

*The HBEC encourages older African Americans to participate in research with the goal of addressing health disparities*



# HEALTHIER BLACK ELDERS CENTER

SUMMER 2017

Connecting Older Adults to Research



Research is critical to understanding why African Americans are at much higher risk of developing certain diseases, and why these diseases have a greater impact on their health and longevity. If you agree to be part of the Participant Resource Pool (PRP), we guarantee that:

The research projects meet the highest quality federal, state and university standards.

Your information will be handled with the strictest confidence.

You will be considered for research that is of interest to you.

You have the right to decline a research project for any reason at any time.

If interested, contact the HBEC Program Coordinator at  
**313-664-2604**



## HEALTHIER BLACK ELDERS CENTER (HBEC)

*Is part of the University of Michigan and Wayne State University's Michigan Center for Urban African American Aging Research: A National Institute on Aging Grant Program*



Older adults celebrate at 2008 HBEC Health Reception

20<sup>TH</sup> ANNIVERSARY

## Helping Older Adults Be Healthier

This year marks 20 years of the Michigan Center for Urban African American Aging Research (MCU-AAAR) connecting with the metro Detroit community and expanding research into health disparities. As a 20th anniversary celebration, we would like to reflect on the history, impact, and future goals of MCUAAAR and the Healthier Black Elders Center.

Created in 1997, MCUAAAR is a collaborative research and administrative effort based on the campuses of Wayne State University and the University of Michigan. The mission of MCUAAAR was to investigate and reduce health disparities between minority and non-minority older adults. During these early years, groundwork was being laid

to establish and officially launch the Healthier Black Elders Center (HBEC) in 1999. To this day, MCU-AAAR and HBEC follow the very same mission statement.

MCUAAAR contains three components: the Community Liaison Core, the Investigator Development Core and the Administrative Core. The Community Liaison Core provides education relevant to the needs of older minority community members through the Healthier Black Elders Center Lunch & Learn series. In addition, members who are willing to volunteer in research projects are recruited for the Participant Resource Pool.

Lunch & Learn is a vital program of HBEC that helps the community

20 YEARS PAGE 5

# Community Questions



We are living in an ever-changing society with a constant stream of information, advances in technology and new products. Although these advances can make certain aspects of our lives easier, it can also negatively affect us if not used safely. Continue reading for helpful tips to address some of the most frequently asked questions from our community Lunch & Learns.

## Keeping Your Money SAFE

The financial exploitation of seniors has been referred to by many as the crime of the 21st Century. While about 30% of older adults are victimized by a family member, friend or other trusted individual, around half of the financial exploitation occurring each year is perpetrated by strangers. This means a large majority of our seniors are falling victim to financial scams. The statistics are alarming. While individuals over 65 make up around 15% of the United States population, they have been found to be close to 33% of phone scam victims.

Anyone can fall victim to scammers. No one method can ensure absolute protection, but here are a few financial safety tips to help.



- Do not share your social security number with strangers.
- Never give personal information to a stranger requesting it through unsolicited phone calls, emails or postal mailings. (Date of birth, social security number, account numbers, mother's maiden name, etc)
- Never send money to strangers. Requesting payment through money wiring services, greendot cards or iTunes cards are signs of a scam.
- Do not use public Wi-Fi to access financial accounts or make purchases and transactions.
- Before you share your Medicare number, call 1-800-MEDICARE to be sure the person you are sharing it with is an approved service provider.
- Check your credit report and financial account information frequently.
- Only give money to legitimate local charities.
- Never pay money upfront for fees or taxes to claim a lottery or sweepstakes prize.

## Taking Control of Your Financial Health FREE WORKSHOPS



Financial education for older adults offered by The Center for Financial Safety & Health, funded by the Mary Thompson Foundation and the American House Foundation. To register please call LaToya Hall at 313-664-2608.

**St. Patrick's Center, 58 Parsons, Detroit MI 48201**

Thursday, Oct. 5, 3-5 pm, *Avoiding Financial Exploitation*

Thursday, Oct. 12, 3-5 pm, *Household Finance*

Thursday, Oct. 19, 3-5 pm, *All about Credit*

Thursday, Oct. 26, 3-5 pm, *Retirement and Estate Planning*

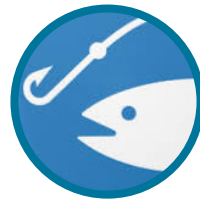
**WSU Institute of Gerontology 87 E. Ferry, Detroit MI 48202**

Saturday, October 14, 10am - 2 pm

We will cover Avoiding Financial Exploitation, Household Finance, All about Credit, and Retirement and Estate Planning.

**Lunch provided.**

## Safety tips for Tablets and Smartphones



### 1. Don't fall for phishing scams:

Never give out personal information via email or text message. Be careful if you receive an unsolicited email or text message, it is just as suspect as one you may receive on your desktop computer, home telephone, or in the mail.



