

Brain Health Double Puzzler

Unscramble the letters on each line to form a word or phrase related to brain health. Use the numbered letters from each unscrambled word to decrypt the second part of the puzzle!

MMEYRO

39

MESGAENSRSTA

5

HAEYLEHTASEELP

1

AZOEILSIC

8

ITNVOEIGC

9

SLSENIWKL

10

TCIYAVTI

4

OIOAHTGSBD

7

ISEEXCRE

2

- Answer Key
1. Memory

2. Manage stress

3. Eat healthy

4. Sleep

5. Socialize

6. Cognitive

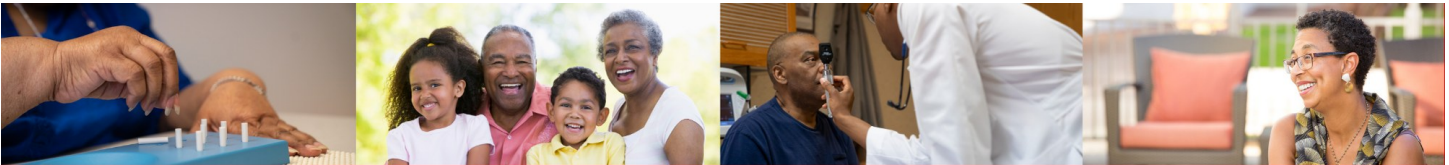
7. New skills

8. Activity

9. Good habits

10. Exercise
- Hidden word: Prevention

12345678910



SUMMER 2025

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



Welcome to summer in Madison. I will not discuss our summer heat because most of us are either from the South or have family in the South, and we personally know intense heat. We are also aware of climate change and current weather is different. You can read more about the effects of climate change online at [science.nasa.gov/climate-change/effects](https://science.nasa.gov/climate-change/effects). To stay cool, I encourage you to drink plenty of water and eat foods with liquids like cucumbers and watermelons. Our exercise class, Get Movin’ In Motion (held 1-2 p.m. on Tuesdays and Thursdays), has a partnership with Rooted. Every third Tuesday at 2 pm, we have a nutrition class with Sarah Karlson, which includes a taste of garden foods and give-away produce. Our free giveaway is at the end of class. I encourage you to look for other community groups who give away free produce so that you can eat fresh food during the summer.

I hope you attended the Madison Juneteenth Celebration, with several activities taking place, including at Penn Park, where we had an information table. I organized Kujichagulia’s Heritage Programs in partnership with the UW South Madison Partnership office in their air-conditioned space. In 2026, look for Juneteenth celebrations in new locations. The Urban League of Greater Madison’s Unity picnic will take place on July 26, where we will also have an information table. Come out, socialize, and eat tasty food.

We have our own exciting August 9 event which celebrates research and research participation and the impact of the African American Fighting Alzheimer’s in Midlife Study (AA-FAIM). There will be an important update on the status of our organization by leaders. The Precious Memories Choir will sing, and we will honor two volunteers of the year. The 2025 theme emphasizes that good mental health is good brain health, and we will have knowledgeable speakers and important resources to promote both mental and brain health. See the flyer included. Space is limited so please register soon. The registration deadline is July 30. We look forward to seeing you at the event.







# Art Thoughts

By Annik Dupaty, MA  
ADRC Outreach Program Coordinator

## A Creative First—Four Seasons: Adventures in Art at the Chazen Museum of Art

I'm thrilled to share that on Friday, May 30, we kicked off an exciting new visual arts program series—*Four Seasons: Adventures in Art*! This series represents a new collaboration between the African Americans Fighting Alzheimer's in Midlife (AA-FAIM) study and the up-and-coming Center for Black Excellence and Culture. The debut program, held at the Chazen Museum of Art, brought together community members of a range of ages for a meaningful exploration of how art, creative skill-building, and connection can enhance brain health and overall well-being.

The program began with a presentation on the Six Pillars of Brain Health, which emphasized the importance of physical activity, nutrition, mental stimulation, social engagement, sleep, and stress management. Scientists have found evidence that some lifestyle changes that include these pillars can delay the onset or lower the risk of Alzheimer's disease and related dementias. Program participants were encouraged to consider how everyday habits—and new experiences, such as engaging with and creating art—can support a vibrant, healthy brain. The six pillars presentation was followed by a guided tour through the Chazen's galleries, where participants had the opportunity to view and learn about works by African American artists Sam Gilliam and Sanford Biggers. Attendees then received a hands-on introduction to drawing fundamentals led by local artist and art educator Louis Ely. With Mr. Ely's guidance, participants learned about observation and three-point perspective, and many tried their hand at drawing for the first time in years. The drawing session flowed into a delicious lunch from Melly Mel's, that included fresh green salads in the lobby, an introduction to the *Sower in the Field* sculpture by South African artist Mary Sibande, and an art-making activity led by Mr. Ely, which allowed attendees to create drawings inspired by the day's themes.

