

Exercise

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

WALKING
SHAPE
HEALTHY
GYM
BONES
YOGA
FITNESS
LIVE LONGER
FEEL GOOD
HYDRATION
EXERCISE
BALANCE
STRETCHING
BLOOD PRESSURE
STRENGTH
NUTRITION
MUSCLES
HEART
EAT LESS
WORKOUT

Tune into Dementia Matters

Dementia Matters is a podcast about the latest in Alzheimer’s disease research and caregiving strategies.

Learn more about how crosswords and other puzzles are beneficial to brain health in this episode:

Crosswords or Computers: Which is Better for Cognitive Engagement?

Listen on our website or wherever you get your podcasts:

adrc.wisc.edu/podcast



WINTER 2023

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



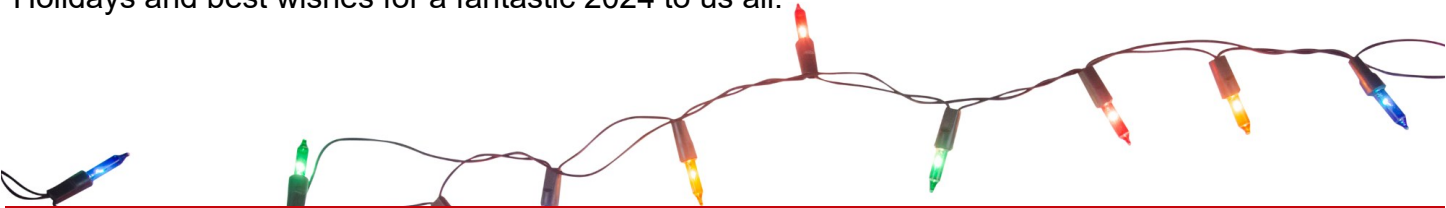
This holiday season in 2023 will be more wonderful than many past ones for me, and I hope the same is true for you, also. Illness for five months gave me the rare opportunity to better understand that I am loved, prayed for, and helped in life by family, friends, colleagues, and community. I am recovering, back to work, and grateful for you all. Special appreciation to my colleagues who made your Volunteer Appreciation event in June successful in my absence.

Christmas is my favorite holiday because December 25 is the reason for the season. Later, as an adult, I added Kwanzaa as a celebration from December 26 through January 1. I acknowledge myself, both spiritually and culturally, and enjoy this holiday season. As the year ends, it gives us all the opportunity to be grateful, not regretful.

There are so many congratulations to give. Congratulations to the Wisconsin Alzheimer’s Disease Research Center for the five-year grant renewal that supports the excellent work Wisconsin continues to do in partnership with all our study participants, the Black Leaders for Brain Health, the Oneida Community Advisory Board and others. Congratulations to our co-worker Muhamed Sanneh who was recently accepted into medical school. We are proud of his accomplishment, and as a team, we have always believed in him and his abilities. Congratulations to Lytonia Floyd who took early retirement. We miss her wonderful skills and ability to make nutrition easily understood. Congratulations to Hector Salazar who is now a graduate student at the University of Pittsburg, he is truly missed too.

We welcome new colleagues to the Gleason Lab. Deana Wright is our new recruiter and resource person. In addition to Deana, we’d like to introduce Gilda Ennis, PhD, scientist; Lexi Nelson, assistant program manager; Faith Ocoko, research intern; Shalini Patro, AA-FAIM clinical research coordinator; and Jassia Ahmad, administrative assistant. We also congratulate Tracy Smith on her recent promotion to program manager.

Our team is excited to have them join us to serve you as beloved study participants better. Happy Holidays and best wishes for a fantastic 2024 to us all.





Art Thoughts

By Annik Dupaty, MA
ADRC Outreach Program Coordinator

The first official days of winter are upon us! For some, it's time to take pleasure in the coziness of home; gentle, soothing comforts like a warm blanket and a good book, candles, or a hearty soup; or slowing down to be more present, looking forward to what is ahead, or reflecting on our blessings. It is a perfect time of year to stimulate the areas of our brains linked to memory using poetry. Below, you will find two poetry challenges. Try to complete one each month in January and February.

