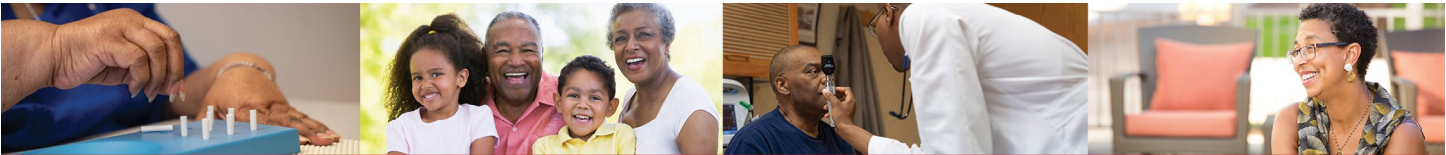


# Holiday Desserts Word Search

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

- BLUEBERRY
- CHESS PIE
- PECAN
- PEACH COBBLER
- CHEESE CAKE
- RHUBARB
- CRANBERRY
- KEY LIME
- BANANA PUDDING
- CHOCOLATE
- PEANUT BUTTER
- CARAMEL
- FUDGE
- APPLE
- BROWNIES
- CARROT
- LEMON
- GINGER
- SNICKER
- PUMPKIN

Play this puzzle online at : <https://thewordsearch.com/puzzle/4309456/>



Winter 2022

## 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 Phyllis Carter, Senior Outreach Program Manager

December seemed to come fast this year. On behalf of the Wisconsin Alzheimer's Disease and Research Center (ADRC), the African Americans Fighting Alzheimer's Disease in Mid-Life (AA-FAIM) study, the Wisconsin Registry for Alzheimer's Prevention (WRAP) study, all of the study recruitment and retention teams, and three new staff members, Omar Arenas, Annik Dupaty, and Giselle Monette, we extend each one of you our very best wishes and happy holiday greetings.



Looking back over the past year, we'd like to thank you all for participating in the following events:

- Our first in-person appreciation event in June was a remarkable success. Highlights were the handmade Black history box containers for the food served, being able to take photographs home, the speakers sharing the latest Alzheimer's disease research news, and the raffling off of a quilt made by an artist of the Oneida Nation.
- Our second in-person event in August was a support meeting for people diagnosed with mild cognitive impairment (MCI). Participants were treated to a grilled luncheon, a personal tablet, and three speakers; Drs. Carey Gleason, Shenikqua Bouges, and Taryn James. Participants had the opportunity to ask questions about their diagnosis.
- Every month, on the first Tuesday, we held an Arts and Poetry class in partnership with Gary Glazner from the Alzheimer's Poetry Project, musician Marshel Beason, and NewBridge Madison. They were fun events, crowded with people and alive with music and poetry. We also thank Chef James, from JustVeggiez, for his delicious snacks.

Lytonia, James, and I are recruiting research participants into the Wisconsin ADRC, especially in 2023. If you know someone who wants to participate in our memory study, please reach out to us.

Lastly, after December 20 our Get Movin' in-person and online exercise classes will have a short break, and will resume with Ms. Patty on Thursday, January 12, 2023 with a fresh routine and music! We encourage you to keep moving during recess by watching *Venus Inspires* videos at [facebook.com/venusinspires8/videos](https://facebook.com/venusinspires8/videos). Contact Annik Dupaty at [andupaty@medicine.wisc.edu](mailto:andupaty@medicine.wisc.edu) if you are new and want to register to increase your overall health. Happy Holidays and Happy 2023.





# Get Movin'

A gentle exercise program for every fitness level

In-person and online classes

Free and open to the public



## Class schedule

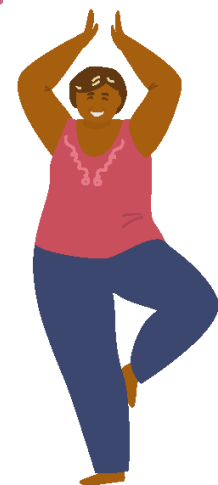
Classes are held live on Zoom and in person at:  
UW South Madison Partnership Office  
2238 South Park Street  
Madison, WI 53713

**Instructor Lead Exercise Classes**  
Tuesdays and Thursdays, 1–2 p.m.

Enjoy **Prerecorded Classes Over the Class Break (Dec 21, 2022 - Jan 11, 2023)**  
Online on your own schedule at  
[youtube.com/@venusinspires2486](https://youtube.com/@venusinspires2486)

**Join classes on Zoom:**  
[go.wisc.edu/getmovin](https://go.wisc.edu/getmovin)

**Registration and info:**  
[adrc.wisc.edu/get-movin](https://adrc.wisc.edu/get-movin)



## Meet the Instructor



Ms. Patty is an energetic and passionate educator and fitness instructor with 33+ years of experience teaching group fitness to adults and children. She is highly trained and experienced in the areas of aerobics, core fitness, flexibility, and breathing techniques. She has a true passion for designing fitness and nutrition programs that maximize results and help people of all ages develop a sense of wellbeing.



