



# HEALTHIER BLACK ELDERS CENTER

Promoting Successful Aging in Detroit and Beyond

Fall 2013

## MISSION

A core goal of the HBEC is to encourage older African American adults to consider participating in research projects that have been approved by the HBEC.

In the past, researchers have been hampered by difficulties recruiting older African Americans to be involved in research projects. 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.

The HBEC has worked to correct this problem by creating a Participant Resource Pool or PRP.

If you agree to be part of the PRP, the Center guarantees that:

All 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

## Cholesterol to Cavities, Healthier Black Elders Event Promotes Good Health

A whole-person approach to living well infused June's Healthier Black Elders event with energy and education. Guests took good advantage of the dozens of free health screenings and the expert forums to boost their knowledge of how to keep disease and disability at bay as we age.

Attendees to this year's "360° of Living Well" received more than 700 health screenings including blood pressure, cholesterol, memory, bloodglucose, hearing, dental, and balance.

"These free screenings are an important way to partner with our research participants and the African American community," said Dr. Peter Lichtenberg, co-director of the Michigan Center for Urban African American Aging Research which hosts the event. "By detecting signs of ill health early, we can prevent more serious health problems." The Michigan Center is jointly administered with the University of Michigan whose co-director is Dr. James Jackson.

Guests received a dental exam at the event and necessary follow-up treatment at the Institute of Gerontology. The unique, traveling Urgent



Community Advisory Board Member Dr. Shirley McRae exercises at June's event with the EX-Couch potatoes

Dentist bus-the only bus of its type in Michigan-brings dentists, hygienists, x-ray machines, denture fittings and more directly to the patient. The full-service bus parked in the IOG lot while patients enjoyed safe, pain-free dental treatment. Decay and infection in teeth and gums can cause widespread inflammation including serious heart problems, so dental health is critical to overall health.

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HEALTHIER BLACK ELDERS CENTER (HBEC)

University of Michigan and Wayne State University

Michigan Center for Urban African American Aging Research: A National Institute on Aging Grant Program



## Pain Advocate Receives Recognition

Chronic pain doesn't paralyze activist Jannie White; it motivates her!

After years of suffering from chronic pain associated with Complex Regional Pain Syndrome (CPRS), White's advocacy resulted in Michigan legislators passing a bill (P.A. 6782006) that requires the establishment of a workgroup to develop and coordinate education programs to promote public awareness on the causes of the disorder

including the value of early detection, diagnosis, and treatment of the disease.

"Getting good pain care is a right. No one should have to suffer like this, and I will not give up my fight to help those that are not able to speak up for themselves," adds White.

CPRS affects up to 1.2 million Americans including older women aged 61-70. Contact Dr. Lisa Ficker at the Wayne State Univer-



sity Institute of Gerontology at 313-664-2530 if you would like more information regarding CPRS, or help obtaining treatment for chronic pain.

### **NO EXCUSE** FOR Elder Abuse

No Excuse for Elder Abuse is a recently launched multi-media awareness campaign in Michigan to tell older adults and the general public about the growing problem of elder abuse and financial exploitation. It is believed that 1 in 10 older adults suffer elder abuse, but most don't report it. Elder abuse is not just a *family matter*; it is a crime. If you know someone who you think may be being abused or taken advantage of, or if it's happening to you, help is available. Call Michigan's statewide Protective Services number (855) 444-3911. There are many forms of elder abuse, including a loved one taking money without permission or in an underhanded way, a caregiver withholding food or medications, hitting or physical violence, and even self-neglect.

**1-855-444-3911**

## Event continued from page 1

The Healthier Black Elders event also recruits volunteers to help with research into health problems that especially affect older African Americans, such as high blood pressure, diabetes, heart disease, stroke and certain cancers. Patricia Rencher, who directs the Participant Resource Pool, maintains the registry of these volunteers, said the need for African Americans willing to volunteer for research is high. She is pleased to have recruited 20 new participants to the research pool at this year's event. "Our guests are committed to

good health," she said, "not only for themselves but for their peers, their children and the long-term benefit of their communities."

The impact of the Healthier Black Elders event ripples well past the day of the conference. Ninety-eight percent of attendees promised to spread the information they learned to others. "These are the liaisons of good health," Patricia said, "they'll leave here and share what they learned with neighbors, family, church-goers, and friends. One guest said she would even share what she learned with strangers. The benefit of outreach like this is greater than we'll ever know."

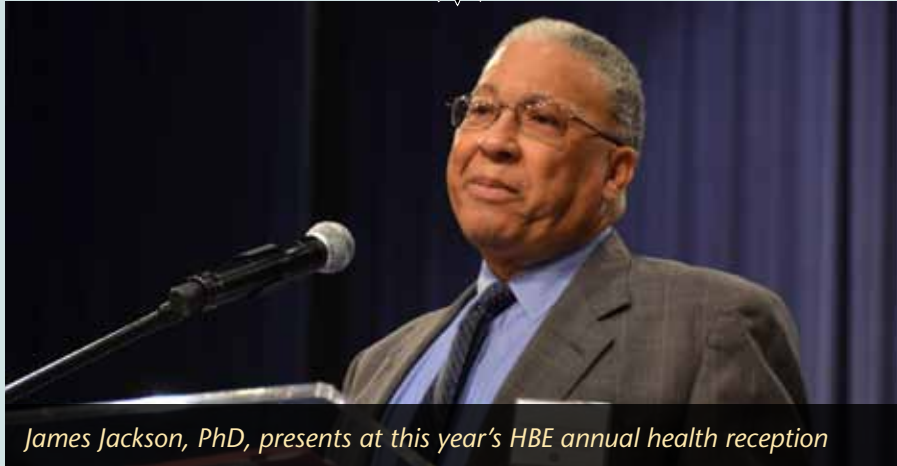
Of the 430 attendees at this year's event, 251 persons completed evaluations. Here's what they said:

97% of this year's attendees said they would recommend other seniors attend annual receptions in the future

99% learned something new

100% learned information that they can use

HEALTH WATCH



*James Jackson, PhD, presents at this year's HBE annual health reception*

## Dr. Letha Chadiha Honored with Diversity Award

Letha Chadiha, PhD., co-leader of the Community Liaison Core of the Michigan Center for Urban African American Aging Research (HBEC's parent group)



received the 2013 Harold R. Johnson Diversity Service award. Established in 1996 in honor of the former dean of the University of Michigan School of Social Work, the award recognizes the U of M faculty member who exhibits outstanding leadership in the area of cultural diversity.

Veteran researcher and co-principal investigator for HBE's parent group (MCU-AAAR) **James Jackson, PhD**, presents along with DMC internist John Flack, M.D. at this year's men's lunch & learn forum, *Black Men & Aging: Myths & Facts*, on Friday, November 15 at Greater Christ Church.

Dr. Jackson is currently directing the most extensive social, political behavior, mental and physical health surveys on the African American and Black Caribbean populations ever conducted, "The National Survey of American Life" and the "The Family Survey across Generations and Nations", and the National Science Foundation and Carnegie Corporation supported "National Study of Ethnic Pluralism and Politics." For details on the November men's forum, see page 4, or call 313-664-2626.

## HBEC PILOT SCHOLAR SPOTLIGHT



### Sonya Miller, MD

*The Healthier Black Elders Center is the community outreach component of the Michigan Center for Urban African American Aging Research (MCUAAAR). Federally funded since 1997, MCUAAAR is a joint program between the University of Michigan and Wayne State University Institute of Gerontology. One of the main objectives of the MCUAAAR is to provide mentoring and funding for ethnic minority junior faculty who want to conduct aging and health research. Since 1997, 50 pilot scholars have completed the program. The following is a project summary from one of this year's pilot scholars.*

Sonya Miller, M.D., is curious about the way that black women with disabilities age. Dr. Miller's study, "Exploring the Health & Healthcare of Older Black Women with Disabilities" is an exploration of how metro Detroiters with physical disabilities maintain good health, positive moods, healthy family relationships and constructive work and social lives.

A graduate of the University of California-Los Angeles, the University of Oklahoma-College of Medicine, and the University of Michigan-Medical School Physical Medicine & Rehabilitation residency program, Dr. Miller says her study will give her and her colleagues a better understanding of the experiences and values of a severely understudied community. "The goal," adds Dr. Miller, "is to inform patient-centered care, which leads

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to better outcomes and improved patient satisfaction.”

The one-year, two-part study includes a 45-minute, confidential questionnaire that can be done at home, and a photographic story-telling exercise. At the orientation and training session, participants receive cameras to record the story of what keeps them from being healthy. At the Reflection & Dialogue session, participants discuss three of their most meaningful pictures.

The two, in-person sessions take place at the U of M Detroit Center on Woodward & Mack. The study seeks disabled and non-disabled African American women 60-years and older. For more information, contact HBEC Director Patricia Rencher at 313-664-2626.



## Save the Date *All Forums are free, but you must RSVP*

### **HBEC Lunch 'n Learn Series:**

#### ***I've Fallen and I Can Get Up: Dodging Falls & Depression***

**Wednesday, September 11, 2013**

Health Screenings: 10-11, Program: 11:00 am - 12:30 pm  
Little Rock Baptist Church, 9000 Woodward, Detroit, MI 48202  
Call 313-664-2616 to **RSVP by Sept. 3**; leave name/phone #

#### ***Pain Relief & Brain Health***

**Wednesday, October 16, 2013**

Health Screenings: 10:00-11:00, Program: 11:00 am - 12:30 pm  
Bethel Baptist Church East, 5715 Holcomb, Detroit, MI 48213  
Call 313-664-2604 to **RSVP by Oct. 8**; leave name/phone #

#### ***Men & Aging: Myths & Facts***

**Friday, November 15, 2013**

Health Screenings: 10:00-11:00, Program: 11:00 am - 12:30 pm  
Greater Christ Baptist Church, 3544 Iroquois St., Detroit, MI 48214  
Call 313-664-2626 to **RSVP by Nov. 10**; leave name/phone #

#### ***Matters of the Heart: Cardiology & Caregiving***

**Friday, December 6, 2013**

Health Screenings: 9:30-10:30, Program: 10:30 am - Noon  
OakPointe Senior Care & Rehabilitation, 18901 Meyers, Detroit, MI 48235  
Valet Parking Provided  
Call 313-577-2297 to **RSVP by Nov. 29**; leave name/phone #