

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



HEALTHIER BLACK ELDERS CENTER

FALL 2019

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 the HBEC Program Coordinator at
313-664-2604

The Healthier Black Elders Center is part of Michigan State University's, University of Michigan's and Wayne State University's Michigan Center for Urban African American Aging Research: A National Institute on Aging Grant Program



Research Update

Stress and Health among Older Adults Living in Detroit

Dr. Samuele Zilioli at Wayne State University is dedicated to understanding how a person's environment and personal relationships affect stress and health. Since 2017, he and the Biopsychological Health (BPSH) Lab he directs, have used the Healthier Black Elders Center Participant Resource Pool to recruit for their study, *Health among Older Adults Living in Detroit* or HOLD. HOLD is specifically investigating the environment and relationships in Detroit's older African Americans, trying to isolate the key factors that impact



stress and overall health. The research team includes Daniel Saleh (lab manager), Russell Houpt (data manager), Jacqueline Rodriguez-Stanley (first-year graduate student), and several undergraduate research assistants

The HOLD team is still collecting data, but a preliminary analyses shows a connection between education and depression. Participants in HOLD who reported lower levels of education also reported higher levels of depression. These persons with more depression also had higher levels of systemic inflammation, as determined by levels

[SEE STRESS PAGE 2](#)

Thanks to all the research participants who signed up for studies at our HBEC Lunch & Learn held at Farwell Recreation Center.





HBEC research participants enjoy a Brain-Storm workout session presented by Cheryl Deep (left), dir. of communications, and Donna MacDonald (not in photo) director of outreach, at WSUs, Institute of Gerontology

Stress from page 1

of C-reactive protein (an inflammatory marker) in their blood. The research team also found that participants who reported more frequent negative interactions with family members, but not neighbors, had higher levels of this inflammatory marker.

Why does this matter? Depression and systemic inflammation can put an individual at greater risk of developing certain medical conditions, particularly aging-associated diseases such as cardiovascular disease, rheumatoid arthritis, and type 2 diabetes. Their findings suggest that educational attainment is an important social determinant of health in Detroit's older African Americans. The BPSH lab believes this research gives insight into health disparities in older African Americans, who are often studied less than other populations.

The BPSH lab plans to report their findings from the HOLD study in articles to be published in peer-reviewed scientific journals. These findings will



Dr. Samuele Zilioli, front second from right, with graduate and undergraduate members of his lab.

contribute to the existing literature on the social determinants of health among African Americans and will help inform future research projects. The lab will seek funding from state and government agencies, such as the National Institutes of Health to continue their work and allow the research team to delve more deeply into how a person's

environment and personal relationships affect stress and health.

So far, 118 HBEC members have participated in the HOLD study.

To learn more about the study and possibly participate, contact Daniel Saleh at 313-577-3334.

Glaucoma Treatments Prevent Eye Damage

Glaucoma is a complex disease in which damage to the optic nerve can lead to progressive, irreversible vision loss. It is linked to a buildup of pressure inside your eye. The increased pressure, called intraocular pressure, can damage the optic nerve, which is responsible for transmitting images to your brain. Normally fluid flows out of your eye through a mesh-like channel.

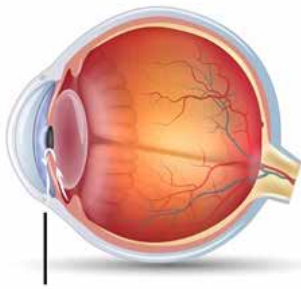
However, with glaucoma the channel gets blocked which causes the liquid to build up. This build-up of liquid results in the increased pressure and eventual damage to the optic nerve. If the damage continues, glaucoma can lead to permanent vision loss. With treatment and regular check-ups, though, glaucoma can be controlled and the damage slowed or stopped.

