

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



HEALTHIER BLACK ELDERS CENTER

FALL 2023

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



RESEARCH STUDY SPOTLIGHT



The SuperAging Research Initiative

Approximately 12 years ago, the SuperAging study began at Northwestern University in Chicago to



understand what contributes to successful cognitive aging. Funding from the National Institutes of Health (NIH) in 2021 developed the new multisite SuperAging Research Initiative. **Dr. Amanda Maher**, Assistant Professor in the Department of Psychiatry at the University of Michigan, is thrilled to now be one of five sites across North America engaged in this

exciting work. Dr. Maher is leading the study with her co-investigators, Drs. Edna Rose and Hank Paulson, her lead research assistant Ms. Gabrielle Lincoln, and her team of research assistants, nurse practitioners, and a phlebotomist.

This study wants to understand what contributes to excellent memory and thinking skills in adults who are aged 80 and older. Dr. Maher hopes that by understanding potential protective factors that contribute to strong memory and thinking skills, we can help those experiencing

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SuperAgers

cognitive difficulties. With a particular focus on older adults who are historically underrepresented in research, this study will look at thinking skills, mood and personality factors, daily activities, brain factors, and blood markers of older adults who do not have cognitive impairment. Participants are followed over two years to better understand trajectories of healthy cognitive aging. There is an optional part of the study in which individuals can wear wrist, ankle, and chest sensors as they go about their daily activities to obtain information about sleep, physical activity, and social engagement.

So much of cognitive aging research is, understandably, focused on what is going wrong in the brain. This study is investigating what is going right in the brains of these extraordinary individuals and celebrating their successful cognitive aging journeys. Findings from the 12 years of research in Chicago have revealed:

- The very existence of SuperAgers suggests that age-related cognitive decline is not inevitable!
- While human brains tend to shrink a bit with age, the brains of SuperAgers shrink more slowly than their peers, specifically, about half the rate.
- SuperAgers report having stronger, more positive relationships with others compared to their cognitively average peers.



If you have any questions, or would like to participate in this study, please contact the team at SuperAgingUM@med.umich.edu or 734-764-6157.

- SuperAgers have an abundance of a special type of brain cell called Von Economo neurons that are found in higher order primates, like humans, apes, and whales. The specific role of these neurons is not fully understood but appear to be involved in social cognition and may be vulnerable to different neuropsychiatric diseases (like schizophrenia and autism) and neurodegenerative diseases (like dementias).
- SuperAgers may have larger, healthier neurons in an area of the brain that is important for memory (called the entorhinal cortex) compared to similar-age peers with average memory, individuals with amnesic Mild

Cognitive Impairment, and even individuals who were 20 or 30 years younger than them!

The SuperAging Research Initiative will look at more people over a broader geographic area to start to understand more about the potential for multiple ways to become a SuperAger. What's next for this research team? Recruitment! Dr. Maher and her team are looking for participants in the metro Detroit area aged 80 or older to participate in the study. They also want to share information of what they know about healthy cognitive aging so folks can continue to live not only long lives but good quality ones.



Lunch & Learns

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



All events are free and open for all to attend

IN-PERSON EVENTS

In-person events include free health screenings, resource tables, and free lunch. Due to limited capacity, you must RSVP one week prior to event date.

*To **RSVP**, please call 313-664-2616, and leave your name, telephone, and name of the event.*

Healthy Eating & Movement

Thursday, Aug. 24, 11 am - 1 pm EST

Ford Resource Center - Eastside Location
15491 Maddelein St, Detroit, MI 48205

IN-PERSON ONLY: You must RSVP to attend

Nutrition and exercise are important for our health, especially as we age. Sometimes we need to modify balance what we eat and stay active. Please join us for a discussion on how to approach balanced nutrition while still feeling satisfied, and participate in a light exercise activity!

