

## A time to plant

By Lytonia Floyd, Outreach Specialist

Along with the study participant recruiting and retention work I do at the Wisconsin Alzheimer's Disease Research Center, I work with Get Movin' exercise classes on Thursdays. As a certified nutrition educator I provide nutrition tips and healthy recipe ideas with Get Movin' participants, and each month I share a nutrition-related word search puzzle for participants to solve at their own pace.

In April and May, the Get Movin' class participants learned about different herbs and spices and how to plant and grow them. We also talked about the best recipes that blend well with a variety of herbs and spices.

During the month of June, with the gardening season upon us, nutrition updates with the Get Movin' participants will be all about garden vegetables. Join us at the Get Movin' exercise classes and learn about growing your own food, preparing foods, and storing vegetables after harvest. ***When we plant seeds, we shall reap a harvest.***



### Lemon Garlic Sauteed Bok Choy

1 pound of baby bok choy  
1 ½ tablespoons of extra virgin olive oil  
3 cloves of garlic, minced  
Pinch of crushed red pepper flakes  
Sea salt  
Half of a lemon, cut into wedges

#### Instructions for preparing:

- Remove discolored outer stalks and discard them.
- Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise, or quarters if large. Pat dry.
- Add olive oil, garlic, and red pepper flakes to a wide room-temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown.
- Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom starts to turn brown, about 2 minutes.
- Flip then cook another 2 minutes or until the green leaves have wilted and the white bottoms begin to soften, but still have some crunch.
- Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil drizzled over is nice, too.



## 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

Dr. Anthony Fauci, chief medical advisor to President Biden, stated that our country is moving from a COVID-19 pandemic to virus endemic. This means that while the worst of COVID-19 is most likely behind us, it is still with us and people must be careful, get vaccinated and boosted, and follow basic safety protocols.



With that, we invite you to our first in-person Volunteer Appreciation Brain Health Brunch in 2 years — and we are so excited to see you! An invitation with all the details is included with this newsletter.

We are following the below safety protocols to ensure everyone enjoys themselves:

- We request that only fully vaccinated and boosted people attend the event
- We will hand out masks and ask that folks wear them until the meal starts
- When you register by web, email, or phone, please list the number of people at your table so that everyone can sit with people they know or live with
- Tables will be spaced for social distancing
- Study staff volunteers will deliver your meal to your table in a special Black History box

The event will feature an important research update by Dr. Carey Gleason, music by Mr. Marshel Beason, a raffle for a beautiful quilt and a quilted purse created by Oneida Nation artists, a special highlight for volunteers, a delicious meal, and lots of other surprises. You can find registration information on the invitation. Our student Muhamed Sanneh will confirm your registration.

I am so happy to welcome you to this event. I look forward to seeing you again and thanking you in person for participating in our studies.

## Financial assistance for high-speed internet access

The Affordable Connectivity Program is a new Federal Communications Commission (FCC) program that helps many households afford high-speed internet access (known as broadband) necessary for work, school, healthcare, and more. Eligible households can receive up to \$30 per month off their internet service, and users who live on Tribal lands are eligible for a benefit of up to \$75 per month. Learn if you qualify: [fcc.gov/acp](https://www.fcc.gov/acp)

If you need to talk to someone about your eligibility or application status, call the Affordable Connectivity Program Support Center at (877) 384-2575.



# Our graduating students share their future plans

After graduation, I will be returning home to Milwaukee. For a year, I will travel and



spend time with my family as I plan my next moves. I am passionate about healthcare and very optimistic and

open-minded to exploring different healthcare careers. After some time off, I plan to go back to school for my Master of Public Health (MPH) and use this degree to pursue a career in healthcare administration. **-Maryam Muhammad**

For the next year, I plan to travel abroad and work/volunteer for a non-profit in a global health-related position. I am currently



getting ready to start applying to medical schools and hope to be attending school in the year

following. My time at the Wisconsin ADRC has inspired me to engage with local communities in promoting health for underrepresented groups. I aspire to be a physician in hopes of combining my passion for healthcare and education to advocate for health equity on a global scale as well as in my local communities. My goal is to bring advanced medical care along with health education to poor and underserved communities. **-Muhamed Sanneh**

