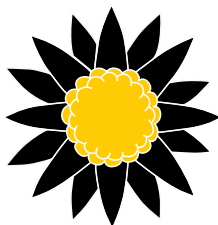


The HBEC encourages older African Americans to participate in research with the goal of addressing health disparities



HEALTHIER BLACK ELDERS CENTER

FALL 2020

Connecting Older Adults to Research



How You Can Help

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 HBEC Program Coordinator at 313-664-2604

The Healthier Black Elders Center is part of the Michigan State University, University of Michigan and Wayne State University Michigan Center for Urban African American Aging Research: A National Institute on Aging Grant Program



Get Involved with Research from the Safety of Your Home

There are still opportunities to safely participate in research studies. All research through HBEC must be remote without any in-person contact. The list below are studies looking for participants, no in-person visits needed.

The WALLET Study – There is a concern that people who experience a decline in memory or thinking skills may unknowingly also experience a decline in taking care of their finances. This study will



review the past 12 months of your bank statements and administer some psychological and cognitive

[See Research Page2](#)



HBEC RESPONSE TO COVID-19

Protect Yourself: Cleaning versus Disinfecting 101

Fast Facts To Get Us Started:

- Covid-19 is caused by a virus
- This virus can live on surfaces for many days
- Cleaning and disinfecting are not the same thing
- Some cleaning products can be harmful to your health

Germ is the name of microscopic bacteria, viruses, fungi, and protozoa that can cause disease. **Bacteria** is a specific type of germ that are tiny single-celled organisms. Some bacteria are good for our bodies, such as the bacteria that keeps our digestive system working or the bacteria used to make medicines and vaccines. Other bacteria can

cause us to get sick, such as causing cavities, ear infections, or strep throat. Antibiotics are used to treat bacterial infections.

Viruses, another type of germ, are even smaller than bacteria. Viruses are genetic material packaged inside of a protein coating that need to burrow into another

[See Cleaning Page 5](#)

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RELATIONSHIP ADVICE FROM A CAB MEMBER
PAGE 5



Meet the New MCUAAAR Scientists



Christina N. Harrington, PhD

Assistant Professor, Human Computer Interaction, School of Design
College of Computing and Digital Media,
DePaul University

"Designing Health-Related Conversational Assistants for Health-Information Seeking Among Low-Income African American Older Adults"

Dr. Harrington's study seeks to understand how older African Americans in lower-income areas ask health-related questions using online health resources. This research will advance our understanding of how older African Americans frame health-related questions when interacting with digital conversational assistants and how these devices could best provide health information.



Mieka Smart, DrPH, MHS

Assistant Professor, College of Human Medicine, Michigan State University
Director, College of Human Medicine Leadership for the Medically Underserved

"Barriers & Facilitators to Genomic Research Participation Reported by Older Adults"

In 2017 Dr. Smart started investigating the study of genes (genomic research) in African Americans. Her

current study is a series of focus groups to look at how older African Americans participate in genomic research. What are the barriers to them participating and what can facilitators do to have the most positive impact on participation?



Samuele Zilioli, PhD

Assistant Professor, Department of Psychology and Department of Family Medicine and Public Health Sciences,
Wayne State University
and



Jennifer Gómez, PhD

Assistant Professor, Department of Psychology and Merrill Palmer Skillman Institute for Child & Family Development,
Wayne State University

"Cultural Betrayal Trauma as a Novel Social Determinant of Cardiovascular Disease among Urban African American Elders"

Drs. Zilioli and Gómez are conducting a study to investigate the psychological, behavioral and biological health impacts of societal trauma, such as institutional racism and perceived discrimination, experienced by older African Americans living in Detroit.

Research from page 1

tests. Looking for English-speaking adults aged 60 or older, diagnosed with Mild Cognitive Impairment (MCI) or those that feel their memory has declined. Study completed by telephone. Contact Vanessa Rorai at vrorai@wayne.edu or 313-664-2604

DO TELL: Bridge the Gap Between Patient and Provider Perceptions of Disease Self-Management Challenges – Looking for individuals aged 65 and older that have at least 2 chronic health conditions. During a series of focus groups, participants will be asked

to write their personally meaningful story of the most significant challenges they have faced as they self-managed their chronic condition. Contact Michael Henson at michael.henson@wayne.edu or 313-993-9932