Celebrating Grandparenting

Thursday, Sept. 28, 11 am - 1 pm EST

Fellowship Chapel

7707 Outer Dr W, Detroit, MI 48235

IN-PERSON ONLY: You must RSVP to attend

Grandparents play an important role in the family! They provide support, connection and wisdom while serving as confidants, friends, and sometimes stand-in parents. Please join us as we celebrate grandparents!

Keeping Independent Through Technology

Wednesday, Oct. 25, 11 am - 1 pm EST

Highland Park Recreation Center

10 Pitkin St, Highland Park, MI 48203

IN-PERSON ONLY: You must RSVP to attend

Technology can be a great connector, but sometimes it may feel intimidating or too complicated. Bernadette Hudgins from the Golden Connection speaks about how various technology tools can be used for safety and help you stay independent while still connected with loved ones!

VIRTUAL EVENT

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.

Preparing for the Holidays:

Spiritual & Emotional Coping Strategies

Wednesday, Dec. 6: 11 am - 1 pm EST on ZOOM

The holidays, while often joyous, can be difficult without our loved ones. Please join us for a virtual Lunch & Learn with Dr. Samuel White III to discuss the complexities of grieving while maintaining healthy spiritual and emotional self-care.

- Join by computer at <https://bit.ly/hbeclunch>
- Join by telephone at 1-646-931-3860

Meeting ID: 978 9060 9061

Passcode: 48202



Successful Aging thru Financial Empowerment

The Truth about Payday Loans

By LaToya Hall, MSW
SAFE Program Director

Sometimes unexpected expenses occur and we try to find quick solutions with loans that seem like the best option. But these loans can place consumers into predatory lending agreements and ongoing debt cycles. These short-term, high-interest loans are typically predatory in nature. Predatory lending usually involves imposing unfair, deceptive, or abusive loan terms on borrowers. Payday loans typically carry high fees and exorbitant interest rates.

Payday loans are usually for small dollar amounts and are due the next payday. These loans can seem very appealing due to instant funding and scant borrowing requirements. But payday loans can be very expensive, typically charging fees of \$15 per \$100 loaned. This would mean a \$300 loan would have a fee of \$45 and carry an Annual Percentage Rate (APR) of 400%.

Many times borrowers continuously take out payday loans or get rollovers (which allow another term to pay in exchange for another fee) to try and catch up enough to pay the original loan.

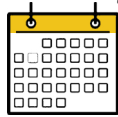
This is an ongoing debt cycle. On average more than four in five payday loans are reborrowed, with nearly one in four being reborrowed nine or more times.

This causes interest and other fees to grow on this debt. Borrowers who neglect to pay their payday lending debts can have badly bruised credit as a result.

Before Considering a Payday Loan:



1. Read the contract and be sure you understand what you agree to with a payday loan. Remember that although many of these loans are predatory in nature, they are legal, and these are legal and binding contracts.



2. Look over your monthly budget to determine if the obligations of the repayment agreement offered can be met based on your income.



3. Look into all available lending options and compare interest rates, fees, and APRs before deciding.



4. Work on your personal credit to ensure you have access to non-predatory loans when facing future emergencies.



5. Consider all other financial options (e.g. payment plans with creditors, bank or credit union loans, emergency assistance programs, start an emergency savings account).

For questions or further assistance, please contact
LaToya Hall at 313-664-2608
or **L.hall@wayne.edu**





HBEC Member Spotlight: Mrs. Lula Pettis

Would You Believe 96-Years-Young?

*by Adelia Cooley
HBEC Community Advisory
Board Member*

Mrs. Lula Pettis was born on a farm in Georgia on February 27, 1927, where she picked cotton and peanuts until she married in 1950. After her husband returned from the service, she moved with her spouse to Detroit, where she stayed at home to birth and raise 15 children, eight girls and seven boys.

Mrs. Pettis' favorite hobby was gardening, but two years ago spring allergies forced her to stop working in her yard. After a lifetime of driving, she discontinued driving at age 93.

