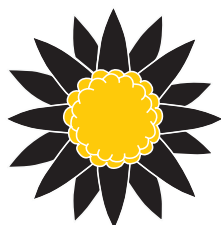


The HBEC encourages older African Americans to participate in research with the goal of addressing health disparities



HEALTHIER BLACK ELDERS CENTER

SPRING 2018

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)

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

From Research to Results: Making Life Better

Currently 23 active studies are using the HBEC Participant Resource Pool (PRP) to recruit participants. Conducting research can be a lengthy process, but what happens when a study is complete? We caught up with a research team that used the PRP in 2016 to learn what the study revealed and how the results were put into action.

Dr. Thomas Jankowski and Carrie Leach conducted the “Hannan

Center for Lifelong Learning Needs Assessment Survey” to ask older African Americans about their attitudes, preferences and likelihood of participating in the creative aging programs offered by the Luella Hannan Memorial Foundation. Using the PRP, they surveyed over 400 Healthier Black Elders by mail on whether they saw a need for fitness and creative programs for older adults in

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Top Award for Career Dedicated to Diversity

The U-M awarded its first ever Distinguished Diversity Scholar Award to James Jackson, Ph.D., in October. Dr. Jackson co-leads the Michigan Center for Urban African American Aging Research (MCU-

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Keep Lunching, Keep Learning

The fall 2017 Lunch & Learn series reached 150 attendees in the Detroit community. Dynamic speakers included a clinical social worker, rheumatologist, family physician and dietician. These professionals used their knowledge and experience to give lively, engaging presentations on Alzheimer's research, mental health, bone health, and a special forum on men's health.

Our winter Lunch & Learn schedule is listed on page 6.

SAVE THE DATE
May 17, 2018
 8:30 AM – 1:30 PM



EVENT LOCATION: Fellowship Chapel 7707 W. Outer Dr., Detroit 48235
 \$20 admission includes light breakfast and hot lunch
Registration Form/Art Submission forms will be mailed March 1st

Art of Aging Successfully: Let Your Imagination Soar

The annual Art of Aging conference, hosted by the **Institute of Gerontology**, celebrates creativity in older adults. This year's breakout sessions include hands-on art projects, emergency preparedness, life writing, senior travel, nutrition, and chair dancing, to name a few. We encourage any and all WRITERS to submit fiction, poems or memoirs to be featured in the program booklet, and ARTISTS to submit works for display.

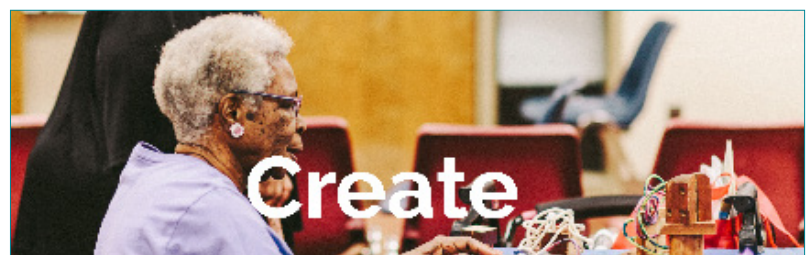


Research to Results

the Detroit community, what specific programs they wanted, their level of willingness to participate in these programs, and the best way to schedule them.

The Hannan Foundation began serving older adults in 1925, later opening the Hannan Center for Lifelong Learning to offer creative, fitness and educational programs. The results of Dr. Jankowski's and Carrie's study revealed a definite interest in and need for more fitness and creative programs for Detroit's older adults. Using their results, the Hannan Foundation added fitness classes such as an advanced yoga class and Zumba, creative programs such as Art and Design 101, and special workshops on important topics such as *Life Writing and Contemporary Societal Issues*. In addition to expanding the number and types of classes, Hannan Foundation also increased class sizes.

This needs assessment is but one example of how HBEC member's participation in research provides direct feedback and positively affects the community. The programs and classes offered at Hannan Foundation are now called Beyond U and align well with the mission of HBEC to foster a community of shared learning that benefits older adults and the greater community.



For more information on these programs and classes, please visit www.hannan.org or call 313-833-1300



MCUAAAR PILOT SCHOLAR



One of the main objectives of MCUAAAR (Michigan Center for Urban African American Aging Research) is to provide mentoring and funding for minority junior faculty (known as Pilot Scholars) who want to conduct aging and health research. At the left is a summary of research being conducted by this year's scholars.

