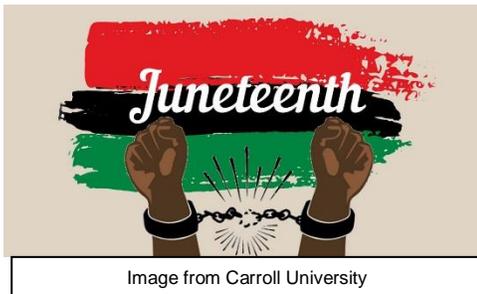


MCUAAAR Mondays

June 20, 2022

To reduce the number of messages sent out to the MCUAAAR 5 Listserv, if you send me the kind of information found below, I will compile it and send it out on “MCUAAAR Mondays”

[JUNETEENTH 2022: America’s Second Independence Day](#)



Two and a half years after the Emancipation Proclamation went into effect and two months after the end of the Civil War, slavery was still going strong in Texas. Gen. Gordon Granger’s Order #3, issued in Galveston, TX on June 19, 1865, proclaimed the total emancipation of enslaved people. But truth be told, former slaves were far from free, as they faced murder, lynching, and harassment from former Confederate soldiers and enslavers. Juneteenth is the oldest nationally celebrated commemoration of ending slavery in the United States and, over the decades, has gained in popularity. On June 18, 2021, President Joseph Biden signed the Juneteenth National Independence Day Act

into law, making June 19th a federal holiday for all Americans to commemorate the end of slavery. Unfortunately, a year after it became a federal holiday, more than 30 states have not authorized the funding that would allow state employees to take the day off.

[NEWS](#)

Adults entering older adulthood more likely to suffer multiple health ailments than prior generations

Jayme Blaschke, June 2, 2022
Texas State University

“New research conducted in part at Texas State University has revealed that later-born generations of older adults in the United States are more likely to have a greater number of chronic health conditions than the generations that preceded them. The increasing frequency of reporting multiple chronic health conditions—multimorbidity in research terms—represents a substantial threat to the health of aging populations. As the number of U.S. adults aged 65-plus is projected to grow by more than 50% by 2050, the fact that multimorbidity may be increasing in generations of adults just beginning to enter older adulthood may place unprecedented strain on the well-being of older adults and the medical and federal insurance systems they depend on. The research was conducted by Texas State’s Nick Bishop, assistant professor of human development and family sciences in the School of Family and Consumer Sciences, along with Steven Haas, associate professor of sociology and demography at The Pennsylvania State University and Ana Quiñones, associate professor in the Department of Family Medicine and OHSU-PSU School of Public Health, Oregon Health and Science University.”

For full article - <https://news.txstate.edu/research-and-innovation/2022/adults-entering-older-adulthood-more-likely-to-suffer-multiple-health-ailments.html>

Dr. Lenette Jones (2018 MCUAAAR Scientist) Developing a Mobile App

Lenette Jones, PhD, ACNS-BC, RN, is an Assistant Professor in the School of Nursing at the University of Michigan. She is developing a mobile app as part of her Wellness, Hypertension, Information-Sharing, Self-Management, Education (WHISE) project that focuses on hypertension self-management of African American women. The app will be pilot tested this summer.



Dr. Jones is one of 10 nurse scientists accepted to the second cohort of the Betty Irene Moore Fellowship for Nurse Leaders and Innovators at the University of California, Davis. As part of the three-year program, fellows receive \$450,000 to conduct an innovative project or study with the potential to address a gap in knowledge, meet a vital need, alter care delivery or design a new solution to advance health. Jones' research focuses on uncovering the biological, psychological, social and physical mechanisms of self-management interventions.

The Burden of Code-switching

By Susan Hutton, *LSA Magazine*, Summer 2022



In the 1950s, linguist Einar Haugen coined the term “code-switch” to describe people’s ability to move between languages and dialects. Linguists explored when people code-switched, and sociologists examined why they did. Now **Myles Durkee, assistant professor of psychology**, and members of his lab are hoping to understand the psychological costs and benefits that come with code-switching, especially for people from marginalized backgrounds. Toggling between identities is something we all do. The higher-pitched, playful voice you use when romping around the yard with your toddler, for example, is not the authoritative tone you strike when you’re running a meeting at work. Both voices are yours, of course, and they make sense in different parts of your life. But say you travel to a place where people speak

a different language, follow different customs, and practice different beliefs. “You will probably start trying to get a sense of the lay of the land as soon as you step off the plane,” Durkee says. “As soon as you start to interact with someone, especially if they have a different identity, you intuitively try to figure out how to fit in and find common ground.”

Dr. Myles Durkee served again this year as faculty for the MCUAAAR/PRBA Virtual Summer Mentoring Program for Doctoral Students

For full article - <https://lsa.umich.edu/lsa/news-events/lsa-magazine/Summer-2022/the-burden-of-code-switching.html>

Rutgers-Newark Research Team Compares Risk Factors for Alzheimer’s Disease Among African Americans and the Yoruba of Nigeria

By Carrie Stetler

June 8, 2022

University of Rutgers

Researchers from the School of Arts & Sciences-Newark (SASN) at Rutgers University have received National Institutes of Health (NIH) funding to explore interactions between genetic and lifestyle risk factors



for Alzheimer's Disease among African Americans and the Yoruba people of Nigeria. Compared to most other groups in the U.S., African Americans are up to three times more likely to get Alzheimer's. Rates for Africans are lower, but increasing annually. "This study is designed to shed light on the interplay between the biological, behavioral, and environmental factors that influence risk and resilience to Alzheimer's disease," said Dr. Mark Gluck, a Rutgers-Newark neuroscientist with the Center for Molecular and Behavioral Neuroscience and the study's principal investigator. The cross-cultural study, in partnership with the University of Ibadan in Nigeria, is especially significant because people of African descent are underrepresented in biomedical research, said Gluck.

For full article - <https://sasn.rutgers.edu/news-events/news/rutgers-newark-research-team-compares-risk-factors-alzheimers-disease-among-african-americans-and-yoruba-nigeria>

CONGRATULATIONS!

Congratulations to the Detroit CAB and Sarah Whitney of the HBEC!!!



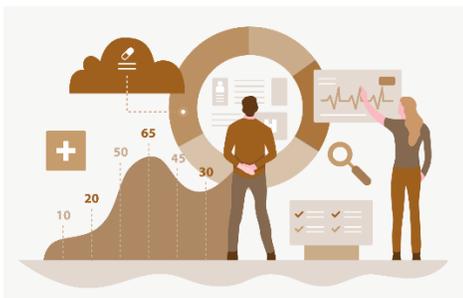
The Detroit Community Advisory Board (CAB) had its first in-person meeting on June 6th since March 2019. The meeting was a happy outdoor reunion and a warm welcome to 5 new board members! Program updates, planned summer activities, and recruitment successes were shared. The next meeting will be held in August 2022.

Sarah Whitney, the Healthier Black Elders Center (HBEC) new Community Outreach Coordinator, has been doing some stellar recruitment of new members into the PRP. She had two

community presentations in May that recruited 27 new members. We had our first in-person Lunch and Learn last week, June 16th, at Eastern Market, resulting in 26 new members. So the MCUAAAR/HBEC has 53 new members for its Participant Resource Pool (PRP) in the past month. Sarah is continuing to attend community events to recruit even more members. Great job, Sarah!!



RESOURCES



Medicare and Medicaid Resources & Information Center (MedRIC)

MedRIC links NIA-funded longitudinal study or survey data to Medicare and/or Medicaid data to create easy-to-use research files. These data files are accessible to researchers who gain NIA approval based on research goals. MedRIC is funded through NIA and there is no cost to researchers to access this data. They also build secure research tools. They use their security and data know-how to build research tools for sensitive data. These tools include a remote-access enclave that enables researchers, like you, to study sensitive CMS and NIA study or

survey data in an environment that meets federal security mandates.

For more information - <https://www.medic.info/>