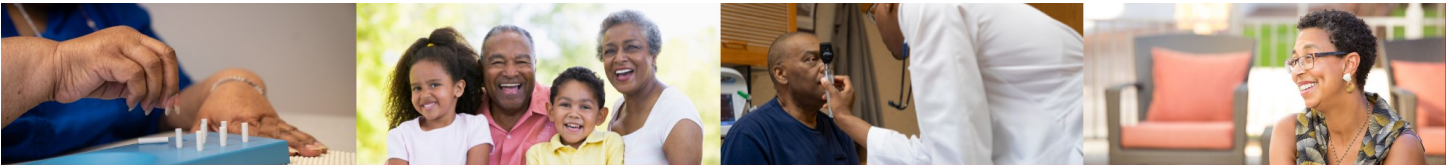


Think Spring

S	T	V	R	I	E	S	R	F	B	H	N	R	Y
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V	T	L	N	R	D	S	I	S	D	I	R	S	N
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N	E	A	N	T	P	L	A	N	T	S	A	A	F
G	N	I	N	E	D	R	A	G	S	N	N	O	A

FRESH AIR
AWAKENING
JOY
WATER
SPROUTS
SEEDS
RENEWAL
GARDENING
RADIANCE
PLANTS
BLOSSOMS
SUNSHINE
NATURE
OPTIMISM
VIBRANT
FARMERS MARKET
EARTH DAY
SOIL
GREEN

The first day of
Spring is on
March 19, 2024



SPRING 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

February was Black History Month, and 2024 is two years short of the 100th anniversary of this important celebration of Black people worldwide. In 1926, Harvard-trained Black historian Dr. Carter G. Woodson, and prominent Black minister, Jesse E. Moorland, jointly founded Negro History Week. Woodson had already started the Association for the Study of Negro Life and History in 1915. This early name for Black people, Negro, is from the Spanish word for black, "Negra." This term has changed into people referring to themselves as African American or Black. The 2024 theme for Black History Month was African Americans and the Arts. This is welcoming to all artists, including myself, my colleague Annik Dupaty — an artist, art historian, and art lover — and our newest team member, Deana Wright, a visual, multimedia, and voice-over artist.

As an artist and a staff person at the UW, I was recently celebrated in three ways during Black History Month. The first way was being celebrated as a poet on the front page of the *Wisconsin State Journal* by reporter Melissa Perry. The second way was for being awarded the 2023 Jeffrey Erlanger Award for Public Discourse. I write two monthly columns, one for *The Capital City Hues* and the other for the *Cap Times*. These are both culture columns written from my perspective. Thank you to Catrina Sparkman for nominating me, and I sincerely appreciate my work colleagues, church family, and literary arts friends who came out and supported me. Lastly, I joined assistant director Tanika Apaloo from the UW South Madison Partnership office in a Badger Talk about Alzheimer's disease in the Black community. Thank you all again for participating in our research. Please make sure you learn a Black fact, especially during this month.

March is Women's History Month. One of our favorite women scientists is Dr. Carey Gleason who was recently promoted to full Professor with tenure. This promotion also comes during her birthday month. We appreciate the contributions of women worldwide in the field of Alzheimer's disease research.

Scan the QR code below with your Smartphone or visit <https://go.wisc.edu/f559yy> to read news articles referenced above.

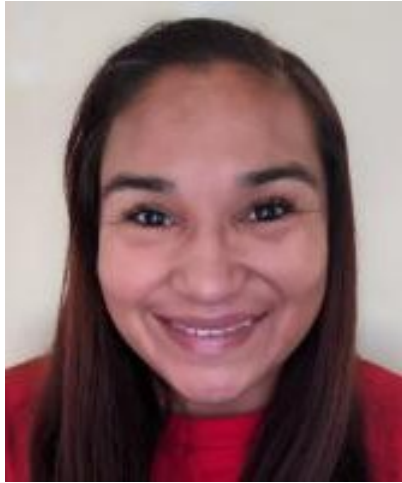


Dr. Fabu Carter and son Woodie Mogaka at the February Common Council meeting to receive Jeffrey Clay Erlanger Civility in Public Discourse Award.



Oneida Outreach Update

By Sacheen Lawrence, Native American Outreach Specialist



Happy New Year! I have been focusing on recruiting new participants in the Clinical Core study. Recently, I had the opportunity to participate in a health and wellness expo supported by UW–Madison's Oneida Stroke Prevention Program. I presented details about our Clinical Core study tailored for the Indigenous community during the event. Encouragingly, there was much interest from community members who were excited about contributing to our research efforts. Another recent outreach initiative involved presenting our study information to the urban Oneida community in Milwaukee at the Southeastern Oneida Tribal Services (SEOTS) facility. Outreach efforts remain essential in our research initiatives aimed at early detection and prevention of dementia and Alzheimer's disease. I will continue with our outreach efforts because our study relies on the participation of our indigenous members. A cookbook specifically designed for our ADRC participants is presently in progress. Focused on traditional recipes that enhance cognitive and

physical well-being, this initiative has been carefully developed by our team. Featuring recipes curated by an Indigenous chef, it is scheduled to be delivered to you within the upcoming months. I am thankful for all the Indigenous participants who contribute to our research.

