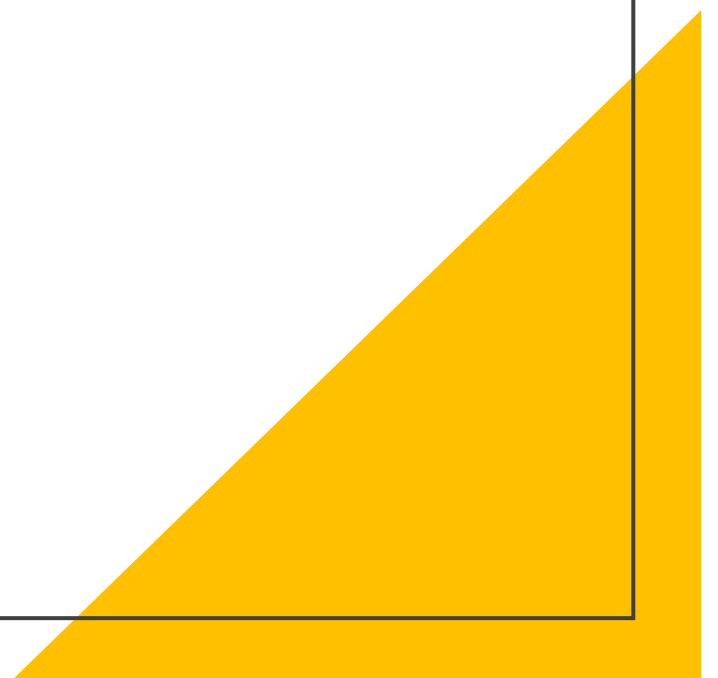


Creating Zines about Alzheimer's Disease and Dementia for American Indian and Alaska Native *Youth* Caregivers

Kandyce Garcia, Erin Poole, Krista Schaefer, Nathania Tsosie,
Grace Tyon and Georgiana Aguino