The HealthyLifetime Program – Researchers from the University of Michigan School of Nursing are evaluating the benefit of a new 8-week nurse health coaching program to adults aged 50 and older with chronic health conditions. Contact Marge Calarco at mcalarco@med.umich.edu or 734-615-0085

Shared Decision-Making and

Colorectal Cancer Screening Behaviors – This study is conducting telephone interviews to understand informational needs and beliefs about colorectal cancer screening. Participants will review existing health literature to provide feedback. Must be between the ages of 75 and 85. Contact Tamara Cadet at tamara.cadet@simmons.edu or 617-521-3981

I-CONNECT – Understanding how social interactions affect the mind and brain, and how to prevent memory decline and dementia. To see if you may be eligible and for more information, contact Alexis Ellis at 734-647-2676

Fall 2020 Lunch & Learn Schedule – We’ve Gone Virtual!



*Join us on
Zoom for our
Online
Lunch & Learn
Events!*

Each webinar will start at 11:00 am with presentations from 11:30 - 12:30 pm

You can join the webinar by **computer** to see and hear the presentation, or by **telephone** to listen to the presentation

RSVPs

are needed to attend.
Call 313-664-2616
and leave a voice message with you:

- Name
- Phone number
- Name of the webinar
- And how you will attend, by computer or phone

We will add you to the RSVP list and remind you with a phone call a few days before the event with the details to join.



Thursday, Sept. 24, 11:00 am - 12:30 pm



Stocking a Smarter Pantry

MSU Extension Community Nutrition Instructor Iteria Finley shows you how to stock up your pantry and freezer to be healthier and to save money! She'll share how to limit grocery store visits, how long food can be safely stored, properly thawing frozen food, cooking from frozen, and how to identify healthy pantry staples with long shelf lives.

Monday, Oct. 12, 11:00 am - 12:30 pm



Covid-19 & Flu Season

AARP is our partner on this tele-town hall event discussing what you need to know about Covid-19 and the flu season. Dr. Teena Chopra, WSU infectious disease expert, explains the difference between Covid-19 and the flu and how to prepare for the flu season. Dr. Jennifer Edwards-Johnson, a family medicine doctor and assistant professor at MSU College of Human Medicine, describes what she sees in her practice treating patients and what you need to know before visiting your doctor.

Thursday, Nov. 12, 11:00 am - 12:30 pm



Grief, Loss, and How to Cope

2020 has been an emotionally challenging year. Join us to learn about recognizing signs of grief and depression, how these emotions can impact us, and ways to embrace positive coping strategies. Speakers will be Dr. Peter Lichtenberg, director of WSU's Institute of Gerontology, Dr. Jennifer Johnson, clinical psychologist at MSU, and Dr. Kent Key, professor in MSU's College of Human Medicine.

Tuesday, Dec. 8, 11:00 am - 12:30 pm



Let's Talk Skin Care

Dr. Mari Paz Castanedo Tardan, dermatologist and assistant professor at the University Of Michigan School of Medicine, gives an in-depth presentation on skin health for many types of skin. She'll give special emphasis to maintain healthy skin as we age, the important differences in caring for African American skin versus other races, and more.

Getting Started - How to Join Us Virtually

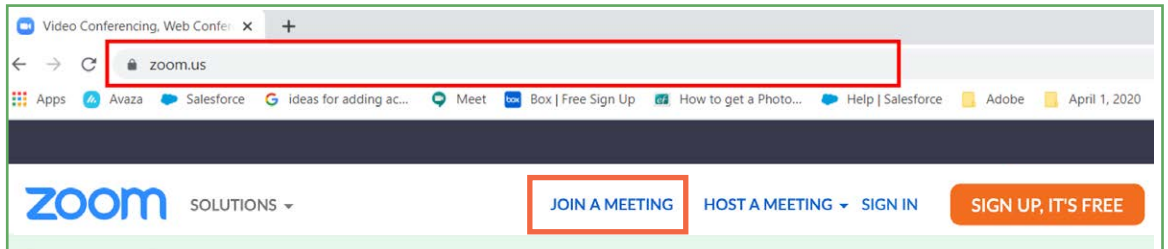
When you RSVP, we will provide you with a meeting ID

Zoom is free to attend our Lunch & Learn events. Join us on your computer, laptop, tablet or by phone.

Here's how to join on computer or phone with video

STEP 1:

In the internet search bar type "Zoom.us".