## New Staff Introductions

### **Omar Arenas, AA-FAIM Clinical Research Coordinator**

Hello. My name is Omar Arenas, and I am one of the new AA-FAIM coordinators. Before joining the team, I worked as a bilingual registrar at the Verona Area School District. My passion has always been to help families and communities from all different backgrounds. As an immigrant child from Mexico, I find it very important to work in spaces where representation and diversity are not always the main focus. It is an honor to work not only with AA-FAIM but also with the WRAP and ADRC teams. I enjoy going to the movies, working out, connecting with friends, and traveling in my free time. I'm also a big fan of photography. I am excited to be a part of Alzheimer's research; we learn something new every day.



### **Annik Dupaty, ADRC Outreach Program Coordinator**

Hello! My name is Annik Dupaty (pronounced ah-NEEK dew-pat-ee). I am excited to join the staff of the Wisconsin ADRC as Outreach Program Coordinator, and look forward to meeting you in the Get Movin' class or at other programs and events. Prior to joining the ADRC, I directed the Art Fair on the Square for 12 years and recently illustrated a children's book inspired by the musician Prince. I have a bachelor's and a master's degree from the University of Wisconsin–Milwaukee. In my free time, I serve as a consultant for the future Center for Black Excellence and Culture, and volunteer as a Wellness Ambassador for the Foundation for Black Women's Wellness. I enjoy nature walks, reading, drawing, photography, and dancing. I look forward to bringing a creative and caring approach to my work with the ADRC.



### **Giselle Monette, AA-FAIM Clinical Research Coordinator**

My name is Giselle Monette, and I'm a citizen of the Turtle Mountain Band of Chippewa from North Dakota. I started as one of the AA-FAIM coordinators about two months ago and am currently helping with the ADRC study. I graduated from UW–Madison in May with a degree in Community and Environmental Sociology and certificates in Global Health and American Indian Studies. My interests lie in health equity and health policy. I also work as the girls' basketball coach at Madison West and am a server at Nakoma Golf Club. When I'm not thinking about basketball, I enjoy being outside, walking, reading, and watching movies.



## DID YOU KNOW?

*Dementia Matters* is a podcast about Alzheimer's disease and other causes of dementia.

Host Dr. Nathaniel Chin brings listeners the latest news, research, and caregiver resources.

**Listen: [adrc.wisc.edu/podcast](https://adrc.wisc.edu/podcast)**

## A NEW STUDY

### **Diverse-Vascular Cognitive Impairment and Dementia (DVCID)**

We are currently recruiting for the DVCID study. The purpose of the study is to predict the impact of progressive white matter injury on cognition. Those eligible will be sent letters before the next annual visit, and James Bester and Lytonia Floyd will telephone eligible persons to ask if they would consider participating.



# Men's Health Corner: Self-Care Workshops and Future Movie Screenings

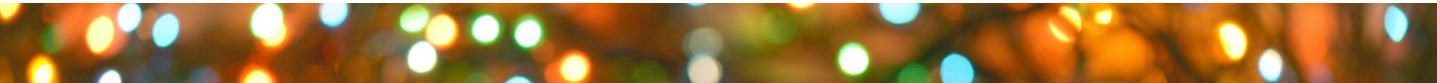
By James Bester, Outreach Specialist

Greetings, ADRC, AA-FAIM, and WRAP participants. Men's self-care workshops are held on the second Saturday of each month from 1-3 p.m. at the UW South Madison Partnership office, located at 2238 S. Park St. in Madison. The next workshop will be held on Saturday, January 14, 2023, and will focus on self-care during the wintertime to support and inspire a positive attitude. Wisconsin winters are challenging for some people, and we want to encourage men during these colder months.

Additionally, I'm working on scheduling and showing movies at the Partnership office so we can come together and enjoy movies we have missed or want to see again. I promise tasty snacks and a good time. I've always enjoyed action-adventure movies, but I'm open to exploring other options. Please share your movie suggestions, and I will add them to the list of options.

I look forward to spending time with community men every second Saturday of each month. Save the date and take the time to work on your self-care. Complimentary cab rides are available on request.