Glaucoma is the second leading cause of blindness. African Americans, people aged over 60, having a family member with glaucoma, older aged Hispanics, Asians, and those who have sustained an injury to their eye are at a higher risk for developing glaucoma. Early detection, through regular and complete eye exams, is the key to protecting your vision from damage caused by glaucoma. Although it is important to have your eyes examined regularly, anyone with high risk factors should be tested every year or every two years.

A comprehensive eye exam for glaucoma includes tests for examining the inner eye pressure, shape and color of the optic nerve, complete field of vision, angle in the eye where the iris meets the cornea, and the thickness of the cornea. A regular glaucoma check-up includes examining the inner eye pressure using eye drops to numb the eye and applying a small amount of pressure with a puff of air, and examining the shape and color of the optic nerve with drops to dilate the pupil and a light to magnify the optic nerve.

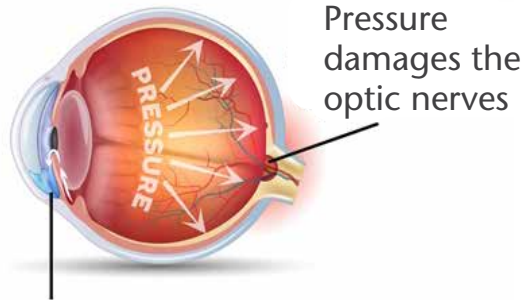
You are at high risk of glaucoma, if one or more of these applies to you: you have diabetes, you have a family history of glaucoma, you are African American and age 50 or older, and/or you are Hispanic and age 65 or older. Medicare Part B (medical insurance) covers glaucoma tests once every 12 months if you are at high risk. Be proactive and get tested. With early treatment and regular exams, your vision can be saved.

Normal



Drainage canal allows fluids to flow out

Glaucoma



Drainage canal blocked, fluid builds up in eye

Groups at a higher risk for developing glaucoma:

African Americans

After cataracts, glaucoma is the leading cause of blindness among African Americans and people of African descent. Glaucoma is six to eight times more common in African Americans than in Caucasians.

Family Members with Glaucoma

The most common type of glaucoma, primary open-angle glaucoma, is hereditary. If members of your immediate family have glaucoma, you are at a much higher risk than the rest of the population. Family history increases risk of glaucoma four to nine times.

People Over 60

Glaucoma is much more common among older people. You are six times more likely to get glaucoma if you are over 60 years old.

Eye Injury

Injury to the eye may cause secondary open-angle glaucoma. This type of glaucoma can occur immediately after the injury or years later. Blunt injuries that "bruise" the eye (called blunt trauma) or injuries that penetrate the eye can damage the eye's drainage system, leading to traumatic glaucoma. The most common cause is sports-related injuries such as baseball or boxing.

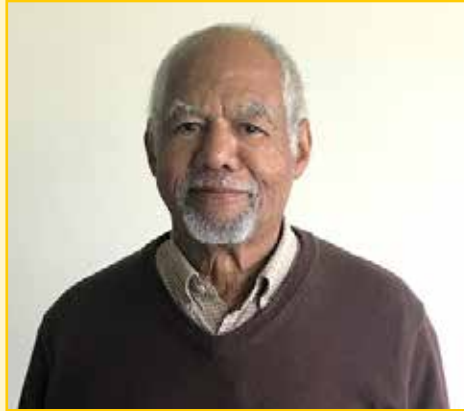
This article was written using information from the Glaucoma Research Foundation at <https://www.glaucoma.org/>

COMMUNITY ADVISORY BOARD (CAB) Member Spotlight



Entrepreneur and Author

Mr. Henry Swift, one of our newest members, joined the Healthier Black Elders Center Community Advisory Board this year. He is a Vietnam veteran who served as an occupational therapy technician in San Francisco where he treated returning injured soldiers. He is a Wayne State University alumnus with a bachelors of arts degree in philosophy.



