in Dane County. This is due to health problems that could have been avoided with good nutrition and exercise.

More participation from African Americans is needed in Alzheimer’s disease research to get the best medicine for everyone, so I’m doing my best to recruit and support this research personally and professionally. I invite African American men to join me in this support group and in participating in our studies.

Please share your thoughts and/or ideas with me, even though we are still struggling with a COVID-19 pandemic. We can prepare for gatherings after this crisis is over, so make plans with me to start this men’s group. Contact me on my office phone at 608-265-3171, or through my email address jbester@medicine.wisc.edu. Thanks for your support. ♦

Did you know that heart health is brain health? Here are two reasons why you should join my new brain health group for men.

1. Four in 10 Black men aged 20 years or older have high blood pressure, a rate 30% higher than white men.
2. Black men’s risk of a stroke is twice that of white men.

Our thanks to our student assistants for their fine work!

Recruitment and retention was fortunate to have two outstanding students working with us in recent years. Muhamed Sanneh came first, and a year later Maryam Muhammad. Not only have they worked well, but it was the three of us who ordered, packed and mailed out 150 boxes during the pandemic to all of our participants. If it had not been for these students, I would not have been able to do as much good work during the pandemic. They balanced a full student work load, other campus jobs, along with working with the Wisconsin ADRC. Maryam also facilitated the day Get Movin’ class, and Muhamed facilitated

the night class. They both have been indispensable to maintaining a standard of excellence.

As a student, Muhamed has been a member of the African Students Association, and Maryam has been a member of

the Black Students Union. Muhamed’s goal is to become a doctor. Maryam’s major is microbiology, and her intention is also to work in health care. We are proud of both of them for graduating from UW–Madison and are confident that a successful future awaits both of them. We appreciate their service to us and thank them both so much.

~ From Dr. Fabu Carter



Maryam Muhammad



Muhamed Sanneh



Care boxes for participants with mild cognitive impairment

By Muhamed Sanneh, Student Outreach Assistant

As a token of our appreciation, the outreach team assembled and sent care boxes to our participants with mild cognitive impairment (MCI) and their families. We wanted to show our gratitude by sending care boxes to both our participants and support persons. Our team included items that may assist with comfort during this time of isolation due to the virus. The boxes included memory loss literature, information sheets, face shields, KN-95 masks, puzzles, a magnet, a bar of natural soap, and tasty popcorn. Our participants and support persons are so important to our research, especially during the COVID-19 pandemic when so much has been difficult in our country. These items were carefully selected to offer a gluten-free choice, protective equipment, and tools to stimulate brain health. Previous care boxes sent last year to all participants were very well received and many reached out to show their appreciation. We appreciate the folks who took the time to say thank you. ♦



Care boxes for people with mild cognitive impairment included items like popcorn and a folder full of educational information.