

# Volunteer Appreciation Brunch

*Honoring Black Participants in Research Studies*

**Saturday, June 24, 2023**

**10 a.m. to 1 p.m.**

**Alliant Energy Center  
1919 Alliant Energy Center Way  
Madison, WI 53713**

Highlights will include a Juneteenth-inspired brunch, the honoring of two Volunteers of the Year, photos with Bucky Badger (invited), updates in memory research, and cultural inspirations.

**Registration is required by June 9, 2023, at  
[go.wisc.edu/o26au2](https://go.wisc.edu/o26au2)  
or call Annik Dupaty at (608) 265-4790**

Study participants may inquire about cab service from Madison/Sun Prairie, or a gas card if coming from outside of Madison/Sun Prairie, with Dr. Fabu Carter at (608) 235-4745 by June 9.



SUMMER 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*

Thank you for attending the 2023 Solomon Carter Fuller Brain Health Brunch –169 people joined us in person! We have photos to share of some highlights, including our presenter, Dr. Thomas Karikari, several informational resource tables, a program with members of the Ghana Association of Madison (GHAMA), soloist Mrs. Mary Henderson, and a wonderful raffle. The best part was seeing and talking with all of you. **We also have several exciting upcoming events and activities to tell you about:**



#### Summer Get Movin' with Gardening

*May through October, Badger Rock Neighborhood Center, 501 E Badger Rd, Madison, WI 53713*

Get Movin' will have plot #16 to plant, weed and harvest in the gardens of Badger Rock Neighborhood Center. Participants will all share the harvest, and we hope to have a community meal. For more information and to sign up to help with weekly weeding and watering visit [go.wisc.edu/z9rd37](https://go.wisc.edu/z9rd37).

#### The Memory Collectors Project

*By Appointment at The Creator's Cottage, 1103 Englehart Drive*  
Open to all older women of color. Come enjoy creating a legacy for your family through your memoirs and/or a quilt. Instructors will be available to help with writing and quilting. All components are free. For more information or to make an appointment please contact Catrina Sparkman, Artistic Director, at (608) 347-7999 or [ironerspress@gmail.com](mailto:ironerspress@gmail.com).

#### Volunteer Appreciation Brunch: Honoring Black Participants in Research Studies

*June 24, 10 a.m.–1 p.m., Alliant Energy Center, 1919 Alliant Energy Center Way*

Save the date! This year's theme is Black Resistance: Honoring Madison's Juneteenth. A special invitation will be mailed out in the coming weeks. We will have many beautiful surprises. For more information and to register visit [go.wisc.edu/o26au2](https://go.wisc.edu/o26au2) or call 608-265-4790.

#### Line dance creation and rehearsals

*July 10–14, UW South Madison Partnership Office, 2238 South Park Street*

Meet Orange Mount Energizer, Mrs. Vanessa Saine, from Memphis, Tennessee. Mrs. Saine has organized a line group dance company for 42 years. They are a Memphis company of 50 women who dance to Gospel, R & B, soul and other types of Black music. She will assist us in starting our own line dance company in Madison. Don't miss this fun way to exercise through dance. For more information and to register visit [go.wisc.edu/ip265h](https://go.wisc.edu/ip265h).







# Art Thoughts

By Annik Dupaty, MA  
ADRC Outreach Program Coordinator

Music not only brings us joy and helps us reduce stress, but research also suggests that playing musical instruments can significantly impact cognition, and listening to one's favorite music can combat memory loss and have therapeutic benefits for people that have Alzheimer's disease. In a 2021 *Dementia Matters* podcast interview, Dan Cohen, founder of Right to Music, spoke with the Wisconsin ADRC's Dr. Nathaniel Chin about the powerful benefits of a daily dose of good music (as defined by the listener). Cohen noted that the world's largest study of nursing home residents found that those who were set up to be able to listen to their favorite music had fewer symptoms of depression and less need for anxiety medications among other positive benefits. On his website, [writetomusic.com](http://writetomusic.com), Cohen offers helpful information and research supporting the need for favored music for those with cognitive impairment.

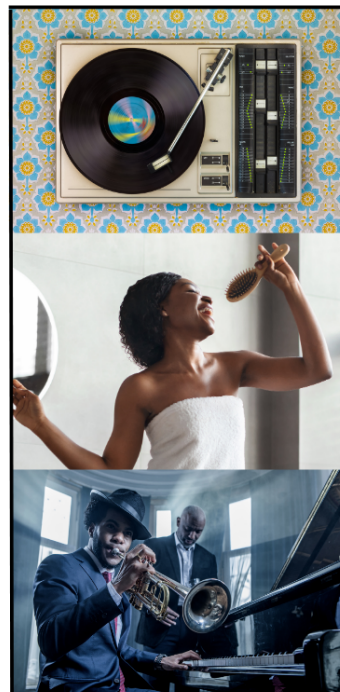
Over the next four weeks, consider taking on the following challenges inspired by Cohen's work to incorporate more music into your life – or the life of someone you are caring for – to improve cognition, reduce stress, and increase happiness!