January Challenge

Recite a poem once per day for a month and try to memorize it. Choose a poem of your liking or read the poem below by Gwendolyn Brooks, who was the first African American poet to win the Pulitzer Prize.



Gwendolyn Brooks at her typewriter. Courtesy of Getty Images.

The Egg Boiler

By Gwendolyn Brooks

Being you, you cut your poetry from wood.
The boiling of an egg is heavy art.
You come upon it as an artist should,
With rich-eyed passion, and with straining heart.
We fools, we cut our poems out of air.
Night color, wind soprano, and such stuff.
And sometimes weightlessness is much to bear.
You mock it, though, you name it Not Enough.
The egg, spooned gently to the avid pan,
And left the strick three minute, or the four,
Is your Enough and art for any man.
We fools give courteous ear----then cut some more,
Shaping a gorgeous Nothingness from cloud.
You watch us, eat your egg, and laugh aloud.

February Challenge

Learn a new poem structure and write a poem. For example, the Eintou is a distinctively African American form of poetry that relies on syllable counts, much like Japanese Haiku. African poetry often aims to pass wisdom to others rather than just making observations. The Eintou smoothly rises and falls. It begins with two syllables or words, rising to four, six, and eight; then falls back down to six, four, then two syllables or words. Follow these steps to get started:

1. Decide what type of wisdom you want to share. Write a statement on a separate piece of paper about what you want to "teach" the reader about.
2. Write a few metaphors to reinforce your message. Metaphors and other figurative language like similes, personification, or alliteration will make your writing sound even more poetic.
3. Write the first draft of your poem. Read, re-read, and edit it until you feel it is complete.

Poem Title: _____

Line 1 (2 syllables or words): _____

Line 2 (4 syllables or words): _____

Line 3 (6 syllables or words): _____

Line 4 (8 syllables or words): _____

Line 5 (6 syllables or words): _____

Line 6 (4 syllables or words): _____

Line 7 (2 syllables or words): _____

Men in Motion and Men's Self-Care Workshops

By James Bester, Outreach Specialist

Greetings! In the new year, the Men in Motion exercise group will meet every Tuesday and Thursday from 3:30 to 4:30 p.m. The Self-Care Workshops will have a new time slot of 4:30–6:00 p.m and will meet every second Thursday. Both programs will take place at the UW South Madison Partnership (UWSMP) located at 2238 S. Park St. Nutritious food and refreshments will be provided.



My goal is to use my voice and bring awareness to address the importance of health problems and improve the outcomes within the struggles of minority men. We will explore the helpful discoveries related to brain injuries, depression, PTSD, Alzheimer's, Parkinson's, and other brain-related issues.

FIVE FACTS*:

1. Black men are less likely to receive guideline-consistent care and be included in research.
2. Black men are more likely to receive a misdiagnosis of schizophrenia when expressing symptoms related to mood disorders or PTSD.
3. Black men's risk of a stroke is twice that of white men.
4. African Americans tend to be diagnosed at a later stage of Alzheimer's disease — limiting the effectiveness of treatments that depend upon early intervention.
5. Four in 10 Black men aged 20 or older have high blood pressure, a rate 30% higher than White men.

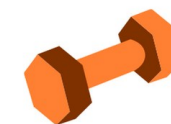
The Wisconsin Alzheimer's Disease Research Center's (ADRC) current memory studies include the Wisconsin Registry for Alzheimer's Prevention Program, known as the WRAP study, and the African American's Fighting Alzheimer's Disease In Midlife study, or AA-FAIM. These long-term studies will evaluate factors that tend to increase the risk factors for Alzheimer's Disease. The Position Emission Tomography (PET) Imaging Amyloid Plaque scan study is currently offered for participants who have participated in the other studies.

*Source: ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201800223?mod=article_inline



Men in Motion

Led by Johnny Winston, certified personal trainer, Men in Motion is a fitness and outreach program that focuses on gentle exercise, diet and healthy practices.



Want to join?

Classes resume on January 11, 2024 at 3:30 p.m.
UW South Madison Partnership (UWSMP).

Find class information and register at:

adrc.wisc.edu/MM2023

Questions? Contact James Bester by
calling 608-957-4103

SAVE THE DATE



Solomon Carter Fuller Brain Health Brunch

**Saturday
April 6, 2024**

Find event updates
online at
adrc.wisc.edu/SCF2024

9 Stress Management Tips

Research has shown that chronic stress can have long-term effects on the brain, so managing stress is an important factor in overall brain health. Below are some tips to help you reduce stress and support brain health:

1. Practice mindfulness and meditation
2. Exercise regularly
3. Get quality sleep
4. Socialize with friends and family
5. Practice a hobby you enjoy
6. Limit caffeine and alcohol
7. Eat a healthy, well-balanced diet
8. Engage your brain with cognitive challenges
9. If stress is interfering in your daily life, consider seeking help from a mental health professional

Find more stress management tips and resources at
adrc.wisc.edu/stress-management



Introducing Deana Wright

By Deana Wright, AA-FAIM Outreach Program Coordinator

My name is Deana Wright (pronounced DEE-nah), and I am excited to join the staff of the Wisconsin ADRC as AA-FAIM Outreach Program Coordinator. I will connect participants to critical services and local resources, develop programs, and assist with recruitment and events. Madison is my hometown, but for almost 25 years, I was a radio personality, TV anchor, and voice actor, working in NYC, Philly, and LA, where Stevie Wonder was my boss. I was also a small business owner for several years. Most recently, I worked as Diversity, Equity, and Inclusion Manager for a local non-profit. I am a UW-Madison alum and member of the African American Health Network, the African American Opioid Coalition, the Society of Professional Journalists, the National Association of Black Journalists, SAG-AFTRA, and Women In Focus. In my spare time, I enjoy arts/crafts, event planning, refurbishing furniture, reality TV, cooking/baking, mentoring, and working with fellow adoptees. I am Yaya to two adorable granddaughters: 13-year-old Aliana Bella and 18-month-old Nova Grace!



Outreach Updates

By Muhamed Sanneh, AA-FAIM Clinical Research Coordinator & Outreach Specialist

Since graduating, I have transitioned into a full-time position as a clinical research coordinator and have continued my role as an outreach team member. I am happy to announce that I was recently accepted into medical school and will start in July next year. I am still interviewing at more schools, so I am still deciding where I will attend. I am so thankful to the Gleason Lab and all the inspiring participants who have made these last few years such a life-changing experience. I am forever grateful for the impact you have all had on my journey!



Goodbyes to Lytonia Floyd and Hector Salazar

With a combination of happiness for her and sadness for us, this November, Mrs. Lytonia Floyd retired from her position as outreach specialist with the African Americans Fighting Alzheimer's in Midlife (AA-FAIM) sub-study of the Wisconsin Registry for Alzheimer's Prevention (WRAP). Lytonia served in this role for over two years and played a key role in the recruitment of study participants, and helped educate African American adults about modifiable risk factors for Alzheimer's disease, especially as they relate to healthy changes in nutrition. Prior to WRAP, she also served as a Nutrition educator for 20 plus years with FoodWise through the University of Wisconsin-Madison Division of Extension, and was a faithful caregiver for 10 years. Her positivity, care for, and interest in helping fellow community members and her work colleagues was inspirational and highly valued. Since retiring she has been enjoying life with her family and making jewelry, and looks forward to being a companion to a couple of seniors needing extra care.



In August, the Gleason Lab's former program manager, Hector Salazar, left Wisconsin to pursue a PhD graduate program in nursing at the University of Pittsburgh. Hector was the Gleason Lab program manager for five years and was instrumental in launching the Community Data Collection Site at the UW South Partnership Office. His contributions to research and our study participants were immeasurable. Since moving to Pittsburgh, he has enjoyed exploring the city and making new friends. He is studying under Dr. Jennifer Lingler and focusing his research on community engagement and increasing underrepresented group participation in Alzheimer's disease research.

Stay in Shape this Winter

Physical activity and exercise offer a host of benefits throughout the body, including in the brain. At the University of Wisconsin–Madison, Dr. Ozioma Okonkwo has conducted several studies showing exercise improves brain health and thinking skills. Any movement is beneficial, and each person should speak with their doctor about the type of exercise that is healthy for them. In general, healthy older adults should try to get 30 minutes of moderate intensity exercise five days a week. How do you know the intensity of the exercise you are doing? Try the talk test: During light physical activity, you can easily talk and sing. When you are engaged in moderate physical activity, you can talk, but you cannot sing. During vigorous levels of physical activity, you cannot say more than a few words without having to pause to catch your breath.

Get Movin’ and Men in Motion are gentle exercise classes offered at the UW South Madison Partnership office that are designed for every fitness level. Get Movin’ classes are held on Zoom and in person every Tuesday and Thursday from 1 to 2 p.m., and Men in Motion classes are held in person every Tuesday and Thursday from 3:30 to 4:30 p.m. Live classes will resume in the new year on January 11, 2024.

While waiting for live classes to return, here are some ways to stay in shape this winter:

- Find archived classes on the Get Movin’ Fitness YouTube channel at youtube.com/@GetMovinFitness
- Join an outdoor public walk at the UW Arboretum. Walk events are free and don’t require registration, but are subject to cancellation due to unsafe weather. Find walks and information online at arboretum.wisc.edu/visit/events
- Find free, virtual healthy lifestyle events, such as fitness and mindfulness classes, through the AARP Virtual Community Center at local.aarp.org/virtual-community-center/



Get Movin’

Are you looking for a gentle exercise class for every fitness level? Join us for free in-person and online classes!

Want to join?

Live classes will resume on January 11, 2024. Find the Get Movin’ class schedule, registration form and archived classes online at:

adrc.wisc.edu/get-movin

Updates from the Oneida Outreach Team

The International Indigenous Dementia Research Network (IIDRN) Annual Conference occurred November 7-9 in Hawaii. The purpose was to bring together people working in Alzheimer’s Disease and Related Dementia (ADRD) research amongst



Sacheen Lawrence, Native American Outreach Specialist

Indigenous populations. Presentations included research posters and papers by scientists, postdoc and graduate students, and affiliated faculty related to ADRD research. I presented my collaboration project with Dr. Mary Wyman, titled "Family is Everything: Perspectives on Use of Caregiver Resources

among Dementia Family Caregivers in the Oneida Nation of Wisconsin.” The focus of the research project was to determine what cultural and environmental factors caregivers consider when deciding whether to use resources available to caregivers. Decisions to utilize resources came down to access, financial costs, availability, and navigational difficulties within the healthcare system. For more detailed information, contact me by email at slawrence@medicine.wisc.edu.

I hope everyone has a safe, blessed, and memorable holiday.

-Sacheen

This fall has been full of activity as I led our first Open House in Oneida, Wisconsin! Nearly 150 people enjoyed our Cars N Guitars event. Tribal members came out, danced to old melodies, got an up-close view of classic cars, and toured over ten wellness

tables. Thank you to the Madison team for their unselfish dedication to our event!

In early November, I and other ADRC staff presented a poster entitled "Community Engagement Strategies with the Oneida Nation" in Honolulu, Hawaii. How we empower Indigenous communities in Alzheimer's research was my focus. I shared what our elder outreach looks like through education locally and throughout the state, our engagement strategies like a newly developed Mindfulness and Movement class, and retention efforts like care boxes, surveys, and transportation services.



Margaret King, Native American Outreach Specialist

It is known that one in three American Indian elders will develop dementia. This was our time to network with other Indigenous communities on how research and social engagement can enhance the well-being of our communities.

-Margaret