I can be reached by email at [jbester@medicine.wisc.edu](mailto:jbester@medicine.wisc.edu) or by phone at (608) 957-4103. Thanks for your support.



# Oneida Outreach Staff's End-of-Year Activities

By Sacheen Lawrence, Outreach Specialist, and Margaret King, American Indian Alzheimer's Research Ambassador

Oneida outreach staff, Sacheen Lawrence and Margaret King, are filled to the gourd with end-of-year activities!

The team recently joined Dr. Steven Barczi of the Department of Medicine-Geriatrics for a lunch and learn presentation for Veterans Affairs (VA) staff highlighting Native American Heritage Month and Oneida Alzheimer's outreach.

The Oneida staff are also developing their Oneida cookbook and recruitment video for research participants. Jointly, they work together on projects and review them step by step for the best outcomes.

Tablet Talk classes are underway, and participants are refining their technology skills with Paul Atkinson, a technology instructor. Class participants are learning to update their tablets, navigate between windows, and check email addresses.

Oneida care boxes will be delivered

between January and February. Included are helpful items to keep participants active and warm during the cold months.

Recently, the *Our Voices* Indigenous quarterly newsletter was printed and mailed out at the end of November for Oneida study participants.

Lastly, the Great Lakes Native American Elder Association (GLNAEA) meeting was held December 7 and 8 in Lac du Flambeau with Dr. Megan Zuelsdorff and Angela Fernandez presenting Alzheimer's educational material for 11 tribal nations. The Oneida outreach team showcased new outreach materials at their attractive table!

For additional information you are welcome to contact Sacheen Lawrence by email at [slawrence@medicine.wisc.edu](mailto:slawrence@medicine.wisc.edu) or phone at (608) 262-6505, or Margaret King by email at [making@medicine.wisc.edu](mailto:making@medicine.wisc.edu).



Margaret King



Sacheen Lawrence





## Thank You Get Movin' Class Participants

By Lytonia Floyd, Outreach Specialist

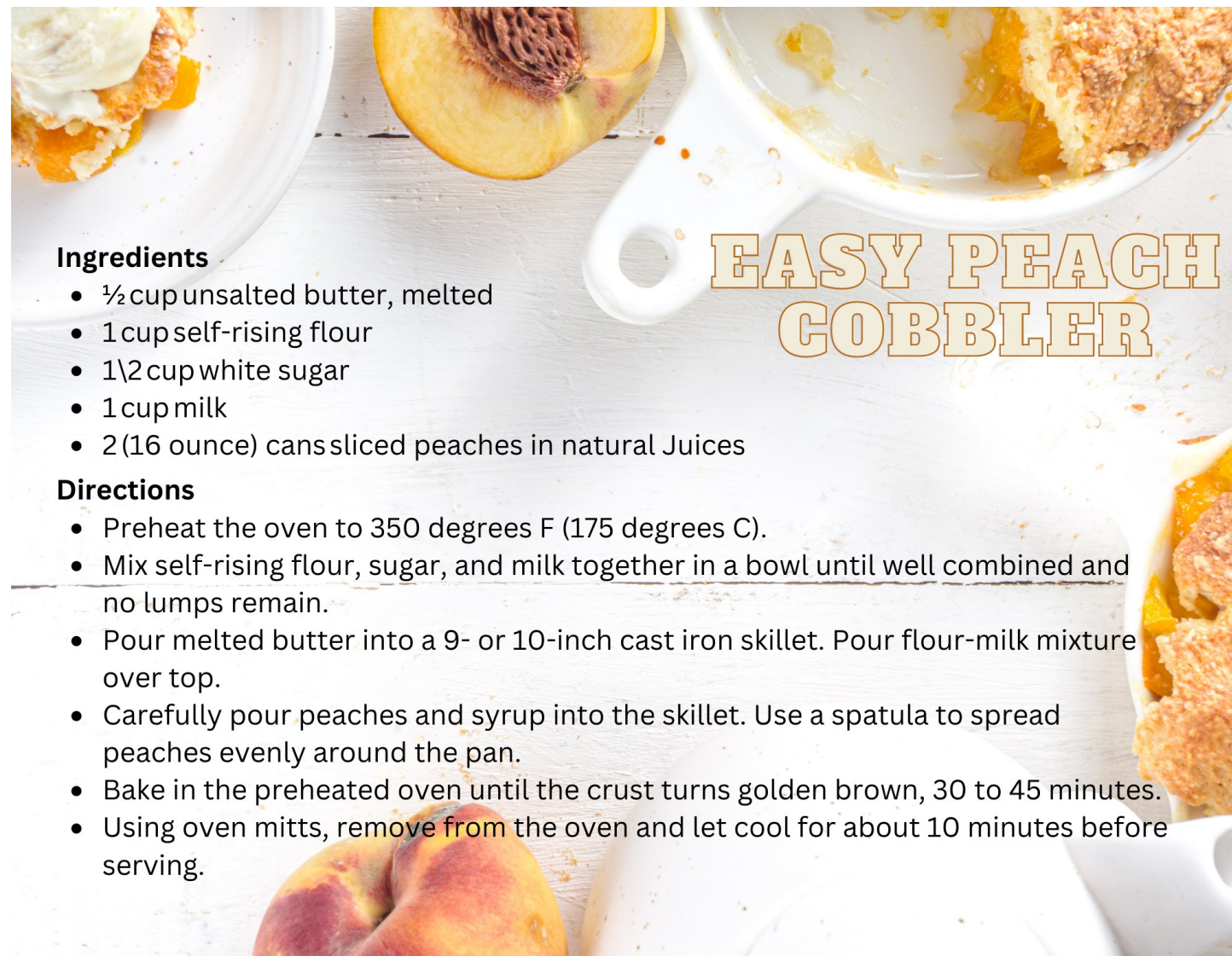
2022 has been an awesome year working with you all! In 2023, we will continue to offer you a variety of puzzles, and I'm thankful for the participants who have faithfully turned them in every month. I realize that others completed the puzzles but didn't turn them in. Whether submitted or not, what's most important to remember is that puzzles are good for your brain health. A