# Men's Health Corner: Self-care workshops and appreciation luncheon

By James Bester, Outreach Specialist

I am happy to announce our first-ever appreciation luncheon designed especially for men who are involved in Alzheimer's disease research studies at UW–Madison. This free



luncheon will take place Saturday, June 4 from 11 a.m. to 1 p.m. at the UW South Madison Partnership Office at 2238 S. Park Street in Madison. I will introduce our new men's self-care workshops and lead instructor Mr. Bradley Thomas. Mr. Thomas has a BA in marketing and an MBA from Edgewood College. As a performing artist, he has shared the stage with national and regional acts that include The Game, Nipsey Hustle, Rob Dz, Digable Planets, DJ Kool

Herc, Clyde Stubblefield, Common, and Talib Kweli. The purpose of these workshops are to encourage men to learn about the importance of their health and to inspire them to work on good brain health through learning technology, creating poetry, journaling, sharing advice, listening to good music, playing cards, and creating art. Research proves that exercising your brain with daily activities can improve your memory and focus. Proof of your COVID-19 vaccination is requested to attend these events because everyone's safety is important.

Please take time to let me know if you can attend, and/or you need a cab ride to these free events. You can reach me at [jbester@medicine.wisc.edu](mailto:jbester@medicine.wisc.edu) or (608) 265-3171. Thank you for your support. I look forward to greeting you and sharing food and fun.

Everyone is welcome!

## Get Movin' Open House

June 14, 2-3 p.m.  
UW South Madison Partnership Office  
2238 South Park Street in Madison



See enclosed flyer for details!

New class schedule starts June 14.

Meet our new instructor, Mrs. Patty Thurman.

More information and registration online:  
[adrc.wisc.edu/get-movin](http://adrc.wisc.edu/get-movin)

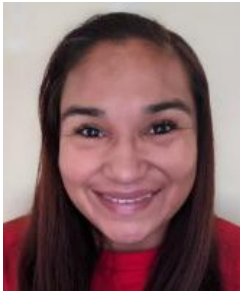
# Oneida office launches technology classes

By Sacheen Lawrence, Native American Outreach Specialist

The Wisconsin Alzheimer's Disease Research Center (ADRC) is partnering with the Oneida Nation to bring research participants basic computer technology courses. These classes will offer people the opportunity to connect to the digital world while learning something new, which simultaneously benefits brain health!

Earlier this year, the Wisconsin ADRC gifted research participants with Samsung tablet computers. In partnership with Oneida Technology (O-Tech), we are offering classes that will provide training and support for the new tablet owners. We offered our first class on

April 25 in Oneida, Wisconsin. Eleven participants joined instructor Paul Atkinson for a class on set-up and usage of the new tablets. It was well-received with lots of positive feedback, and it was nice to finally meet in person and put some faces to names. The next class will be on June 13. Please contact Sacheen Lawrence for more details at [slawrence@medicine.wisc.edu](mailto:slawrence@medicine.wisc.edu) or (608) 262-6505. **Yaw^ko (thank you)**



## Open Study: Recruiting Volunteers this Summer

The Wisconsin Alzheimer's Disease Research Center (ADRC) and the Wisconsin Registry for Alzheimer's Prevention (WRAP) at the University of Wisconsin–Madison are conducting a brain imaging research study to identify how Alzheimer's disease develops. We use positron emission tomography (PET) to image amyloid plaques and neurofibrillary tangles. Studies such as this may identify ways to improve early detection and offer more accurate diagnosis. This imaging study includes a wide range of participants from cognitively normal persons to those with mild cognitive impairment or dementia.

Participants will be asked to complete two PET scans. The amyloid PET scan takes 75 minutes. The tau (neurofibrillary tangle) PET scan takes about 50 minutes after a 70-minute resting uptake period. All participants will be compensated \$50 for each PET scan.

You may receive more information about this study in the mail or at a future ADRC Clinical Core or WRAP study visit.