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



FALL 2021

Connecting Older Adults to Research

og

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.

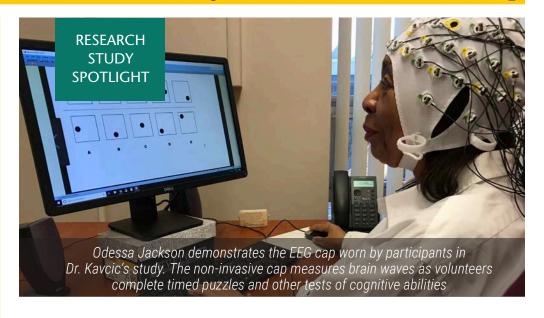
You will be considered for research that is of interest to you.

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





Adapting Research During the Pandemic

Dr. Voyko Kavcic, an assistant research professor at the WSU Institute of Gerontology, is using sophisticated testing approaches to better understand the potential signs that predict cognitive loss and even the earliest potential symptoms of Alzheimer's Disease in older African Americans. Funded by the National Institute on Aging, Dr. Kavcic explains, "Com-

munity-dwelling African Americans are more likely to develop dementia than older white Americans, but are less likely to be diagnosed or receive treatment in the early stages of the disease. The goal of this study is to address this health disparity with the development of reasonable, economically viable, and culturally acceptable

see page 2

What to do in a Flood?

Michigan has experienced several instances of heavy rainfall recently that resulted in flooding in many community members' homes and neighborhoods. Floodwater and standing waters can be dangerous and can make you vulnerable to

infectious diseases, chemical hazards, and injuries. Floodwater in a basement or outside streets can contain contaminants or unknown dangerous objects. Contaminants can infect existing wounds or cuts,

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Lunch & Learn Schedule PAGE 3 Meet the New MCUAAAR Scientists **PAGE 5**

Participate in Research Studies
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Board
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Adapting from page 1

methods of early detection of cognitive decline that are so badly needed."

Enhanced Phone Screening Proves Beneficial

The study, known as "ELECTRA," started in 2019 and then the pandemic hit in 2020. The necessary safety measures resulted in restrictions to all in-person activity for research studies. Dr. Kavcic and his research team of study coordinator Sarah Shair, research assistants Sophie Hanna and Loraine Dicerbo, and registered nurse Dwana Bass, had to adapt their project that led to the development of an "enhanced telephone screening" and Covid-19 questionnaire. "We implemented an enhanced telephone screening for new participants that included brief cognitive screening tasks and a questionnaire assessing their experiences with the Covid-19 pandemic," Dr. Kavcic said. "Those who score in the normal range of cognition on these measures will be added to a list to be contacted when in-person visits are resumed. That's when we'll ask them to come in to complete the full ELECTRA initial visit."

To date, the team has recruited 230 older African Americans, aged 65 or older, of which 130 met the enrollment criteria for the study. Of those, 190 participants are HBEC members. This enhanced screening is signifi-

cant. It provides a better understanding of potential acute and long-term changes in cognition during the pandemic so that interventions to decrease the negative effects of Covid-19 on mild cognitive impairment and Alzheimer's Disease can be explored.

Dr. Kavcic's research team has analyzed the data from this enhanced screening and recently presented the results in three posters at the Alzheimer's Association International Conference. Their main findings highlighted the impact of health and economic-related stressors on anxiety levels during the pandemic.

Attitudes Toward COVID-19 Vaccination

"As many as 44% of our sample of older African Americans did not show elevated anxiety, while 29% showed moderate anxiety and as many as 22% showed moderate to severe anxiety," Dr. Kavcic said. While 50% of participants did not report any change in their cognitive functioning, 6 % reported their cognition improved. As many as 46% of older African Americans reported cognitive decline during the pandemic compared to before the pandemic. The possibility of altered cognitive functioning during the health crisis should be considered not only for quality-of-care issues, but also when recruiting for research trials during and after the pandemic.

Another interesting finding emerged about attitudes toward

the Covid-19 vaccine. "Sixty-seven percent of our participants expressed willingness to get vaccinated," Dr. Kavcic said. "The perceived safety of the vaccine, and the personality characteristics of the participant explained 58% of the variance in intent to vaccinate." In other words, people who expressed greater fear of the Covid-19 virus, and who believed the vaccination is safe, were more inclined to get vaccinated.