Mr. Swift and his wife of 58 years, Lyzett, have had a very successful career launching their own computer supply company, Swift Computer Supply, now named Swift Office Solutions. Their company has been a member of the Michigan Minority Supplier Development Council for over 30 years and received the Council's supplier award. Among Mr. Swift's other accomplishments, he published his first novel in 2010 about the original Buffalo Soldiers and has since written

a screenplay and sequel novel.

Mr. Swift enjoys staying active with a daily yoga practice, playing basketball and tennis, and of course enjoying time with Lyzett and his two sons. He looks forward to sharing his experiences and "wisdom of an octogenarian" with the HBEC program. The HBEC is honored and delighted to have him as a board member.

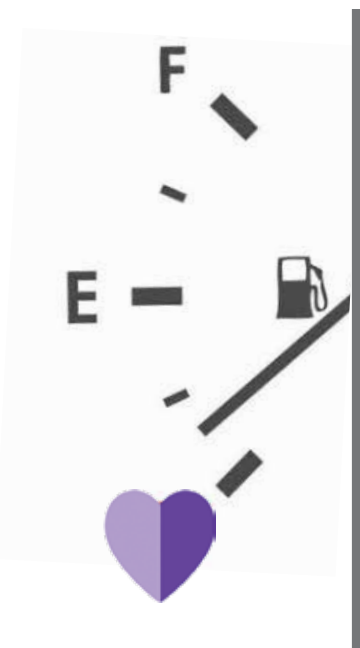
HBEC NEWS FROM FLINT



HBEC's programs and services are expanding into Flint, Michigan. This fall, HBEC will survey older adults living in the Flint area on topics of interest for upcoming Lunch & Learns. Our newsletters will include the full Flint Lunch & Learn schedule and how to RSVP. As with our Detroit area Lunch & Learns, all Flint events will be free and open to everyone. Stay tuned for details of upcoming Flint programs!



CAREGIVER EMPOWERMENT PROGRAMMING: Find Help Here



Are You Running on Empty?

Caring for an older adult, especially if they have Alzheimer's or another form of dementia, can drain us of energy and patience. Sometimes a little help or support at the right moment can "fill up our tank" and bring joy and love back into our daily duties.

Sign-Up for Free Help

The Institute of Gerontology has caregiver resources and events to share, most of them free of charge. We will send information about these opportunities by email, so you need a working email address to sign-up. Learn about caregiver boot camps, reducing stress, and the details of how to handle another person's finances, including how to know when your care partner needs help with financial decisions.



To join our Caregivers List, just call **313-664-2616** or email **cheryldeep@wayne.edu**. Include your full name, email address and phone number. Let us help you help others. Sign-up today.



Healthier Black Elders Center



Be Part of Something Bigger

Wayne State University, University of Michigan, and Michigan State University provide the faculty who jointly lead the Healthier Black Elders Center (HBEC). Faculty leaders, staff, and the Community Advisory Board members work together to improve the health of older African Americans in Detroit through a combination of education and research.

The core goal of the HBEC is to encourage older African American adults to consider participating in approved research projects. In the past, researchers have had difficulties recruiting older African Americans as participants in 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 participate in an HBEC-approved research project, we guarantee that:

- All research projects have been reviewed and approved by an institutional review board and the HBEC Community Advisory Board.
- Your information will be handled with the strictest confidence.
- You have the right to decline a research project for any reason at any time.

Using feedback from both HBEC members and Community Advisory Board members, we educate the public via Lunch & Learns throughout the year about various health-related topics relevant to successful aging. Approved researchers are invited to attend and recruit for their studies at these events.

To learn more about our work and to join the HBEC, please call our program coordinator at **313-664-2604**.

<https://mcuaaar.wayne.edu/about>

HBEC Community Advisory Board

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Detroit Institute of Arts (ret.)

Mr. Henry Swift
Owner
Swift Office Solutions

Attorney Adrienne Watts, JD
Elder Law
Law Office of Adrienne C. Watts, PLC

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/dbstr/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



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.