WHO WE ARE



PRP Participant Research Pool - A WSU database of older African Americans willing to participate in research studies on aging.

HBEC Healthier Black Elders Center - An IOG/WSU 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.



Sheria G. Robinson-Lane, PhD, RN

Asst. Professor, U-M School of Nursing

STUDY: Adaptive Coping Engagement with Caregivers of Black Older Adults with Dementia: A Pilot Proposal

As a gerontologist, Dr. Robinson-Lane has expertise in advanced illness management, long-term care and nursing administration. She has focused her career on the care and support of older adults with cognitive and functional disabilities. Dr. Robinson-Lane is interested in how older adults adapt to changes in health, and how these coping strategies affect health outcomes.



Theresa A. Hastert, PhD, MPP, Asst. Professor, Dept. of Oncology, WSU School of Medicine, Population Studies and Disparities Research Program, Karmanos Cancer Institute

STUDY: Employment Trajectories among Older African American Cancer Survivors

Dr. Hastert's research focuses on social, economic and behavioral factors as predictors of cancer and other chronic disease outcomes on racial and socioeconomic health disparities. In her current work, she is examining the financial consequences of cancer and its treatments in a diverse population of cancer survivors, using both qualitative and quantitative research methods.



Xiaoling Xiang, PhD, RN, Asst. Professor, U-M School of Social Work

STUDY: Unleashing the Potential of Home Care Workers in Improving the Mental Health of Older African Americans: Client-and-Provider Perspectives on the Feasibility of Integrating Depression Care in Home Care

As a social worker who works with older adults, as well as a health services researcher, Dr. Xiang focuses on the development, evaluation and implementation of health interventions in alternative community-based care settings. The core of her research looks at integrating health and social services to improve access to care and facilitate an independent lifestyle in vulnerable older adults. She is also evaluating the cost-effectiveness of care coordination and care transition programs led by social workers.

Top Award

AAAR) program, of which HBEC is a part. The award recognizes a senior faculty member who made significant contributions to understanding diversity, equity and inclusion while addressing disparities in contemporary society.

"I can't think of a more worthy recipient than James," Dr. Peter Lichtenberg said. "He embodies the intelligence, perseverance and passion required to combat minority health disparities in a significant and long-lasting way. I am proud to be his colleague and his friend." Dr. Lichtenberg directs WSU's Institute of Gerontology and has co-edited MCUAAAR with Dr. Jackson for more than 20 years.

Dr. Jackson is a U-M Distinguished University Professor of Psychology and a research professor at the Research Center for Group Dynamics. He ensures the MCUAAAR program promotes high quality, scholarly research and community-based interventions focused on health and health promotion among older racial and ethnic minorities. After awarding this honor U-M announced it will re-name the award the James S. Jackson Distinguished Diversity Scholar Award. A new recipient will be chosen each year.



C.A.B. Member Spotlight

Wilma Stringer: Dedicated to the Arts and Education

Born and raised in Detroit, Wilma Stringer has passion for learning, meeting new people, and being a part of her community. She joined the Community

Advisory Board (CAB) of the HBEC in 2017 as a way to help Detroiters understand the value of volunteering for research. Among her many interests, art and continuous education are closest to her heart.

She's been a member of the Detroit Institute of Arts (DIA) since 1970, one of her favorite places to visit in Detroit. She worked at the DIA as the Division Coordinator for Development, and would often sneak down to the galleries to talk with visitors and go to the Arts Library to view special catalogs and original works.

Now in retirement, Wilma is busier than ever. Along with being a CAB member, she also volunteers in the College of Liberal Arts and Sciences department. As a personal goal to improve her math skills, she enrolled in multiple math courses and even received a congratulatory email from the WSU math department. To Wilma, math gives you tools and teaches life skills of how to think, problem solve, and adapt.

Throughout Wilma's interests, the common thread of talking with people is evident. Wilma enjoys learning about different cultures from each person's life stories and experiences. Her role as an HBEC Advisory Board Member involves reviewing applications from researchers who wish to use HBEC to recruit participants. She takes this role very seriously and is conscientious about being informed on the researcher and research process. HBEC is very lucky to have Wilma as an Advisory Board Member!



