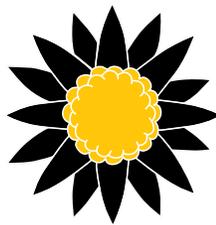


The HBEC encourages older African Americans to participate in research with the goal of addressing health disparities



HEALTHIER BLACK ELDERS CENTER

FALL 2022

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 interests to you.

- You have the right to decline a research project for any reason at any time.

If interested, contact Vanessa Rorai, HBEC Program Coordinator and editor of this publication at 313-664-2604.



RESEARCH STUDY SPOTLIGHT

The "WALLET" Study

The WALLET research study stands for Wealth Accumulations & Later-life Losses in Early cognitive Transitions. The study's goals are to: (1) create a new financial management tool that can be used to analyze the finances of an older adults; (2) learn more about how people with a decline in memory or thinking skills decide how to continue managing their own finances and (3) learn how likely it is that people with a decline in memory or thinking skills are being financially exploited by a scam or identity theft. This is achieved by analyzing participant's bank statements and completing two telephone interviews.

The study is led by Dr. Peter Lichtenberg, the director of the Institute of Gerontology at Wayne State and one of the co-principal investigators of the Michigan Center for Urban African American Aging Research (MCUAAAR). The WALLET study started in October 2019 and is still actively recruiting participants. The study team includes Vanessa Rorai, Maggie Tocco, Emily Flores, and Dr. Wasim Tarraf.

Although the study is still ac-



Older adult using one of the financial management tools now available on OlderAdultNestEgg.com

tively recruiting participants, the team has completed some preliminary analyses of data collected thus far. In a recent publication in a peer-reviewed journal, the team confirmed that the methods they used to analyze finances are quite feasible and they are able to identify certain aspects of everyday personal finance that are associated with wealth loss. These early results tell us there is a good likelihood that we can identify red flags in a checking account that would indicate wealth loss. This would be especially important for those with early memory loss so that preventative measures can

SEE **WALLET** PAGE 2

Help Manage Risk of Dementia
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Meet New CAB members
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How is Your Credit Score Calculated

Do you know what items are used to calculate your credit score?

Understanding how a credit score is calculated can be difficult, but there is a basic formula the credit reporting agencies use to calculate FICO scores.

A credit score is a snapshot of the contents of your credit report. It is a three-digit number, generally between 300 and 850, that allows lenders to evaluate your credit worthiness. This number often determines how much you can borrow and on what terms (interest rates, repayment schedules, etc.). This score allows lenders to evaluate credit applications in a faster, fairer and more consistent manner.

The FICO scoring model is as follows:

- 35% Payment history (On time payments)
- 30% Amounts owed (Balances on revolving accounts)
- 15% Length of credit history
- 10% Types of Credit
- 10% New Credit

Payment History: How you pay your bills makes up the biggest portion of your credit score. On time payment history is around 35% of your total score.

Amounts Owed: 30% of your score is based on how much you owe. This is especially applicable to revolving account (credit card) balances. A general rule of thumb is to keep your credit card balances below 30% of your limits

Length of Credit History:

This refers to how long you have had a credit history. Creditors want to see how long you have been successfully managing credit.

New Credit: The opening of too many new accounts within a 12-month period makes a borrower seem a higher risk and will typically have the short-term effect of lowering your credit score

Types of Credit Used: Your mix of credit cards, retail accounts, installment loans, finance company accounts and mortgage loans will be considered in your FICO score. It is not necessary to have one of

each, however you want to have both revolving and installment accounts reporting to your credit report.

These are but a few helpful points to help you understand your credit. The Successful Aging thru Financial Empowerment (SAFE) program at the Institute of Gerontology is dedicated to providing financial management support and assistance to older adults.

If you have any questions or concerns regarding your credit or any other financial issues, please contact

LaToya Hall at

313-664-2608 or
L.hall@wayne.edu

to inquire about SAFE program services and support.



Access additional SAFE resources for your financial well-being at:

OlderAdultNestEgg.com

WALLET from page 1

be put into place. The team hopes to collect more data so they can test a broader set of predictors of wealth loss.

A benefit of participating in the WALLET study is receiving a referral to the Successful Aging thru Financial Empowerment (SAFE) program for further support if

needed. Participants also receive immediate feedback about their finances during the second interview and receive compensation for their participation in the study.