Wayne State Approves Resuming In-person Research

Wayne State University has recently approved resuming in-person activity for research studies. The next step for Dr. Kavcic's research team is to get in touch with the 130 participants who expressed willingness to participate in ELECTRA during the enhanced screening, and to continue recruiting new participants. Participants will complete paper/pencil and computerized tests of memory and thinking as well as a brief neurological and physical exam. The team will also measure brain waves using the non-invasive electroencephalogram (EEG), which records the naturally occurring electrical signals your brain produces from the top of your head. You will be compensated for participation. If you are interested in participating in the study, call 313-577-1276 or 313-577-1692 or email the team at ELECTRA@wayne.edu.



Have you been a victim of a financial scam or identity theft? **SAFE** helps resolve issues, build credit and recover funds through confidential one-on-one counseling.

SAFE counselors explain budgets, debt, savings and investments plus the latest information about scams and identity theft to empower you.

For personal assistance or to schedule a workshop or speakers



Contact, SAFE program coordinator, LaToya Hall at I.hall@wayne.edu or 313-664-2608.



Lunch & Learns

If you have any questions, contact us at 313-664-2616



Join us for online Fall 2021 Lunch & Learn webinar events!

Each Lunch & Learn webinar will listed will start at 11:00 am until 12:30 pm.

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

If you would like a reminder before the event, please RSVP at 313-664-2616 leave a voice message with your:

- Name
- Phone number
- Lunch & Learn Topic &
- How you are attending, by phone or computer

To join by computer,

type this link
https://bit.ly/HBElunch
into your internet browser
to join the webinar.

To join by telephone, dial: 1-312-626-6799, Webinar ID: 954 9577 4535

Can't attend?
Listen to recorded
webinars on our
Healthier Black Elders Center
website. After the
presentation dates, visit:

https://mcuaaar.org/resources/videos/hbec

Sleep Education for Everyone

Friday, September 24 11:00 am – 12:30 pm **S**L

One of the most important habits for good health and well-being is sleep. Dr. Robin Tucker, from the Department of Food Science and Human Nutrition at MSU, developed the program and will co-present with Program Instructor Nicole Wethington from MSU Extension. Dr. Tucker and Nicole will discuss the many benefits sleep has on our health and tips to help you sleep longer, deeper and wake up refreshed.



Impacts of our Changing Environment Tuesday, October 12, 11:00 am – 12:30 pm

Significant changes are occurring in our weather and environment. Wayne State School of Social Work faculty Dr. Tam Perry and her research team will explain their project to advance knowledge of the impact of changing environments on older adults. The study includes many HBEC members. Discussion includes climate change and current changes in the environment, such as local and state water concerns and other environmental justice concerns, particularly relating to senior housing.



AARP TELE TOWN HALL

Medicare Scams and Medicare Enrollment

Wednesday, October 6, 11:00 am to Noon Dial-in to listen: 855-962-1142

Join us for this Tele Town Hall designed to help you avoid the fraudsters who use Medicare to scam you. Hear presentations and get your questions answered from the following federal experts:

Darren Bartnik, Assistant Special Agent in Charge for the Office of Investigations, the U.S. Department of Health and Human Services.

Marc Heggemeyer, Assistant Special Agent in Charge at the Office of Investigations, the U.S. Department of Healthand Human Services, Office of Inspector General.

Bev Clark, Medicare/Medicaid Coordinator, Area Agency on Aging 1B

Flood from page 1

cause skin rashes, tetanus, or gastrointestinal issues.

The best way to protect yourself is to stay out of the water and do not drive through floodwater. If your body comes into contact with floodwater, it is important to wash the area with soap and clean water as soon as possible, or use alcoholbased wipes or sanitizer. Also, wash all clothes contaminated with flood or sewage water in hot water and detergent before reusing them. If you must enter floodwater, wear rubber boots, rubber gloves, and goggles.

Unfortunately, flood is not always covered under standard homeowners' insurance policies, and 20% of all floods occur in low-to-moderate risk neighborhoods. It typically takes 30 days for a flood insurance policy to take effect. If flood or storm water has entered your home, dry it out as soon as possible to prevent mold. If you have electricity and an electrician has determined it's safe to turn it on, use a "wet-dry" shop vacuum (or the vacuum function of a carpet steam cleaner), an electric-powered water transfer pump, or sump pump to remove standing water. If you are operating equipment in wet areas, be sure to wear rubber boots.

