

OUR VOICES



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

Brain Health Wisdom for Indigenous People

Dec. 2022/ No. 2

Shekoli! (Hello)

Welcome to our newsletter "Our Voices."

The second quarterly publication is set in motion and designed to keep you informed of future events, brain health resources, celebrations, and other helpful news. We want to connect with our community and welcome and suggestions or comments.

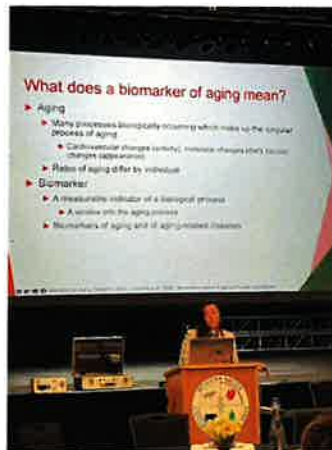
Please get in touch with us.

Margaret King (920) 246-9177
Sacheen Lawrence (608) 262-6505

Our Voices Purpose

- Provide Support
- Help with Motivation
- Highlight Accomplishments
- Announcements & Updates

McLester-Davis focuses on biomarkers



Great Lakes Native American Elder Association (GLNAEA) met September 7 and 8 on the Stockbridge-Munsee reservation. Nearly 100 elders gathered to hear the latest developments on Alzheimer's and dementia topics and conduct a quarterly business meeting.

Oneida's Lauren W. Yowelunh McLester-Davis, a neuroscience doctoral candidate at Tulane University, discussed the Indigenous influence on aging and Alzheimer's disease biomarkers.

McLester-Davis outlined how blood pressure, DNA, and cellular aging indicators show how fast or slow cells age over time and how they are associated with Alzheimer's disease and dementia.

She also explained ways of preventing age-related diseases that our traditions have kept since time immemorial. Social gatherings, simultaneous support for parents and children, and spiritual offerings to our Creator for cleansing and healing are proven ways to age healthy.

The most protective factor against developing Alzheimer's disease in Native Americans, McLester-Davis described, was healthy eating such as fish, fruit, unprocessed red meat, and vegetable consumption as well as keeping our traditional ways in diet, socialization and spirituality.

Watch for the next GLNAEA meeting which will be held in Lac du Flambeau December 7-8, 2022.

Oneidas join in Alzheimer's Walk around Titledtown



Several Oneidas gathered to support important work the Alzheimer's Association provides in care and research by joining the walk around Lambeau Field. Flowers they held symbolized caring for someone they know who has the condition or has passed on.



Pop-Up Planters Growing Strong

Who knows what can grow in a little box if given water, sunshine and a little love? These pop-up planters were donated to elders at Oneida Elderly Services drive thru event on September 1. Let your chive grow and enjoy in a salad or favorite recipe! Send us your photo of it growing or used in a recipe, and we'll publish it! Planters are courtesy of Dr. Tassy Parker of the University of New Mexico.



Falls and Fractures Tips

The risk of fall-related health issues rises as people age. If you fall and break a bone, it could lead to more serious problems, such as a hospital visit or disability. However, taking care of your overall health may lower your risk of falling. Here are a few tips to help you avoid falls and broken bones:

- Have your eyes and ears tested. Even small changes in vision and hearing may contribute to a fall. If you receive new eyewear or hearing aids, take time to get used to them.
- Exercise and stay physically active. Regular exercise can help strengthen muscles and bones. Plan an exercise program with your doctor that is right for you.
- Tell your doctor if you've had any falls. A fall can alert your doctor to a new medical problem or issues with your medications or eyesight that can help them identify steps that may help prevent future accidents.



Meet our technology specialist, Paul Atkinson

Paul leads our technology classes monthly and is from Poplar, Montana, a small town located in Northeastern Montana within the Fort Peck Assiniboine and Sioux Indian Reservation.

He attended Dawson Community College in Glendive, Montana where he graduated with an AA in Liberal Arts, 2005. From there, he went to Haskell to continue his basketball and educational career. He graduated in 2008 with a bachelor's degree in American Indian Studies. He currently works for O Tech Solutions.



Q: As a technology specialist, what do you see as challenging barriers when accessing technology?

A: The aspect of redundancy. There are so many ways to accomplish a single task that it can seem daunting to those who are not familiar with current technology.

Q: Should a person be afraid to learn new technology skills?

A: No way. Remember that our ancestors, no matter the age, had to adapt to the ever-increasing technologies which were being thrust upon us by the European-Americans, for better or worse. Learning a new trick on your phone or tablet is a great way to build confidence in yourself as well. Knowing technology can help you to achieve anything that the younger generation can, and much more!

Q: What is exciting about interacting with elders in our technology class?

