

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

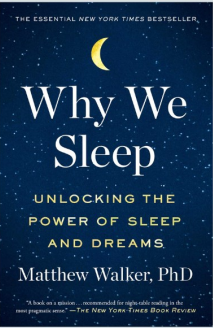

All are invited

Mind Readers Book Club

Discussion about *Why We Sleep* by Matthew Walker, PhD

March 15, 6–7:15 p.m.
Live online via Zoom

Register online at: adrc.wisc.edu/bookclub



Healthy Living with Mild Cognitive Impairment (MCI) Education Series



Helping people across Wisconsin live and cope with an MCI diagnosis

March 24
Brain Boosters: Strategies to Strengthen Your Mind

June 9
Food Matters: The Gut-Brain Connection

Programs are free and open to the public.
LEARN MORE AND REGISTER:
adrc.wisc.edu/mci

Questions? Contact Bonnie Nuttkinson at 608-265-0407



Food Safety Word Search

Age	Gas
Clean	Hot
Cook	Mop
Destroy	Perishable
Eating	Poisoning
Free	Summer

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

Spring 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

Greetings! The Wisconsin Alzheimer's Disease Research Center (ADRC) included a special acknowledgement of Black History Month 2023 on its website. I hope you saw it. Find it by visiting this webpage: go.wisc.edu/kx9grp



I'd like to apologize for not sending holiday cards for the first time in many years. In all the previous years, I personally purchased the cards, but we have thankfully grown into a combined total of a little more than 400 African American participants. This year, our center purchased the cards and unfortunately they arrived too late to mail. This will not happen again.


During the COVID-19 pandemic, we began sending out care boxes in the winter to let participants know how much we appreciated them joining and committing to our study, and to offer a bit of fun to get through a winter. Please know that if you are a study participant you will be receiving a care box soon.

From now through June, we are recruiting 45 new ADRC Clinical Core participants. Some of you are already in the Clinical Core study, while others are in the Wisconsin Registry for Alzheimer's Prevention (WRAP) study. Both are memory studies and have many of the same requirements. The Wisconsin ADRC seeks study participants 45 years and older. If you know someone who can benefit from participating in our memory study please contact me, James Bester, or Lytonia Floyd.

Lastly, please put two dates on your 2023 calendar:

- The **Solomon Carter Fuller Brain Health Celebration** will occur on **Saturday, April 15** from 10 a.m. to 1 p.m. at the Sheraton Madison Hotel, 706 John Nolen Drive in Madison.
- The **Volunteer Appreciation** event is on **Saturday, June 24**, from 10 a.m. to 1 p.m. at the Alliant Energy Center, 919 Alliant Energy Center Way in Madison.

Both events are free and will offer delicious food. An invitation for each event will be mailed to you. If you have special needs, such as needing to be closer to the stage, food allergies, or mobility issues, there will be a place on the registration form for details. This year there will be a strict registration deadline for both events. We look forward to seeing you in person!





Art Thoughts

By Annik Dupaty, MA
ADRC Outreach Program Coordinator

Art making has been shown in research to improve the vitality and quality of life of patients with mild Alzheimer's disease, and taking part in a variety of activities – and learning new skills that provide mental stimulation – can reduce one's risk of developing memory loss. Consider learning to play a musical instrument, try practicing the steps of a new fitness routine, attempt to learn a new language, and combine one or more of these activities with learning a new art making skill like drawing. I'll get you started!

There are many drawing techniques that can be learned through the simple process of observation. For example, you can look at any scenery, an inspirational image, or a work of art and break it into basic geometric shapes like ovals, circles, squares, hearts, rectangles, diamonds, and triangles.

Take a few minutes to closely observe the image to the right of artist David C. Driskell's color screenprint, *Woman in Interior*, 2008. What shapes do you notice? Are there repeated shapes? Do the shapes overlap? Use the blank space to try to recreate this artwork with a pencil or pen only using shapes. Once you've drawn all of the shapes, complete the artwork in your own style by adding color, texture, details and shading.

Keep repeating this drawing exercise using any interesting or beautiful thing that you see around you as inspiration!



David C. Driskell, *Woman in Interior*, 2008. National Gallery of Art, Gift Of Darrell R. And Karen L. Willson.
Image © The Estate of David C. Driskell. Courtesy of DC Moore Gallery, New York.