To date, 92 individuals have participated in the study with 25 of those being Healthier Black Elders Center members. The study team will continue enrolling participants

until the end of 2022. They will be completing more data analysis and hope to create additional publications and community presentations to share the final findings. The team is grateful to those who have participated in the study.

If you would like to participate in this study, contact Vanessa Rorai at 313-664-2604

Aerobic Exercise Helps Manage Risk for Dementia



by **Rachel Scott, MA**
Behavioral & Cognitive
Neuroscience Doctoral
Student, WSU

Alzheimer's disease (AD), the most common type of dementia, is characterized by a progressive

decline in memory and other cognitive abilities which interferes with daily life. The majority of people with AD are 65 and older. According to the Alzheimer's Association, 21.3% of Black Americans age 70+ are currently living

with AD. Older Black Americans are twice as likely to be diagnosed with AD than non-Hispanic Whites.

Black Americans are more likely to develop conditions that affect the heart and blood vessels—known as cardiovascular diseases—and this risk factor has been identified as an important predictor of AD. Due to our higher risk for AD it is important that as a community we understand the ways we can help reduce our risk for dementia.

Knowing all of this information is well and good -- but what can we do about it? How can we actively reduce our cardiovascular risk or manage existing cardiovascular disease? One way we can accomplish this is through aerobic fitness!

Aerobic fitness includes activities that raise your breathing and heart rate. The World Health Organization and Centers for Disease Control both recommend that older adults perform at least 75 minutes of vigorous aerobic exercise each week (example: 15 minutes a day, 5 days a week) or 150 minutes of moderate aerobic activity during the week (example: 30 minutes a day, 5 days a week). Research shows that aerobic exercise can positively affect the brains of healthy older adults. It may even lead to a small increase in the size of the hippocampus, an important brain area involved in memory.

Important Note: Before beginning aerobic exercise, consult a doctor if you recently went through surgery or have any injuries that may become agitated by the use of specific muscles.

WHAT YOU CAN DO

Taking a brisk walk, jog or run is a tried-and-true way to get your heart pumping.

Participating in yoga is a safe way to enhance not just your physical health but your overall wellness due to its focus on stretching, breathing and meditation.

Adding yard work or gardening into your weekly routine has the benefit of getting your body moving while also improving or maintaining your environment.

Since **swimming and water aerobics** are not weight-bearing, these exercises are gentle on the joints and have little risk of injury.

Exercises done in-place, such as bending to touch your toes, knee taps, and marching in place turn simple movements a lower intensity workout.

Seated exercises such as chair yoga are accessible aerobic activities for users of wheelchairs, people with cardiac conditions, balance issues, or weakness in their legs, and/or beginners worried about the intensity of other exercises.

Not only does aerobic exercise help to manage your cardiovascular risk for dementia, it can also boost your overall cardiovascular health, lower your blood pressure, and help you sleep better. Keeping our body happy helps to keep our brain happy!





HBEC Member Spotlight: Ms. Iola Dandridge

by *Adelia Cooley, BBA, MHSA*
HBEC Staff

Mrs. Dandridge was born in Pittsburgh, Pennsylvania. In search of employment, she moved to Detroit in 1952. She successfully gained work with the State of Michigan as a psychiatric nurse, where she remained for 30 years.

Growing flowers in her yard and traveling are her favorite hobbies. She has traveled to Bermuda, Mexico, Africa, Egypt, China, England, and the Holy Land — which was her greatest desire.

"I'm really enjoying this age, 91+ years young," she said. "I am happy with the way I am aging. I have no regrets." Mrs. Dandridge continues

to enjoy maturing and would not want to go back to an earlier age. She still drives, lives alone independently, stays in contact with her friends, and loves and enjoys spending time with her adult son and daughter.

Her daughter, Ms. Ervin, said, "She is the best mother, mother-in-law, grandmother, and great grandmother that anyone could have. She is always there to support her family. Her work as a nurse was her life. Helping others was what she enjoyed doing."

Her ultimate aspiration was to return to school to obtain her bachelor's degree – which she did at age 69 at the University of Michigan! Mrs. Dandridge, we here at HBEC



commend you on accomplishing your educational goal during your later years.

Mrs. Dandridge also informed me that the picture with this article was taken last year. This is exactly how she looks today. What a true example of grace and positive aging.

