

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



# HEALTHIER BLACK ELDERS CENTER

FALL 2016

Connecting Older Adults to Research



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:

Research meets 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  
**LaToya Hall at: 313-664-2604**



## Helping Older Adults in Our City Stay Fit

Neha Gothe, PhD, a 2014 – 2015 Michigan Center for Urban African American Aging Research (MCUAAAR) pilot scholar, used the Healthier Black Elders (HBEC) Participant Resource Pool (PRP) to recruit for a study examining older African American adults in the Detroit area and physical activity. Dr. Gothe is an assistant professor in the College of Education Division of Kinesiology, Health and Sports Studies and a pre-doctoral training faculty mentor at the Institute of Gerontology. Her research focuses on promoting physical activity as a means to improve health and quality of life, primarily in older adults who are still living at home.

Her MCUAAAR project, “Correlates of Physical Activity and Functional Fitness in Urban African American Older Adults,” examined the unique physical and psychological barriers faced by the African American aging population in the Detroit metro area in order to im-



prove their levels of physical activity and functional fitness. Dr. Gothe became interested in the study when she searched the community for exercise programs for older adults and there didn't seem to be many available. “I found some at assisted living or senior independent living communities,” she said, “but these were usually only open to residents of the facilities.”

This study set out to understand:

1. What types of physical activities do older adults prefer?
2. What where the barriers to

STAY FIT PAGE 2



### 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

## Staying Healthy with Physical Activity

Exercise and physical activity are good for everyone, older adults included. Staying active is a good way to promote good physical, emotional and mental health. Exercise is good for our hearts, waistlines and ability to carry out everyday activities. Go4Life from the National Institute on

PHYSICAL ACTIVITY PAGE 2

## Stay Fit

physical activities for this population?

3. What types of attitudes do older adults have toward physical activities and what were the perceived benefits associated with participating in physical activities?

One hundred and ten metro Detroit area, African American older adults were interviewed for the study, completing two hours of

questionnaires and tests to gauge functional fitness measures. Thirty participants also took part in a related focus group to identify specific fitness preferences.

Some of the most interesting study results came from the focus groups. When asked about their preferences of exercise type, older adults said "dancing." They said dancing was social and fun, and they would be willing to travel to dancing events outside their imme-

diated community. Older adults also said the winter weather in Michigan and environmental factors like no sidewalks, no streetlights and safety issues (i.e. crime or stray animals) were barriers that would hinder them from being physically active. The study found that older adults were aware of the physical benefits of exercise and physical activity. Most members of the focus groups spoke about remaining in good shape and controlling

## Physical Activity

Aging lists the following benefits from getting regular exercise:

- Helping to maintain and improve your physical strength and fitness.
- Helping to improve your ability to do everyday things you want to do.
- Helping to improve your balance.
- Helping to manage and improve diseases like diabetes, heart disease, and osteoporosis.
- Helping to reduce feelings of depression and may improve mood and overall well-being.
- Helping to improve your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

The following exercises are a few Go4Life features on their website to promote balance, flexibility and strength. Although these exercises seem fairly safe and are promoted by the National Institute on Aging, please remember it is important to consult with your doctor before beginning a new exercise regimen.

### Flexibility



**UPPER BODY STRETCH** - Increases the flexibility of your upper arms, chest and shoulders, and will help you reach items on the upper shelves of your closet or kitchen cabinet.

1. Stand facing a wall slightly farther than arm's length from the wall, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Keeping your back straight, slowly walk your hands up the wall until your arms are above your head.
4. Hold your arms overhead for about 10 to 30 seconds.
5. Slowly walk hands back down.
6. Repeat at least 3 to 5 times.

### Strength



**TOE STANDS** - Strengthens the muscles in your calves and ankles

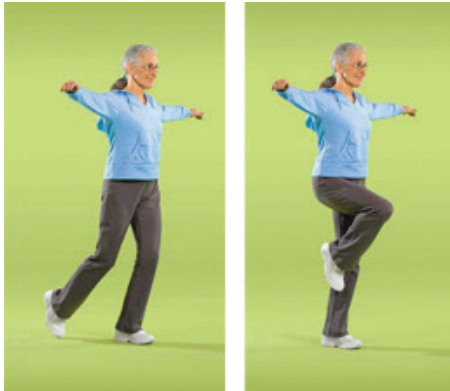
1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly stand on tiptoes, as high as possible.
3. Hold position for 1 second.
4. Breathe in as you slowly lower heels to the floor.
5. Repeat 10 to 15 times.
6. Rest; then repeat 10 to 15 more times.