If you do not have electricity, or it is not safe to turn it on, you can use a portable generator to power equipment to remove standing water. If weather permits, open windows and doors to aid in the drying-out process. Use fans and dehumidifiers to remove excess moisture. Fans should be placed at a window or door to blow the air outwards rather than inwards, so as not to spread the mold. Have your home heating, ventilating, and air-conditioning (HVAC) system checked and cleaned by a service professional who is experienced in mold cleanup before you turn it on. If the



- 1. 2-1-1: Michigan residents can dial 2-1-1 for additional local resources and information.
- **2**. City of Detroit: Detroit residents can file water **damage claims** by visiting the website detroitmi.gov/waterdamageclaims or by calling 313-267-8000. The claim must be filed within 45 days from the date of damage.
- **3**. Consumer Protection Division: To **file a complaint** regarding exorbitant towing fees due to flooding contact 1-877-765-8388.
- **4.** Department of Insurance and Financial Services: Michigan residents can call 877-999-6442 in reference to **flood or home insurance related concerns or questions.**
- 5. Michigan Department of Health and Human Services (MDHHS): The State Emergency Relief program provides funds for home repairs to residents with limited income. Residents can call their local DHHS office or apply online at michigan.gov/MIbridges.
- **6**. MDHHS: For steps pertaining to **cleaning mold**, call 517-335-9436.
- **7.** MDHHS: Residents who meet requirements can apply for **emergency relocation funds** by calling 517-241-3740.
- **8.** Michigan Department of Environment, Great Lakes and Energy: For additional information about the **National Flood Insurance Program**, residents can contact 1-800-427-4661.
- **9.** Michigan Department of Agriculture and Rural Development: Residents with questions about **protecting livestock**, **pets**, **or property** can call 800-292-3939.
- **10.** Red Cross: Residents in metro Detroit can call 1-800-RED-CROSS for information on **cleanup assistance**.

HVAC system was flooded with water, turning on the mold-contaminated HVAC will spread mold throughout the house. Professional cleaning will kill the mold and prevent later mold growth. When the service determines that your system is clean and if it is safe to do so, you can turn it on and use it to help remove excess moisture

from your home.

This article was written using information from the Michigan State Police Emergency Management & Homeland Security Division, Goosehead Insurance, and the CDC. For more information visit: https://www.cdc.gov/disasters/floods/floodsafety.html

New MCUAAAR Scientists Study Kidney Health, Eye Care, Social Robots and More

Each year MCUAAAR selects exceptional minority researchers, or researchers working with minority populations, to receive funding and mentorship for their research projects. Congratulations to this year's MCUAAAR scientist winners!





Ryon J. Cobb, PhD Assistant Professor

Department of Sociology, University of Georgia

Project: Early Life Adversity, Perceived Control, and Renal Aging among Older Blacks: Evidence from the Health and Retirement Study



Angela Elam, PhD, Assistant Professor

Kellogg Eye Center, University of Michigan

Project: Increasing Eye Care Utilization in Urban Black Americans Using a Community Engaged, Faith-Based Approach



Christy L. Erving, PhD, Assistant Professor

Department of Sociology, Vanderbilt University

Project: Multiple Sources of Psychosocial Stress and Mental Health among Black Women across the Life Course



Areeba Jawed, MD, Assistant Professor

School of Medicine, Wayne State University

Project: Racial Disparities in Palliative Care Utilization after Acute Stroke



Hee Rin Lee, PhD, Assistant Professor

1. Take a financial vulnerability survey

The Wayne State University Institute of Gerontology has developed an online financial vulnerability survey, at OlderAdultNestEgg.com, to help older Americans evaluate decision-

making. Through its SAFE program, the service also offers one-on-one coaching to help users

Department of Media and Information, Michigan State University

Project: Social Robots as a Mental Health Intervention for a Low-Income African American Older **Adult Community**





Surprise Yo

Toss, Sell or Donate

10 Things in Your Wardrobe to Never

Participate in Research

The studies listed are looking for participants. All studies have been reviewed and approved by the Community Advisory Board.