New East Side Recreation Center

The Stoudamire Wellness Hub is a recreation, wellness, and resilience hub for members on the eastside of Detroit. Membership is available on a sliding scale from \$0-\$20 per year with opportunities to volunteer time in exchange for membership. Some of the benefits of membership include art classes, access to the Wellness Network, podcasting studios, bi-weekly dinner club, community events, pop-ups, fitness classes, dance classes, and more.

Become a member today at www.ecn-detroit.org/the-stoudamire
 Please contact Nayomi Cawthorne at ncawthorne@ecn-detroit.org or 313-264-1417 if you are interested in volunteering, teaching classes, or have any questions.

THE STOU**D**AMIRE



A Social Group for Older Detroiters
Join us by phone or computer

Join us for stories, games,
 and good conversation every
 Tuesday from 1pm-2pm

Dates:
 September 13, 2022 through
 June 27, 2023



Dial In: 1-646-876-9923
 Meeting ID: 952 2204 2553
 Password: 8787

Zoom Link: <https://bit.ly/hbepartyline>



Lunch & Learns

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



Zoom Link: <https://bit.ly/HBElunch>

Dial-In: 1-312-626-6799

Webinar ID: 954 9577 4535

Tech Talks!

Thursday, Sept. 8, 11:00 am-1:30 pm EST

Eastside Community Network

4401 Conner St, Detroit, MI 48215

Only IN-PERSON event: You must RSVP

Technology can be a great connector. Especially during the pandemic, new technologies have proven to be great tools to keep us in touch with our loved ones. Tech can also be quite confusing to use. Join us for our first Lunch & Learn of the fall as Bernadette Hudgins from the Golden Connection walks through the basics of computers and smart phones to help you gain clarity and stay connected!

Attendees should bring any devices they need assistance with (cell phones, tablets, computers, etc.).

Lunch will be provided. Due to limited capacity, RSVP is required.

To RSVP, please call 313-664-2616, and leave your name, the name of this event, what type of device you are bringing (e.g., iPhone, MacBook, HP Laptop), and your biggest question about technology.

*RSVP by Friday, September 2, 2022

Raising Our Cancer Awareness

Tuesday, Sept. 13, 11:00 am-12:30 pm EST

September is Prostate Cancer Awareness month and October is Breast Cancer Awareness month. Join us for presentations from various speakers on risk factors, prevention, and screening for cancer to protect your health and the health of your loved ones.

Health Literacy:

Better Communication for Better Health

Wednesday, Oct. 19, 11:00 am-12:30 pm EST

Health care providers give the best care when they understand patient needs, and patients are empowered to take control of their health by understanding health conditions and treatments. In this presentation, Katie Kero will talk about health literacy and tools to improve the communication between you and your physicians.

Medicare Open Enrollment: What You Need to Know

Thursday, Oct. 27, 11:00 am-12:30 pm EST

Medicare open enrollment is here! Join us for a conversation with Joyce Blair from the Ann Arbor Center for Independent Living and Michigan Medicare/Medicaid Assistance Program with updates about open enrollment and where to look for resources that offer additional support in the enrollment process.

Foster Grandparenting

Thursday, Nov. 3, 11:00 am-12:30 pm EST

Grandparents play an important role in the family, providing support, connection and wisdom. They serve as confidants, friends, and sometimes stand-in parents. Brooke Gow will share a presentation on the impact of and opportunities for foster grandparenting.

What's Going on Back There?

Back Pain Causes and Interventions

Wednesday Dec. 7, 11:00 am-12:30 pm EST

Back pain plagues many of us and can prevent us from doing the things we enjoy. There can be lots of different causes for pain in the back and many different routes for treatment. Join us for a conversation with Dr. Harvey Echols, MD, about the leading causes of back pain in older adults and what can be done to ease your pain.

JOIN OUR EVENTS BY PHONE OR COMPUTER

Webinars start at 11 am with presentations from 11:30 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 and leave a voice message with your name, phone number, and name of the webinar.

Research Studies Looking for Participants

The following list contains studies looking for participants, all have been reviewed and approved by the HBEC Community Advisory Board

Supporting Caregivers of People with Dementia –

This study will result in the design and implementation of a web-based training program designed by African American caregivers, addressing the historical lack of access to culturally relevant information to this population. The goal of this training is to increase caregivers' knowledge and confidence about providing safe and compassionate care. Looking for English-speaking adults who informally care for an individual with a dementia diagnosis. Study can be completed online or in person.

Participants will be compensated.

