

A Message from the Future Dr. Muhamed Sanneh

By Muhamed Sanneh, AA-FAIM Clinical Research Coordinator & Outreach Specialist

Everyone who knows me knows I've always wanted to be a doctor. I didn't always think I was smart enough or belonged in those spaces, but I always knew I had the drive. After receiving 13 acceptances and multiple full-ride scholarship offers, I want to thank God for blessing me with such great opportunities. I want to thank my mom as I announce that I will attend Duke University School of Medicine. I'm excited to attend my dream school, one of the best medical schools in the nation. As a future physician, my goal is to bridge underserved communities with the institutions that impact their health.



My interest and connection to medicine are primarily grounded in the relationships I have built with peers, life-long friends, mentors, and interactions with underserved patient populations of color. I am thankful for all the beauty these underserved communities offer, but I am especially grateful for the people I have met along the way. I didn't go through this journey alone. We did this. I am blessed with family, friends, mentors, teachers, and communities that continue to inspire and motivate me. I love and appreciate everything you've done for me. I will carry the love and support you've given me into this new adventure.

The opportunity to be trained to care for and serve marginalized communities will equip me with the necessary skills and resources to bring light to underserved folk who are often forced to hide in the dark. They are often the most impressive.

A Message from the Future Attorney Giselle Monette

By Giselle Monette, AA-FAIM Clinical Research Coordinator

Hi, I'm Giselle! I have spent the last year and nine months working as an African American Fighting Alzheimer's in Midlife (AA-FAIM) clinical research coordinator with the Wisconsin ADRC. During my time here, I have enjoyed meeting and chatting with our study participants. I've had fascinating conversations and received excellent advice during study visits that I'll remember for a long time! My time with the ADRC has been fulfilling, and I'm looking forward to my next step — attending the University of Wisconsin's Law School in the fall. I'm excited for another chance to engage in classroom learning and dive into topics like environmental law, health law, and federal Indian law.



In Memory of Jeffrey Andrae Brown

Precious Memories Choir Director

April 26, 1969 – April 18, 2024



SUMMER 2024

Brain Health Buzz

Brain health news for African Americans



Wisconsin Alzheimer's
Disease Research Center
UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

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

I recently received a new kidney after fighting kidney disease for almost a decade after my kidneys failed during the COVID-19 pandemic. I am blessed to have Dr. Carey Gleason as my supervisor because she has supported me in every way on this painful journey. I can say, stronger and more clearly, that prayer sustained me, as well as the love and kindness of my adult son, family, friends, church, colleagues, and community. The kidney donor and their family are forever in my prayers and gratitude.



Thank you to the attendees of our annual Solomon Carter Fuller event. I had to leave early to attend a hemodialysis session. I truly don't miss those, although I appreciate the nurses, techs, and other patients I met. I also deeply regret the passing of our Precious Memories Choir director, Brother Jeffrey Brown. My last memory of him was his joyful expression as he directed the choir during our event. Brother Jeffrey donated his organs, a gift that keeps on giving. Our sincere condolences to all his loved ones.

Congratulations to our colleague Giselle, who is on her way to Law school. She is brilliant and will do well. Also, congratulations to another colleague of four-plus years, Muhammed Sanneh, who is on his way to Duke University School of Medicine in North Carolina. I hope he chooses to be a geriatrician — one who specializes in treating older people — because of his professionalism and kindness to elders in our study. Whatever medical field he chooses, his patients will be loved and cared for.

I want to personally invite our study participants to the "Soul Power Picnic" on the rooftop of Monona Terrace on June 29 from 9:30 a.m. to 1 p.m. It took me three years to book this space for our event. I wanted the rooftop because I like offering our study participants the best and most beautiful. Locations are getting harder to find, along with good food. UW–Madison has a set amount we can spend on food and location. This is the reason we must be firm on final reservations.

Please register today at go.wisc.edu/27ae3y or call my colleague Annik Dupaty at 608-265-4790; she will register you over the phone. We had 50 people who didn't attend after registering for the Solomon Carter Fuller event. The folks on the wait list can only attend if you are kind enough to alert us in advance if you are not coming. We are offering transportation for those in Madison/Sun Prairie and a gas card if you are coming outside of Madison/Sun Prairie. We still have to pay for your ride if you cancel transportation on the event day.

I believe the weather will be good, yet we will have an air-conditioned indoor room on standby. A balmy day outside will be excellent for the immune-compromised.

Last year, I was sick in the hospital, and I thank my colleagues for making the 2023 event extraordinary. I am recovering this year, but I will happily attend this time. I want to see you, too, and be able to thank you in person in 2024.





