

Stay Socially Connected Word Search



- Group Exercise
- Get Involved
- Take A Class
- Activities
- Community
- Book Club

- Conversation
- Connection
- Call A Friend
- Isolation
- Friends
- Family

- Walking Club
- Social Ties
- Brain Health
- Volunteer
- Social

Research Volunteer Appreciation Event:
Honoring Black Study Participants

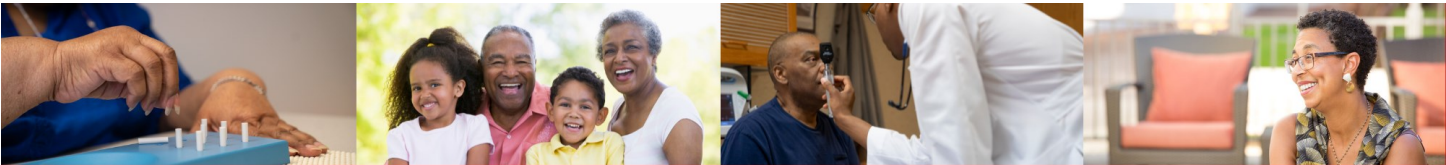
SAVE THE DATE



July 12, 2025

More information coming soon

AA-FAIM
African Americans Fighting
Alzheimer's in Midlife



WINTER 2024

Brain Health Buzz
Brain health news for African Americans



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



As 2024 is winding down, there is no doubt that we have experienced tragedy and difficulties, both personally and nationally, as we voted for a new president of the United States. Yet my hope is that we all have a long list of who and for what we are grateful. I have been working on that list of appreciation for good people. I start with gratitude that we have holidays to rest, recover, and connect with family, friends, and community. I learned long ago that Thanksgiving is not always the same celebration for Native Americans/Indigenous people. While we celebrate their kindness to Pilgrims, the real history of Thanksgiving was not peaceful. The settlers at Plymouth and the Wampanoag tribe really did get together in 1621 for a three-day feast to celebrate the settlers' first harvest, but that is far from the whole story, which resulted in bloodshed against the Wampanoag. Some Native Americans/Indigenous people view this celebration as a time of mourning for the theft of land and the destruction of a people that was to come. I honor this truth and admit that the best part of Thanksgiving for me is the opportunity to rest, reflect, and connect.

I acknowledge that there are many celebrations in December, and a few are Hanukkah a Jewish festival, Las Posadas in Latin countries, and Christmas in the United States. I have also celebrated Kwanzaa since I was an undergraduate student, and my Kenyan friends celebrate Boxing Day as a holdover from British colonialism. There are many other global celebrations, and how wonderful it is to set aside this time, especially for those countries in the winter seasons. For our exercise class, Get Movin' in Motion, we are joining NewBridge this year for a joint end-of-year event. Our exercise class will not resume until January 12, 2025, and we have suggested ways for continuing exercise over the break. We also want to thank Black Leaders for Brain Health for another splendid year of commitment to the brain health of our community. We also send congratulations to co-director, Reverend Dr. Alexander Gee, for his presentation on community engagement at the National Alzheimer's Coordinating Center's conference in Boston this October after which he received a standing ovation. And lastly, please know that we are sending a Holiday card to each of you in genuine appreciation for your kind participation in our studies.

