

MCUAAAR Mini Training

March 13, 2024

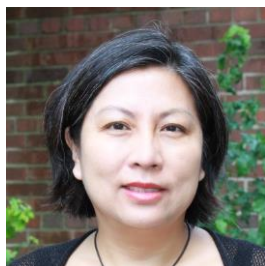
Healthier Black Elders Center Participant Resource Pool

Agenda

- ▶ Brief Overview of HBEC
- ▶ Detroit PRP: how to access
- ▶ Recruitment options
- ▶ Flint PRP

Meet the Team!

Community Liaison and Recruitment Core



Dr. Tam Perry
Wayne State
University



Dr. Jamie Mitchell
University of
Michigan



Dr. Kent Key
Michigan State University



Vanessa Rorai
Program
Coordinator
Detroit



Adelia Cooley
CAB & Staff
Detroit



Amanda J. Horn
Community
Outreach
Detroit



Elena Flores
Project
Manager
Flint



Cynthia Howell
Community
Outreach
Flint

What is the Healthier Black Elders Center?



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

HBEC Activities

- ▶ Participant Resource Pool (PRP)
- ▶ Lunch and Learn Events
- ▶ Bi-Annual Newsletter
- ▶ Follow Up Phone Surveys every 18 Months
- ▶ Representation at Community Events
- ▶ CAB Consultancy Program



CAB Members: Gwendolyn Swain, Josephine Redd, JoAnn Smith
at Lunch & Learn event August 2023 on the Aging Brain

Participant Resource Pool (PRP)

- ▶ Connects older adults to research studies
- ▶ All research studies are non-invasive research projects
- ▶ All projects approved by IRB and HBEC Community Advisory Board (CAB).
- ▶ All HBEC members complete in-take survey
- ▶ ~1,200 active members:
 - ▶ 1,043 female, 136 male



Volunteers Needed for these Research Studies

These projects have been approved by the HBEC Community Advisory Board to recruit through the Participant Resource Pool. Please call the contact listed to learn more.

08/05/19

University of Michigan Memory and Aging Project (UM-MAP)
Understanding the cognitive and behavioral symptoms that develop over time in persons as they age, including those with **Alzheimer's and related disorders**.
Contact Kate Hanson at 734-936-8332

Reliability and Validity of a Financial Decision-Making Rating Scale
Determining an older adult's capacity to **make financial decisions** using the Financial Decision Making Rating Scale.
Contact Rebecca Campbell or Evan Gross at 313-664-2635

The Role of Individual Differences and Cognitive Capacity on Oral Discourse Processing
Detecting mild cognitive and **language impairments** that can negatively influence everyday behavior to improve overall quality of life. Contact Nancy Naperala at 313-577-3339

I-CONNECT
Understanding how **social interactions** affect the mind and brain, and how to prevent memory decline and dementia.
Contact Alexis Ellis at 734-647-2676

Searching for Health Information with Digital Assistants
Investigating how older adults search for information and use **voice-based assistants** (i.e. Google Home). Contact Robin Brewer at 734-615-1299

Balance and Mobility in Persons with Early Stage Dementia
Investigating the use of functional fitness tests to **reduce falls** and maintain independence in people with early stage dementia. Contact Rosanne DiZazzo-Miller at 313-993-3970

The Effects of Yoga on Motor Control Processing in Individuals with Parkinson's Disease
Examining the effects of a 6-week **yoga program** on the progression of Parkinson's disease symptoms. Contact Alicia Jones at 313-408-1669

Measuring Affective Processing in Traumatic Brain Injury (TBI)
Improving measures used by psychologists to **understand and treat individuals with TBI** by comparing them to those without TBI. Contact Eva Keatley at 313-745-1129

SUPPORT Study
Understanding sources of resilience and approaches to reducing **frequent and unnecessary hospitalizations** among older adults with changes in memory. Contact Andrea Gilmore-Bykovskiy at 608-262-3057

Effects of Different Cognitive Loads on Gait Performance among the Elderly
Assessing the impact of performing memory and attentional tasks on **walking ability**. Contact Elaheh Rashedi at 313-977-0465

SHAPE Study
Testing a habit formation intervention to assist building **frailty** protective behaviors. Contact Heather Fritz at 313-664-2627

Will Optimized Written Instructions be as Effective as Audiological Service for OTC Hearing Device Users?
Studying the effectiveness of using a personal sound amplifier for adults with **mild-to-moderate hearing loss**. Contact Hua Ou at 313-577-4143

Psychosocial and Vascular Mechanisms of Cognition in Diabetes
Determining associations between **Type 2 diabetes**, depressive symptoms, environmental factors, cardiovascular disease risk factors, and cognition. Contact Vicki Ellingrod at 734-615-4728

Community-based Approach to Early Identification of Transitions to Mild Cognitive Impairment and Alzheimer's Disease
Identifying the **first signs of dementia** in older at-risk African Americans with subjective memory complaints. Contact Sarah Shair at 313-577-1276

Health among Older Adults Living in Detroit (HOLD)
Understanding how older adults use daily psychological and biological processes to deal with **environmental stressors**, and how these processes affect physical health. Contact Daniel Saleh at 313-577-3334

Thank you so much for participating in our studies!

We value your time and do our best to compensate you for your participation.



Participant Resource Pool (PRP): Survey

- **Contact information:** mailing address, phone numbers, email
- **Demographics:** marital status, employment, education, annual household income
- **Social connections/support:** attend faith gatherings, volunteer, caregiver status, go to for a need, self-rated level of stress and feeling downhearted/blue, healthcare coverage, self-rated general health and mental health, perceived cognitive impairment
- **Health Conditions:** yes/no (list on next slide)
- **COVID-19:** know someone who passed, worsened mental health, physical health, financial wellbeing
- **Housing:** type, length of time, rent/own, concerns of affordability, number of people within household
- **Technology:** internet connection, type of devices (cellphone, computer, email), type of social media

Participant Resource Pool (PRP): Survey

Condition	Check if you have been diagnosed	Year of diagnosis (or approximate number of years ago)
Diabetes	<input type="checkbox"/> Pre-diabetic <input type="checkbox"/> Type II <input type="checkbox"/> Type I <input type="checkbox"/> Unknown	
Arthritis	<input type="checkbox"/> Rheumatoid <input type="checkbox"/> Osteoarthritis <input type="checkbox"/> Unknown	
Osteoporosis	<input type="checkbox"/>	
Cancer	<input type="checkbox"/> Colon <input type="checkbox"/> Breast <input type="checkbox"/> Lung <input type="checkbox"/> Prostate <input type="checkbox"/> Skin <input type="checkbox"/> Other	
Bladder Control Problem	<input type="checkbox"/>	
Kidney Problem	<input type="checkbox"/>	
Lung Problem	<input type="checkbox"/>	
Liver Problem	<input type="checkbox"/>	
High Blood Pressure	<input type="checkbox"/>	
Heart Problem	<input type="checkbox"/> Heart attack <input type="checkbox"/> By-pass surgery <input type="checkbox"/> Angina <input type="checkbox"/> Other: _____	
Stroke	<input type="checkbox"/>	
Seizures	<input type="checkbox"/>	
Parkinson's Disease	<input type="checkbox"/>	
Memory Problem	<input type="checkbox"/> Mild Cognitive Impairment <input type="checkbox"/> Alzheimer's Disease <input type="checkbox"/> Dementia <input type="checkbox"/> Other	
Mental Health Concerns	<input type="checkbox"/> Depression <input type="checkbox"/> Anxiety <input type="checkbox"/> Bipolar Disorder <input type="checkbox"/> Schizophrenia <input type="checkbox"/> Other	
Difficulty walking, balance problem	<input type="checkbox"/>	
Nerve Damage	<input type="checkbox"/>	
Neurological Problem	<input type="checkbox"/>	
Spine Problem (back/neck)	<input type="checkbox"/>	
Vision Problem	<input type="checkbox"/> Glaucoma <input type="checkbox"/> Cataracts <input type="checkbox"/> Corrective lenses <input type="checkbox"/> Other	
Hearing Problem	<input type="checkbox"/> Hearing Aids <input type="checkbox"/> Tinnitus <input type="checkbox"/> Other	