Contact Rosanne DiZazzo-Miller at ar7975@wayne.edu or 313-993-3970

The WALLET Study – 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.

Participants will be compensated.
Contact Vanessa Rorai at vrorai@wayne.edu or 313-664-2604

Age-and Alzheimer's Disease Risk-Related Performance on Coordination, Magnitude, and Temporal Relational Framing Tasks –

This project examines how people learn new relationships between concepts not previously taught. Participants are asked to complete a survey online and work with a researcher over Zoom to complete different cognitive tasks. Participants must be 65-89 and have access to a computer. The study is a one-time visit that lasts up to one hour.

For more information on how to participate, please contact Jessica Katschke at gh9613@wayne.edu or 313-577-9260

Experiences of Aging in Society –

This project studies how societal beliefs about aging and older adults can affect people's lives and their 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

Community-based Approach to Early Identification of Transitions to Mild Cognitive Impairment and Alzheimer's Disease in African Americans, COVID Sub-Protocol –

This research seeks to improve the way we diagnose Alzheimer's Disease in Black and African American adults by using electroencephalogram (EEG) and computerized assessment. We are conducting phone-only screenings to identify the eli-

gibility of those who may be a good fit for the study. Participants must be Black or African American and 65+ years old (among other criteria). Those who complete the in-person visits will be compensated for their time.

Contact the
ELECTRA Study Team
at 313-577-1692, or
email ELECTRA@wayne.edu

paid up to \$100 for participation. No prior computer experience is required. Tablet and internet will be provided for free as needed. No cost and no travel are needed for participation.

For more information,
please contact the team at
empower-at-home@umich.edu or call
734-215-5654

an annual health survey that includes a saliva DNA test for a genetic risk assessment, and an assessment of other risk factors.

To join the study or get
more information visit
www.thewisdomstudy.org
or call
313-664-2616

Empower@Home – This project seeks volunteers to try an online interactive educational program. This new program, called Empower@Home, could lift your spirits and make you feel happier and more connected. Participants will try the program for up to 10 weeks, answer three surveys, and get

The WISDOM Study – This study’s goal is to change the way breast cancer is detected by identifying the safest and most effective breast cancer detection tools for each woman. Looking for women aged 40 to 74. All participants will add any previous mammograms to their health history and will complete

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
313-577-3334

The image shows a screenshot of an AARP website article. The article title is "9 Online Tools That Help You Stay Safe From Fraud" by Joe Eaton, dated April 1, 2021. The article features a stack of grey boxes with padlock icons and a red box labeled "FRAUD PREVENTION". A blue callout box on the right contains the text: "AARP recommends using WSU Institute of Gerontology Financial Vulnerability Survey as a first step to safeguard your identity, finances and personal data. Take a survey today! Visit: www.OlderAdultNestEgg.com/for-older-adults/".



Community Advisory Board Member Spotlight

The Community Advisory Board for HBEC welcomed six new members to the board this summer. All new board members bring a wealth of experience and different levels of community engagement that will greatly contribute to HBEC's mission. We are looking forward to working with them to expand our outreach to recruit new HBEC members, share health information, encourage participating in research, and carefully review researcher applications.

Adelia Cooley

Ms. Cooley became an HBEC member in 2019 and started working in the HBEC office in 2020. She is very active with



many community programs such as the Oakland County Adult Literacy program, Hospice of Michigan, AARP Safety Driver instructor, and a volunteer with the Alzheimer's Association.

Josephine Redd

Ms. Redd has been a member of HBEC since 2015. She taught in the Detroit Public School system for 13 years,



then worked for Michigan Bell for 16 years. She then moved to the Greektown Casino where she retired after 20 years. She has extensive volunteering experience with the Red Cross, Henry Ford Cancer Institute, and Delta Sigma Theta community outreach committee, and is involved with her church outreach programs.

Gwendolyn Swain

Ms. Swain joined HBEC in 2017. A lifelong Detroit, she retired from Chase bank in the law department. She is extremely



passionate about volunteering, especially with teaching after school programs. She is involved with many community groups including grandparents raising grandkids, and the women's organization at her church.

Dr. Sandra Richardson Smith

An HBEC member since 2015, Dr. Richardson Smith is a lifelong Detroit. She has a degree in French, Spanish, English,



and African/Swahili. She was a Pan Am stewardess for 9 years, and then worked in the Detroit Public School system as a District Administrator for Global Language. Dr. Richardson Smith volunteers with the Ronald McDonald House and

Freedom House, and has been a Charles Wright museum volunteer since the 1980s.