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 tests. Looking for English-speaking adults aged 60 or older. Study completed by telephone. Contact Vanessa Rorai at vrorai@wayne. edu or 313-664-2604

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 an existing health pamphlet to provide feedback. Must be between the ages of 75 and 85 and have some college or less (no bachelor's degree). We are arly interested in learning from ontact Tamara Cadet at taadet@simmons.edu or 617-521-

inity-based Approach to Early cation of Transitions to Mild ve Impairment and Alzheimease in African Americans,
Sub-Protocol – Seeks to imne way we diagnosis Alzheimer's in African Americans using electral phalogram (EEG) and computsessment. We are conducting enouly Enhanced Screening to those who may be a good fit for thy when in-person visits resume.

We are also administering a questionnaire to assess experiences with the COVID-19 pandemic. Participants must be African American and 65+ years old (among other criteria). Those who complete the Enhanced Screening and COVID questionnaire will be compensated for their time. Contact ELECTRA Study Team at 313-577-1692, or email ELECTRA@wayne.edu

The Impact of Racial Concordance on African American Participation in Nursing Research – This study is conducting telephone and Zoom interviews to examine the shared connections of African American researchers and African American research participants. It will also explore African American research participants' shared cultural experiences. Participants will receive an Amazon e-gift card for participation. Must be between the ages of 18 and 85 with a history of participating in research. Contact Marie Campbell-Statler at 301-332-0639 or mas3px@virginia.edu.

Early Serotonin System Changes in Prodromal DLB – This study explores relationships between certain sleep problems, changes in sense of smell, and

WHO WE ARE

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

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possible risk for dementia. Participants are mailed a study survey and a measure of sense of smell. Participants must be 65 years of age and older. If you would like to learn more, please contact Emily Herreshoff (egalopin@med.umich.edu) or Cate Lewis (cathlewi@med.umich.edu) or call 313-664-2616.

Preferences for Couple-Based Smoking Cessation Interventions Among Smoker Couples – This online survey study aims to generate and test a valid methodology to determine partner support of a couple-based smoking cessation intervention using 40 single-smoker couples (one partner smokes) and 40 dual-smoker couples (both partners smoke). Contact Seung Hee Choi at hc0054@wayne.edu or call 313-577-8945 for more information.

Experiences of Aging in Society – This project seeks to learn about how societal beliefs about aging and older adults can affect people's lives and

health. The first part of this project involves a 20-30 minute survey. The second part (optional) involves a brief second survey or an interview. Participants must be ages 50+ and U.S. citizens. For more information or to participate, please contact the team at StressHealthDisparitiesLab@ou.edu, or call toll free at 1-833-743-1008.

The Heart of Detroit Study – This project aims to investigate the connections between daily social environments, life experiences, and cardiovascular health among African American adults living in the Detroit area. You might be eligible if you are between 55-75 years old and reside in Wayne, Oakland, or Macomb counties. To learn more, please call us at 313-577-3334.

Attitudes and Experiences with Technology Use – We are conducting remote interviews (phone, Zoom, or another video conferencing tool that you prefer) to understand people's experiences with the Internet and everyday digital technologies. Participants must be 65 years old or older. All levels of experience with technology are welcome – you do not need to be a tech expert to participate. Complete a short screening survey at tinyurl.com/techuseinterview or contact Yixin Zou at senior-tech-research@umich.edu or 616-737-2570.

Aging & Changing Natural Environments in Detroit – Led by HBEC's faculty, Dr. Tam Perry, this project seeks to better understand the impacts of climate change, changing natural environments, and water and housing concerns of older adults in Detroit. Seeking any Detroit residents aged 55 or older to complete a survey by phone, Zoom, or mail. Type this link into your browser to complete study online: bit.ly/ACNED-Survey or contact Evan Villeneuve at 313-332-8267 or ee8332@wayne.edu

HBEC Member and PRP Participant Profile



William Ware, Sr.

95+ Years Young

by Adelia Cooley, MHSA HBEC Staff

What do you have when you combine tons of love, lots of activity, many years of community involvement and a healthy lifestyle? 95-years-young Mr. William Ware, Sr.