### 2. Be careful about using public Wi-Fi:

Take caution when logging onto a social media site like Facebook, and visiting secure websites like banking, while using free Wi-Fi in public places like the local coffee shop or library. Scammers can use the open Wi-Fi to steal passwords and account information. It is best to do online activities that require personal information ONLY when at home or on a private internet connection.



### 3. Make sure you password protect your smartphone and tablet:

If you don't set up a password on your smartphone, anyone can access your personal account data, contact list and identifying information in seconds if your smartphone is lost or stolen. Setting up a password is easy, and it won't delay you when answering calls.



### 4. Download only from trusted sources:

Malware is software used for illegal activity. It can steal data directly from your phone and is often secretly attached to a document or app that you download. Only download apps from a reputable source such as Google Play or the Apple Store, and never download attachments from unknown sources in emails, unfamiliar websites or unrecognized pop-up windows.

## Medication Safety Tips

As we age, our body changes in ways that can affect how medicines are absorbed and used. These changes can pose a bigger risk of drug interactions, which happens when two or more medicines react with each other to cause unwanted effects. This interaction can also cause one medicine to not work as well or even make one medicine stronger. Here are some tips to help ensure safe medication use:



**1. Your pharmacist is a great resource:** Most pharmacists keep track of medicines on their computer. If you can, buy your medicines at one store and tell your pharmacist all the over-the-counter, prescription medicines, and/or dietary supplements you take. Your pharmacist can help make sure your medicines don't interact harmfully with one another if they have all your medication information.



**2. Make medication bottles clear:** If reading medicine bottle labels is difficult for you, ask your pharmacist to print your prescription labels in larger type. Use colored markers or stickers to code each medication bottle to make them easier to distinguish.



**3. Adapt medications:** Ask your pharmacist if your medication comes in a liquid or chewable tablet if swallowing pills becomes too difficult. Never crush your medication without consulting your primary care physician or pharmacist, because that can change the potency and absorption.



**4. Keep a medication list:** Ask your primary care doctor or pharmacist to give you a list of your medications with instructions and a schedule on taking them properly. Keep this list with you at all times in cases of emergencies, and if you see more than one doctor.



**5. Complete a yearly check-up of your medicines:** Go through your medicine cabinet at least once a year to check for expired drugs. Update your medication list with your doctor to review dosage information, ask questions, and make any needed changes.

Adapted from the guide *Medicines and You: A Guide for Older Adults*, created by the Food and Drug Administration and Administration on Aging. To see the full guide visit: <http://www.eldercare.gov>.

[http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Your\\_Medicines\\_and\\_You.pdf](http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Your_Medicines_and_You.pdf)



## Want to Help Find a Cure for Alzheimer's?



Health, especially as we age, depends on a combination of personal choices, family genetics, and environment. Health disparities refer to differences in health based on gender, age, race, sexuality, or other characteristics. A gender example would be higher rates of breast cancer among women than men. Other disparities are related to inequalities that impact lifestyle, environment, nutrition and availability of healthcare.

Fortunately, progress has been made in reducing some disparities. The death rate for adults age 65 and older is no longer significantly different between Caucasians and African Americans. Much work remains to be done, though, especially in brain

health, a major area of disparities research. African Americans have higher rates of Alzheimer's, yet have often been under-represented in Alzheimer's research.

The Michigan Alzheimer's Disease Core Center (MADCC) is trying to change that. It's a partnership between Wayne State including the Healthier Black Elders Center (HBEC), the University of Michigan, and Michigan State University. The center's primary study is the U-M Memory and Aging Project, which looks at cognitive changes over time to learn about normal aging and diseases like Alzheimer's and other dementias. The HBEC is helping recruit older adults to participate in this study. See below for more information.

### JOIN US

**HBEC Members, Family & Friends Only**

**Wednesday, Oct. 4**

**10:00 am to noon**

Learn about the **Memory and Aging Project** and how to participate. A complimentary luncheon will be provided.

At the  
U-M Detroit Center  
3663 Woodward Ave  
Detroit, 48201  
• Free parking  
• Space is limited

**RSVP by Sept. 18**  
to Vanessa at  
313-644-2604

*Save the Date*

1<sup>ST</sup> ANNUAL

**\$ENIOR  
FINANCIAL  
POWER DAY**



The IOG's *Success After Financial Exploitation* has partnered with Perfecting Church to increase the financial awareness of seniors in our community.

#### **Come learn about:**

*Retirement Planning & Spending*  
*Estate Planning*  
*Credit*  
*Avoiding Scams & Identity Theft*  
*Medicare/Medicaid*  
*And More....*

Pro bono financial and estate planning sessions available in the afternoon.

Saturday, September 30  
10 am - 3 pm  
Registration begins at 9:30  
17950 Vandyke, Detroit MI 48234

**FREE** but you must register to attend. Contact LaToya Hall at 313-664-2608

**LUNCH PROVIDED**



### Who We Are



#### **PRP**

Participant Research Pool

Database of older African Americans willing to participate in research studies on aging.

