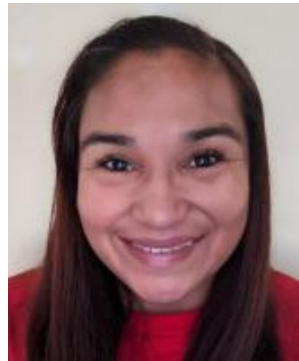


Oneida Outreach Update

By **Sacheen L. Lawrence**, *Native American Outreach Specialist*

Shekoli from the Oneida Nation reservation. The weather is finally beautiful, but we underwent a challenging heat wave. I hope everyone stays hydrated while still enjoying the summer months. I traveled to Milwaukee in late July and visited Southeastern Oneida Tribal Services, known as SEOTS in the Oneida community. SEOTS is a resource center serving Oneida Nation tribal members who reside in southeastern Wisconsin, including Milwaukee, Kenosha, Racine, Ozaukee, Washington, and Waukesha.

I, along with Dr. Mary Wyman, presented an informational session. I presented on the Clinical Core Study at the Wisconsin ADRC, and Dr. Wyman presented on a research study she did within the Oneida community titled "Oneida Helping Oneida." The event was well-attended, with a lot of community engagement. We hope to continue to collaborate with SEOTS and bring more resources and educational presentations in the future. I have a busy month of events in September and will share more in a future issue of *Brain Health Buzz*.



Update from Muhamed Sanneh

The Gleason Lab's former AA-FAIM Clinical Research Coordinator & Outreach Specialist, Muhamed Sanneh, sent his greetings in early August from Duke University School of Medicine. Muhamed shares, "I've been here for about a week and have completely moved in now. The photo is from my white coat ceremony this past Friday which marks my entry into the medical profession. We took our oaths and were presented our white coats and stethoscopes by faculty in front of family and friends. This week, we started our clinical immersion which is essentially our introductory course about 'how to be a doctor.' I was definitely humbled by the amount of things we will have to learn this year but I am very excited!" We all wish Muhamed the best of success in this endeavor and will continue to share updates on his progress.



The Gleason Lab Welcomes Dr. Kyle Conniff

Dr. Kyle Conniff has joined the Gleason Lab as a postdoctoral fellow supported on the Biology of Aging T32, a training grant funded by the National Institute of Aging (NIA) that aims to develop future leaders in the field of Biology of Aging research. He obtained his PhD in statistics from the University of California, Irvine. He has a joint appointment with the University of Wisconsin's School of Computer, Data & Information Sciences and School of Medicine and Public Health. Dr. Dorothy Farrar-Edwards provided key support through her *All of Us* program so that we could bring Kyle to Madison.

Among Kyle's interests is addressing the challenges of working with longitudinal datasets. He has worked with Indian Health Service (IHS) data and National Alzheimer's Coordinating Center (NACC) datasets, and is a member of the Indigenous Alzheimer's Disease and Related Dementia Data Sovereignty Advisory Group. We are excited that he brings these experiences and skills to our work.

Kyle is a descendant of the Menominee nation and spends his free time coaching, playing, and training for ultimate Frisbee. We are grateful he was willing to return to Wisconsin despite his distaste for winter weather.



FALL 2024

Brain Health Buzz

Brain health news for African Americans



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

In partnership with: African Americans Fighting Alzheimer's in Midlife (AA-FAIM), a sub-study of the Wisconsin Registry for Alzheimer's Prevention (WRAP)