IHA Health Literacy Conference

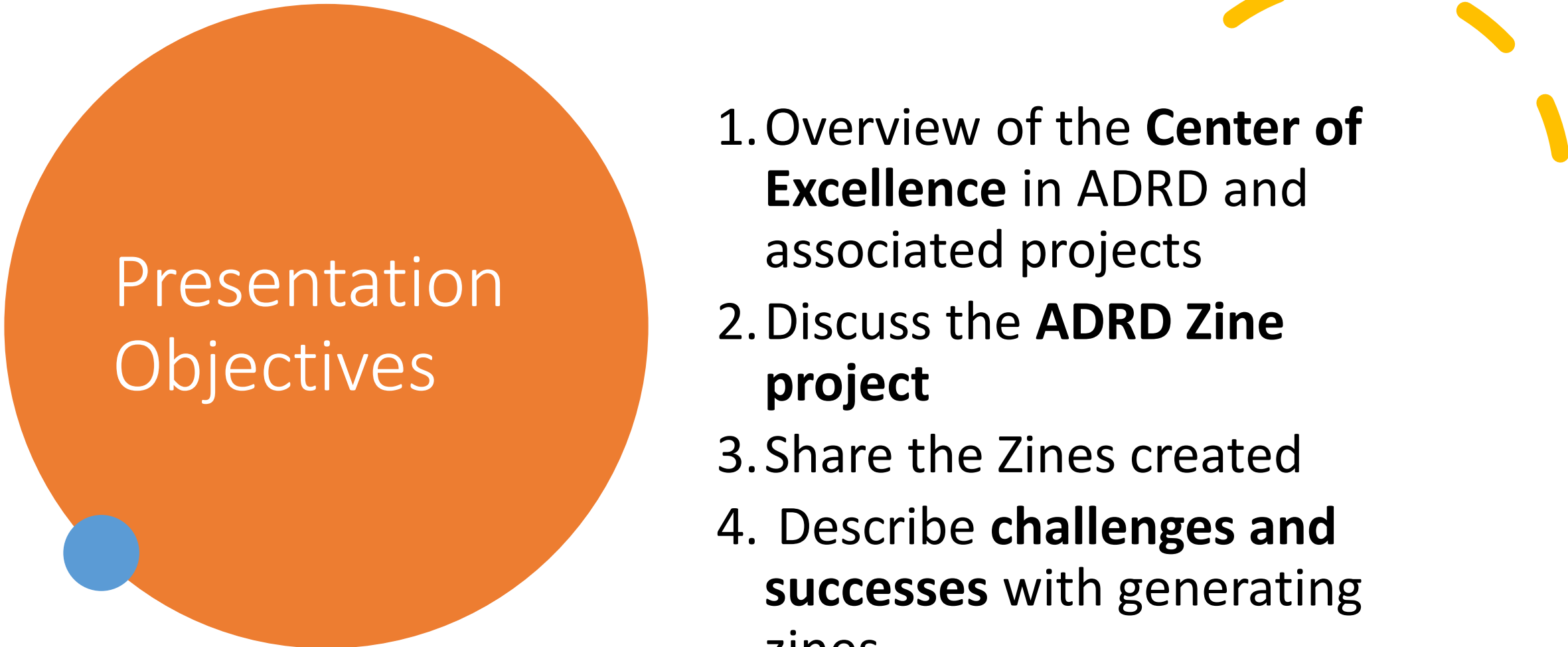
May 9-11, 2023





John Narchinski
PHOTOGRAPHY

Land Acknowledgement



Presentation Objectives

1. Overview of the **Center of Excellence** in ADRD and associated projects
2. Discuss the **ADRD Zine project**
3. Share the Zines created
4. Describe **challenges and successes** with generating zines

U54 Center of Excellence Overview

ADRD has become a major health concern in American Indian and Alaska Native (AIAN) communities

Based on a precision medicine framework this center developed approaches to address such conditions in AIAN populations.

The Center partnered with private, tribal, and public constituencies and uses a Satellite Center network