A Staff "Reintroduction"

Muhammed Sanneh, Student Assistant

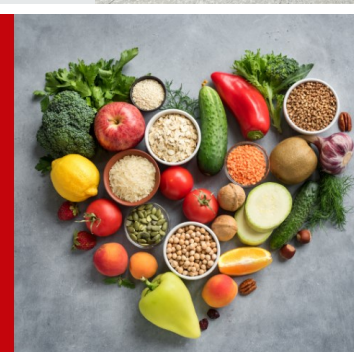
I am Muhammed Sanneh, and I have worked for three years as a student assistant with the Gleason Lab, specifically working with the Recruitment and Retention team. I spent the fall semester last year in Seoul, South Korea, where I worked as an intern teaching English to university students. Korea is relatively homogenous, but some areas offer immense cultural diversity. The culture shock lasted a few days, but I was surprised by my ability to adapt to my new independence as a full-time intern. Given my internship was teaching English to university students, I was lucky in the sense that my students were all my age. My students varied in their levels of English proficiency, and my job was to help build their English conversational skills and professional development. I was able to have great conversations with each of them and gain perspective on their individual experiences growing up in Korea. I found their views on the United States very interesting and insightful. If you ever have the chance, Korea is certainly somewhere fun to visit. The time I spent in Korea was some of the most memorable times I've had in my life. The food, culture, and people were unlike anything I'd experienced. Life in such a heavily populated city was an adventure. There's an abundance of music, art, dance, poetry, etc. There was something new to do every day. One of my favorite aspects of Seoul is the affordability of eating out at a restaurant. Eating out with friends or family is an essential aspect of Korean society. The food is delicious. I have returned to Madison for my final semester and will apply to medical school in June.



guidelines from **THE MIND DIET**
for healthy brain aging

FOODS TO INCLUDE IN YOUR DIET

green leafy vegetables	wine (up to 1 glass/day)
other vegetables	beans
berries	nuts
olive oil	fish
whole grains	poultry



FOODS TO LIMIT

red meats
butter and margarine
cheese
pastries and sweets
fried and fast food



Greetings to Men That Care About Their Health!

By James Bester, Outreach Specialist

On February 11, 2023, a great effort was made to encourage positive bonding at our Men's Selfcare Workshop. We executed a plan for the spouses or significant others of our group members to attend a grand movie viewing of *Devotion* at the AMC theater in Fitchburg. This true story was about a Black aerial war hero named Jesse Brown, the first Black aviator in the U.S. Navy, and his friend and fellow naval officer Tom Hudner. This was an inspirational story that challenged racial stereotypes and created history. We are planning additional movie dates at theaters or at the UW South Madison Partnership space at 2238 S. Park Street in Madison.

It gives me great pleasure to introduce Mr. Marshel Beason as an honored community

member and co-facilitator of our Men's Selfcare Workshops, held the second Saturday of every month. Mr. Beason is an accomplished musician that has spent many years entertaining Madison with his smooth sounds.

On March 11, 2023, we will begin our creative painting to relax group. Please wear something that won't be a disappointment if you get it dirty. Save the date and please take the time to work on your self-care.

I look forward to having the privilege of your presence to share the second Saturday of each month with you. I can be reached through my email address jbester@medicine.wisc.edu or 608-957-4103. Thanks for your support.

- James

Updates from the Oneida Outreach Team

By Sacheen Lawrence, Native American Outreach Specialist, and Margaret King, Native American Outreach Specialist

Shekoli everyone. I hope everyone had memorable holidays with family and



Sacheen Lawrence

friends. I also hope this year brings you and your loved ones lots of blessings of health and happiness.

One of my current projects is the design and publication of an Indigenous cookbook to be distributed to our study participants this year. Additionally, I will be presenting on "Addressing Barriers in Indigenous Participation in Alzheimer's Research" at the Alzheimer's Association's 37th Annual Wisconsin State Conference in May along with two colleagues. My area of focus is outreach, retention, and recruitment of Native Americans into the Wisconsin Alzheimer's Disease Research Center's Clinical Core study. Please contact me with any questions, comments, concerns, or suggestions.

Yaw^ko from the Oneida Nation reservation.

-Sacheen

I am developing a specialized video for our tribal members locally and statewide. The goal is to show our members what it looks like to participate in Alzheimer's disease research in Madison and alleviate fears about the process.



Margaret King

Our technology class is growing! We are expanding our classes to include beginner and intermediate to address our participant's skill levels. This month we will also pair up with International Association for Indigenous Aging (IA2) to form a talking circle regarding flu and covid vaccinations and promotional messaging.

We are excited to join the Get Movin' exercise class online via Zoom with the group in Madison. We will test our technology and get to working out!

Lastly, the Great Lakes Native American Elder Association (GLNAEA) will present Alzheimer's disease-related educational material for 11 tribal nations on March 8 and 9 at the Mole Lake Reservation located southwest of Crandon. We look forward to keynote presentations on mindfulness and psychology from presenters Michael Waupoose and Pilar Gauthier.

-Margaret

Food Safety: A Need to Know!

From Lytonia Floyd, Outreach Specialist



Food safety is important for everyone. That's why the U.S. Department of Agriculture's food safety and inspection service created a practical 4-step guide on how to reduce your risk of foodborne illness: **Clean, Separate, Cook, and Chill.**

Clean: Wash hands, utensils, and surfaces often. Germs can spread and survive in many places.