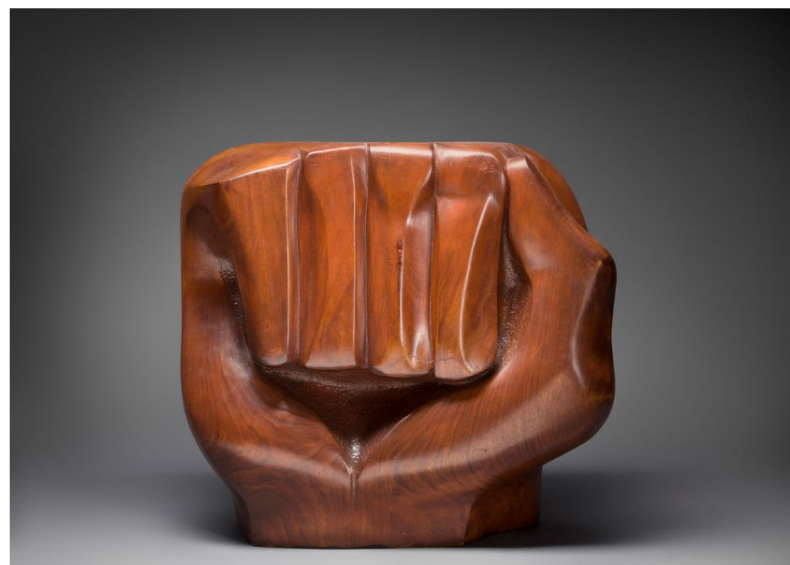
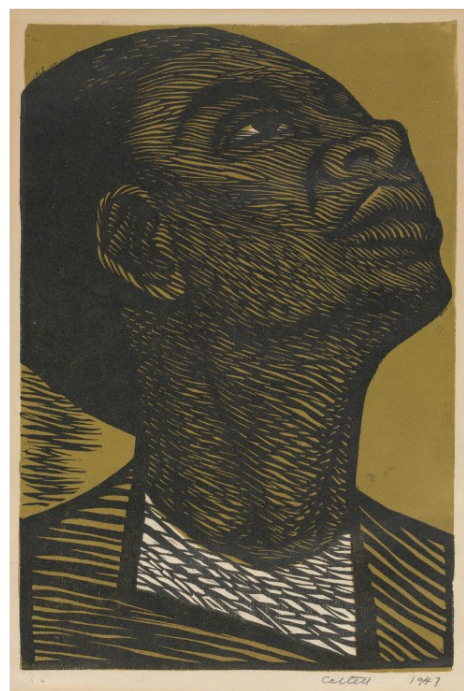




Discovering the Hidden Benefits of Art Museums: A Journey to Better Brain Health

Nestled within the walls of art museums lies a treasure trove of health benefits waiting to be unlocked. From enhancing memory and reducing stress to increasing empathy and feelings of relaxation, visiting art museums offers more than just a feast for the eyes. Immersing yourself in the world of art can lead to a healthier, more vibrant mind.

Dopamine is known as the body's "feel-good" hormone. Studies have shown that just looking at art can trigger an immediate dopamine release, evoking feelings of joy and gratitude similar to when you look at a loved one. Additionally, a study conducted in 2023 by Dr. Jessica K. Bone found that art viewing can actually enhance memory.



Elizabeth Catlett. *Black Unity*, 1968. Cedar. Crystal Bridges Museum of American Art, Bentonville, Arkansas, 2014.11. © 2024 Mora-Catlett Family / Licensed by VAGA at Artists Rights Society (ARS), NY. (Photo: Edward C. Robison III)

When visiting museums, having discussions about art can improve communication skills, decrease a sense of loneliness, and improve social connections. Why not plan a trip to an art museum sometime this winter and benefit from the myriad health benefits of viewing art!

ART EXHIBITIONS ON VIEW NOW

Elizabeth Catlett: A Black Revolutionary Artist and All That It Implies
September 13, 2024–January 19, 2025, Brooklyn Museum, Brooklyn, New York

You Belong Here: Place, People, and Purpose in Latinx Photography
Dec 9, 2024–Mar 7, 2025, Chazen Museum of Art, Madison, WI

Above left: Elizabeth Catlett. *My right is a future of equality with other Americans*, 1946–47. Linocut printed in black and green on paper. The Baltimore Museum of Art, Purchased as the gift of Jeffrey A. Legum, Baltimore, BMA 2013.5. ©2024 Mora-Catlett Family / Licensed by VAGA at Artists Rights Society (ARS), NY.



Solomon Fuller Carter Brain Health Brunch

Building awareness of Alzheimer's disease in the African American community

You are invited to this special event that includes:

- Health & Wellness Fair
- Free brunch
- Keynote address by Jennifer J. Manly, PhD, whose research focuses on mechanisms of inequalities in cognitive aging and Alzheimer's disease
- And much more!



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

Hosted by the Wisconsin Alzheimer's Disease Research Center (ADRC) and African Americans Fighting Alzheimer's in Midlife (AA-FAIM) study.



