

# ICARE

## INDIGENOUS CULTURAL UNDERSTANDINGS OF ALZHEIMER'S DISEASE AND RELATED DEMENTIAS

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#### Memory Keepers Medical Discovery Team

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## A MESSAGE FROM THE TEAM

With the change in seasons upon us and as you embark on your winter transition journey, knowing how the weather affects you physically or emotionally can help ease you into a beautiful winter. We are cautious, but we are optimistic! After a year and a half of working from home, the research team at Memory Keepers Medical Discovery Team in Duluth, MN returned to the office in September 2021. It's been nice to reconnect with coworkers outside of a Zoom meeting. We are following all protocols set out by the University to help keep us and those around us safe. We gained a new team member, Dana Ketcher, who joined the ICARE team at the end of September 2021.

Since the last newsletter, data analysis for Phase I is complete. We will be meeting with the advisory members at each site to go through the findings, prepare community specific reports, and discuss the best ways to present these findings back to the larger community. Community researchers undertook additional training to prepare for the research activities in phase II of the ICARE project. The trainings included sessions on Alzheimer's disease and related dementias, an introduction to REDCap, a secure web platform that will help us collect consent forms, demographic information, and scheduling of interviews, as well as a refresher course on conducting interviews and using the audio recording equipment.

The research for phase II include:

- Interviews with healthy older adults
- Interviews with caregivers to people living with dementia in the late stages
- Interviews with people with dementia in the mild and moderate stages and their caregivers (dyad or team interviews)

Over the fall and winter months the community researchers will start recruiting and interviewing Indigenous healthy older adults aged 45 years and older who are interested in dementia research and have no memory issues that interfere with daily living. If you are interested in finding out more about the project or seeing if you are eligible to participate, please contact your local community researcher or the project coordinator, Melissa Blind at [mblind@d.umn.edu](mailto:mblind@d.umn.edu).

*research partnership*

# GRAND PORTAGE BAND OF LAKE SUPERIOR CHIPPEWA

With the crispness of Autumn, and Winter around the corner, the effects of the dry and hot summer are still upon us. The rivers and lakes may be low, but the beauty of Grand Portage still glistens around us. We are forever grateful and never take for granted the beauty our canopy provides for us.

During this time of year, when the winds approach and the waves explode, I often wonder what it's like under the raging white caps. The turmoil and power has to be so intense and mighty. Good ol' Lake Superior. Her beauty shines through the vast personalities she reveals.

The community gardens have once again produced an abundance of produce. The hard work of our master gardeners is very much appreciated. They hold a farmers market every week through the growing season along with local individuals who display their talents and gifts. Great food, information, hand crafts, baked goods, healthy living produce and recipes for all to enjoy. This winter, we will be able to enjoy fresh produce provided by the new "Deep Winter Greenhouse". Upon completion of construction, the purpose of the new greenhouse is to provide fresh produce (mostly lettuce) during the winter months using passive solar and radiant heat.

September 30, 2021, brought another end to the season for the boats to Isle Royale. Their season was incredibly busy. Due to the closure of the business last season, COVID-19 precautions and restrictions, it has created a more inviting experience for people to enjoy the environmental wonders of Isle Royale National Park. The boats will retire to their winter home in Duluth, MN until next season.

The ICARE team has been diligently working on phase II of the R01 project, with extensive training for the Community Researchers on upcoming strategies and new procedures. Our appreciation goes out to all individuals who are involved and working so hard. Thank you!

The blanket of needles and glow of the leaves tells us it's time for another season. As we move on, let us remind each other to stay safe and take care of our wellbeing, along with our neighbors and friends.