☐ **WEEK 1.** Make a list of 10 of your favorite songs from when you were between the ages of 10 to 14 years old. Then, make a playlist or play all of these songs each day this week on YouTube; a music streaming service like Spotify, Apple Music, or Pandora; or on your CD or record player.

☐ **WEEK 2.** Think of a song that has lyrics that you really enjoy. Try to memorize the lyrics by the end of the week by listening to and singing the song repeatedly. Sing it loud and with a smile!

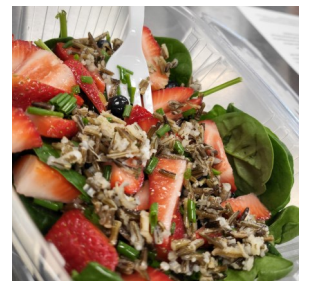
☐ **WEEK 3.** Get out a piece of paper and pencil. Put on an instrumental song (any song without lyrics) that you love. Write down the names of all the instruments you can hear and note what you like about them. Repeat with a new song each day of the third week.

☐ **WEEK 4.** Use the space below to write down the name of your favorite song and what memory you associate with it, then share that memory with someone you care about.



☐ **BONUS!** Try playing (or learning to play) a musical instrument this summer. Surprise your friends or family members with an impromptu concert!

## Highlights from the Oneida Outreach Cooking Classes



# GET MOVIN'

A FREE, GENTLE EXERCISE  
PROGRAM FOR EVERY  
FITNESS LEVEL



In person and on  
Zoom every  
Tuesday and  
Thursday at 1 p.m.

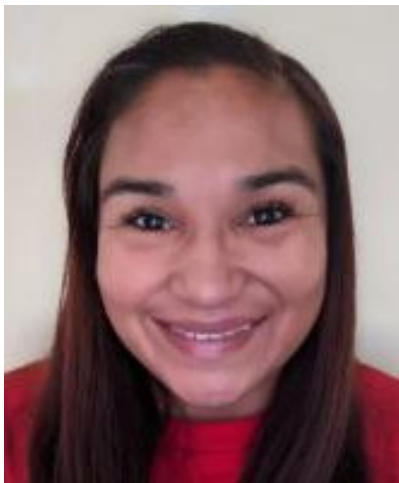
For more information and  
to register visit:  
[adrc.wisc.edu/get-movin](http://adrc.wisc.edu/get-movin)



## Updates from the Oneida Outreach Team

Spring is here, and I could not be more excited to be outside more and soak up the sun and all its warmth.

I'd like to share a fun event that I coordinated for



**Sacheen Lawrence, Native American Outreach Specialist**

our Indigenous population, a cooking class! We named the event after our future cookbook that will be sent out to all our Indigenous participants later this year, "Indigenous, Get Cooking." We transported participants to UW-Green Bay's science, technology, engineering, and

math (STEM) center.

The participants were able to make a recipe that was healthy and culturally appropriate. A few of the recipes our participants made included autumn squash soup, wild rice and spinach salad, and a baked stuffed walleye. We held three classes on three different dates.

My team member and I are beginning to plan for our first Indigenous appreciation event, and I look forward to planning more culturally appropriate events for our participants. It is an exciting time to be part of the Wisconsin Alzheimer's Disease Research Center. There is always room for improvement, so please feel free to contact me with any questions, comments, suggestions, or if you just want to chat. I can be reached at [slawrence@medicine.wisc.edu](mailto:slawrence@medicine.wisc.edu) or 608-262-6505.

-Sacheen

April came into full swing with the promise of good weather and sunny days! My plants are blooming with life and growing four inches tall in my living room! I'm excited about transplanting soon. I hope you are well in your homes and look forward to



**Margaret King, Native American Outreach Specialist**

getting outdoors and enjoying our warmer weather!

We recently partnered with Just Move It Oneida, a North American campaign to promote physical activity for Indigenous people. They gather at an indoor site to walk at their own pace. Eight new people signed up for Alzheimer's

disease testing program at this event.

Our team has organized cooking classes engaging our Oneida participants to create healthy dishes such as venison stew, squash soup and stuffed walleye – all from scratch! They even received an educational lesson on vital food ingredients and got to take some food home as well as sample some of their work in class.

Our participants continue to chat it up in our Tablet Talk class, learning about the purpose of Airdrop, downloading Venmo, and cleaning up their tablets. In addition, internet safety is often discussed to keep us wary of internet danger.

We recently reached out on social media with Oneida Nation's Facebook Live to showcase our program and how it benefits Indigenous populations. If you'd like to view it, you can find it here: [go.wisc.edu/676310](https://go.wisc.edu/676310)

Remember to keep active and try something new every day! - Margaret

## Greetings to Men That Care About Their Health!

*By James Bester, Outreach Specialist*



**Mr. James Bester and former Green Bay Packer, Mr. Antonio Freeman**

Summer is here and we encourage everyone to be more active. However, your health is important, so please consult your doctor before increasing your activity.