07/16/19

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 Erin Fox at 734-232-2459

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

Michigan Study of Cognitive Aging in Diverse Elders

Exploring psychosocial influences associated with **cognitive aging** outcomes by conducting various cognitive tests every 12-24 months. Contact Alexa Martino at 734-615-4570

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

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.





Successful Aging through
Financial Empowerment
(SAFE)



Especially for Non-Professional Caregivers

Are you caring for your spouse,
parent, sibling or friend?
Contact us to learn about free
one-on-one financial
management services offered
through the SAFE Caregiver
Empowerment Program.

Call LaToya at
313-664-2608



INSTITUTE OF GERONTOLOGY



Career Development Award for MCUAAAR Scientist Dr. Lenette Jones

Dr. Lenette Jones, a MCUAAAR scientist, received a special funding award from the National Institutes of Health (NIH) for her research into hypertension in African American women. The Mentored Research Scientist Career Development Award, also known as a K01 award, is one of NIH's most competitive and prestigious. It provides support and a guaranteed length of time for a researcher to have an intensive, supervised career development experience that can lead to research independence.

Dr. Jones received this K01 award to fund her study, *Building a Multidisciplinary Program of Research to Address*

Disparities in Hypertension: Exploring the Neurocognitive Mechanisms of a Self-Management Intervention for African American Women. Her project will develop and test an intervention that includes gold-standard hypertension education and teaches participants how to share the education they receive with loved ones. Dr. Jones hopes to better understand brain activity related to self-management activities (such as eating well and participating in exercise) and improved blood pressure control.

Congratulations to Dr. Lenette Jones for this well-deserved accomplishment!



Seeking Volunteers for Memory Research



Investigator:
Voyko Kavcic, PhD,
Institute of Gerontology,
Wayne State University

Contact us at
(313) 577-1692
or send us an email at
voyko@wayne.edu

Participants
will receive
compensation
for study
participation

Wayne State University is conducting a study to better understand potential biomarkers that may predict cognitive loss and even the earliest signs of Alzheimer's disease.

We are seeking African-American participants both male and female, ages 65 and over.

Eligible volunteers will undergo:

- Clinical Neurological Assessments
- Memory Testing
- Electro-Encephalogram (EEG) Testing – Recordings of tiny electrical signals from the top of the head.



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


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FALL 2019
 HEALTHIER
 BLACK ELDERS
 NEWSLETTER

Editor & Community Outreach Specialist - Vanessa Rorai
 Graphic Designer - Catherine Blasio

Events are FREE
 but you must R.S.V.P. by
 calling **313-664-2616**



Lunch & Learns

10 am registration and health screenings | **10:30 am - 12:20** presentations | **12:30 pm** Lunch

Help with Hearing Loss
Thurs., Sept. 12, 2019

Regency Heights
 19100 W Seven Mile Rd, Detroit, 48219
 Join us to learn all about hearing loss and receive a free hearing screening!

Taking Care of the Ones We Love
Tues., Oct. 1, 2019

Farwell Recreation Center
 2711 Outer Dr. E, Detroit, 48234
 A resource-focused presentation by Annie Lepkowski from the Luella Hannan Foundation to discuss what it means to be a caregiver, and what kind of help is available.

Make Good Health a Habit
Thurs., Oct. 24, 2019

Community Social Services of Wayne County
 9851 Hamilton Ave, Detroit, 48202
 Occupational therapist Dr. Heather Fritz will share simple tricks to help us change our habits so we make healthier decisions every day.

Sleep, Stress & Brain Health
Thurs., Nov. 7, 2019

Ernest T Ford Recreation Center
 10 Pitkin St, Highland Park, 48203
 How do sleep and stress affect your brain health? Learn fun and easy ways to relax and reduce stress, get the right amount and type of sleep, and how better sleep and less stress can improve brain function and reduce your risk of Alzheimer's.

Wayne State University Board of Governors



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	Mark Gaffney	Dana Thompson
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No breakfast served, so be sure to eat before