## (FALL HARVEST SOUP)

### Ingredients:

3 medium carrots, chopped  
1 medium yellow onion, chopped  
4 cloves minced garlic  
2 heaping cups of butternut, chopped  
2 medium red potatoes, chopped  
1 large zucchini, chopped  
1 ½ cups of cabbage, chopped  
1 tsp salt  
½ tsp ground sage  
1/8 tsp cayenne pepper  
½ tsp all spice  
1 quart + 2 cups veg broth  
6 springs thyme  
1-14.5 oz can diced tomatoes

### Instructions:

In a large pot over med heat, heat oil, add onion, carrots, saute 5 minutes. Add garlic, add the vegetables, spices and stir. Bring to a boil, reduce heat to med and simmer 10 min. Take thyme sprigs out, and ENJOY!

Miigwech

# RED LAKE BAND OF CHIPPEWA INDIANS

On October 18, members of the Red Lake Community, Tribal Council, State Politician's and other tribal community guests came together to celebrate in good spirits for the groundbreaking ceremony of Red Lake band of Chippewa Indian's first of its kind Ojibwe charter school. Endazhi-Nitaawaawiging, otherwise known as The Place Where It Grows Charter School will be opening Fall 2022 and will be enrolling students from grades K-5 and will add a grade each year until 2026. A beautiful expression of the tribe's sovereignty, the school is owned by the Red Lake Nation. And the focus of the school is to teach enhanced knowledge of Ojibwe language, culture, leadership and environmental stewardship; with the purpose of creating confident leaders grounded in their true inherent identities, ensuring they are wholly prepared to make positive changes in the world. "The day is here where we don't have to hide our language!" exclaimed Nate Taylor. And certainly, the time is now that the students of Red Lake Nation will grow up knowing their cultural identity. Red Lake is so blessed to have such caring, motivated leaders to help shape this into reality. Chi-miigwech to all involved in making this project come to life!



Red Tribal Council and Endazhi-Nitaawaawiging Charter School Leaders

Spotlight on cultural and social engagement in Red Lake-At its birth, Darlene Lussier's vision for Giiwitaa Ododewisiwin (circle of family), was to promote cultural engagement by creating a positive space for self-development and encourage self-empowerment through creativity and learning of the Anishinaabe culture for people of all ages. In April 2018, Giiwitaa Ododewisiwin had established an office building and began branching out to men's supportive services.

Through the Indoonjiba (I come from a certain place) grant; the battered re-educational program was developed. And through collaborations with other Red Lake tribal programs such as: Equay Wiigamig (Woman's Shelter), Tribal Engineering, Chemical Health, and Red Lake Law enforcement they are able to organize many cultural activities within our communities for our men and women to come together and heal by relearning their traditional way of life. Giiwiitaa ododewisiwin is currently accepting people who are referred from Red Lake Tribal Courts or Beltrami County. By coming from a place of love and understanding, Giiwiitaa Ododewisiwin mission is to restore honor to these men and women that are batterers of their loved ones or repeat offenders in the community. "The idea is to rehabilitate men and women and keep them from reoffending by treating them as they are sacred, then maybe they will act like they are sacred," said Shari Smith, the program manager at Equay Wiigamig in Red Lake, Minnesota. It has proven many successes over the past years for the clients that came into the program. And having faith is important for our people, as well as prayer. And they teach clients the sacred use of tobacco in prayer and encourage other means of prayer as well. They provide supplies for their classes on regalia making, beadwork, and Drum and Dance. Some other cultural activities include moccasin games, hunting, smoking fish, and making outdoor bread. For clients that are just introduced to the Anishinaabe culture, mentors are available to help guide them at a speed that works best for them. And as winter approaches, Giiwitaa Ododewisiwin's new Director, Tori Kingbird, is here just in time to help plan the seasons upcoming events and activities. You can follow Giiwitaa Ododewisiwin on Facebook where you can get all of their latest updates on future activities and events and see all the work they have done for the community so far. With cultural and social engagement known to have a positive effect on your sense of identity and belonging, and the efforts Giiwitaa Ododewisiwin are truly a blessing to the community. And under redevelopment, we are excited to see what they have in store for the community.