Center of Excellence Components

Administrative Core

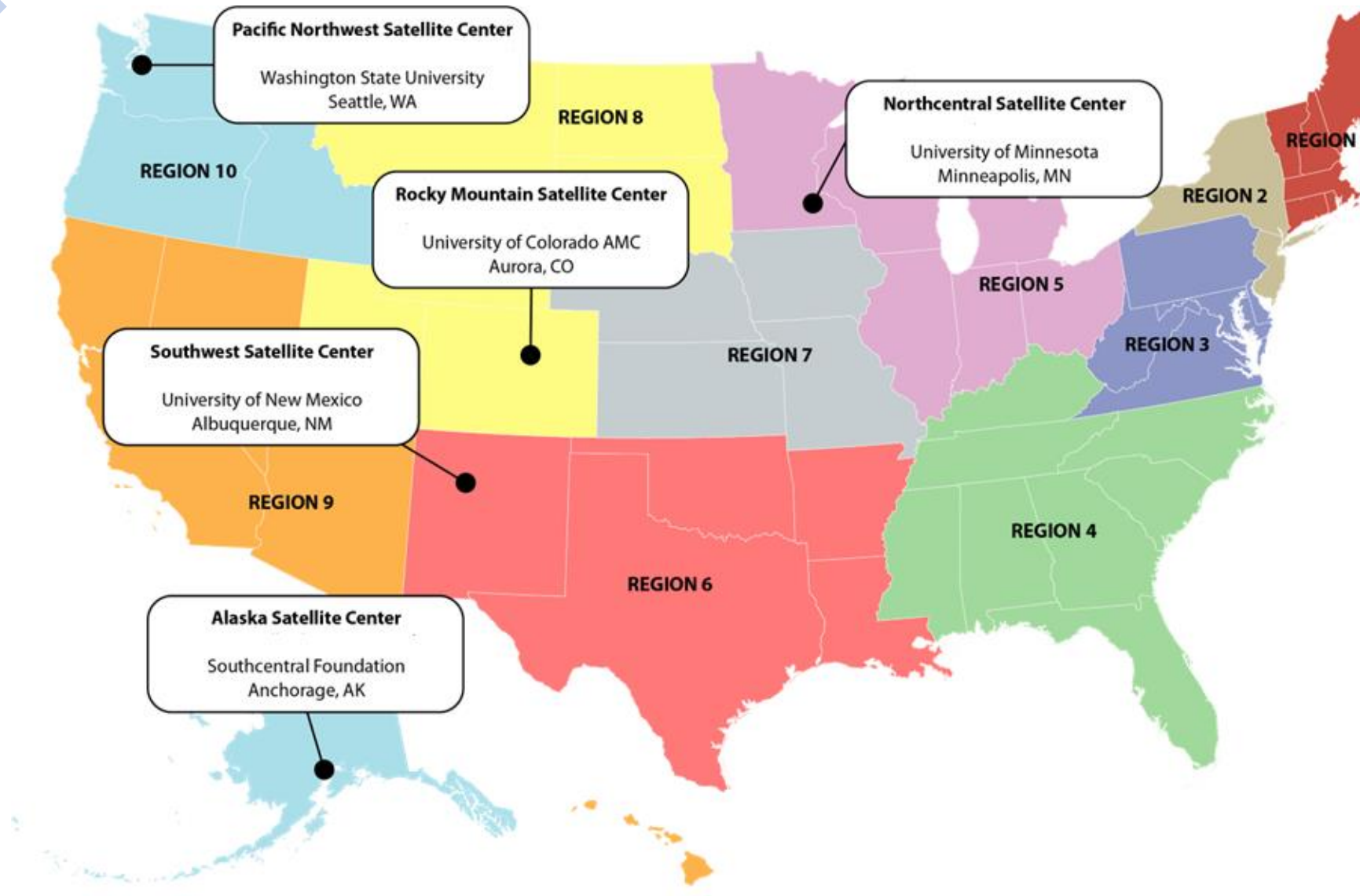
Investigator Development Core

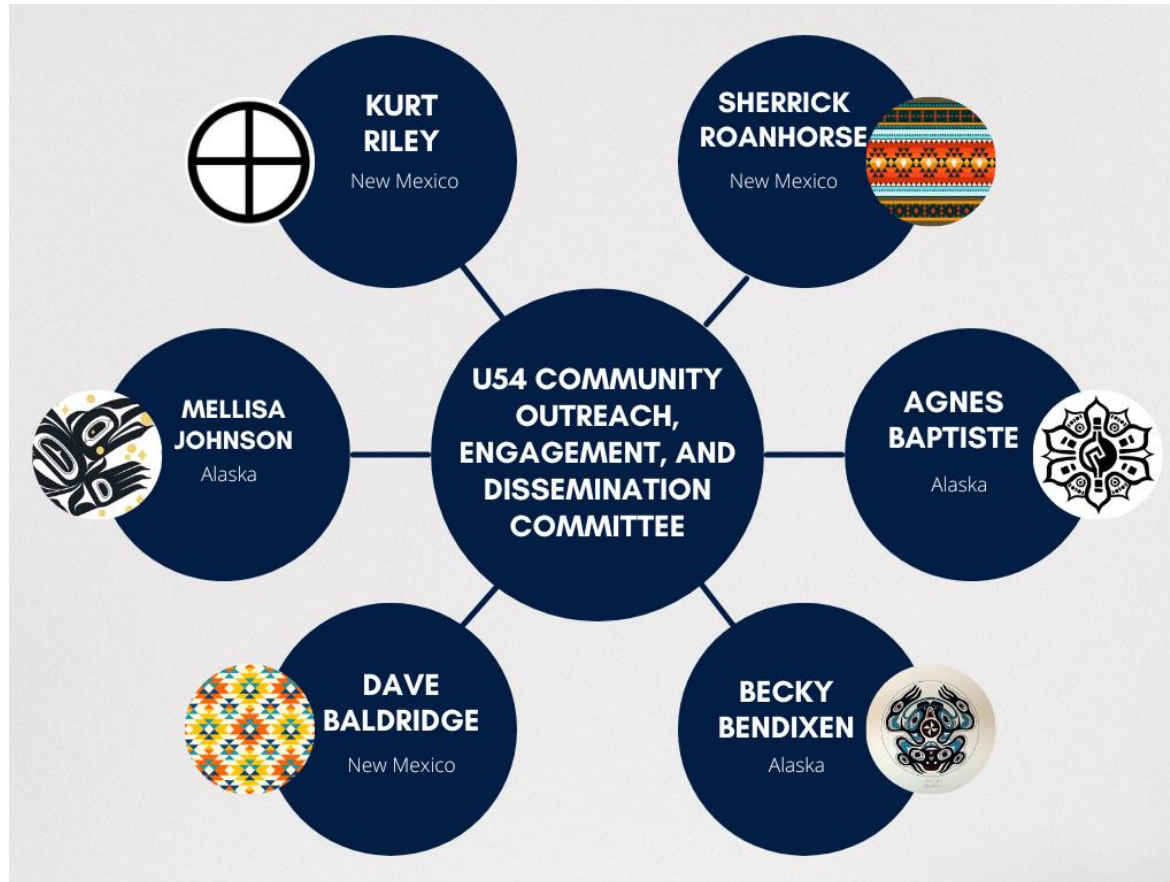
Research Project 1

Research Project 2

Community Engagement and Dissemination Core







Community Action Board



Outreach and Engagement Core Projects

AD8 Project



Zine Project

Background

570,000 AIAN people >65 years or older live in the United States.

About 1 in 3 Native Elders will be diagnosed with dementia during the next 20 years.

Many family members will be responsible to care and support their Elders with memory issues.

Methods

Brought together youth to talk about their experiences with ADRD.

Participated in 2 trainings to make a Zine (self-published work, similar to a comic strip).

Created a Zine to support other AIAN youth that may be new caregivers.

A large orange circle on the left side of the slide.

Zine Trainings

1st: **Storytelling** with Jesus Fuentes

2nd: **Creating a Zine** with Becki Jones



Learning and connecting through stories

Since young adults tend to listen to health-promoting messages from peers, zines about ADRD by young caregivers may help reduce stigma.

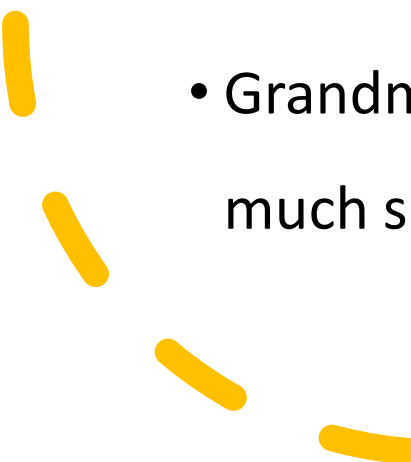
We chose Zines because they are...