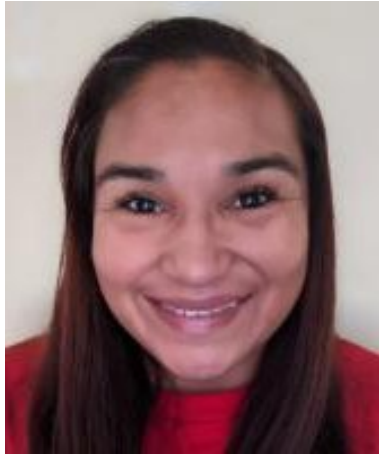
Jennifer J. Manly, PhD
*Professor of
neuropsychology
in neurology at
Columbia University,
New York City, NY*



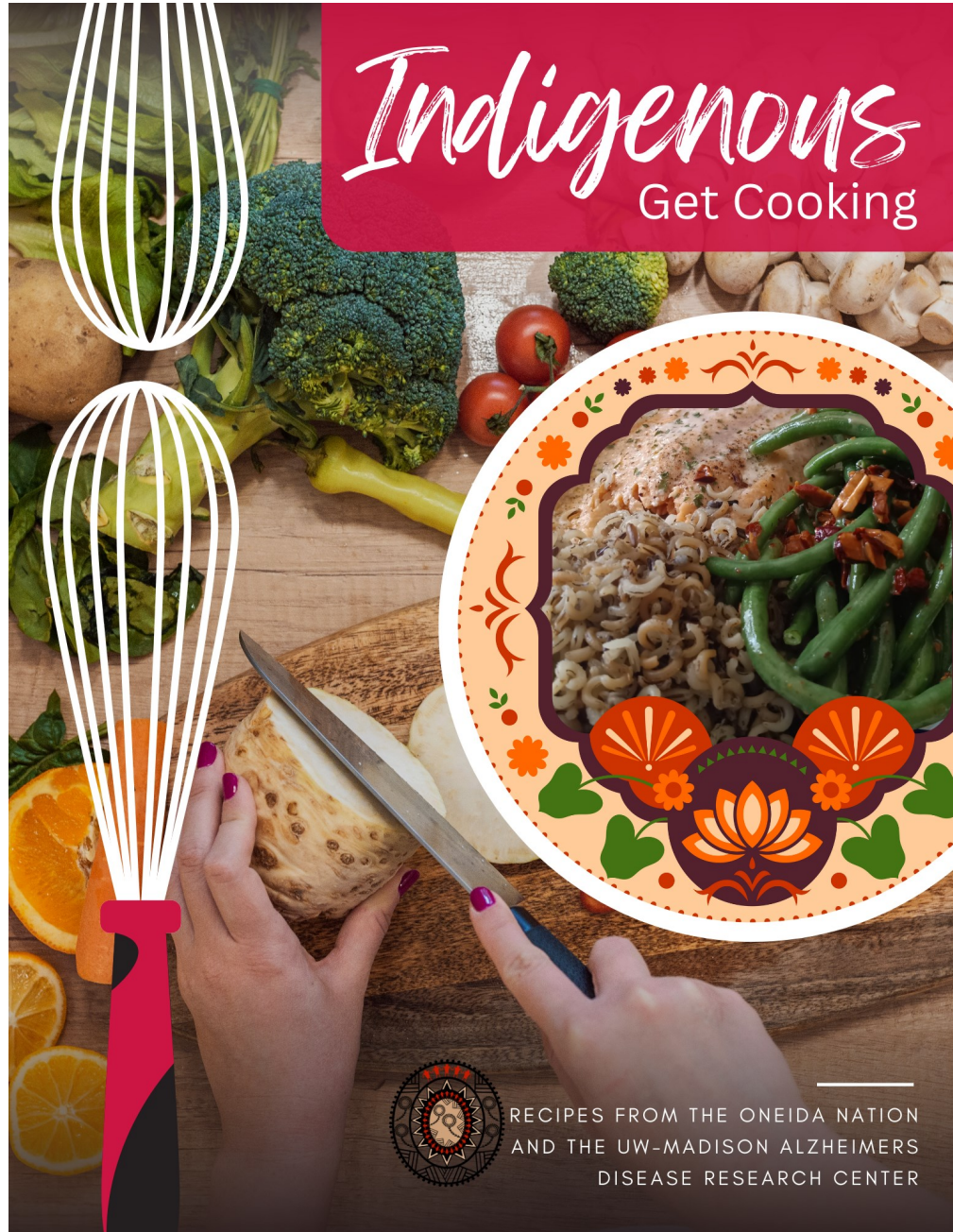
Scan the QR code or visit
adrc.wisc.edu/scf2025 for more details