"I feel good about aging," Mrs. Pettis said. "I'm happy. I still do everything for myself. I don't use a cane." At least one

of her beautiful children comes by every day to check on her, but she continues to do her own cooking, house cleaning, and laundry.

Her daughter Anita praised her mom. "My mother raised me and my 14 siblings to always treat others the way that you want to be treated. There was never any thought of disrespecting your elders. My mother was and still is a God-fearing woman. My mother shopped at thrift shops for us, and she taught me how to stretch a dollar. We never had the best clothes or the most updated toys, but our parents poured love into us."

We are thrilled to have Mrs. Pettis as an HBEC member since 2012. It was a pleasure speaking with her and two of her thoughtful daughters.



Mrs. Pettis, mother of 15, on Mother's Day 2023

NEW SURVEY ALERT

When you became an HBEC member, you completed a survey that asked questions about your health. The answers you provide determine the studies you may be eligible to participate in. For example, a researcher may need participants that have been diagnosed with high blood pressure but no history of having a stroke. If your survey answers match those requirements, your contact information may be shared with that researcher to invite you to participate in the study.

We have updated this survey to include questions on emerging areas of research such as caregiving, housing, and Covid-19. You will likely be contacted by

telephone or mail to complete this new survey. Completing the survey will ensure you remain an active HBEC member.

Please contact our office if you have any questions or would like to complete the survey by telephone at 313-664-2616.

You are also welcome to complete the survey online at: <https://bit.ly/detroitprp>



*Thank you for your
continued participation!*

Actively Recruiting Research Studies



This is a list of studies looking for participants. Use the contact information listed for each study to sign up or to ask questions.

All studies have been reviewed and approved by the HBEC Community Advisory Board.

Memory and Alzheimer's Disease

Disease – This study seeks to determine how the ability to learn and remember new associations between concepts is related to risk for Alzheimer's disease. The study involves a 10-minute online survey followed by a 1 to 1.5 hour Zoom meeting where you will complete tests of memory and other thinking skills. Participants must be English-speaking, age 65-89, and have access to a computer with a keyboard. Anyone with a direct family history of Alzheimer's disease is encouraged to participate.

Contact

Kylie Kadey
at 313-577-9260.

Supporting Caregivers of People with Dementia

– Family caregivers are needed for a study that can

be completed at home, online or in person at Wayne State University. Participants will be asked to participate in 3 to 4 focus groups or interviews. Each focus group or interview will last approximately 1-2 hours for a total time commitment of 4-8 hours.

Contact

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

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 complete a survey online and a 1-hour Zoom meeting with a researcher to complete different cognitive tasks. Must be aged 65-89 and have access to a computer.

Contact

Jessica Katschke at
gh9613@wayne.edu
or 313-577-9260.

ELECTRA Study – 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. Must be 65+ years old (among other criteria). Those who complete the in-person visits will be compensated.

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

The WISDOM Study – This study is working to improve breast cancer detection and prevention for all women. Participants have the option to learn their genetic risk of getting breast cancer, receive recommendations for when and how often to get screened, and learn strategies to reduce their breast cancer risk. Participation takes less than one hour a year and can be done almost entirely online. Looking for women aged 40 to 74 who have never had breast cancer.

Sign up at

www.thewisdomstudy.org;
email questions to
info@wisdomstudy.org
or 855-729-2844.

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, call
313-577-3334.

Measuring Dementia Caregiving Styles

– This study aims to develop a questionnaire that can quickly understand how caregivers are approaching dementia-related care. Looking for unpaid caregivers currently providing some form of physical assistance, emotional support, or financial assistance for a family member or friend who has a doctor's diagnosis of an age-

related dementia. Participation involves a 75-minute survey with the option to complete a 20-minute follow-up survey.

Contact Sophia Tsuker at
sophia.tsuker@wayne.edu
or 313-355-3557.