- **Self-published** – the Zinester controls the content and distribution
- **Tangible** – trading makes content more accessible
- **Inexpensive** to (re)produce



Listening Session Summaries

Anecdotes were given as to when they noticed the early signs of memory loss.

- Grandpa started to go to the post office when it was closed like late at night or on a Sunday.
 - Grandma sold jewelry but she wouldn't remember what she sold or how much she sold.
- 



Listening Session Summaries

- Youth said it was difficult to **explain ADRD to other youth.**

One person used an analogy to explain memory loss to their peer. They related their grandma's memory loss to the character Dory, from the animated film, Finding Nemo.



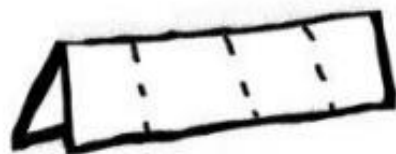
“We’d call my Grandma, Grandma Dory...”

Zine

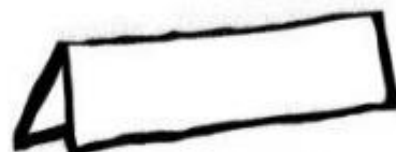
HOW TO FOLD A mini ZINE



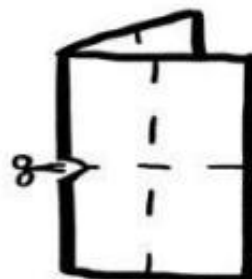
UNFOLD AND CHECK
YOUR LAYOUT



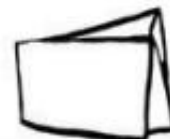
FOLD HOTDOG AGAIN



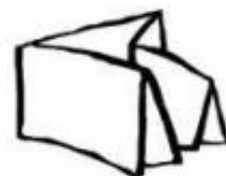
FOLD HOTDOG STYLE



FOLD HAMBURGER
AND CUT THE MIDDLE
TWO PANELS



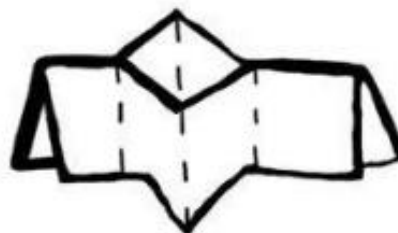
FOLD HAMBURGER
STYLE



FOLD HAMBURGER
AGAIN



UNFOLD AGAIN,
YOU SHOULD HAVE A HOLE
IN THE CENTER



POP THE CENTER
PANELS APART LIKE "BAOW!"