Condition	Check if you have been diagnosed	Year of diagnosis (or approximate number of years ago)
High Cholesterol	<input type="checkbox"/>	
Legionnaire's Disease	<input type="checkbox"/>	
Fibromyalgia	<input type="checkbox"/>	
Sickle Cell Disease	<input type="checkbox"/>	
Hemophilia or other bleeding disorders	<input type="checkbox"/>	
Sarcoidosis	<input type="checkbox"/>	
Lupus	<input type="checkbox"/>	
Seasonal allergies/sinus related problem	<input type="checkbox"/>	
COVID-19	<input type="checkbox"/> Have since fully recovered <input type="checkbox"/> Still experiencing symptoms, consider myself a 'long-hauler'	

Participant Resource Pool (PRP): How to Access

- ▶ Email application to Vanessa (vrorai@wayne.edu):
 - ▶ Letter of intent
 - ▶ Application form
 - ▶ Copy of IRB approval
 - ▶ PI CV or BioSketch
- ▶ Two CAB members will review and approve, have questions, or deny
- ▶ Researcher is notified final decision
 - ▶ Vanessa will send information on next steps

<https://mcuaaar.org/cores/community-liaison-and-recruitment-core/participant-resource-pool/>

Scroll to bottom of page for links to download forms

Participant Resource Pool (PRP): Approved



- ▶ Agreement form on use of PRP
- ▶ Tailored contact list using your study inclusion/exclusion criteria and PRP survey data
- ▶ Actively recruiting study lists:
 - ▶ Bi-Annual Newsletter - printed and mailed to all PRP members (Feb & July)
 - ▶ Monthly email - email sent to PRP members (~550) first day of the month

Lunch and Learn Events

- Free Educational Events on Various Topics in Aging
- Box Lunches Provided
- Free Health Screenings Performed
- Opportunity to Sign Up for Research Projects
- Offered 8 - 10 Times a Year



Spring 2024 Lunch and Learns

- **Thurs. Feb 29** - Housing America's Older Adults (webinar)
- **Thurs. Mar 28** - Getting Your Affairs in Order (Rising Star Missionary Church)
- **Wed. Apr 24** - Food as Medicine (Detroit Unity Temple)
- **Thurs. May 23** - Brain Health & Aging (Greater Grace Temple)
- **Thurs. June 20** - Voter Preparedness (Highland Park Rec Center)



We offer two types of consultancies for:

1. researchers/product developers to give feedback on research design, product design and dissemination of information/findings to older adult
2. populations research groups, institutions, community groups on working in partnership with community advisory boards and research registries



Healthier Black Elders-Flint



- HBE- Flint was established in 2020 with a grant from the National Institute on Aging (Recruiting and Retaining Older African Americans into Research (ROAR) (1 R24 AG065151-01)
- Flint's Participant Research Pool (PRP) began recruiting in 2023 and has ~250 participants and counting.
- The PRP will open to researchers' applications in Spring 2024 and will use a similar process as HBEC Detroit whereby CAB members will review applications.
- HBE-Flint is particularly interested in partnering with researchers and studies focused on Alzheimer's Disease and Related Dementias, and we are open to all IRB-approved studies/research topics on aging.

CONTACT US AT:



www.engageus.org



(810) 309-8693



@ hbeflint@gmail.com



@ The Healthier Black Elders-Flint Program



@ HBE_Flint

Links to more information

- ▶ RCMAR Centers: <https://www.nia.nih.gov/research/dbsr/resource-centers-minority-aging-research-rcmar>
- ▶ MCUAAAR website: <https://mcuaaar.org/>
- ▶ PRP information & forms: <https://mcuaaar.org/cores/community-liaison-and-recruitment-core/participant-resource-pool/>
- ▶ PRP Survey: <https://engageus.ripplescience.com/survey/SN4DSKBzsh2EPds3P/Ywt3BoRwrzJdreoMx/form>
- ▶ HBEC Lunch & Learn Recordings: <https://mcuaaar.org/resources/videos/hbec/>
- ▶ HBEC Newsletter: <https://mcuaaar.org/resources/newsletters/hbec-newsletters/>
- ▶ EngageUs website: <https://engageus.org/>