A: To me, the exciting part is being able to interact with an older generation who has so much to share. Their knowledge is a treasure trove that is there waiting to be shared. I've learned a lot about the area and its history simply by listening. It's also nice to get feedback that what we're doing is beneficial to their lives.

Q: What do you see elders benefiting from when attending our technology class?

A: There's so much more to learn. In class, we try to introduce topics and applications that can assist them in their daily lives. By being able to operate their tablets and its operating system, our Elders can stay connected to the world around them without having to venture too far away from home. Imagine having the world at your fingertips? That's what you'll have when you're confident in your ability to access the Internet and all it has to offer.

Q: What can elders do to increase their technology skills?

A: This is a great question. Knowing what you're working with, and its capabilities is easier said than done. I would advise them to spend a certain amount of time each day just playing with it. Learn the shortcuts. Learn the backdoors. Learn the simplest way to complete the task and learn the most difficult. Just like our own minds, technology doesn't always work like it's supposed to. Knowing when there's a shortcut will help us to complete the task at hand.



Family Caregiver Support Programs

Alzheimer's Family and Caregiver Support Program (AFCSP)

Alzheimer's Family & Caregiver Support Program (AFCSP)

This program was created to enhance the lives of informal and family caregivers while helping people with dementia remain living in the community for as long as possible.



WHAT CAN THE PROGRAM PROVIDE?

Typical goods and services included providing funds available:

- ☐ Respite care or home care services (personal care assistance, meal prep, medication assistance and monitoring, homemaker services, yard work and snow removal, etc.)
- ☐ Emergency response systems
- ☐ Transportation
- ☐ Incontinence supplies
- ☐ Home safety modifications (ramps, grab bars, etc.)
- ☐ Home-delivered meals
- ☐ Activities and hobby supplies
- ☐ Caregiver counseling services
- ☐ Caregiver education classes

WHO IS ELIGIBLE?

Families are eligible if three criteria are met:

1. There is a diagnosis of Alzheimer's disease or other dementia, Mild Cognitive Impairment
2. The person with dementia resides on the Oneida Reservation (not a facility)
3. The person with dementia and spouse has a gross annual income of \$48,000 or less (costs related to dementia-related care may be deducted when calculating gross income)

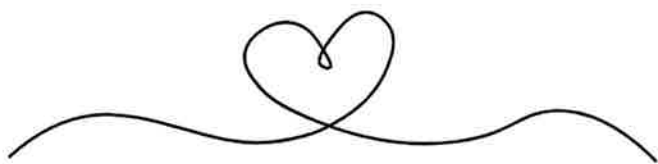
HOW DO I APPLY?

Contact your Tribal Aging Office or Aging & Disability Resource Specialist. To find your local office visit wisconsincaregiver.org.

Oneida Aging & Disability Service

2907 S. Overland Rd. Oneida WI 54155

(920)869-2448 Carol Bogda Native American Family Caregiver Coordinator



10 Ways to Love Your Brain

Break a Sweat: Physical activity reduces brain decline

Hit the Books: Take a class online or read something new

Butt Out: Find ways to quit smoking

Follow Your Heart: Obesity, high blood pressure, and diabetes negatively affect your health

Heads Up: Wear a seat belt or helmet

Fuel Up Right: Eat a balanced diet

Catch some Zzzz's: Not getting enough sleep may result in problems with memory

Care for Mental Health: Seek treatment with depression, anxiety, or stress

Buddy Up: Stay socially engaged

Stump Yourself: Challenge your mind by building a piece of furniture or play a new game



Know a Veteran?



Watch for an outreach event coming December 15 at the Oneida VFW from 10 a.m.- 2 p.m. Staff from UW-Madison will be at the event to give a presentation about Alzheimer's and dementia.

For more information
contact Dan King
(920) 639-2910

What about this?

Oneida Meal Site will re-open January 3. They will be open Tuesdays and Fridays only to first 50 participants

Oneida Health
Center
provides
**memory
screens and
referrals**
Call 920 869-
2711



Oneida Health Center will have a **Wellness Hour** on Zoom Oct. 26, Nov. 30 and Dec. 21 Tune in and watch for more info coming soon!

Walk with a Doc



Oneida Health Center and UW-Madison's stroke prevention program had tribal members out on a beautiful day to walk with a doctor. Walkers asked questions of mental health professional Dr. Christina Garstka of the Oneida Clinic. Participants got answers to questions about mental health and its relation to anxiety, ADHD, and COVID.

Matching Lists

Pig	taluko
Duck	tsikawihskiha?
Frog	e.lhal
Chicken	tako.s
Wolf	ohkwa.li
Cow	kwale.l^
Turtle	othahyu.ni
Dog	kokos
Bear	a?no.wal
Monkey	kitkit
Cat	tyonhuskwalut