Separate: Raw meat, poultry, seafood, and eggs can spread germs to ready to eat foods, so keep them separate.

Cook: Food is safely cooked only when the internal temperature is high enough to kill germs that can make you sick.

Chill: Refrigerate perishable food within two hours, if the food is exposed to temperatures above 90 like a hot car or a day at the park, with food out refrigerate within one hour.

For more information visit: foodsafety.gov

BREAKING NEWS

A New Milestone in the Treatment of Alzheimer's Disease

By Dr. Taryn James, Division of Geriatrics and Gerontology, Department of Medicine

The U.S. Food and Drug Administration (FDA) granted accelerated approval of a new medication called lecanemab or leqembi, due to its effectiveness at lowering amyloid protein build-up in the brain, a known contributor to Alzheimer's disease (AD), according to a press release. The FDA describes Alzheimer's disease as an irreversible, progressive brain disorder that slowly destroys memory and thinking skills, and eventually, the ability to carry out simple tasks. The buildup of amyloid proteins which can occur over decades can damage the brain, eventually manifesting as memory and thinking problems.

"Alzheimer's disease immeasurably incapacitates the lives of those who suffer from it and has devastating effects on their loved ones," Billy Dunn, director of the Office of Neuroscience in the FDA's Center for Drug Evaluation and Research, said in a press release. "This treatment option is the latest therapy to target and affect the underlying disease process of Alzheimer's, instead of only treating the symptoms of the disease." This gives new hope to a disease that affects about 6.5 million Americans.

But as the second of these new Alzheimer's disease drugs hit the market, one big question is whether the new drugs will even work for Black people. A diverse team of investigators, including Black scientists and clinicians, are invested in making sure that African Americans are included in this

research and that the inclusion is done in an ethical way. Dr. Shenikqua Bouges, a memory care geriatrician at the University of Wisconsin–Madison and Dr. Taryn James, a scientist at the Wisconsin Alzheimer's Disease Research Center (ADRC) are leading the efforts to ensure the science is both ethical and inclusive. "Even though Black adults are nearly twice as likely to develop Alzheimer's as whites, they are much less likely to be included in research, meaning the new Alzheimer's drugs were developed largely with findings from populations that are white, and at high-risk because of family history," says Dr. Carey Gleason, a faculty member of the Division of Geriatrics and Gerontology within the Department of Medicine at the University of Wisconsin–Madison.

Bouges said that findings from the Clarity AD clinical trial showed that the new drug, lecanemab (leqembi), lowered the brain levels of toxic amyloid proteins in study participants with Alzheimer's disease, and improved their cognition, day-to-day function, and quality of life. "The results from the Clarity AD study showed responses across all important outcome measures, which we hadn't seen for a therapy like this before," said Dr. Cynthia Carlsson, a professor and geriatrician in the Division of Geriatrics and Gerontology in the Department of Medicine at the University of Wisconsin–Madison.

Approximately 25% of participants enrolled in the U.S.-based study sites for the Clarity AD clinical trial were Hispanic and African American persons living with early Alzheimer's disease. This is an improvement, and we want to continue this momentum for other clinical trials. "We are entering a new era of Alzheimer's disease treatment and prevention, and it is so important that African Americans are included – so that we have access to medications that we can trust to be beneficial and safe," said Drs. Bouges and James.

In clinical settings, lecanemab (leqembi) will be given to people with mild Alzheimer's disease to treat their memory symptoms. But Carlsson and a team of scientists at UW–Madison are leading a study to see if this new drug can prevent or delay symptoms. "Using that exact same medicine, we enroll people who have amyloid in their brain but who don't have memory symptoms yet. A special brain scan shows if a person has amyloid build-up in their brain. We want to intervene before the amyloid causes memory loss," Dr. James said.

The medication is given intravenously or by infusion and will be tailored to the level of amyloid proteins in the participant's brain. According to press releases by both the drug developers and the FDA, there is an increased risk of temporary swelling which may be accompanied by small spots of bleeding (microbleeds) in the brains of participants who received the medicine. These risks are usually asymptomatic and tend to resolve on their own. About brain swelling and microbleeds, the FDA states, "serious and life-threatening events rarely may occur." In the Clarity AD clinical trial, brain swelling and microbleeds also occurred in participants receiving a placebo.

Lecanemab (leqembi) went through the FDA's Accelerated Approval Pathway. Drugs are approved through the accelerated pathway if they 1) treat serious conditions and 2) fill an unmet medical need based on measures that can predict a clinical benefit to patients, according to the FDA. James said other drugs are on the market, but this is the first in over 20 years to spark good cause for hope.

The clinical benefit of lecanemab will continue to be researched, but the data from the Clarity AD study suggest that "we're in a really new era of treating Alzheimer's," Drs. James and Bouges said. About the approval of lecanemab, the Alzheimer's Association tweeted "this is a milestone achievement for those eligible for treatment, their families, and the research community."