Enhancing Digital CBT-I to improve Adherence and Reduce Disparities – This project seeks to understand how different people interact with internet-based treatment for insomnia. This study lasts 8 weeks and requires participants to go through 20-minute weekly sessions of digital therapy for insomnia. Looking for those aged 18+ who have difficulty sleeping or insomnia.

Contact the team at
abayone1@hfhs.org
or 248-344-4159.

Understanding Bias and Empathy in Healthcare Experiences among Black Americans – Recruiting individuals for a virtual interview about their healthcare experiences and the potential for technology to support more empathetic health interactions. Participants will be asked to participate in a 90-minute interview and compensated \$50 in a gift card.

Contact
Dr. Christina Harrington at
charring@andrew.cmu.edu.

Credibility and Voice Assistants – This study asks questions about how voice assistants like Siri and Alexa can give better responses when older adults are searching

for information. In a 30-minute virtual interview, participants will listen to recordings and give feedback on how credible or trustworthy the information sounds. Must be over the age of 65 and live in the United States.

To complete the screening survey, contact
Dr. Robin Brewer
at VoiceTech@umich.edu
or 734-615-1299.

SWELCare Study – Seeking volunteers who are Black or White living with and helping a family member or friend who has Alzheimer's or a related dementia in Michigan. Participation for the family member/friend includes a phone interview (1.5 to 2 hours), a training session by phone or Zoom (1.5 to 2 hours) and completing daily life assessments for 5 days. Participation for the person living with dementia includes completing a memory screener (10-12 minutes), a training session by phone or Zoom (20 minutes) and wearing a heart monitor on the chest for 5 days.

Contact the team at
swelcarestudy@umich.edu
or 734-936-7489.

The SuperAging Research Initiative – What contributes to excellent memory in older age? We need your help to find out! You may be eligible if you are aged 80 or over, cognitively healthy, actively engaged in life, and fluent in English. The study involves visiting our Center every 2 years, thinking and memory tests, surveys, blood

collection, and an MRI brain scan (if eligible).

Contact us at
SuperagingUM@med.umich.edu
or 734-764-6157.

Michigan Men's Diabetes Project 2 – Looking for older African American men with Type 2 Diabetes Mellitus. This study aims to adapt and refine a diabetes self-management support intervention and will then conduct a randomized control trial of the adapted intervention. This study will utilize data from in-depth interviews and anthropometric, clinical, and survey measures.

Contact Kate Kloss
at klossk@umich.edu
or 734-647-4843.

The Detroit VIP Study – In this study, we are interviewing Black older adults (at least 55 years old) in Wayne, Oakland, or Macomb County who currently do volunteer work or want to do volunteer work in the near future. This project will include a 5-minute questionnaire and a one-hour interview. Study completed via zoom or telephone. Participants will be compensated.

Contact Erika Karoll
at karoller@wayne.edu
or 313-389-6491.

WEATHER EMERGENCY TIPS



Michigan weather has brought with it many power outages in both the colder and the warmer months. This can leave us feeling stressed, vulnerable, and unsure of what to do to stay safe and secure. We have created this guide to provide you with resources that will help you through future weather emergencies.



Warming and Cooling Centers in Detroit

Cass Community Social Services

Warming Center
11850 Woodrow Wilson
Detroit, MI 48206
(313) 883-2277

Adams/Butzel Center

Warming and Cooling Center
10500 Lyndon
Detroit, MI 48238
(313) 628-0990

Farwell Recreation Center

Warming and Cooling Center
2711 E. Outer Drive,
Detroit, MI 48234
(313) 628-2028

Heilmann Recreation Center

Warming and Cooling Center
19601 Crusade
Detroit, MI 48205
(313) 224-9334

Kemeny Recreation Center

Warming and Cooling Center
2260 S. Fort St.
Detroit, MI 48217
(313) 628-2819

Dos and Dont's During Power Outage

DO

1. Keep your fridge closed: Eat non-perishable items
2. Have emergency supplies in place at home, at work, and in the car. This may include:
 - non-perishable food
 - blankets
 - flashlights
 - battery-powered radio
 - extra batteries
 - wood for fireplaces
 - rock salt
 - warm clothing
 - bottled water
 - extra cell phone charger
 - shovel
 - sand or cat litter (for traction)
 - fire extinguisher
 - any other items that will assist in case of a weather emergency