Christmas Desserts word search can be found on the back cover of this issue.



In 2023, I will be surveying Get Movin' participants about their ideas to present nutrition in new ways. Please be prepared to share your suggestions on how I can better support your nutritional needs. Also, please join us on Thursdays after class for our nutrition updates.

Cooking videos are coming soon! Starting in 2023, I will be making six videos that will allow me to demonstrate a full-course meal using recipes that I have shared all year in our Nutrition Thursdays. The recipe book is scheduled to be released on February 14, 2023, for Valentine's Day. For now, please enjoy an easy peach cobbler recipe. Happy Holidays!



### EASY PEACH COBBLER

#### Ingredients

- ½ cup unsalted butter, melted
- 1 cup self-rising flour
- 1½ cup white sugar
- 1 cup milk
- 2 (16 ounce) cans sliced peaches in natural Juices

#### Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Mix self-rising flour, sugar, and milk together in a bowl until well combined and no lumps remain.
- Pour melted butter into a 9- or 10-inch cast iron skillet. Pour flour-milk mixture over top.
- Carefully pour peaches and syrup into the skillet. Use a spatula to spread peaches evenly around the pan.
- Bake in the preheated oven until the crust turns golden brown, 30 to 45 minutes.
- Using oven mitts, remove from the oven and let cool for about 10 minutes before serving.

## Black Leaders for Brain Health

By Tracy Smith, Administrative Specialist



**B**lack Leaders for Brain Health (BLBH) continues to meet quarterly, carrying out their mission to guide the science of the Wisconsin Alzheimer's Disease Research Center, and aiming to meet the goals and objectives of ensuring discoveries are directed toward enriching lives of Black people affected by Alzheimer's disease. BLBH holds researchers and staff accountable in the treatment of Black study participants, providing a voice and perspective to ensure Black people's views are reflected in scientific endeavors and inform researchers about required cultural competence. Most recently, the BLBH met with Dr. Reisa

Sperling, the lead researcher of the AHEAD clinical trial. The BLBH engaged Dr. Sperling in a rich discussion around the following questions: How do we exert pressure on a bigger scale to advocate for inclusive research? How can we build diverse voices into the design of clinical trials in ADRD (Alzheimer's Disease and Related Dementias)? And, how can we flip the conversation to focus on health rather than a disease? It was agreed by all that when it comes to inclusive research and truly making a difference, "we can do better, and we have to do better."

The Fall Community Lecture was held on October 12 on the UW-Madison campus. This community educational event offered news about cutting-edge research in Alzheimer's disease and provided information to help people improve brain health and live healthier lives.

Watch the recordings on the Wisconsin ADRC YouTube channel:  
[go.wisc.edu/sn2s2p](https://go.wisc.edu/sn2s2p)



**2022  
FALL  
COMMUNITY  
LECTURE:**

**Blood-Based Biomarkers,  
Risk and Protective Factors  
of Alzheimer's Disease**

Presented by:

