

Join Us!



Lunch & Learns

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



Join us for online for Fall 2021 Lunch & Learn webinars!

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

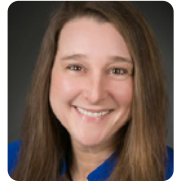
Can't attend?

Listen to recorded webinars on our Healthier Black Elders Center website. After the presentation dates, visit:

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

Engaging Seniors in Research: A Series of Studies Aiming to Optimize Over-the-Counter Medication Labels **Thursday, Nov. 11th, 11 am – 12:30 pm**

The world is burdened with healthcare issues that are costly both in financial and human terms. Among them are: medication errors, patient non-adherence/non-compliance, healthcare acquired infections, unintentional poisoning of children due to unsupervised ingestion of medications or household chemicals, among others.



Dr. Laura Bix is a professor at the Michigan State University School of Packaging. Her team's unique research examines behaviors related to medication use by older adults and how medical packaging plays a role, with the goal of improving our health.

This presentation will provide highlights of the work Dr. Bix and her team have done with the goal of inspiring people to think differently about complex problems, as well as offering insight as to how senior populations can actively participate in this type of research.

Combating the Opioid Crisis through Outreach and Education: Michigan Substance Use Prevention Education and Recovery (MiSUPER) **Wednesday, Dec. 15, 11 am – 12:30 pm**

Opioid use disorder is a complex problem that can affect anyone. It knows no demographic boundaries. However, seniors often face additional challenges and risk factors, such as isolation, unemployment, and poverty. Limited resources for prevention, education, treatment and recovery further compound the problem. This webinar presentation featuring MSU Extension health educators **Georgina Perry** and **Liz Williams** will:



PERRY



WILLIAMS

- Define opioids and opioid misuse.
- Provide an overview of how opioids affect the body.
- Look at how the opioid crisis has impacted Michigan.
- Identify opioid use disorder treatment and recovery options.
- Help participants learn how to support someone in recovery.

- More on Back -

It's Back!

A SOCIAL GROUP FOR OLDER DETROITERS !

Party Line

Join us on Zoom every Wednesday 1-2 pm
Now through December 15, 2021

A virtual social group for anyone feeling isolated. Hosted by the Healthier Black Elders Center. There will be ice breakers, games, poems and more!



Questions?
Call 313-664-2616
or
Sarah Whitney at
swhitney@wayne.edu



Join Us Here:
<https://bit.ly/partyline2021>

Phone #:
1-646-876-9923
Meeting ID:
952-2204-2553
Passcode:
2021

Emergency Broadband Benefit – Save \$50 monthly Internet/Wi-Fi Bill

What:

The Emergency Broadband Benefit is an opportunity for a broad group of U.S. residents to receive a \$50.00 reduction in their monthly Internet bill.

Who is Eligible?

Veterans, recipients of Medicaid, SNAP, SSI, income reductions in 2020, and more. See application for eligibility.

Why:

The need to be connected to services, medical attention, community activities, family and friends has become increasingly important since the pandemic. Access to the Internet is a great resource in a global society.

When: The time is now to apply!

Apply online:
www.GetEmergencyBroadband.org

AARP



If you are challenged going online, please ask a family member or friend for assistance.

**Need Help
determining your
eligibility?**

**Call:
313-241-7618**

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