From My Heart to Yours

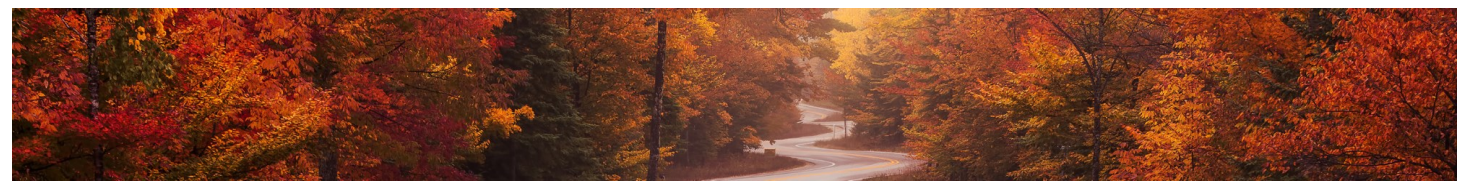
By **Dr. Fabu Phillis Carter**, *Senior Outreach Program Manager*

Thank you so very much for attending our 2024 Appreciation Event at the Monona Terrace on June 29. The wonderful program was led by Dr. Ruben Anthony, with music by DJ Clark Clint of Grown Folks Music. Congratulations again to our 2024 Volunteers of the Year, Reverend Joseph Baring and Dr. Joann Pritchett. There were excellent lightning round presentations from Dr. Lauren W. Y. McLester-Davis, director of Science Advocacy at UW-Madison's Native American Center for Health Professionals (NACHP), Gale D. Johnson, director of the Wisconsin Well Woman Program at the Wisconsin Department of Health Services, and Cedric Williams, third-year doctoral student at Howard University's Clinical Psychology Program. Monona Terrace is beautiful, but we were prohibited from ordering large tents or putting up umbrellas. Due to climate change, we will not hold any outdoor events in the future. Even when the weather promised to be cooler, it was too hot. In 2025, we will be in an air-conditioned venue. It is important for us to always say "thank you" because we appreciate you being part of the memory studies.

Dr. Sanjay Asthana, Wisconsin ADRC Director, could not be present due to illness to welcome us all and answer important questions about things such as cash payments being replaced by the Advarra debit card, program transportation ending (except for study visits), and participant visit appreciation amounts. The Wisconsin Registry for Alzheimer's Prevention (WRAP) program has increased the appreciation money received for study visits that are fully completed. Dr. Sterling Johnson, associate director of the Wisconsin ADRC, and Dr. Carey Gleason, leader of the Inclusion of Under-Represented Groups Core, discussed the Advarra debit card. A survey was distributed about the Advarra debit card at the Appreciation Event; only thirty-one people answered, and they all said the Advarra card was okay. This survey concluded that not having cash dispensed at the visits was not a problem and would not keep them from participating in the research. The Wisconsin ADRC mailed detailed information, and follow-up phone calls started in August. I am always available to answer questions or work to find answers from leadership. A second survey asked if study participants had any needs and if we could help with resources. Only seven people filled it out, with more than half stating they did not need assistance.

A 2024 Fall Community Conversation Preview Event will be held on September 10 from 2:30 to 4 p.m. at the South Madison Partnership Office, located at 2238 S. Park St. If you would like to meet early over a catered meal to discuss the program's topics and formulate questions to ask, contact me. At 4 p.m., we will board a bus to the Fall Community Conversation in Middleton. Please note, we will be together from 2:30 until 7:30 p.m. with transport to your homes at 8 p.m. RSVP to me early since only 30 people can attend. If transportation is needed to the Preview Event on Park Street, let me know via email at: fpcarter@medicine.wisc.edu

Lastly, we thank our former colleague, Deana Wright, for her service to our program and wish her the best in the future. We also thank our former student and colleague, Muhamed Sanneh, for his service. He is now at Duke University in North Carolina and has officially begun medical school. We pray for his continued success in his journey to become a doctor. —*Sincerely, Fabu*





Art Thoughts

By Annik Dupaty, MA
ADRC Outreach Program Coordinator

When we learn and practice skills like drawing, our brains make new connections, similar to creating new roadways in our minds. The process of neural pathway building or “road building” helps our brains stay flexible so we can better handle new challenges and stay curious and creative. Research suggests that this could help keep our brains healthy as we age.

There are many ways of drawing that you can explore. For example, line drawing is a way to capture a person, object, or scene without using color variations or shading. To start, choose your subject and lightly sketch its basic shape with simple lines to get a sense of its proportions. Use variations in line thickness and pressure to add depth and interest. Once you've completed the outline, you can add details.

Another way to develop skill in drawing is to partially cover or fold an existing drawing in half and attempt to finish the drawing. Grab a pencil and give your brain a boost by completing the missing half of the line drawing to the right.



The first person to mail in their completed drawing will win a sketchbook! Mail your drawing to:

**Wisconsin ADRC, ATTN: Annik Dupaty, 3330 University Avenue,
Suite 200, Madison, WI 53705**

Get Movin' In Motion Garden Plots at Badger Rock Community Gardens

Our Get Movin' In Motion exercise class partnered with Rooted Inc. and received mobile gardens we took home to grow herbs and produce during the COVID-19 pandemic in 2020. Since then, interested participants worked together to plant in raised garden beds at Badger Rock Urban Farm. 2024 is our third year of learning, growing vegetables, and sharing with others. This year, there were three women gardeners: Barbara Boustead, Francine Finley Strong, and Pia Kinney James, and Dr. Fabu Carter occasionally assisted. These women gardeners share their experiences and invite you to join them next year.

Barbara is thrilled with this incredible opportunity to work in the community with other African American women to select and plant vegetables in our Get Movin' In Motion garden plots. This experience connects her to the earth, her ancestors, and the amazing way it brings forth life-sustaining foods to eat. As someone who has never had a garden, she loves watching the mouth-watering cucumbers, cherry tomatoes, and bell peppers grow. Last year, she was overjoyed to bring her harvest to our exercise class and share the bounty. “Making my salads with lettuce, tomato, and herbs from our garden was so fulfilling and wonderful! I feel blessed to be a part of our gardening group and appreciate everyone involved.” Even our experiences with the lack of water and drought-like conditions were shared, and we persevered as we worked together for a common cause in the community.

Francine stated that the gardening skills she is learning through our community garden are awesome. First, it began with the mobile bucket gardens we planted a few years earlier, which also motivated me. Next was the Badger Rock Community Gardens, where I worked with other participants. We harvested produce for the Get Movin' In Motion class and offered kale, collards, Swiss chard, chives, and mustard greens. This year, there is that same produce along with tomatoes and peppers, to share with the class. It's a blessing to plant, harvest, and even weed. It is a blessing to share such fine, fresh produce with others. “Bon Appetit!”

Each of the women planted their favorite vegetable. First, they prepared the soil with compost, then planted seeds that grew into seedlings later planted in the plots. Pia planted bell peppers, broccoli, parsley, cilantro, kale, and two "heritage" greens varieties. There was so much wet weather this year that Pia put hay around the plants but needed more since weeds still squeezed through. The crew of women watered and waited for vegetables to grow. They also pulled weeds — a lot of them. Pia learned that three of the weeds were edible: sorrel, purslane, and pigweed. In fact, the gardeners made and ate pesto from these weeds. Pia agreed that giving vegetables to people in the exercise class and the community is a blessing to others. When class wasn't happening, she took greens to former class participants who were in the class eight years ago but now have mobility issues. Last, Pia reflects, “I garden for peace of mind, being grounded with the earth and, of course, for the abundance of healthy, non-pesticide, organic vegetables and to learn more about growing my own food.” Pia's mother had a “green thumb,” while she had a “brown thumb.” She hopes her mother is smiling from heaven, saying, “You should have listened more while I was trying to teach you.” Pia is on her way, turning her brown thumb into a green thumb.

The theme is the same for all these extraordinary women who garden; they honor and thank their ancestors who gardened organically and encourage their families to do so. They feel connected to the earth and each other. They enjoyed sharing their bounty with others. Pia also wants to thank Rooted farmers Sarah Karlson, Alex Booker, and Forrest Smart for their teaching tips on organic gardening, Dr. Carter for obtaining the garden plots, and former colleague Deana Wright for her service with the program and wishes her the best in her future.