Mr. Ware was honorably discharged from the United States Army as a World War II veteran. He retired after 27 years of working his way from the ground up

to superintendent as an employee for the City of Detroit. For over 40 years, he was the president of a Detroit elementary school's PTA, where both his children and his grandchildren attended school. He is currently president of the Pilgrim Community Organization in his neighborhood. Mr. Ware has also been an active member of the HBEC for more than 10 years.

When I asked him his thoughts on aging, he quickly responded, "I stay too busy to think about aging." His daughter, Ms. Hawkson, feels that her dad has been blessed with a long aging journey because he keeps his mind active by reading, playing Jeopardy and Wheel of Fortune, doing crossword puzzles, watching one soap opera (because you have to keep up with the story lines of all the characters), main-

taining a garden, planting flowers, cooking, babysitting his grand-children and great-grandchildren, listening to jazz, and continuing to pay his own bills and maintain his bank account (math keeps the mind active). "He just keeps it moving," she said. He also follows the instructions of his doctors to a tee – no matter if his arthritis is bothering him.

Ms. Hawkson expressed to me how appreciative she is to HBEC for interviewing and writing about her father and that it is truly a blessing for her dad to be 95 years young and celebrating a birthday in August. Mr. Ware says he is so honored that HBEC selected him to learn about his spirited life journey. He is also very much looking forward to the next in-person HBEC Lunch & Learn.

CABCritical CRESSROADS

The Critical Crossroads was created by the HBEC Community Advisory Board members to engage in community conversations, advocacy, and strategies around issues of social injustice. Many issues of inequity have been brought to the forefront this past year, such as racism, discrimination, police misconduct, health disparities and more. The HBEC Advisory Board hopes to present on many of these issues to maintain community dialogue, awareness and provide resources for action. We encourage HBEC members to participate. Call our office with topic suggestions, or if you would like, submit an article for the newsletter.



Democracy at a Critical Crossroad

by Henry Swift CAB Member

I joined the Critical Crossroads sub-committee of HBEC because of my concern that our nation's Democracy is at a



"critical crossroad." Our basic institutions – health, social, government – are under seismic assault. The pillars of our Democracy are being severely shaken by forces more internal than external. A massive attack on January 6th on the U.S. Capitol, the citadel of our congress, was brazenly conducted by extremists who sought to forcefully overturn an election duly sanctioned and to abort the

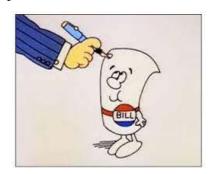
constitutional procedure of leadership changeover.

This attempt of insurrection was further aided by Republican congressional senators and representatives who were in the Capitol at the time, but who soon afterward denied that the insurrection ever occurred. Forty-eight Republican state legislatures have since proceeded to enact laws to suppress future votes of the opposing party's electorate. This endeavor to undermine the very principles of Democracy on which our country was founded is a prelude to anarchy.

Finally, our social foundations are being fiercely threatened by extreme nationalism, racism, and tribalism. The intense hatred of different groups of Americans by other Americans is not new but its intensity is rending our nation apart. It is a threat that has always lurked deeply within our nation's fabric for hundreds of years, often visible, sometimes savagely, but not as wholesale as it currently is.

I am the father of two African American sons residing in Texas and Florida, where this extremist rhetoric has readily taken hold. I am fearful that this toxicity has precipitated a divisiveness among those states' citizens and has reverberated down to their police enforcement agencies. My concern is that my sons' race will be used as an excuse in opportunistic traffic stops to expose them to harm or worse. That is why despite them being older adults I review with them - as I did when they were younger – "The Talk."

Our Democracy is somehow holding fast despite experiencing a thunderous onslaught on all fronts. As one of the founding fathers intoned about our Democracy "... as long as you can keep it."