Help Us Understand More about Caregiving

If you are the current caregiver of a parent, sibling, or friend, we'd like to hear from you. We are looking for caregivers who are willing to participate in a small group discussion for 1.5 hours about caregiving.

A **\$25 gift card** will be given for participation. Spaces are limited. If interested, please call **313-664-2604** for more information.



Attention Caregivers: Find Help Here

About 34 million people in the U.S. care for an adult aged 50 or older, according to an extensive 2015 AARP study on caregiving. A caregiver is anyone who provides any type of help to an individual, regardless of whether they live in the same home. This army of caregivers (and you may be one of them), needs resources, support, and convenient, low-cost ways to avoid stress and burnout. See the box below for a list of common signs of caregiver stress.

Among caregivers many worries, one major concern is finding

respite care, and the ability to pay for this type of care. Information on available resources can help alleviate caregiver stress by pointing them to programs that can address their needs. For example, the Alzheimer's Association Greater Michigan Chap-

ter provides adult-day programs at their Southfield and Detroit locations, and offers one-time respite grants. The Alzheimer's Association also has a wealth of other information and resources tailored to caregivers. Here are a few:



24/7 HARRY L. NELSON HELPLINE 800-272-3900

provides confidential support, education, and referral services.

ADULT DAY PROGRAMS The Greater Michigan Chapter offers an Adult Day Program at their Southfield location, as well as the New Center Area in Detroit. These recreational programs let caregivers drop off their loved ones for a day of high quality supervision, socialization and stimulation.

CARE COUNSELING PROGRAMS The Greater Michigan Chapter offers several counseling programs that range from assessment, healthcare management, in-home consultation, to managing difficult behaviors.

EARLY-STAGE RESOURCES Tailored to persons recently diagnosed and/or in the early stages of dementia.

EDUCATION PROGRAMS Informational programs on various topics surrounding dementia.

RESPIRE CARE ASSISTANCE Provides financial assistance to caregivers to obtain respite services including home health care, over-night respite and adult day programs.

SUPPORT GROUPS Call 1-800-272-3900 for more details on available support groups and how to join.

TRIALMATCH Clinical studies hoping to find a cure for Alzheimer's use this free service to connect individuals with Alzheimer's and their caregivers to current research studies.

Caregiver Checkup: What's Your Stress Level?

If you are experiencing any of these signs of stress on a regular basis, consult your doctor. Ignoring symptoms can cause your physical and mental health to decline.

- Denial
- Anger
- Health Problems
- Social Withdrawal
- Depression
- Exhaustion
- Sleeplessness
- Irritability
- Lack of Concentration
- Anxiety

CALL: 1-800-272-3900
or www.alz.org for caregiver
information and support.

For a full list of programs & for more information call
1-800-272-3900 or visit **www.alz.org/gmc**.



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www.mcuaaar.wayne.edu

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US postage
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SPRING 2018 HEALTHIER BLACK ELDERS NEWSLETTER

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

Lunch & Learns



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

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

Senior Housing in Detroit

Thurs., April 5, 9:30 am - Noon

Wilder Branch Library, 7140 Seven Mile E, Detroit 48234

Anthropologist and social worker Dr. Tam Perry will discuss her community-based work on senior housing in Detroit that led to important policy change.

Money Smart Week

Thurs., April 26, 9:30 am - Noon

Boulevard Temple, 2567 W Grand Blvd, Detroit 48208

LaToya Hall, the coordinator of the Success After Financial Exploitation (SAFE) program, will show you how to keep your money and identity safe from predators. Sandra Philpott-Burke from the Michigan Agency on Energy will present information on public service rules to protect yourself from exploitation regarding utility services.

Seniors, Smart Phones & Tablets: Connecting with Ease

Thurs., May 10, 9:30 am - Noon

Heilmann Recreation Center, 19601 Crusade St, 48205

Bring your smart phone or tablet! Join us for a demonstration on making your technology accessible and an engaging presentation on internet safety.

Innovative Research on Aging

Thurs., June 7, 9:30 am - Noon

Adams/Butzel Recreation Center, 10500 Lyndon St, 48238

Join us for multiple presentations from Healthier Black Elders Center researchers to learn about their latest studies and results.



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