Oneida Outreach Update

By Sacheen Lawrence, Native American Outreach Specialist



I'm excited to share a project I've been developing alongside my outreach, retention, and engagement initiatives. I created an Indigenous cookbook from start to finish. I gathered recipes from a local, notable Indigenous chef and a few local cookbooks that hold cultural significance for my community, compiling them into one cookbook. This vibrant 76-page book is currently being printed at Oneida Big Bear Media, which is where the Oneida Nation prints all its materials.



I intend to include these cookbooks in our winter care packages that go out to all the under-represented groups that are currently part of our study. Once the book reaches you, I hope you enjoy it and can try some of our delicious dishes.

A Reminder About Research Participant Payments:

ADVARRA PAYMENTS

For participants enrolled in a paid research study at the University of Wisconsin

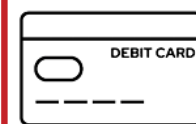
What to Know

UW-Madison changed the system we use to pay research participants in May 2024.

You can now choose to receive your honorarium in one of three ways: debit card, direct deposit, or check.

More details are on the back of this guide.

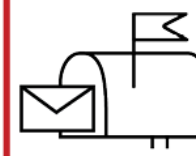
Choose Between:



Debit Card



Direct Deposit



Check Mailed to You

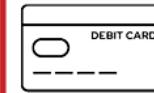
Have Questions?

Your participation is key to our research success. We recognize that a new payment system may require adjustments. Please contact your study team with any questions or discuss with a study coordinator at your next visit. We welcome your feedback!



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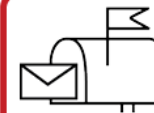
Debit Card

- Given to you in person or mailed after your visit
- Debit card is ready to use in 24-48 hours with no account set up
- ATM withdrawal and optional online account management require: online account set-up, email address, and internet access
- Study teams can help access the internet and with account set-up, but will not view and cannot access your banking information
- Use anywhere debit cards are accepted or withdraw cash from an ATM
- Fees may be incurred for ATM inquiries, cash withdrawals, or inactivity after 90 days
- Lost or stolen cards can be replaced by contacting your study team



Direct Deposit

- Posts to your checking or savings account in 4-5 days after your study visit
- Requires: online account set-up, checking or savings account, email address, and internet access
- Bring a blank check or account and routing numbers to your study visit
- Study teams can help access the internet and with account set-up, but; we will not view and cannot access your banking information
- There are no user fees



Check Mailed to You

- Printed and mailed within 48 hours, received 7-10 days after your visit
- Requires: online account set-up, checking or savings account, email address, internet access, and ability to cash or deposit the check
- Cash the check or deposit it in your bank account
- Check cashing fees may apply at some institutions
- There are no user fees
- Lost or stolen checks can be replaced by contacting your study team



The Impact of Social Connections on Brain Health: A Reflection on the 2024 Fall Community Conversation

By Annik Dupaty, MA

Dr. Vivek H. Murthy, the U.S. Surgeon General, proclaimed that loneliness and isolation are serious public health issues. Feeling lonely and being disconnected can impact your brain's health, potentially raising the risk of Alzheimer's disease and other dementias. Recognizing this public health concern, the Wisconsin Alzheimer's Disease Research Center presented the "2024 Fall Community Conversation: The Impact of Social Connections on Brain Health" in Middleton, WI, on September 10. The event also featured satellite events at the UW South Madison Partnership with scientist Dr. Gilda Ennis and psychotherapist Bobbie Briggs and at the Oneida Congregate Meal Site in Oneida, WI. The main event offered a health and wellness resource fair and a presentation by University of Wisconsin faculty Dr. Dorothy Farrar-Edwards, along with a panel discussion moderated by Dr. Art Walaszek, featuring Dr. Andrea Gilmore-Bykovskyi, Dr. David Rakel, and Dr. Vonnie Sisauyhoat, who discussed the science behind social connection and why it is essential to our well-being.



Research shows that social engagement can improve brain health. The event presenters discussed how social interactions, conversations, and activities can challenge the brain and promote mental agility, strengthen neural connections, reduce stress, and improve cerebrovascular health, which can help maintain brain health. Dr. Farrar-Edwards said that the people with the most social interaction experience the slowest rate of memory decline. Further, she noted that social engagement can help older adults experience a sense of purpose, satisfaction, and happiness and that greater social participation in midlife and late life is associated with a lower risk of developing dementia.

Strategies to Advance Social Connections

There are many steps one can take to improve and strengthen social connectedness. Challenge yourself or a disconnected loved one to take one of these actions once a day:

- ☐ Call a friend, family member, or loved one.
- ☐ Sign up for an online or in-person class at your local public library, community, or faith center.
- ☐ Take part in group exercises such as a walking club or a fitness class like Get Movin' In Motion (adrc.wisc.edu/get-movin).
- ☐ Volunteer and get involved with a cause or nonprofit organization.
- ☐ Get to know your neighbors.
- ☐ Make plans to join a community garden in spring.

Meet the Newest Gleason Lab Team Members

Get acquainted with Salimata Dansoko, AA-FAIM Clinical Research Coordinator

Hi everyone! My name is Salimata Dansoko, and I am the newest AA-FAIM clinical research coordinator to join the team. A little about me: I am originally from New York City, and graduated from UW-Madison in May 2023 with a degree in kinesiology and a certificate in athletic healthcare. Before joining the AA-FAIM team, I had the opportunity to work with older adults in dementia care. Now, working on Alzheimer's research, I find it particularly meaningful as it aligns with my interest in medicine. Outside work, I enjoy baking, cooking, spending time with friends, and binge-watching TV shows. I look forward to helping advance the vital work being done here!



Hello from Branden Geyen, Gleason Lab Outreach Student

Hello. My name is Branden Geyen, and I am currently a senior undergraduate biology student at UW-Madison focusing on chiropractic care. I'm an outreach student employee in the Gleason Lab, collaborating with the Wisconsin ADRC under the guidance of Annik Dupaty. Over the past five months, I've co-facilitated the ADRC's Get Movin' In Motion exercise class and contributed to organizing participant events like the Research Volunteer Appreciation Event and the Fall Community Conversation. Before joining the ADRC, I worked as a data entry specialist in the STRIDE Lab with Dr. Megan Zuelsdorff at the UW-Madison School of Nursing. My passion for promoting health and wellness aligns closely with the ADRC's mission, and I'm especially fulfilled by my work with Get Movin', as fitness and exercise are also personal interests of mine. Outside my studies and lab work, I enjoy skiing, traveling to new places, and listening to music.



Meet Faith Ocoko, AA-FAIM Outreach Coordinator

Greetings! My name is Faith Ocoko, and I work as the outreach coordinator and phlebotomist for AA-FAIM. I've been working here for over a year and absolutely love it! My favorite part about it has to be connecting with participants and getting to know them on a more personal level. A bit about me: I graduated from UW-Madison in 2023 with a bachelor's degree in neurobiology and a certificate in French. I am from Milwaukee and will proudly represent the 414 whenever I get the chance. In my free time, I love spending time with friends, listening to music, playing volleyball, sewing, and many things related to lifestyle and fashion. I'm always looking to pick up new hobbies, so feel free to stop by and chat with me whenever you see me around!



Introducing Mazen Razzaq, AA-FAIM Clinical Research Coordinator

Hello! My name is Mazen Razzaq, and I am one of the new AA-FAIM clinical research coordinators. I graduated from UW-Madison in May of this year with degrees in neurobiology and psychology. I joined the team in late July and have loved working with the local community. I see it as a privilege to work with the ADRC and AA-FAIM to serve our participants. I have also been helping with recruitment, and attending outreach programs like Get Movin' In Motion has been especially fun. My interests lie in medicine, specifically in addressing healthcare inequities in communities of color. In my free time, I like running, cooking new meals, and doing wheel pottery.