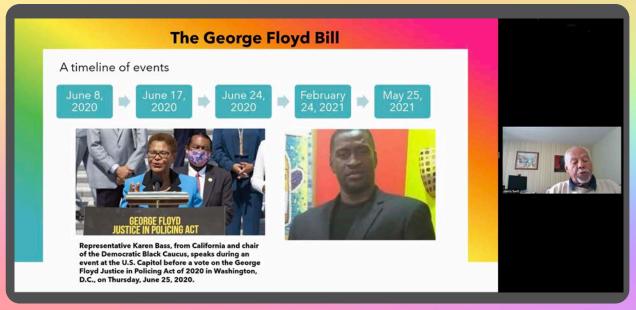


Key Issues Facing our Community

by James R. Bridgforth
CAB Member

I joined Critical Crossroads to be a part of the committee's purpose of discussing and publishing infor-





Screen shot of
Henry Swift (right)
giving a brief
Critical Crossroads
presentation prior
to the June 15,
2021, Lunch &
Learn on Zoom.

mation on key topics important to HBEC members and the community. The committee provides a great opportunity for me to learn from my peers and leaders while offering my ideas and opinion on topics under discussion. Voter suppression, racial justice and equity are key issues facing minority individuals and communities today.

Currently these bills are before the Senate. First is HR-1 (For the People Act,) the purpose is to counteract current voter suppressing laws being enacted in 50 states. Second is the John Lewis Voting Rights Bills, which restores the federal government rights to ensure that elections in each state remains accountable to the government for protecting voters' rights as established in the 1965 Voting Rights Act. This part of the act was gutted by a recent Supreme Court decision leading to the current rash of states enacting voter suppression laws. Third is the George Floyd Bill focused on racial justice for minorities. These bills are being held hostage in the Senate by a nonconstitutional maneuver called the filibuster used by the minority party to block the bill and a refusal by two senators in the majority party to toss out the filibuster so the bills

can pass. We must keep pressure on legislators to pass these bills in order to ensure that the right to vote is without infringement.

These are major topic of concern to me and should be to all minorities. I am pleased to be a part of a committee dealing with these major issues and remedies that affect the future of race relations in America as well as the rights of minorities.



Why I Joined Critical Crossroads Subcommittee

by Kathleen Knewell HBEC Member

Simply put, I joined Critical Crossroads for the same reasons that I sit on the board of the Institute of Gerontology, I



served on the State of Michigan Ad-

visory Council on Aging, and I am involved with the HBEC research, outreach, seminars and events focused on aging and health. I have been an advocate professionally, and my experiences with our current health care system demonstrate that we all have to be our own advocates in maneuvering and managing our own health and those of our loved ones.

I want to share my passion for healthy living with others. What better way to accomplish that than through involvement with this subcommittee and its work. I support the commitment and mission of the HBEC. Covid-19 has revealed how race, age and class affect medical care.

The HBEC is assisting in fighting disparities in health care, and is engaged in critical research and studies on aging to reduce the health disparities that exist for African Americans, Hispanics and other people of color. By being a part of the work of this subcommittee, I hope to help close the gap that currently exists in the delivery of medical care to this segment of the population.



Free On-line Conference for Family Caregivers

Saturday, Oct.16, 2021 9:30 am -12:30 pm



Keynote 9:40 -10:20 am
Theresa Harvath
PhD, RN, FAAN, FGSA
University of California, Davis

I Feel Invisible: Bringing Light to the Caregiver Experience

What is the proper role of a family caregiver in a medical setting? Caregivers can seem invisible to healthcare providers. They aren't the patient and they aren't medical professionals, but they often know a lot about the patient's health and are essential partners in any treatment plan. Caregivers can find themselves trying to protect their loved one against medical advice that could interfere with autonomy, quality of life, or expressed preferences. Dr. Harvath can teach you how to become visible to the healthcare team.





Shawn Bennis, MSN, RN, and Veronica Bilicki, RN, Henry Ford CARE Specialists

10:20-11:00 am

Life Planning for Caregivers We plan vacations. We plan for emergencies. We plan our wills and estate. But we rarely if ever plan to be a caregiver, so we don't know where to begin planning for the care to be provided. Henry Ford CARE Specialists will quide you through the key situations to plan for as you give care. Think through housing needs, medical requirements, collaborating with family members, finances, transportation, respite care and more. Careful planning will take the stress and uncertainty out of your caregiving future.



Paula Duren, PhD Universal Dementia Caregivers

11:05-11:45 am

Loving on Empty: Honoring the Caregiver in You

Sometimes it's hard for us to accept we have become a caregiver. We've had many roles -daughter, son, mother, uncle, employee, but probably never gave much thought to caregiving. Caregiving is unlike anything else you will ever do. Understanding how to accept and embrace this new role will help you travel from "lost" to "empowered." By honoring the caregiver inside you, you can better meet the needs of those you serve while preserving your own health and peace of mind.