Dr. Deborah Adolphus

Born and raised in Detroit, Dr. Adolphus retired from healthcare in 2003. She is heavily involved with many outreach programs



through her church such as women's ministries at shelters, Cotts, hosting Bible classes, and volunteering for training programs in local hospitals. She has a deep passion for working with the homeless population. She values research to ensure things are done for the future or to improve what is done now for the world. Dr. Adolphus joined HBEC in 2015.

Brenda Evans

Ms. Evans joined HBEC in 2019. Ms. Evans has an advanced degree in nursing and her last employment was working at a



nursing home. She is a member of the Delta sorority where she is involved with many community outreach opportunities. She joined HBEC in 2019 and has a deep appreciation for evidence-based research, while recognizing the lack of racial representation in research studies.

New MCUAAAR Scientists Examine Marriage, Racism, Health



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!

Antonius Skipper, PhD (Georgia State University)
Project: *Stress and Dyadic Coping among Married, Middle and Old-Age African American Couples*
– Research acknowledges that stressors such as financial strain, unemployment, systemic racism, and a sex-ratio imbalance disproportionately affect African American relationships, but little is known about the middle and old-age couples that overcome these barriers to build enduring marriages. Dr. Skipper's project will address this gap in research by analyzing data from the American Families of Faith Project, and over 1,000 pages of interview data from 42 middle-age African American couples representing 11 U.S. states.

Christina J. Cross, PhD (Harvard University)
Project: *Racial/Ethnic Differences in Extended Family Social Support Exchanges during Late Adulthood*
– Previous research has shown that extended family members are a primary source of instrumental and emotional support. Dr. Cross will analyze data from the National Survey of American Life-Re-interview to examine the delivery and receipt of family social support among African American, Black Caribbean, and White American older adults.

Marion L. Malcome, PhD (Loyola University Chicago)
Project: *Experiences of Racism in Context: Older Black Mothers' Mental Health amid the 2020 Racial Uprisings*
– Dr. Malcome will use life history calendars and conduct in-depth interviews to examine how, immediately before and after the murder of George Floyd, middle to older age Black mothers perceived, experienced, and coped with exposure to racism-related stressors in multiple contexts and the extent to which these systems of exposures and processes of coping related to changes in mental health. This study will address

gaps in the field's understanding of how exposure to multiple forms of racism coalesce to shape motherhood and impact mental health in middle to older age Black mothers who are often engaged in dual roles of mother and grandmother while living in urban neighborhoods characterized by structural racism.

Mosi Ifatunji, PhD (Univ. of Wisconsin, Madison)
Project: *Racial Context and the Relative Health of Native- and Foreign-Born Blacks: Linking Health in Early Life to Health Later in Life among Older Black Adults*
– Although studies show that native- and foreign-born Blacks have different experiences with anti-Black discrimination in the United States, few have investigated the role of early life racial contexts in these disparities. Dr. Ifatunji will analyze data from the National Survey of American Life to investigate how different experiences with race and discrimination – in both early and late life – contribute to health disparities between native and foreign-born Blacks.

Yanping Jiang, PhD (Rutgers University)
Project: *Racial Residential Segregation and Inflammation in Older African Americans*
– Due to political, social, and economic conditions, African Americans have been clustered into many older urban areas with high concentrations of poverty. The link between this racial residential segregation and the increased risks of morbidity and mortality in urban older African Americans remains understudied. Dr. Jiang will analyze data collected from the Health among Older Adults Living in Detroit study to better understand this connection and hopes to inform the development of interventions to reduce health disparities in older African Americans living in racially segregated urban areas.



Critical Crossroads was created by HBEC Community Advisory Board members to engage in community conversations, advocacy, and strategies around issues of social injustice. The Board now includes mini presentations on various issues at the start of all Lunch & Learn events to assist this dialogue.

What to Consider Before the Statewide General Election

As we approach the upcoming November election, the Critical Crossroads committee would like to share some issues they believe to be critical to voters. Mr. Jim Bridgforth suggests these issues:



- 1) major changes to Medicare and the Affordable Care Act,
- 2) taxation of income at every level
- 3) women’s health, and
- 4) other safety net changes or eliminations.



