



Healthier Black Elders Center



Be Part of Something Bigger

Wayne State University, University of Michigan, and Michigan State University provide the faculty who jointly lead the Healthier Black Elders Center (HBEC). Faculty leaders, staff, and the Community Advisory Board members work together to improve the health of older African Americans in Detroit through a combination of education and research.

The core goal of the HBEC is to encourage older African American adults to consider participating in approved research projects. In the past, researchers have had difficulties recruiting older African Americans as participants in 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 participate in an HBEC-approved research project, we guarantee that:

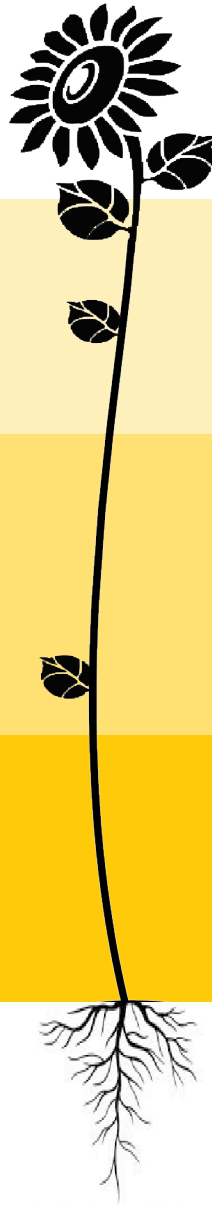
- All research projects have been reviewed and approved by an institutional review board and the HBEC Community Advisory Board.
- Your information will be handled with the strictest confidence.
- You have the right to decline a research project for any reason at any time.

Using feedback from both HBEC members and Community Advisory Board members, we educate the public via Lunch & Learns throughout the year about various health-related topics relevant to successful aging. Approved researchers are invited to attend and recruit for their studies at these events.

To learn more about our work and to join the HBEC, please call our program coordinator at **313-664-2604**.

<https://mcuaaar.wayne.edu/about>

What is the Healthier Black Elders Center?



Participant Research Pool (PRP)

A database of older African Americans open to participate in research studies on aging. When you become a member of the HBEC, you are added to the Participant Resource Pool.
Web: <https://mcuaaar.wayne.edu/participant>
Ph: 313-664-2604

Healthier Black Elders Center (HBEC)

The community outreach program of MCUAAAR responsible for educating seniors about health and promoting research on older African Americans.
Web: <https://mcuaaar.wayne.edu/healthier>
Ph : 313-664-2604

Michigan Center for Urban African American Aging Research (MCUAAAR)

One of the RCMAR centers jointly run by WSU, U-M and MSU to train scholars in African American aging research to reduce health disparities faced by minority older adults. Principal Investigators are James S. Jackson, PhD, U-M; Peter Lichtenberg, PhD, ABPP, WSU; and Joan Ilardo, PhD, MSU.
Web: <https://mcuaaar.wayne.edu>

Resource Centers for Minority Aging Research (RCMAR)

Created and funded by the NIA, RCMAR coordinates and supports 18 centers across the country, each focusing on a particular population and/or disease. The Michigan Center for African American Aging Research is one of those centers.
Web: <https://www.nia.nih.gov/research/dbsr/resource-centers-minority-aging-research-rcmar>

National Institute on Aging (NIA)

A governmental agency that is part of the National Institutes of Health. It funds scientific research to understand the nature of aging and supports centers including MCUAAAR.
Web: <https://www.nia.nih.gov>

It Starts Here

HBEC Community Advisory Board

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

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

Ms. Johnetta McLeod
Tax Examiner
City of Detroit

Dr. Shirley McRae
Detroit Public Schools (ret.)

Ms. Patricia Mullin
Realtor, Amazing Real Estate Solutions

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

Ms. JoAnn Smith
Medicare/Medicaid Trainer and
Volunteer Coordinator
Detroit Area Agency on Aging (ret.)

Mrs. Fannie Spears
Administrative Assistant
Wayne County Court System (ret.)

Mr. Clarence Steen
Photographer

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

Mr. Henry Swift
Owner
Swift Office Solutions

Attorney Adrienne Watts, JD
Elder Law
Law Office of Adrienne C. Watts, PLC