-Sacheen, slawrence@medicine.wisc.edu

Free Age-Friendly Computer Classes

By Deana Wright, AA-FAIM Outreach Program Coordinator



Calming Computer Jitters is a free age-friendly computer training class, offered on the third Wednesday of every month, providing mental stimulation, increased independence, lifelong learning opportunities, personal enrichment, entertainment, and social interaction.

This fun and exciting program will be held at Mt. Zion Baptist Church, 2019 Fisher Street, Madison, WI, from noon to 2 p.m., and will include hands-on and individualized instruction, a catered lunch, and great giveaways. Transportation will be provided by request. Registration is required. All

skill levels are welcome to attend!

Upcoming class dates:

March 20, April 17, May 15

Register by contacting Deana Wright at dwright1@medicine.wisc.edu or 608-264-3468.



Thank you for taking the time to complete and return the Needs Assessment Survey I recently mailed. If you indicated any specific or critical needs, it will be necessary to speak with you directly to provide any assistance. Feel free to contact me by phone at 608-264-3468 or via email at dwright1@medicine.wisc.edu.

Updates: Exercise Classes and Men's Self-Care Workshops



We recently merged our longstanding Get Movin' exercise class aimed at women with our men's fitness program, Men in Motion. Get Movin' in Motion is the name of the new combined free exercise class, which is offered both in person at the UW South Madison Partnership space located at 2238 South Park Street and live on Zoom. Class is held each Tuesday and Thursday from 1 to 2 p.m. Registration is required. Visit adrc.wisc.edu/get-movin or call Annik Dupaty at 608-265-4790 for more information.

Also, the Men's Self-Care Workshops series is recalibrating and will start back later this year with programming to help men in our community improve their health and wellbeing, share experiences and foster connection. Stay tuned for updates and announcements delivered straight to your email.

Volunteer Appreciation Brunch

*Honoring Black Participants in
Research Studies*

SAVE THE DATE

June 29, 2024 | Monona Terrace

More information coming soon

African Heritage Diet Pyramid



Illustration by George Middleton
© 2011 Oldways Preservation and Exchange Trust

www.oldwayspt.org

6 science-backed Alzheimer's disease prevention strategies

Alzheimer's disease affects people across economic, educational, social, racial, and gender lines. Age is the greatest risk factor for Alzheimer's disease, but *who and when it strikes is unpredictable. Currently, there is no cure for Alzheimer's disease, placing a lot of importance on prevention. Scientists have found evidence that some lifestyle changes can delay the onset or lower risk for the disease. To help keep your mind healthy, follow these evidence-based lifestyle tips.*



Stay physically active. Physical activity and exercise benefit the whole body, including in the brain. Regular walks, group aerobics classes, and working out on machines are all good exercise, but vacuuming, gardening, mowing the lawn, and other home chores get your body moving too. Talk to your doctor about the type of physical activity that is right for you. In general, healthy seniors should aim for 30 minutes of moderate intensity activity five days a week. If you can't fit in 30-minute bouts each day, attempt two 15-minute bouts instead.



Eat healthy foods. Food is fuel for your body and your brain. For optimal brain health, follow the MIND diet for healthy brain aging. The MIND diet emphasizes eating vegetables, dark leafy greens, nuts, fish, poultry, beans, whole grains, and berries, especially strawberries and blueberries. The diet also recommends limiting red meat, butter and margarine, cheese, pastries and sweets, and fried foods.



Prioritize sleep. Sleep is essential to healthy living. Aim for 7 to 9 hours of restorative sleep each night, prioritize sleep, and start a relaxing evening routine that includes dim lights (but not smartphones, TVs, or other screens) and peaceful thoughts.



Socialize with friends. Studies show that people with regular social contact are less likely to develop dementia and social interaction may even help delay the progression of dementia. Get together with friends, neighbors, family, and acquaintances require us to converse, engage in activities, and think about topics we may not think of independently — all factors that help our brains stay active.



Exercise your mind. Cognitive enrichment is another way of saying exercise for your brain. How can you exercise your brain? Learn new things! Practicing a new language, playing an instrument, trying a new craft, and learning a new topic and teaching it to others are all examples of exercise for your brain. Activities that are mentally stimulating and engaging have a positive impact on brain health.



Manage stress. Chronic stress contributes to inflammation and vascular disease, and can lead to negative, long-term effects on the brain. The link between stress and brain health is still being explored, but in the meantime it's important to find ways to reduce the effects of chronic stress and build coping mechanisms. One way is through mindfulness. This might include meditation, performing breathing exercises, and reserving time for yourself to relax on a daily basis.

The Wisconsin Alzheimer's Disease Research Center is focused on improving early detection of Alzheimer's disease, identifying risk and protective factors, and finding ways to delay onset and progression. Learn more about Alzheimer's disease and how to get involved in research studies at www.adrc.wisc.edu.



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