As the first of many creative journeys to come, the spring *Four Seasons: Adventures in Art* offered attendees an enjoyable, cognitively stimulating shared experience—and we are so grateful to everyone who joined us. We look forward to growing this vibrant new program to help promote brain health in the seasons ahead.

### STAY INFORMED ABOUT FUTURE ART OPPORTUNITIES

If you are interested in receiving information about future art programs, create-at-home art packs or monthly emailed art prompts complete the **Interest Form** online at [go.wisc.edu/6i5b63](https://go.wisc.edu/6i5b63).



## Exciting News for Wisconsin Alzheimer's Disease Research Center (ADRC) Clinical Core Participants

Scientists are always learning more about what affects the risk of getting Alzheimer's disease and related dementias and what can be done after a diagnosis. Because research constantly changes, we have updated the information we collect to keep up to date. This means we will ask you some new or different questions at your upcoming Clinical Core study visit, which may make your visit about an hour longer. Some of these topics may feel personal, and you can skip any questions that make you uncomfortable. Choosing not to answer these questions will not affect your participation in the study.

### What's Changing?



**Medication list:** We want to learn more about medications people take for Alzheimer's disease. The FDA has approved several new treatments that help remove a harmful protein from the brain. These treatments are called anti-amyloid monoclonal therapies. We want to know if you have taken or are taking any of these medications – either from a research study or your doctor. We will also ask you about other medications used in clinical trials.



**Memory, Mood, and Behavior:** We are interested in exploring how you view your memory, mood, and behavior. We may ask you more in-depth questions about any changes that you have noticed in these areas. This information will help us understand if there is a relationship between mood or behavior changes and cognitive decline.



**Social Determinants of Health:** These are non-medical factors – like the neighborhood you live in and your social relationships – that can impact your overall well-being and brain health as you age. Scientists call these "social determinants of health."

#### We will ask new questions about topics such as:

- How easy it is for you to get transportation
- Your financial stability
- Your social connections
- Experiences with discrimination (e.g. ageism)
- Your thoughts on health care access and quality

Research shows that certain factors can affect brain health and may change quickly as people age. By gathering this information, we can better understand how these factors impact health and the risk of Alzheimer's disease and dementia. We appreciate your help learning more about how different life experiences shape brain health.

There is still much to learn about how our experiences impact our health, bodies, and the risks of developing Alzheimer's disease and other dementias.

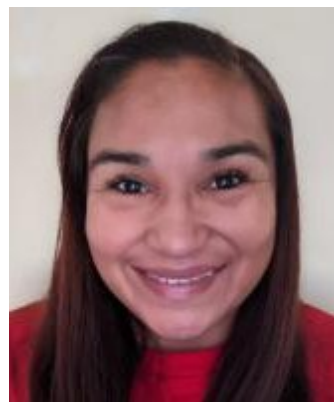
Thank you for being part of this vital research!

If you have questions about this information, please share them with your research study clinician during your next visit.

# THANK YOU, RESEARCH PARTICIPANTS!



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



June has been a particularly busy month for me. I attended the quarterly meeting of the Great Lakes Native American Elder Association (GLNAEA), held at NorthStar Casino in Bowler, Wisconsin. This two-day event featured an educational session hosted by the Wisconsin Alzheimer's Disease Research Center. Misty Cook (David's) shared her expertise on traditional medicines,

Before the pandemic, our team organized yearly retreats for the entire Gleason Lab. This past June, just a day before the GLNAEA meeting, we held a strategic organizational meeting. It was held in Oneida. The morning session featured updates from Dr. Carey Gleason on all of the research projects that are going on within the lab. We also discussed a new mission statement and name for the Gleason lab. Lunch was catered in by Off the Trail, which is a newly established grab and go breakfast and lunch spot that is owned by some of our Oneida Nation members. The afternoon session was spent working on a cultural project that was taught by Eliza Skenandore, who is an Oneida artist and cultural advocate.



I will continue to attend community events not only in my community but other Tribal communities. I will be coordinating a community viewing party at our Oneida office for the Alzheimer's Association International Conference (AAIC), I will be coordinating an educational event with Dr. Carey Gleason that will be in Stockbridge Munsee, I'll be attending the 9<sup>th</sup> annual Gerald Ignace community health fair in Milwaukee, I am coordinating an educational presentation on the importance of Native American research with Jonathon Bryron, a current medical student at UW-Madison and I am creating a team for the Alzheimer's walk in Green Bay. I am and elder expo at our Aging and Disability Resources Serv



I really enjoy the work I do, and I love interacting with not only my Indigenous community but all the other communities. It gives me the opportunity to meet new people and learn about their cultures. Enjoy your summer.