You can find more information on exercising at: [go4life.nia.nih.gov](http://go4life.nia.nih.gov)

chronic diseases and conditions when asked about the benefits of exercise.

Dr. Gothe would like these results to inform the nature and design of future physical activity programs in Detroit. "I hope, moving forward, WSU will be able to offer a free, exercise-based program for older adults in the community, providing them with the opportunity to socialize, as well as exercise," she said.

## Balance

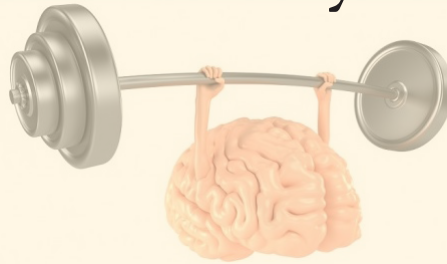


**BALANCE WALK** - Helps to improve your balance.

1. Raise arms to sides, shoulder height.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for one second before stepping forward.
5. Repeat for 20 steps, alternating legs.

**Go4Life**®

# Keeping Your Brain Healthy



Most people understand that physical activity will help to keep our bodies healthy as we age, but what about keeping our brains healthy?

Working to maintain a healthy brain really doesn't have to be as complicated as you may think. There are many simple exercises and techniques you can implement into your daily routine to promote having a healthy brain. Cheryl Deep, co-creator of BrainStorm, an interactive program designed to stimulate the brain, provided us with these four key tips for a healthy brain.

### 1. No Strain, No Train

Activities must be challenging if you want the brain to grow new cells and make new connections. Concentrate, focus and pay attention. If crossword puzzles are easy for you, try math problems or vice versa. Force your brain to stay awake with daily surprises like brushing your teeth or eating dinner with your non-dominant hand or placing framed photos upside down. The brain responds to novelty, but will get lazy and fall into ruts if you let it.

### 2. Gather with Others

Socializing is a major brain

stimulant. We talk, listen, interpret social cues and sometimes share an activity - all at the same time. Quite a positive brain challenge. Regular social activity also deepens friendships, calms anxiety and lifts our mood. Depression and loneliness take a tough toll on memory, so open your door (and heart) to others for a healthier, happier brain.

### 3. Sleep Deep

At least four consecutive hours of deep sleep a night lets us organize the thousands of thoughts and experiences we have every day. Without deep sleep, our brains start to look like a hoarder's house with clutter piled everywhere. When this happens, we can't find the mental information we're looking for (like the name of the neighbor who is now at the door). Sleep well and let your brain get organized. Aim for seven to eight hours a night and make four of those uninterrupted.

### 4. Move

A healthy brain needs a strong oxygen supply for all its cells - it uses 20% of all the oxygen we breathe in. Keep arteries open and flowing freely with 30 minutes of aerobic exercise three times a week. Aerobic means you're breathing more heavily and your heart is beating a little faster. Your physician can tell you what's safe, but most folks are fine with a brisk walk. A healthy brain needs a healthy body to sustain it.



For more info on BrainStorm visit:

[www.iog.wayne.edu/outreach/brainstorm.php](http://www.iog.wayne.edu/outreach/brainstorm.php)

# Financial Health After 60 | **FREE FALL WORKSHOPS** Please register by calling LaToya Hall: 313-664-2604



*Financial Health after 60 is a four workshop series designed to meet the unique financial needs of urban elders nearing or in retirement. Each workshop addresses a specific area of finance applicable to urban elders. The workshops are interactive and held at various locations throughout Detroit*

**Detroit, Neighborhood Service Organization (NSO)**

882 Oakman Blvd., Detroit, MI 48238

- Mon., Oct. 17, 9:30 - 11:30 pm *Avoiding Financial Exploitation*
- Wed., Oct. 19, 9:30 - 11:30 pm *Household Finance*
- Mon., Oct. 24, 9:30 - 11:30 pm *All About Credit*
- Wed., Oct. 26, 9:30 - 11:30 pm *Retirement & Estate Planning*