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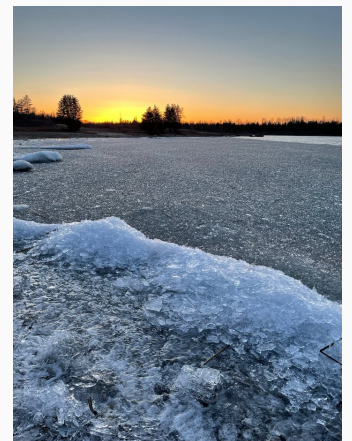
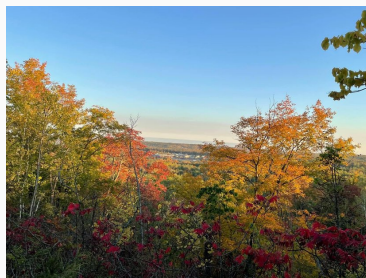
# ONTARIO-MANITOULIN ISLAND

Signs of the new season have arrived. It is time to prepare and enjoy our summer and fall harvests for the winter months to come. Harvesting medicine, food, and supplies are great ways to prepare for the cooler months of the year. Items collected during their season are often used for gifts, to barter for other items needed, or for personal use.

Some healthy activities that you can participate in during the cooler months are staying connected to loved ones, enjoying summers harvest, crafts, storytelling, and staying connected with your community for great programming opportunities. During cooler months, practicing hobbies you enjoy or learning a new hobby is a great way to keep the mind healthy. During all seasons it is important to try get outdoors to enjoy the beauty that surrounds us. I find the time to be outdoors to enjoy nature and to observe the changes of the season. Staying connected to nature and community can provide wholistic health benefits. Often communities are looking for people to share their skills, storytelling, and assist with language preservation. Keeping in contact with your community can provide opportunities to share your knowledge.

We will be recruiting participants over the fall and winter months. If you are interested in participating in our projects please contact Rhonda Trudeau ([rtrudeau@d.umn.edu](mailto:rtrudeau@d.umn.edu)) or Karen Pitawanakwat ([kpitawan@d.umn.edu](mailto:kpitawan@d.umn.edu)) by email or by calling the Wiikwemkoong Health Centre at (705) 859-3164.

We hope you have a great winter by staying healthy and active. We are always excited to see the creativity and projects that are made during these cooler months to come. We are including some of our favourite views of the cooler months as we look forward to the changes to come.



## Anisinaabe Words of the season:

**Peboon aandakiiwin ezhiwebak** – Winter season weather

**Dgwaagi** – Fall

**Bnaakwii** – Falling Leaves

**Koosmaan** - Pumpkin

**Bboon** – Winter

**Mkomiikaa** – It is Icy

**Zhooshkwaadwe** – To Skate

## Courage in Crises: Oneida Nation

The Oneida Nation has taken critical steps to provide a safe, healthy, economic and secure community as a result of the Covid-19 pandemic. The Oneida reservation continues to rank high in Covid-19 cases and our community remains in a health crisis until late November. Sadly, we are seeing an increase in deaths in our community. Our casinos and convenience stores remain open to serve the public. Protocol mandates are in place to meet safety compliance for customers and employees. There have been a number of drive-through events to gift elders, children, and adults. Our food distributions continue and the Oneida Farmer's Market is open. There is hope that we will recover from the pandemic, especially if follow our tribal health mandates. The Covid-19 pandemic impact makes it inevitable for us to define a new understanding of life as it will unfold in the future. We all want to get on with our lives and work to return to a safe, healthy future. I would like to share with you how I've been handling stress, frustration, mental health concerns and other major health issues during this trying time. What I refer to is "forest bathing". Forest bathing is the proactive immersing yourself in nature in a mindful way by using your senses to get a benefit of a wide range of benefits---physical, mental, emotional and social health. The forest is the therapist. Nature provides the medicine we need. The simple act of connecting with nature can make you feel human again. Forest bathing in the simplest form is spending time in nature to tune into the sights, sounds, smells of the surroundings. Use nature to improve your mental and physical health. Take a walk in the woods!

