



# HEALTHIER BLACK ELDERS CENTER

Promoting Successful Aging in Detroit and Beyond

WINTER 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

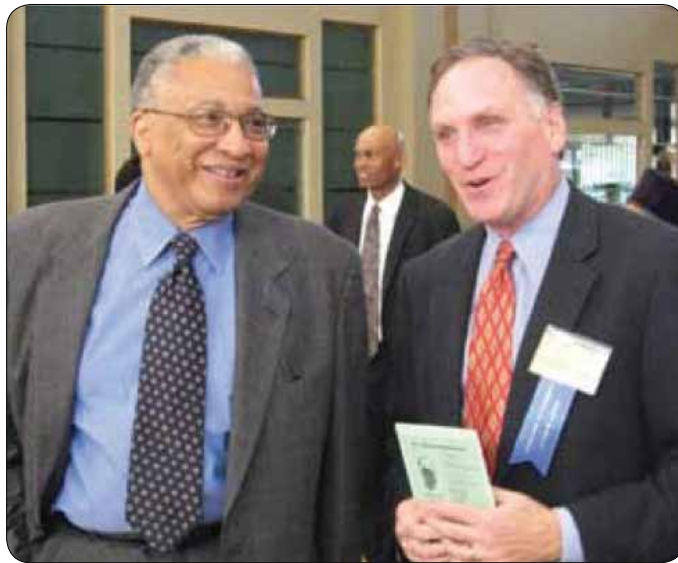


You will be considered for research that is of interest to you



You have the right to decline a research project for any reason at any time

## \$2.7 Million Grant Continues Fight to Improve African American Health



*"With this grant, we continue strengthening scholarship and focusing on the health and education needs of Detroit's elders."  
- Dr. Lichtenberg*

The IOG and the University of Michigan won a \$2.7 million grant renewal to continue the work of the Michigan Center for Urban African American Aging Research. The Michigan Center is one of only seven centers across the country established to improve the health of older minorities through education, scholarship and research participation.

"With this grant, we continue strengthening scholarship and focusing on the health and education needs of Detroit's elders," said Dr. Peter Lichtenberg, the IOG's direc-

tor and the co-director of the Center's administrative core. This is the Center's fourth, five-year renewal from the National Institute on Aging and continues its work through 2017.

The Michigan Center investigates why older urban minorities suffer from poorer health than their Caucasian counterparts, through scholarship, education and outreach. Center faculty members mentor junior minority scholars to encourage high quality research into issues affecting aging and ethnicity.

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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





## HBEC Director Named to NIH Advisory Board

HBEC director and University of Michigan pain medicine specialist Carmen R. Green, M.D. has been appointed to the National Institute on Health (NIH) advisory board for the Eunice Shriver National Institute for Child and Human Development.

Green is a tenured professor of anesthesiology, obstetrics and gynecology, and health management and policy at the U-M's Schools of Medicine and Public Health, and a practicing pain medicine physician and anesthesiologist at the University of Michigan Health System.

*Happy  
New Year  
&  
May 2013  
Bring You  
Another  
Year of  
Successful  
Aging!*

### GRANT continued from page 1

The IOG site maintains a database of 1,685 older African Americans in the Detroit area who are willing to take part in research projects. This pool of volunteers is highly valuable to researchers since African Americans and other minority groups have traditionally been under-represented in research. The Center also provides free health screenings and community forums to educate more than 1,000 older minority members each year about preventing diseases that are prevalent in certain ethnic groups.

Dr. James Jackson, director of U-M's Institute for Social Research, is principal investigator of the grant. "We take great pride in the accomplishments of our Michigan Center," said Dr. Jackson. "Nearly 50 minority scholars have completed

our program. More than two-thirds of these researchers have received grant funding, many of them as principal investigators on NIH grants. They are working hard to address the health disparities that plague our African American elders."

African Americans have significantly higher rates than their Caucasian counterparts of diabetes, stroke, heart disease, high blood pressure and certain cancers as they age. Research is focused on why this disparity occurs and methods for reversing it. "For 15 years, we have partnered with older adults to promote healthier aging," Dr. Lichtenberg said. "Our scholars have conducted research heading toward groundbreaking insights. Over time we will make a difference that lasts."

HEALTH WATCH



Nearly 60 men take advantage of health screenings, presentations and interactive learning at the November Lunch 'n' Learn. Blood pressure, blood glucose and balance were tested. (Men with dangerous readings were directed to get immediate medical help.) Community pharmacist Renardo Gray and pilot scholar Mark Manning made presentations on topics of particular concern to men.

## Governor Appoints IOG Employee to Commission on Aging Services

Patricia Rencher, the IOG's community education coordinator, was named to the Commission on Services to the Aging by Gov. Rick Snyder. The Commission advises the governor and legislature on coordinating



and administering state and some federal programs on aging. Pat has clear goals for her three-year appointment.

"I want older adults and caregivers to know they can rely on our network to provide significant services easily and quickly," she said. "This is the apex of many years helping my dad age at home and my mom reside well in nursing care."

## HBEC PILOT SCHOLAR SPOTLIGHT



### Mark Manning, PhD

*HBEC is the community outreach component of the Michigan Center for Urban African American Aging Research (MCUAAAR) grant. Federally funded since 1997, MCUAAAR is a joint program between the University of Michigan and the IOG. One of the objectives of the MCUAAAR is to provide mentoring and funding for ethnic minority junior faculty who want to conduct aging and health research. To date, 47 pilot scholars have completed the program. At right, is a summary of one of this year's pilot scholars.*

Mark Manning, PhD., is a senior post-doctoral fellow at the Karmanos Cancer Institute/Wayne State School of Medicine's Oncology department. As part of the Population Studies and Disparities program, Dr. Manning is interested in finding out the primary reasons why some African Americans get screened for various cancers while others don't. His study "The Influence of Screening Failure Reasons on Subsequent Screening Behaviors in an Urban African-American Population" explores how individuals' medical, demographic and personal attributes are related to non-screening behaviors. "I hope to design evidenced-based interventions that will get people to their health screenings," says Dr. Manning who is originally from Jamaica and immigrated to New York City. He received his bachelor's degree in biology from Brown University and his masters and doctorate in social psychology from the University of Massachusetts.



## Save the Date

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

Thursday, February 28, 2013, 11:30-1:30

***Good Mental Health is Ageless***

Oak Grove AME

19801 Cherrylawn, Detroit, MI 48221

RSVP to: Rev. Dorinda Phillips at: 313.341.8877

by Feb. 24, 2013

Monday, March 11, 2013, 11:00 – 12:30

***Positioning Yourself for Successful Aging***

Metro Detroit AARP 4803

Tabernacle Missionary Baptist Church (Chapter Members Only)

Wednesday, April 10, 2013, 10:00 - Noon

***Maintaining Independence through Falls Prevention***

Third New Hope Baptist Church

Golden Circle Ministry

12850 Plymouth Rd. (Between Meyers & Schaefer)

RSVP to: 313.664-2615 by March 31, 2013

### **WSU, Institute of Gerontology Annual Conferences**

***There's No Place Like Home*** \$18

Art of Aging Successfully conference

Thursday, March 21, 2013, 9:00 am - 1:45 pm

Greater Grace Center

23500 W. 7 Mile Rd., Detroit, MI

Registration materials mailed in early January

***360 Degrees of Living Well: Keep the Memories Golden*** \$5

Healthier Black Elders Center Annual Health Reception

Tuesday, June 11, 2013, 9:00 am - 2:00 pm

Greater Grace Center

(Registration materials mailed in late March)

***Lunch and Learn forums are free,  
but you must RSVP.***