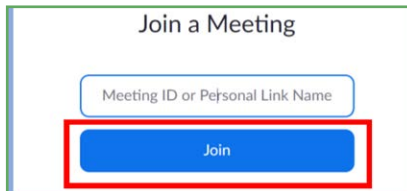


STEP 2:

Click "JOIN A MEETING"

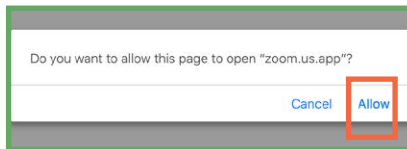
STEP 3:

Enter the meeting ID number and click the blue "JOIN"



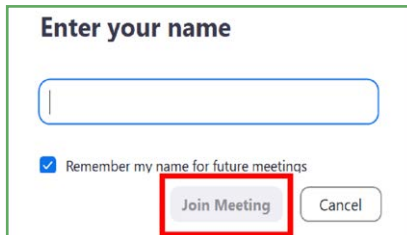
STEP 4:

You will be asked: *Do you want to allow this page to open Zoom app?* Select "Allow"



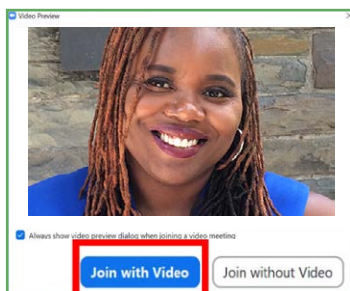
Step 5:

Enter "Your Name" as you would like it to appear in the meeting. You can also use initials for privacy. Then click the *Join Meeting* button. **Please note:** after you click *Join Meeting* here people are still not able to see you.



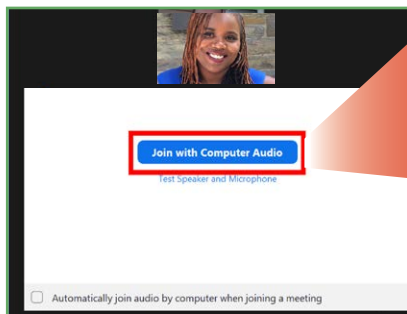
Step 6:

A preview screen will pop up and you will be able to see yourself. You can then choose whether to *Join with Video*. If you choose *Join without Video* your face will not be visible on the screen, but you can see the presentation.



STEP 7:

Click the blue "Join with Computer Audio" button



If your phone or computer does not have video capability and you would like to listen to the live presentation by phone, simply:

STEP 1: On your phone, use the number we gave you when you called in your RSVP.

STEP 2: Enter the meeting ID number when prompted.

You've just joined ZOOM by phone and are listening to our Lunch & Learn

Can't attend? All recordings of Lunch & Learns will be posted at: <https://mcuaaar.org/resources/videos/>

You have just joined our HBEC Lunch & Learn presentation on Zoom!

For more assistance contact:
313-664-2616

Clean from page 1

cell's structure to reproduce. This means they can't survive unless they're living inside something else (such as a person, animal, or plant). This is why viruses can only live a certain period of time on hard surfaces such as counters, door-knobs, or toilet seats. When a virus enters the body, it can spread easily to make us sick. Common virus illnesses are colds and flus but can also be very serious diseases like smallpox, HIV/AIDS, and Covid-19. Antibiotics are not effective against viruses. Antiviral medications can help but must be developed to treat a specific virus.

How to Properly Clean and Disinfect your Home

Start by cleaning surfaces with soap and water to remove dirt and germs, and then disinfect the surfaces with products that contain ingredients to kill germs. Remember to be safe when using cleaning products by keeping the area ventilated by opening windows, using fans, and wearing gloves. Disinfectants should only be used on surfaces, NOT pets or people.

The Centers for Disease Control provided the following information and recipes to make your own disinfectant:

- Diluted bleach solutions will disinfect for up to 24 hours
- Never mix household bleach with ammonia or any other cleanser
- Spot test surface to test for damage
- Leave the disinfectant solution on the surface for at least 1 minute
- Be careful of the surfaces on which you apply bleach. Bleach will discolor cloth and can deteriorate leather and many synthetic fabrics. Bleach works

best on hard surfaces that are not very porous, like countertops, porcelain (sinks, toilet) and tile.

To Make:

- Mix 5 tablespoons (1/3 cup) of bleach per gallon of room temperature water, or
- Mix 4 teaspoons of bleach per quart of room temperature water
- Alcohol solutions with at least

70% alcohol can be used with the same level of effectiveness. Alcohol will not discolor fabrics but can damage paint and varnish finishes on furniture.