- Mr. Henry Swift adds to this list:
- 1) voter restrictions, and
 - 2) changes in voting laws.

What issues are you most concerned about? Join us to share your thoughts during the Critical Crossroad segment at the start of all Lunch & Learn events this fall. See page 5 for the event schedule.

Key Dates for the November 8, 2022 Statewide General Election

Monday, October 24	Last day to register to vote online (https://mvic.sos.state.mi.us/)
Monday, October 24	Return absentee ballot by mail to avoid potential for mailing delays
Up to 5 p.m. on Friday, November 4	Last day to request an absentee ballot online or by mail <i>To avoid mailing delays, it is strongly recommended to request an absentee ballot no later than Monday, October 18</i>
Through Monday, November 7 at 4 p.m.	Vote early by absentee ballot at your clerk’s office
Through Tuesday, November 8 at 8 p.m.	Register to vote in person at your clerk’s office <i>Eligible residents must provide official proof of residency if registering to vote between October 9 and November 8</i>
By 8 p.m. on Tuesday, November 8	Return absentee ballot to your designated drop box or local clerk’s office by hand

**City of Detroit
Department of Elections
Voter Information**
(313) 876-0190 OR (800) 649-3777

**The Bureau of Elections
now has an Ombudsperson for
Accessible Elections**

to respond to and assist individuals with disabilities attempting to vote.

To speak with the Ombudsperson for Accessible Elections, call **517-335-2730**



**Healthcare and Public Policy
Resources**

www.kff.org

Kaiser Family Foundation is a nonprofit organization focusing on national health issues, as well as the U.S. role in global health policy.

www.pewtrusts.org

Pew Charitable Trusts is a global research and public policy change agent that remains nonpartisan.

www.rand.org

RAND is a nonprofit institution that helps improve policy and decision making through research and analysis.

General Voting Resources

<https://www.usa.gov/voter-research>

Learn how to make informed choices by using voter guides and sample ballots to research candidates. Find information on your local election office, dates and locations to vote, and voting and election laws and history.
<https://www.usa.gov/voter-research>

www.Michigan.gov/SOSFactCheck

Provides accurate information about Michigan elections

www.Snopes.com

Investigates and debunks misinformation, conspiracy theories, hoaxes and more

www.lwv.org

The League of Women Voters is a nonpartisan, grassroots organization working to protect and expand voting rights and ensure everyone is represented in our democracy. We empower voters and defend democracy through advocacy, education, and litigation, at the local, state, and national levels

The Detroit Chapter: <https://lwvdetroit.org/> or 313-288-9590

www.FactCheck.org

Verifies factual accuracy of political speech, ads, debates, interviews and press releases.

www.Politifact.com

Verifies accuracy of statements made by politicians

www.michigan.gov

Information on election resources, Michigan voter information center, upcoming elections, candidate information, and election security and administration or call 888-SOS-MICH (767-6424)

Wayne County Clerk

Cathy Garrett, (313) 224-6262



WSU, Institute of Gerontology
 Healthier Black Elders Center
 87 E. Ferry St.
 Detroit, MI 48202
 313-664-2600
 www.mcuaaar.wayne.edu

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HBEC FALL 2022
 NEWSLETTER

Wayne State University
 Board of Governors
 Marilyn Kelly, chair
 Bryan Barnhill II
 Michael Busuito
 Mark Gaffney
 Anil Kumar
 Terri Lynn Land
 Shirley Stancato
 Dana Thompson
 M. Roy Wilson, ex officio



A Special Thank You!



Ms. Patricia Mullin has a passion for and devotion to sharing information and knowledge that will better individuals and the community. She has been involved with the HBEC program since 2010. First, through the Urban League Mature Workers Program, she was placed in the HBEC

office for her training. During this time, Patricia helped plan Lunch & Learns, resurveyed HBEC members, and helped plan the Annual Health Reception. She then joined the Community Advisory Board (CAB) in 2017. During the pandemic in 2020, Patricia returned to the HBEC office as a part-time staff member assisting with resurveying members, community outreach, and data entry. Patricia will be ending her role as part-time staff in August 2022 but will continue serving as a CAB member. Her life experiences inspire a deep appreciation or research and community development. We want to express our sincerest thanks for all the hard work Patricia has given to HBEC. We are so fortunate to continue to have her on the CAB. Thank you for all you have done, Patricia!

The Healthier Black Elders Center (HBEC) 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