*An Event Celebrating Research and  
Research Participation*

# Saturday, August 9, 2025

**9:30 a.m.–1 p.m.**

**Madison College – Goodman South Campus**  
**2429 Perry St, 2<sup>nd</sup> Floor**  
**Madison, WI 53713**

**Registration is required by July 30.  
Space is limited.**

**Register at [go.wisc.edu/542e1b](https://go.wisc.edu/542e1b)  
or scan the QR code.**

**Questions? Call 608-265-4790.**



# AA-FAIM

## African Americans Fighting Alzheimer's in Midlife



## A Fond Farewell to Mr. James Bester

On May 29, 2025, colleagues, friends, family, and community members gathered to celebrate Mr. James Bester’s retirement from the University of Wisconsin–Madison, where he made meaningful contributions to the Wisconsin Alzheimer’s Disease research Center (ADRC). Mr. Bester began his role as an outreach specialist with the ADRC on July 28, 2021. His work focused on engaging African American men, raising awareness of brain health, recruiting participants, and supporting research participation.

During his time with the ADRC, Mr. Bester led several impactful initiatives. He created the Men in Motion exercise class and introduced Johnny Winston Jr., who now teaches the co-ed Get Movin’ in Motion class. He also organized monthly men’s self-improvement workshops focused on socialization, the arts, science, and personal growth. He built a partnership with HighLine Senior Apartments, enabling their residents to participate in virtual fitness classes. He also launched an annual holiday event for class participants, offering a joyful gathering. Additionally, he provided a helpful template to support community members to prepare for doctor visits. His efforts resulted in successful recruitment for research studies, often through personal outreach and community presence.

Mr. Bester was known for proudly wearing a button that read, “Ask me about Alzheimer’s Disease,” symbolizing his dedication to engaging and educating. Through his kindness, compassion, and unwavering commitment, Mr. Bester fostered stronger connections and healthier lifestyles within the community. His programming provided spaces for engagement, learning, and well-being.

Mr. Bester’s presence at the ADRC was truly valued and he will be deeply missed. It has been an honor to work alongside him, and we wish him all the best in this next chapter of life.



**Mr. James Bester with his wife, Mrs. Sherri Bester**



## Edith Lawrence-Hilliard Receives Canary Savage Girardeau Award

Ms. Edith (as she is known in the Madison community) and her family’s roots in Wisconsin are documented for 12 generations. She has tracked her family’s history back to 1747 and played her great-grandmother Cynthia Owens on a living history tour. She is a true Wisconsinite and that fact may be one of the reasons that she is devoted to community people. In May 2025, Lawrence-Hilliard was awarded the School of Nursing’s Canary Savage Girardeau Award for Health, Equity, Diversity, and Inclusion. This award is named in honor of the school’s first African American alumnus and recognizes exceptional contributions to advancing health equity from community partners. Lawrence-Hilliard is a life-long advocate for fairness to all in health, diversity, and inclusion as Wisconsin citizens. At the School of Nursing, she contributed to the CARDS initiative, the Center for Aging Research and Education, and student mentorship through telehealth and classroom engagement. Beyond campus, she recently retired from the Goodman Community Center and is a beloved volunteer with organizations such as Women in Focus and the YWCA.



**Quilted Image of Edith Lawrence-Hilliard by artist Alicia Rheal**

Lawrence-Hilliard serves on the Board of Directors for Olbrich Botanical Gardens, Life Center Madison, and Friends of Monona Terrace, where she is a volunteer docent. She is a co-founder and sings with the Precious Memories Choir, which includes people with memory loss and current or former family caregivers (Ms. Edith was her mother’s caregiver when her mother was living with dementia.) Lawrence-Hilliard is a beloved memory of Memory Collectors at the Creators Cottage Maker Space. She has been honored with the Dane County Dr. Martin Luther King Jr. Recognition Award, Meriter Hospital Spirit of Women Award, YWCA Women of Distinction, and Outstanding Service Award, and Ebony Expressions. She worked with Wisconsin Power and Light Company–Alliant Energy, Dr. Floyd Rose, and MPI International LLC, in addition to founding her own business. Congratulations to Edith Hilliard-Lawrence for her award and also for her life-long service to others.

## Mrs. Tracy Smith Honored with Wealth Liberator Award



Gleason Lab program manager Tracy Smith was selected by Afra Smith, the Founder and CEO of The Melanin Project to receive the 2025 Wealth Liberator Award at the Wealth Literacy Conference this April. The award recognized the incredible impact of Smith’s financial education and coaching. The Melanin Project’s mission is to eradicate wealth disparities for women of the Black and African diaspora. Their programs support building generational wealth through advocacy, personal empowerment, and financial wellness coaching. This honor celebrates Smith’s unwavering commitment to empowering others with the tools and knowledge to build lasting financial stability.