This information was provided in part from CURES (#P30ES020957). To obtain additional fact sheets on Covid-19 and other environmental health: Rochelle Chapman at 313-577-5045



From our Community Advisory Board (CAB) *Continued from our special summer HBEC newsletter, we are happy to provide another writing piece from a CAB member.*

"You don't have to be 'in-love' to have productive long lasting relationships. These qualities can be applied to any relationship."

– Clarence Steen, CAB Member

Five Keys to a Loving Relationship

I wrote one of my most cherished pieces in 1981, on what I believe to be the five elements for a positive, productive, long lasting relationship.

- 1. Friend:** The first and most important element is that one must first be a friend to another. Within this friendship there must exist "effective communication skills" whereby any and all things can be discussed. In discussing any and all things, one cannot allow personal values or judgments to cloud one's ability to objectively look at what's being discussed with an open mind.
- 2. Teacher and Student:** This is saying one can teach as well as learn. We must not let our ego become an obstacle to learn new things from others. We can all be teachers and we can all learn from our relationships.
- 3. Protector:** One must do all one can to make sure that the other party feels safe and secure. To know



that your partner will not do anything that could cause harm to you physically, mentally, emotionally or spiritually makes for long-lasting relationships.

4. Provider: Being independent should not mean we refuse to allow others to provide for us. We all have the ability to allow someone to provide for us because they want to, not because we need providing for.

5. Intimacy: This does not solely imply sexual involvement. Intimate can mean sharing private and personal thoughts and emotions. One can be intimate with one's parents as well as one's friends.



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**HEALTHIER BLACK ELDERS
 FALL 2020 NEWSLETTER**

**Wayne State University
 Board of Governors**

- Marilyn Kelly, chair
- Bryan Barnhill II
- Michael Busuito
- Mark Gaffney
- Anil Kumar
- Sandra Hughes O'Brien
- Shirley Stancato
- Dana Thompson
- M. Roy Wilson, *ex officio*

Don't Forget to Vote!

The 2020 General Election – when we elect the next President of the United States – will be held on Tuesday, Nov. 3. Due to Covid-19, many citizens are concerned about the safety of voting in person. In Michigan, all registered voters can avoid long lines at election polls and exposure to the virus by voting by absentee ballot. Here's how:

1. Register to Vote

If you are not already a registered voter, you can register online at <https://mvic.sos.state.mi.us/RegisterVoter>. You can also register by mail to vote, but your application must be postmarked by Monday, Oct. 19. Michigan also offers same-day voter registration, but this requires physically visiting your polling location on voting day, Nov. 3.

2. Apply For An Absentee Ballot

The application to receive an absentee ballot is available at <https://mvic.sos.state.mi.us/AVApplication/Index>. This is NOT the ballot itself. Fill out and mail in

this application to receive an absentee voter ballot. You can also contact your city or township clerk for further instructions. **The deadline to request an absentee ballot is Friday, Oct. 30 at 5 pm.**

3. Submit Your Absentee Ballot

Fill it out carefully, following all instructions. It must be signed on the return envelope, and the signature must match the signature you have on file, for it to be counted. **Your local clerk's office MUST receive your ballot by 8 pm on Election Day.**

Remember

If you MAIL it in, do it as soon as possible and certainly no later than Oct. 10, to ensure the postal service has time to deliver it.

The safest route is to hand-deliver your ballot to your local clerk's office. The office should have a special box to put the ballot into or you can go directly to the clerk's office and hand it to an employee. If it is difficult for you to get to the clerk's office, your ballot can be delivered by a member of your immediate family or a person living in your household.

Let your voice be heard. VOTE!

**ATTENTION:
 Michigan Residents!**
 It is critical that you, your family members & friends complete and return the U.S. Census forms.

Results could affect you for the next 10 YEARS. The Census:

1. Determines the number of Representatives Michigan can have in the Federal House of Representatives.
2. Helps make our vote count by redrawing congressional, state and local voting district boundaries to contain equal numbers of people. This insures that we are adequately represented in the state and federal legislatures.
3. Determines how much money we receive for critical services such as schools, senior programs, housing needs, sanitation, buses, roads, hospitals, public health programs, fire and emergency responses.

*Support Detroit and Michigan.
 Mail your completed form now!*

**www.2020census.gov
 or 313-279-0400**