My summer plans are to put more quality time and effort into self-care. I pledge to take my medications on time and relax while participating in community events or fishing. I also look forward to taking the time to stretch before taking short walks, then longer ones.

Mr. Marshel Beason, an honored community member, will co-facilitate some of our upcoming

Men's Self-care Workshops. Mr. Beason is an accomplished musician and will share our June 10th workshop with a Drum Circle. So please, come and connect with these rhythms.

To get more elders involved with our community events, I am also working on a men's exercise workshop with Johnny Winston Cares Fitness and Wellness Personal Training and have been in conversation with Ms. Deana Wright, the Diversity and Inclusion Program Manager of New Bridge Outreach.

On April 21st, I attended the 'Breaking The Silence' event in Milwaukee, where dementia within communities of color was addressed. Dr. Mark Sager, the founder of the Wisconsin Alzheimer's Institute (WAI) and WRAP; and Dr. Art Walaszek, public health education leader at the WAI, presented along with Mr. Antonio Freeman, a former NFL Green Bay Packer, were the presenters.

I can be reached through my email address [jbester@medicine.wisc.edu](mailto:jbester@medicine.wisc.edu) or phone number 608-957-4103.

- James

## Summer Will Be Here Soon

*By Lytonia Floyd, Outreach Specialist*

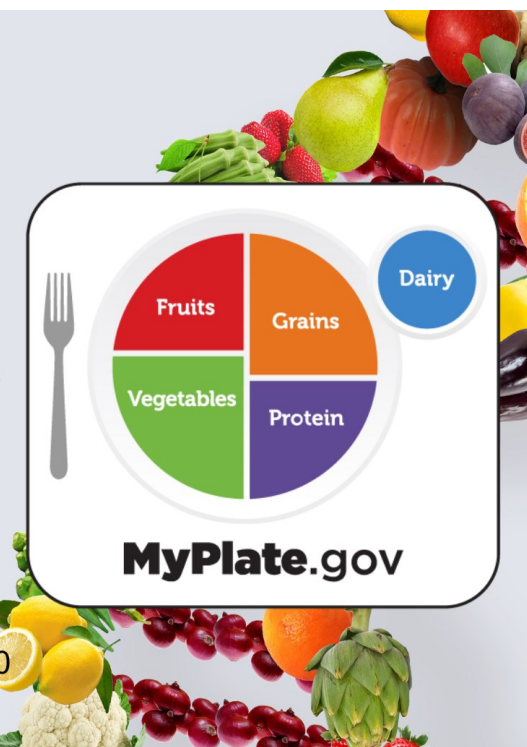


Greetings Get Movin' participants, we are already in June, and summer is still yet to come!!

With this in mind, I would like to talk about My Plate. The USDA established My Plate in 2011 to combine the recommendations of these past nutrition guides into a graphic that was easy to read.

The colorful divided plate includes sections for vegetables, fruits, grains, dairy and protein foods.

June 2023, we will be discussing the five food groups in detail! So please come and join Get Movin' on Thursdays from 2 to 2:30 p.m. Hope to see you soon!





# Highlights from the Solomon Carter Fuller Brain Health Brunch 2023

The event was presented by the Wisconsin Alzheimer's Disease Research Center (ADRC) and the African Americans Fighting Alzheimer's in Midlife (AA-FAIM) study. Dr. Thomas Karikari, professor at the University of Gothenburg in Sweden and the University of Pittsburgh Alzheimer's Disease Research Center, presented the keynote address, "How Can Blood Tests Help Improve Alzheimer's Care and Treatment for All?" Nearly 200 people attended the event. This was the first time the event was held in-person since the pandemic and was a huge success!

Event photos ©2023 Hedi LaMarr Photography.



Keynote Speaker, Dr. Thomas Karikari



## My Plate Foods Word Search

- Oats

Milk

Pasta

Yogurt

Fish

Carrots

Nuts

Beans

Apples

Peppers

Rice

Greens
- Okra

Tomatoes

Berries

Chicken

Watermelon

Grapes

Red Onions

Turkey

Whole Grains

Oranges

Cheese

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

## Looking Toward the Future

By Muhamed Sanneh, Student Assistant

As a recipient of the PEOPLE scholarship, I nurtured a dream of completing my undergraduate studies at UW Madison since the 7th grade. On May 13, 2023, I successfully achieved that dream and graduated from UW Madison with a Bachelor of Science degree. As I embark on the next phase of my journey, I am excited to apply to medical school this summer and continue working with the ADRC for the upcoming year. I look forward to what lies ahead in the upcoming chapter. Lastly, my sincere appreciation to everyone who sent their kind wishes on my graduation day.