Anjanette Davenport Hatter Your Good Village Collective

11:45-12:10 am

Simple Self-Care Strategies and Exercises

You've heard it a thousand times, "You have to take care of yourself to take care of others." But how? No two days are the same and every day is packed with too much to do. This session focuses on sensible, realistic approaches to self-care to help you build resilience to stress. Learn how to fit care into smaller segments when you're on-the-go or enjoy a longer session of stress relievers when time allows.



Roger Young Family Caregiver

12:10-12:30 pm

And the Journey Continues . . .

Roger Young cared for his mother at home for many years. He was resourceful in finding cost-effective ways to adapt the home environment to his mother's needs. Caregiving taught him many life lessons and brought him closer to his mother and to all those who care for someone they love. Roger's story will inspire and invigorate you.

Questions?

Contact Donna at: donnamacdonald@ wayne.edu or 248-719-0640

Register at https://bit.ly/2UHWz7F



Offered by Wayne State University Institute of Gerontology in partnership with DAAA, AARP and the Mary Thompson Foundation



Community Advisory Board Member Spotlight

Ethel Ambrose: Founding Member Committed to Good Health

Dr. Ethel Ambrose has contributed a great deal to supporting and growing the Healthier Black Elders Center. She is founding member of the Community Advisory Board and has served on it since it was created in 1998.

"Dr. Ambrose always stood out to me for the wonderful care she provided her mother for many years," said Donna MacDonald, a former HBEC coordinator. "She has had a lot of experience working with the people of Detroit and understanding their needs as they age. She provided insight on how to get more African Americans involved in research and motivated to take control of their own health. Dr. Ambrose has been a true blessing to the HBEC board. She has a passion to get things done."

Born on December 18, 1930, in Perryville, Arkansas, Dr. Ambrose has led a life committed to education, kindness, and faith. She graduated from Northeastern High School and continued her education at the Lewis Business College, Brooks School of Bible, and Urban Bible College. She completed her degree at S.J. Williams School of Religion where she received her Missionary License in 1955. She was encouraged to attend the National Baptist Sunday School and BTU Congress in 1957 and, to this date, has only missed a few sessions. She is a Certified Instructor and Accredited Dean through the National Baptist Congress of Christian Education. Dr. Ambrose attended the Detroit Bible College where she met Rev. Robert Fair Ambrose who she married in 1960. She has three children, eight grandchildren and twelve greatgrandchildren.

Today Dr. Ambrose is a member of Abundant Life Christian Church led by Pastor James Jones. "It has been such a blessing to have met so many people through being a CAB



member," Dr. Ambrose said. "I am depending on more of God's wisdom and a better understanding of this present situation that has paralyzed 'the world of wonder.' We must continue to move toward our goal of good health."

Welcome HBEC CAB Member: Mr. Stephen Jensen

Hello Healthier Black Elders Center members! My name is Stephen Jensen. By the way, this is an adopted name, as I was born in Liberia,



West Africa. My traditional name is "Yarkpazuo Guzeh." In case you do not know, our names in Liberia were given in appreciation of missionaries who helped our parents in having us get an education.

I came to Michigan in 1982 and graduated from Wayne State University with a BSc degree in chemistry. I then went on to work successfully as a chemist for the County of Wayne, BASF, Ford Motor and Consumers Energy.

By 1996, I graduated with a master's degree in finance from Walsh College and went on to set up my own financial services business. Also, in 2011, I earned a Graduate Certificate from Central Michigan University in business management software (SAP). Today, I help entrepreneurs to enter in the financial services industry and have an office in Redford, Michigan.

My wife Jane is a nurse, and we live in Redford, Michigan. We have two young adults. One is in the last year of law school, Sianneh, and my older son, Koboei, just got married and lives in California. He works for Boeing. If anyone on wants an airplane, please let me know.

I am incredibly happy to be joining the Community Advisory Board with thanks to my best friend, Atty. Adrienne Watts, for inviting me. She and I served previously on the Board of the College of Liberal Arts and Sciences at Wayne State University. I am passionate about research and working towards helping more African Americans participate in research to expand our learning for better health.





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HEALTHIER BLACK ELDERS FALL 2021 NEWSLETTER

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