DON'T

- Light candles
- Heat the house using the oven
- Use cooking grills or fuel-powered generators inside of your home (they emit carbon monoxide which can be deadly)
- Approach or touch down power lines. Contact DTE (Report through DTE's website or call 911 and 800-477-5050)
- Play games on your phone: if you cannot charge your phone immediately, preserve its battery by using it sparingly so it is available for emergency calls and communication

Patton Recreation Center

Warming and Cooling Center
2301 Woodmere
Detroit, MI 48209
(313) 628-2000

Detroit Rescue Mission Ministries

Warming Center
3535 Third Ave.
Detroit, MI 48201
(313) 993-6703

Detroit Rescue Mission Ministries

Warming Center
11037 Mack Ave
Detroit, MI 48214
(313) 331-8990

Dingell VA Hospital (for veterans):

4646 John R St,
Red Tower, 2nd Floor
Detroit, MI 48201



Meet New HBEC Staff Members

COMMUNITY Lunch & Learn **The Aging Brain**

**Wednesday
August 30, 2023**

11:00AM - 2:00PM EST
at the

The Stoudamire Center
4401 Conner St.
Detroit, MI 48215



In partnership with the
*Eastside Community
Network*
and the
*University of Michigan
Research Program
on Cognition &
Neuromodulation
Based Interventions*

Join us for a
presentation on memory
and brain health!

FREE LUNCH
Must **RSVP** to attend: call
313-664-2616
and leave your name,
telephone number,
and date of event

HBE Flint Welcomes New Coordinator

Born and raised in Flint, MI, Ms. Cynthia Howell is the true definition of a community advocate. For over 25 years Ms. Howell has held various positions in Flint and Genesee County including the chairperson for Genesee County-Community Action Resource Department also known as GCCARD Senior Council and the vice chairperson on the Advisory Board of GCCARD. In addition to being a Community Advisory Board member for HBE-Flint, she is now starting a new role as Flint's Outreach Coordinator.



"I love being an advocate out in the community making a differ-

ence," Ms. Howell said. "This job for me is a win-win; being able to disseminate and educate on important information and provide resources for seniors like myself that enable us to become healthier Black elders." Ms. Howell is excited to share the HBE program with her Flint community. When asked what she is most proud of in Flint, she states "our resilience." HBE-Flint is thrilled to welcome Ms. Howell to the team!

If you are interested in learning more about the Healthier Black Elders Flint program, please contact Ms. Howell at hbeflint@gmail.com or at 810-309-8693. You can learn more about HBE-Flint work at www.engageus.org

Amanda Horn: Caring and Connections

HBEC is excited to welcome Ms. Amanda J. Horn as the new community outreach coordinator. Amanda is a doctoral student at Wayne State University in sociology. Her research focuses on chronic illness experiences as well as stigma, medicalization, and gender. Her experience and passion for research will support her new role coordinating Lunch & Learn events, Party Line, and connecting with community groups and organizations. "I love HBEC's commu-



nity focused approach!" Amanda said. "There is a great need to connect with folks beyond the scope of academia, and I see that happening with HBEC's efforts. I enjoy engaging in conversation with older adults. Every time we interact with another person, we have an opportunity to learn from each other and gain additional perspective."

If you have suggestions on topics for future Lunch & Learns, presenters, or community groups to share HBEC, contact Amanda at 313-664-2616.

What's Normal Aging and What Isn't?

by Rachel Carey, MA
Behavioral & Cognitive
Neuroscience
Doctoral Student, WSU



From beautiful wrinkles to mild changes in our thinking, aging is a natural process we all undergo, and we all experience it differently.