**Macomb Community Action Agency**

196 North Rose St, Mount Clemens, MI 48043

- Thur., Oct. 6, 10am – 2:00 pm *Avoiding Financial Exploitation*
- Thur., Oct. 13, 10am - 2:00pm *Household Finance*
- Thur., Oct. 20, 10am - 2:00pm *All About Credit*
- Thur., Oct. 27, 10am - 2:00pm *Retirement & Estate Planning*

**Inkster Commission on Aging, Dozier Recreation Center**

2025, Middlebelt, Inkster MI 48141

- Wed., Sept. 14, 12:30 - 3:30 pm *Avoiding Financial Exploitation*
- Wed., Sept. 21, 12:30 - 3:30 pm *Household Finance*
- Wed., Sept. 28, 12:30 - 3:30 pm *All About Credit*
- Wed., Oct. 5, 12:30 - 3:30 pm *Retirement & Estate Planning*

**Wyandotte Bishop Co-Op**

2651 Biddle, Wyandotte, MI 48192

- Fri., Oct. 7, 1 - 3:00 pm *Avoiding Financial Exploitation*
- Fri., Oct. 14, 1 - 3:00 pm *Household Finance*
- Fri., Oct. 21, 1 - 3:00 pm *All About Credit*
- Fri., Oct. 28, 1 - 3:00 pm *Retirement & Estate Planning*

*Funding for this HBEC program is generously provided by the **Mary Thompson Foundation***

## Detroit's Young and Talented Lend a Hand

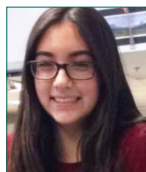
This summer the Institute of Gerontology (IOG), HBEC, and Center for Urban Responses to Environmental Stressors (CURES) are hosting Detroit area youth to learn valuable skills in research and community outreach. Takiyah Duesette and Tanjalique Reeves are participate in Growing Detroit's Young Talent (GDYT), a summer jobs program that employs young adults ages 14 to 24. Maya Sopory is a volunteer, who independently sought work at the IOG.

**TAKIYAH DUESETTE**



I'm currently going into the 11th grade at Chandler Park Academy with a 3.0 GPA. I have been a JROTC cadet since entering high school. I take college courses at Wayne County Community College under a dual enrollment program and will graduate

high school with an associate's degree, after which I plan go into the army. Upon finishing service in the army I plan to pursue a degree in criminal justice and become part of the FBI. Being able to work with the Healthier Black Elders Center is very exciting because I love to research, read, write and learn new things.



**MAYA OPORY**

I am 16-years-old, currently at International Academy West. I am a Model United Nations Delegate, a member of student government and a board member of the Mayor's Youth Council of Farmington Hills. I've always had an interest in participating in my community and searched for opportunities this summer. I discovered the IOG and read about the initiatives they've created, which make such a positive impact on people in Detroit. I

knew I wanted to get involved, so I reached out and got the ball rolling. The IOG welcomed me with open arms, and my time volunteering here has been a great experience.

**TANJALIQUE REEVES**



In the fall I will be a sophomore at Martin Luther King High School. I love sports and dancing and am currently on the track team and taking ballet classes at School. I'm enrolled in a dual enrollment program at Wayne County Community College and High School and will graduate high school with an associate's degree with the goal of pursuing a law degree. I love working at the IOG, everyone is always pleasant and smiling. I've learned many new skills and enjoy doing work that helps others.

## HBEC PILOT SCHOLAR SPOTLIGHT



HBEC 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. 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.



### Jaclynn M. Hawkins, PhD, MSW

Assistant Professor  
School of Social Work  
Michigan State University

PROPOSAL TITLE: *Barriers and Facilitators to Type 2 Self-Management in Older African American Men: Moving Towards a Pilot Intervention*

Dr. Hawkins plans to explore how gender influences diabetes health behavior in men, while also developing a pilot intervention aimed at addressing the unique needs of older men of color. Part one of the proposed study will explore how gender may influence self-management among African American men, while also exploring influences to self-management. Part two of this study will assess which aspects of an intervention may be more effective in improving diabetes self-management and outcomes in men versus women with Type II Diabetes. Each study will contribute to the adaptation of an existing diabetes intervention model and the development of a pilot intervention to meet the needs of older African American men with Type II Diabetes.



### Jessica Robbins-Ruszkowski, PhD

Assistant Professor  
Institute of Gerontology and  
Department of Anthropology at  
Wayne State University

PROPOSAL TITLE: *Cultivating Life in a Revitalizing City: Understanding Social Relations and Health through an Ethnographic Study of Gardening among Older African Americans in Detroit*

Dr. Robbins-Ruszkowski's study will discover and describe the connections between place and wellbeing through studying experiences of gardening among older African Americans. The pilot study will

help to advance research on the relationship between health, wellbeing, and place in late life in three significant ways. First, an anthropological kinship study's perspective will provide needed information on the nature of relationships in late life and how these relationships are connected to particular places. Second, this study will provide data on how forming connections to place may be a means for overcoming barriers to health and wellbeing. Third, this study will contribute a needed gerontological perspective to the rapidly growing literature on gardening and food production in urban spaces.



### Charles Senteio, PhD, MBA, LMSW

Assistant Professor, College of  
Communication Arts and Sciences  
Department of Media and Information,  
Michigan State University

PROPOSAL TITLE: *Diabetes Education and Intergenerational Technology Transfer*

Dr. Senteio's research focus is improving health outcomes and patient wellness. His primary interests concern improving chronic disease outcomes for at-risk patients – while reducing cost of care – through financially sustainable care delivery models. Utilizing an intervention proven for increasing health literacy for HIV/AIDS and sexually transmitted infections, Dr. Senteio's pilot project aims to investigate: 1) how developing a similar program focused on diabetes impacts participants' health literacy and self-efficacy concerning diabetes self-management, and 2) the extent to which intergenerational technology knowledge transfers to the skills necessary to access health information to support diabetes self-management. This proposal targets a very important research problem, addressing health disparities by enhancing Diabetes Self-Management (DSM) skills via intergenerational technology transfer.

Do You Know Someone  
60+ Who Has or Is  
Considering a Major  
Financial Decision ?

#### SUCH AS:

Home renovations,  
buying/selling a home,  
choosing a beneficiary,  
or creating a joint  
checking account,  
etc.



**Please Help us with a Financial  
Exploitation Survey**

- Telephone survey approximately 20 minutes
- Compensation provided if interested
- No detailed questions about income or savings

**Please contact, LaToya Hall: 313-664-2604**



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 Detroit, MI 48202  
 313-664-2600  
 www.mcuaaar.wayne.edu

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SUMMER 2016  
 HEALTHIER BLACK  
 ELDERS CENTER  
 NEWSLETTER

# HBEC Lunch & Learn

**EVENTS ARE FREE** but you must R.S.V.P. by calling **LaToya at 313-664-2604**

**9:30 am registration and FREE health screenings | 10 am - presentations. Lunch will follow.**

**Friday, September 16, 2016, 9:30 am - Noon**  
 Community Social Services, 9581 Hamilton Ave, Detroit, 48202

**Seniors and Technology**

Join us to get some valuable tips on using the technology you have to your greatest benefit. Senior Technology Ministries will present "Maximizing the Benefits of Your Cell Phone," and Dr. Mary Kathryn Cresci will discuss "Using the Internet as a Tool and Internet Safety". Please bring your smart phone if you have one.

**Wednesday, October 5, 2016, 9:30 am - Noon**  
 Boy Scouts Building, 1776 W Warren Ave, Detroit, 48208

**Dementia and Parkinson's Disease: When they Overlap**

Dr. Henry Paulson, Director of the University of Michigan Alzheimer's Disease Center, will explain the different types of dementia, as well as how we can help keep our brains healthy. Dr. Roger Albin, Associate Director of the U-M Udall Center of Excellence for Parkinson's Disease Research, will discuss the basics of Parkinson's disease and how Parkinson's disease and dementia can overlap.

**Saturday October 8, 2016, 9:30 am - Noon**  
 Greater Christ Baptist Church, 3544 Iroquois Ave, Detroit, 48214

**Men's Only Health Forum**

This Mens only forum will cover mental health concerns and issues related to aging. Dr. Jamile Mitchell will also give a presentation on how to communicate mental health concerns with your doctor.

**Tuesday, November 1, 2016, 9:30 am - Noon**  
 Regency Heights, 19100 W. Seven Mile Road, Detroit, 48219

**Diabetes Care and Self-Management**

November is National Diabetes Month and the Healthier Black Elders Center will be partnering with the American Diabetes Association to host a Lunch and Learn on understanding how to successfully manage diabetes for the best health outcomes. Topics they will cover include: medication, foot care and dealing with depression and the disease.