Art Thoughts

By Annik Dupaty, MA
ADRC Outreach Program Coordinator

Along with the pure enjoyment of creating art, did you know that according to studies, art-making can improve well-being, quality of life, biological and psychological symptoms of dementia (BPSD), and cognitive function? Try to complete the list below over the next few months and note whether you feel any difference overall!

ART MAKING SUMMER BUCKET LIST

- ☐ Paint a landscape at your favorite park using watercolors, oils, or acrylics.
- ☐ Visit an art museum and try to sketch your favorite work of art.
- ☐ Create an assemblage (a sculpture made from disparate / found objects).
- ☐ Buy fruit at a market and make drawings of each one with colored pencils.
- ☐ Make an ephemeral (non-lasting or short-lived) work of art on a piece of cardboard using leaves, flower petals, and other natural objects and take a photo!
- ☐ Fold a piece of paper in half to make a card. Next, draw a portrait in pencil.



Calming Computer Jitters Is Off to a Great Start!

By Deana Wright, AA-FAIM Outreach Program Coordinator

We're thrilled that Calming Computer Jitters, our free and age-friendly computer training class, has successfully kicked off the first half of the year! With nearly 40 monthly attendees, we've partnered with Epic Systems, Madison Public Library, UW Collaborative Center for Health Equity, DaneNET, and Omega Psi Phi Fraternity, to offer hands-on, individualized assistance for all skill levels. Participants are excited to learn how to set up email accounts, download apps like YouTube and Facebook, pay bills online, access brain games and puzzles, use Zoom for virtual meetings, transfer photos from cell phones to laptops, access health records, communicate with providers through MyChart, and more! Adding to the experience, attendees enjoyed delicious lunches by JustVeggiez and Wiggins Catering. And thank you to Mt. Zion Baptist Church for providing the space, van, and driver for transportation. Join us on June 19 for more learning, socializing, and fun! Register by contacting Deana Wright at 608-264-3468.



IT Academy for Older Adults

The IT Academy for Older Adults was an incredible success! Thanks to a fantastic collaboration with the Urban League of Greater Madison, UW DoIT, UW Continuing Studies, DANenet, and Omega Psi Phi Fraternity, we offered a 4-week, 2.5-hour introductory computer class that truly made a difference with older adults. Participants received comprehensive instruction on Chromebooks, Google Apps, social media set-up, AI and Chat GPT, and crucial topics like security, phishing, passwords, and safe email practices. They also mastered Zoom and essential computer terminology. Weekly homework assignments ensured understanding, and all 41 participants were thrilled to receive a free Chromebook laptop, mouse, and carrying bag. Delicious meals were also provided by JustVeggiez and Wiggins Catering. This program has empowered older adults with valuable digital skills, fostering independence and confidence. Studies have suggested that the use of technology in late adulthood may be associated with cognitive benefits.

Oneida Outreach Update

By Sacheen Lawrence, Native American Outreach Specialist



Shekoli (hello): It is hard to believe we are approaching mid-year. The time is flying by. I am excited for the upcoming summer and fall and look forward to attending more outside events to share our research and findings with other communities. Our eagerly awaited cookbook, created in collaboration with a Oneida chef, is in the print process, so be on the lookout for that. And, I continue to devise different approaches to seeking volunteers for our Clinical Core study.

I attended the Solomon Carter Fuller event in Madison and the quarterly Great Lakes Native American Elders Association meeting in March, which was held in my hometown of Oneida. I hope everyone has a safe summer. Feel free to reach out to me with any questions. Stay blessed.

– Sacheen

Music directors, singers, and musicians wanted for the Precious Memories Choir

The Precious Memories Choir is a musical group for people with memory loss and their caregivers who enjoy African American gospel music

Rehearsals are held one or two Saturdays a month from 1:30 to 3 p.m. at:



St. Paul A.M.E. Church
4525 Diamond Drive
Madison, WI 53714

Register online at go.wisc.edu/35vub2 or contact Dr. Fabu Carter at fpccarter@medicine.wisc.edu

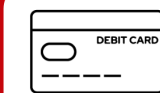
Transportation is available; inquire for details.



ADVARRA PAYMENTS

Starting in June 2024, the University of Wisconsin is replacing cash payments with new payment options for research participants attending visits in Madison and Milwaukee. Through the Advarra program, you can choose to receive your honorarium with a Visa debit card, through direct deposit, or via a check in the mail.

La Crosse participants will still receive a check, now issued by the Mayo Clinic instead of the University of Wisconsin School of Medicine and Public Health (SMPH).



Debit Card



Direct Deposit



Check Mailed to You

Look for a letter and more information coming in the mail soon. Please contact your study team with any questions or discuss with a study coordinator at your next visit. We welcome your feedback!