According to the Alzheimer's Disease Facts and Figures special report: "55% of Black Americans think that significant loss of cognitive abilities or memory is a natural part of aging rather than a disease."

Acknowledging that changes to our cognition will happen as we age does sound scary; however, the changes that accompany healthy aging are actually relatively subtle and mild.

Normal age-related declines mainly affect thinking speed and attention, while abnormal aging is marked by a more severe decline that may also affect other cognitive domains such as (but not limited to) remembering, navigating, and expressing oneself.

Symptoms to Watch For

The Alzheimer's Association provides these 10 warning signs of dementia:

- memory loss that affects day-to-day abilities
- difficulty performing familiar tasks
- problems with language
- disorientation to time and place
- impaired judgment
- problems with abstract thinking
- misplacing things
- changes in mood and behavior
- sudden changes in personality
- loss of initiative

Note: Every person is different and so what may be normal for one person's aging process may be abnormal for another individual. If you have concerns about yourself or a loved one, please talk with your healthcare provider.

What Can I Do?

Research suggests leading a healthy lifestyle (such as good nutrition, physical activity, mental health, and social engagement) may promote brain health and modify your risk for developing dementia.

Monitor your cardiovascular health factors: Keep an eye on your blood pressure and cholesterol, and stay away from smoking. Helping your heart helps your brain!

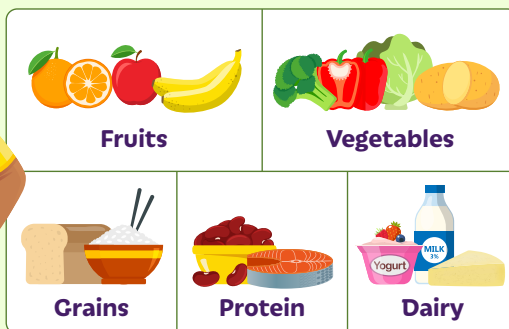
Eat healthy foods: The National Council on Aging recommends that older adults eat meals that contain lean protein, fruits and vegetables, whole grains, and low-fat dairy. Foods high in fiber and Vitamin D and low in salt are especially good for you.

Exercise moderately (if able): Moderate exercise helps improve not only your mood, but also your body's immune response.

Challenge your brain with activities you enjoy! For example: gardening, walking, reading, and playing games are great ways to work out your mind while having a good time. Also add in new activities now and again to stimulate your brain and help it make new connections.

Food tips from the National Institute on Aging

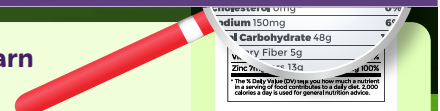
Eat a variety of foods each day.



Keep a food diary to track what you eat.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

HBEC Presents in Amsterdam, Netherlands



More than 11,000 dementia researchers gathered in Amsterdam and online for the Alzheimer's As-

sociation International Conference for the worlds largest dementia conference! Dr. Annalise Rahman-



Filipiak (UM) and HBEC CAB Member Mr. Roland Samaroo co-presented at the conference on Sat. July 15th in the Professional Interest Area on the academic-community partnership project with HBEC on disclosing Alzheimer's research study results to African American participants.



Top row left to right: Sarah Walter (program administrator for the Alzheimer's clinical trials consortium, ACTC), Cynthia Huling Hummel (participant living with early dementia and advisor for ACTC) and Annalise Rahman-Filipiak (University of Michigan). Bottom row left to right: Diana Karamacoska (Western Sydney University), Sandra

Loyola-Sandoval (program coordinator and community organizer, Canterbury-Bankstown Dementia Alliance, New South Wales, Australia), Roland Samaroo (HBEC Community Advisory Board Member), and Lupe Morales (participant and care partner of mother with dementia, and ACTC advisor).



WSU, Institute of Gerontology
Healthier Black Elders Center
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HBEC FALL 2023 NEWSLETTER

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FALL
2023

**CABCritical
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Lunch & Learns

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