FOLD IT UP
AND OMG YOU
HAVE A MINI ZINE!

Alaska Satellite Center - Zine

My Greatest Elder

A zine about my relative with Alzheimers and Dementia.



To whoever is reading this story, It is about my aunt 😊

Who is originally from Marshall, Alaska on the Yukon River



By Luke Layman

cover

When I visit her, her mind tracks back to all the fine detail about her past, she could talk for hours



But seems to forget things that she had just done or said.

The more I come over, the more likely she'll remember my name. On some days, she'll make it seem like I was a baby yesterday.

She remembers where we come from, "My name is Jean I am from the Yukon Delta, from Marshall."

Frequently my Aunt wants to do everything, but it's difficult for her to run errands or be outside. She is very at puzzle, sewing, and more.

Helping her out can sometimes feel like an all day job. When my aunt is expecting something to happen, she needs lots of reassurance.

It is a family team effort look out for my aunt. Covid has made things much harder, isolation is very bad for elders especially.



Her home is where we all still come together, it is apart of who she is. And it will be there as long as she needs it, with her family by her side.



Back cover

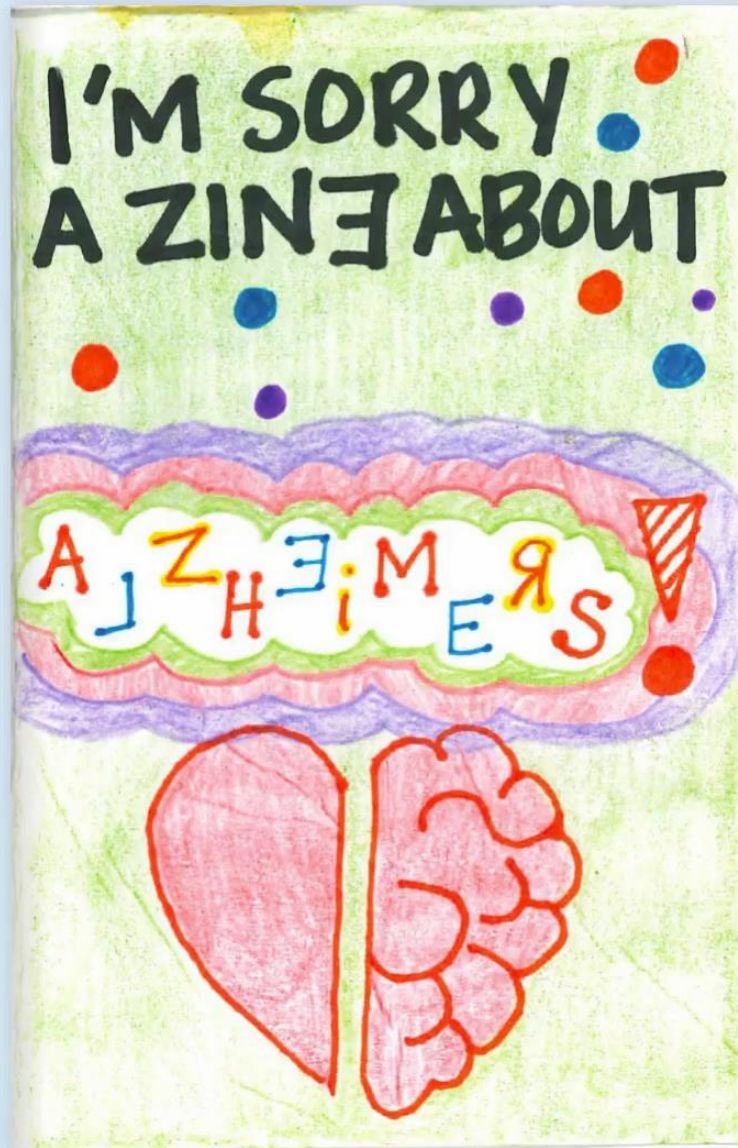
by

Luke Layman

A Zine on The Stages of Alzheimer's

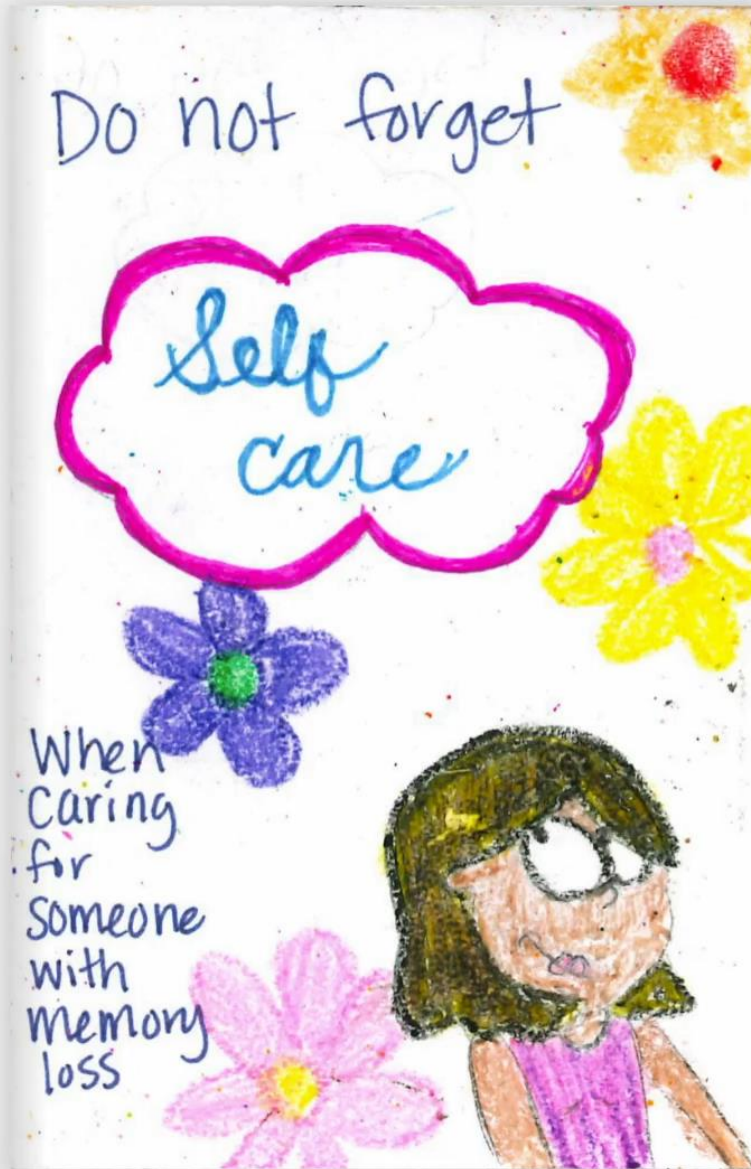
"I'm Sorry"

A Zine About Alzheimer's



A Zine on Self Care

"Self Care"



Zine Lessons Learned

- Engaging youth was *more difficult* than expected
- Structural *constraints*
- Adult-centric view
- Sharing *personal* experiences
- *Relevance of zines* as educational material for youth



Acknowledgements

- **Our team:** Ka`imi Sinclair, Tassy Parker, Denise Dillard, Juanita Espinosa, Tiffany Beckman & Spero Manson
 - **CAB** members
 - **Zinesters:** Luke Layman, Georgiana Aguino, Lucreita Garcia
 - **Collaborators:** Jesus Fuentes & Becki Jones
- 

Thank You!

- PILAMAYAYE- Lakota
- ELAHKWA – Zuni
- AHÉHEE' – Diné
- DÁWÁÁ'É – Keres Western Dialect
- NY'TRAH – Keres Northern Dialect
- NYA:WĚH – Seneca
- QUYANAA – Alutiiq
- MAHSI' – Gwich'in Athabascan
- GUNALCHÉESH – Tlingit



Questions