Fall seems to be a favorite for a lot of people. Winter, a lot of people would like it to pass by fast. COVID still has us in its grips, and we are following the CDC and Tribal guidelines. The guidelines are now until November, after Thanksgiving. We have to mask up and follow the protocol of sanitizing, washing of hands and distancing. We have finished our first phase and now we are into our second phase of the ROI project. We are getting familiar with the guidelines that we have to follow and adapting some things to fit our communities, so it has been training every two weeks. RedCap is a new source we are using to document our interviews and other related data. We have training on that also and it is going to be very advantageous to have this program to help us document our work. We have been in our offices since May 10th, and we are pretty much settled. We have our other outreach workers here also and it's nice to have more people involved in the Alzheimer's project helping our community. I have been watching webinars, either from UW- Madison or UMN, Duluth. A goal of mine is to develop a video for our community explaining how we got started, where we are now and where we are going. And I would like to end it with how it is benefiting our Oneida Nation. I will get Lois, Nick and some of the other outreach workers involved. I'm also interested in what is the typical age-related change vs. Alzheimer's and would like to put that in some kind of format to present to groups.



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## ONEIDA NATIONS OF WISCONSIN



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**CENTRE**

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Community Partner

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**NOOJMOWIN TEG HEALTH**

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**MNAAMODZAWIN HEALTH**

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**SERVICES**

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**LOIS STRONG**

Community Researcher,

Oneida



### RED LAKE BAND OF CHIPPEWA INDIANS

#### Dementia Awareness Podcast

Sponsored by Indigenous Cultural Perspectives of Alzheimer's Disease and Related Dementias-Research and Engagement (ICARE) Project, January Johnson will be hosting a mini educational podcast series on Alzheimer's Disease and Related Dementias (ADRD) at [beanpod.com](http://beanpod.com). The Podcast will be broken down into 9 subtopics covering information on the basics, causes, signs & symptoms, diagnosis, living with the disease, treatments, related dementias, caregiving, research and resources. The goal of the podcast is to increase public awareness and understanding on Alzheimer's Disease and Related Dementias.

The link to the podcast is

located at: <https://feed.podbean.com/jjohnson26/feed.xml>

# HELPFUL LINKS

[I-CAARE.ca](https://www.i-caare.ca) is the Memory Keepers Medical Discovery Team (MK-MDT) “sister” website in Canada. The site highlights several years of research partnerships and showcases the results of the Ontario research in the form of fact sheets, tools, guide books and other resources.

**Memory Keepers Medical Discovery Team**  
<https://memorykeepersmdt.com/>

**Wisconsin Alzheimer’s Disease Research Center**  
<https://www.adrc.wisc.edu/>

**Northwoods Caregivers (Beltrami County, MN)**  
<http://northwoodscaregivers.org/>

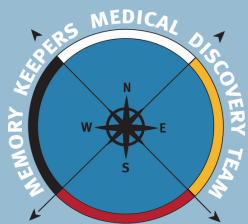
**Alzheimer’s Association, USA National site**  
<https://www.alz.org/>

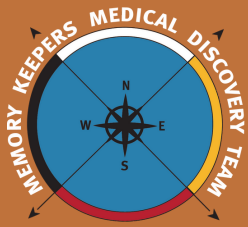
**Alzheimer’s Association, Minnesota-North Dakota Chapter**  
<https://www.alz.org/mnnd>

**Alzheimer’s Association, Wisconsin Chapter**  
<https://www.alz.org/wi?set=1>

**Alzheimer’s Society, Canadian National site**  
<https://alzheimer.ca/en/Home>

**Alzheimer’s Society, Sudbury-Manitoulin North Bay District**  
<https://alzheimer.ca/en/sudburymanitoulin>





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