

OUR VOICES



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

Brain Health Wisdom for Indigenous People

June 2025/No. 10

Shekoli! (hello)

Welcome to *Our Voices*, a quarterly publication dedicated to keeping you informed about upcoming events, offering resources for brain health, and sharing celebrations and other pertinent news.

I am committed to fostering connections with all tribal communities. Please do not hesitate to reach out with any comments or suggestions.

Yaw^ko, (thank-you)
Sacheen Lawrence
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"Our Voices" Purpose

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

Care packages have been delivered to volunteers in the memory study!

By Sacheen Lawrence

The Wisconsin Alzheimer's Disease Research Center actively seeks innovative ways to express gratitude to its volunteers for their dedication to memory studies. This initiative began during the COVID-19 pandemic, as we aimed to ensure that our volunteers felt appreciated despite the Stay-at-Home order in 2020.

We continue to select items that are culturally relevant to our volunteers, while expressing our gratitude and appreciation for the time given to our memory studies. Whenever possible, we choose to select items from Oneida Nation artists and businesses, Indigenous-owned businesses, Indigenous artists, and seek out Indigenous-made foods as a form of supporting the Indigenous communities.

(article from cover page continues here)

For instance, this year we collaborated with Green Radiance, a local Oneida Nation-owned business, and featured handcrafted oven mitts created by an Oneida artist. In the past we have purchased jams from the Oneida Nation cannery and bought an adult coloring book that was created by an Indigenous artist.

Brain health is also very important to us when we are selecting our items for our volunteers. We choose puzzle books filled with crosswords, word searches, and other puzzles that encourage brain health.

To be eligible for this care package, a volunteer must have completed their initial visit. If you have completed your initial visit and have not received your package or if it was damaged, please call Sacheen at 920-544-6647 or email at slawrence@medicine.wisc.edu.



The contents included
in the 2025 care
packages.

Mino-gigizheb



Posoh mip



How we would say “Good Morning” in different Indigenous languages.

Haapra pii



Wastehsisli•yo

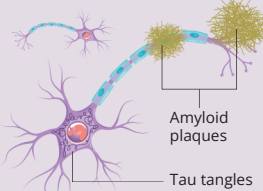
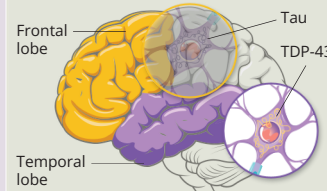
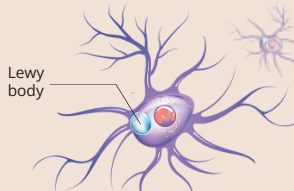
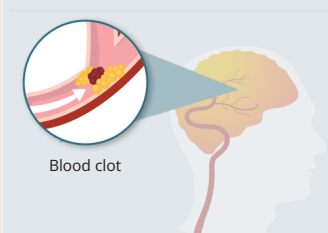


Understanding Different Types of Dementia

As we age, it's normal to lose some neurons in the brain. People living with dementia, however, experience far greater loss. Many neurons stop working, lose connections with other brain cells, and eventually die. At first, symptoms can be mild, but they get worse over time. Read on to learn more about four different types of dementia.



TYPES OF DEMENTIA

Alzheimer's Disease	Frontotemporal Dementia	Lewy Body Dementia	Vascular Dementia
What Is Happening in the Brain?*			
Abnormal deposits of proteins form amyloid plaques and tau tangles throughout the brain.  Amyloid plaques Tau tangles	Abnormal amounts or forms of tau and TDP-43 proteins accumulate inside neurons in the frontal and temporal lobes.  Frontal lobe Tau TDP-43 Temporal lobe	Abnormal deposits of the alpha-synuclein protein, called "Lewy bodies," affect the brain's chemical messengers.  Lewy body	Conditions, such as blood clots, disrupt blood flow in the brain.  Blood clot

**These changes are just one piece of a complex puzzle that scientists are studying to understand the underlying causes of these forms of dementia and others.*

Symptoms

Mild - Wandering and getting lost - Repeating questions Moderate - Problems recognizing friends and family - Impulsive behavior Severe - Cannot communicate	Behavioral and Emotional - Difficulty planning and organizing - Impulsive behaviors - Emotional flatness or excessive emotions Movement Problems - Shaky hands - Problems with balance and walking Language Problems - Difficulty making or understanding speech	Cognitive Decline - Inability to concentrate, pay attention, or stay alert - Disorganized or illogical ideas Movement Problems - Muscle rigidity - Loss of coordination - Reduced facial expression Sleep Disorders - Insomnia - Excessive daytime sleepiness Visual Hallucinations	- Forgetting current or past events - Misplacing items - Trouble following instructions or learning new information - Hallucinations or delusions - Poor judgment
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There are several types of frontotemporal disorders, and symptoms can vary by type.

Typical Age of Diagnosis

Mid 60s and above, with some cases in mid-30s to 60s	Between 45 and 64	50 or older	Over 65
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Diagnosis

Symptoms can be similar among different types of dementia, and some people have more than one form of dementia, which can make an accurate diagnosis difficult. Symptoms can also vary from person to person. Doctors may ask for a medical history, complete a physical exam, and order neurological and laboratory tests to help diagnose dementia.

Treatment

There is currently no cure for these types of dementia, but some treatments are available. Speak with your doctor to find out what might work best for you.



KEEPING OUR BRAINS HEALTHY



SPRING

WORD SCRAMBLE

BTURETYLF

FOEWLSR

BOLSSOM

RINA

LDYAUGB

RWOIANB

PCINCI

BOOLM

TOPDSAEL

BERZEE

SNSHUIEN

GORW