#### **HBEC**

Healthier Black Elders Center

Wayne State University program that informs African American seniors about the latest developments on health, and conducts research on aging and minorities.

#### **MCUAAAR**

Michigan Center for Urban African American Aging Research

WSU works with U-M to train African American scholars in aging and reduce the health disparities faced by minority older adults.

#### **NIA**

National Institute on Aging

Funds MCUAAAR and other centers across the country to improve minority health and increase research in aging.

## 20 Years FROM PG. 1

through free educational seminars on topics of interest to older adults, such as brain health, nutrition, exercise, diabetes and finances.

Lunch & Learns are also a way for HBEC to recruit older adults for the Participant Resource Pool (PRP). The PRP is a database of African American older adults willing to participate in social research studies. Throughout the years, PRP members have participated in study topics ranging from diabetes to relationship quality, gardening to

patient-doctor communication, and more. Researchers interested in using the PRP must first undergo an application process that includes a review and approval from our Community Advisory Board made up of older African Americans living within our community.

Looking ahead, the Healthier Black Elders Center strives to reach more older adults by holding Lunch & Learns in new areas, partnering with more community organizations, and continuing to grow the Participant Resource Pool.



### HBEC COMMUNITY ADVISORY BOARD MEMBERS

**Dr. Ethel Ambrose** (Emeritus)  
Social Worker (ret.)

**Mr. James Bridgforth**  
Claims and Servicing Manager  
Blue Cross Blue Shield of Michigan (ret.)

**Ms. Precious Everett**  
City of Detroit Principal Medical Tech. (ret.)

**Ms. Johnetta McLeod**  
Tax Examiner, City of Detroit

**Mr. Eugene Odom**  
American General Insurance Comp. (ret.)

**Ms. JoAnn Smith-Taylor**  
Medicare/Medicaid (ret.)

**Dr. Shirley McRae**  
Detroit Public Schools (ret.)

**Mr. Freddie Hawkins**  
Senior Industrial Hygienist  
State of Michigan (ret.)

**Attorney Adrienne Watts, JD**  
Elder Law, Law Office of  
Adrienne C. Watts, PL

**Ms. Patricia Mullin**  
CEO, Forming Mental Health  
Today LLC. Realtor, Amazing Real  
Estate Solutions

**Ms. Alice Feurtado**  
Human Resources Assistant  
Westin Hotel (ret.)

**Ms. Wilma Stringer**  
Division Coordinator for Development  
Detroit Institute of Arts (ret.)

**Mr. Clarence Steen**  
Photographer

### HBEC STAFF

**LaToya Hall**  
Coordinator

**Vanessa Rorai**  
Community Outreach Specialist

**JoAnn Smith-Taylor**  
Volunteer

**Patricia Watkins**  
Volunteer

**Shirley Thompson**  
Volunteer



Institute of Gerontology  
Healthier Black Elders Center  
87 E. Ferry St.  
Detroit, MI 48202  
313-664-2600  
www.mcuaaar.wayne.edu

Non-profit  
US postage  
PAID  
Detroit, MI  
Permit #3844



## SUMMER 2017 HEALTHIER BLACK ELDERS NEWSLETTER

Editor & Community Outreach Specialist - Vanessa Rorai  
Graphic Designer - Catherine Blasio

## Lunch & Learns



Events are **FREE** but you must **R.S.V.P.** by calling 313-664-2616

**9:30 am** registration and health screenings | **10:00 am** - presentations, lunch will follow.

### *Leading Alzheimer's Research*

**Tuesday, Sept. 26, 2017, 9:30 am - Noon**  
Macomb Community Action's Training Center  
The Verkuilen Building  
21885 Dunham Rd., Clinton Township, MI 48036  
Dr. Edna Rose, of the Michigan Alzheimer's Disease Center, will present information about Alzheimer's disease and the African American community. Arijit Bhaumik, also from the Center, will present exciting new Alzheimer's research opportunities and findings.

### *Mental Health Awareness*

**Tuesday, Oct. 17, 2017, 9:30 am - Noon**  
Farwell Recreation Center  
2711 Outer Dr E, Detroit, MI 48234  
October 16-20 is Mental Health Awareness week. Please come join us for an engaging presentation on important information regarding your mental health.

### *Men's Health Forum*

**Wednesday, Nov. 1, 2017, 9:30 am - Noon**  
Ernest T Ford Field House  
10 Pitkin, Highland Park, MI 48203  
This forum will address mental health concerns and overall health issues specific to African American men.

### *Bone Health*

**Thursday, Nov. 16, 2017, 9:30 am - Noon**  
Regency Heights  
19100 W Seven Mile Rd, Detroit, MI 48219  
We invite you to join us for engaging presentations regarding bone health with information, tips, and resources.



#### Wayne State University Board of Governors

Sandra Hughes O'Brien, Chair	Mark Gaffney	Dana Thompson
Michael Busuito	Marilyn Kelly	Kim Trent
Diane Dunaskiss	David A. Nicholson, vice-chair	M. Roy Wilson, <i>ex officio</i>