



# HEALTHIER BLACK ELDERS CENTER

Promoting Successful Aging in Detroit and Beyond

FALL 2010

## 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

## LIFHE Study Seeks to Impact Aging Policies and Services

If you've got an opinion about ways to improve the aging experience in Detroit, consider participating in the Lifespan Investigation of Family, Health and Environment (LIFHE) study. Beginning in late-September, a multi-disciplinary team of researchers will begin telephone interviews to PRP members in hopes of learning more

about the aging experience to better inform policy and services to metro Detroit's aged.

"While there are topics related to older Detroiters that have been previously studied, there are other aspects that may be new or have new dimensions," says Peter Lichtenberg, IOG director.

"We'll be trying to better understand kinship care, especially by grandparents and the effects of the environment and neighborhood on health and on financial matters," adds Dr. Lisa Ficker a psychologist and the study's principal investigator.

The study also promises  
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## Motivated Seniors Commit to Good Health

by Cheryl Deep

This year marked the first Healthier Black Elders conference at the New Providence Center on Plymouth Road, a large hall capable of holding the 1,000 plus seniors who regularly attend.

"This is a wonderful place," says

75-year old Winifred Hamilton of the new venue. As she walks briskly from the health screening room to the vendor area, she adds, "It's bright and easy to get around here!"

Winifred, like most of the guests,  
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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



# Participant Resource Pool Grows

At last count, the Participant Resource Pool (PRP) membership numbered 1,553 older African American



metro Detroiters who say they are willing to consider participating in research projects approved and monitored by the Healthier Black Elders' researchers and community advisory board.

"Because of health disparities, we think African American older adults are more willing to participate in research now more than ever before," says Patricia Rencher, PRP manager. "The IOG's non-clinical, non invasive research helps," adds Rencher. "Older

adults are open to the interview-only and non-invasiveness of most of our studies and people are really committed to being part of the solution."

To maintain a valid listing of potential research subjects, PRP members are interviewed once annually to update their health status and their continued interest. Members receiving letters or calls in the coming months are encouraged to call 313-577-2291 ext. 351. to communicate their desire to remain in the pool.



(left) Institute of Gerontology volunteers recruit HBEC reception attendees for research participation.

Members of the Mature Workers Program (right) Florence Calhoun, right; Patricia Mullin, left; and Emma Dallas (back) help the IOG to survey and update PRP members throughout the year.

## LIFHE Study

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to unveil how best to get vital health and service delivery information to older adults. "Learning how metro Detroiters are engaged in their community is also of interest. If we can determine to what extent they are engaged, we can provide insight to organizations as to the best ways to appeal to this talented pool of older adults," says Dr. Lichtenberg.

Along with their wealth, Dr. Lichtenberg says, Baby Boomers are the most talented and skillful retirees in America's history. Community based

organizations, as well as municipalities in need of talent and input, can benefit from what we can learn about older adults' volunteer and civic engagement practices.

"We also want to learn more about older adults' mobility and transportation needs," says occupational therapist and IOG Deputy Director Cathy Lysack. "As health care researchers learn more about older adults' mobility, driving habits and other issues related to aging in place, we're informing students and practitioners on better ways to assess those needs and how best to serve the frail or homebound older adult who we all know

wishes to remain at home."

Dr. Lichtenberg is also excited about the study's potential for learning more about the increase of Alzheimer's disease and other dementias in the African American community. "We have got to learn why and how this phenomenon has seemingly invaded the African American community," he adds.

The 45-minute telephone interview, which can be done in two parts, begins mid-September. Interviewees will receive a \$15 CVS drugstore gift card. Contact Patricia Rencher at 313-577-2291, ext. 351. to participate or for more details.

## HBEC Reception

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took advantage of the many free health screenings offered. “My blood pressure always stays good. I’m grateful for that,” she says. “But I’m diabetic, so what the screeners tell me about my A1C is very helpful.”

Donald Peteet, 72, is a first-timer from Detroit’s eastside who heard good things about the HBEC from a friend who attended last year. The two men arrived at 7 a.m. for a good parking spot and a short wait for health screenings. “I’m going to get them all,” Donald says, “prostate, cholesterol, blood pressure, glucose and the eye test. Why not?” He describes the event as beautiful, well-organized, friendly and helpful. “I’m looking forward to the panel discussions on staying healthy,” he says. “And to a hot, healthy lunch.”

The health screenings may even have saved a few lives. Tests identified 7 abnormal prostates, 52 abnormal blood pressures, 2 severe whiplash injuries, and 7 abnormal glucose levels.

This year’s conference emphasized positive health behaviors and information to help reverse the health disparities faced by older African Americans. Dr. Cynthia Tagg from the Greater Detroit Area Health Council kicked off the formal program with tips on how to live longer and stronger. Her recommendations:

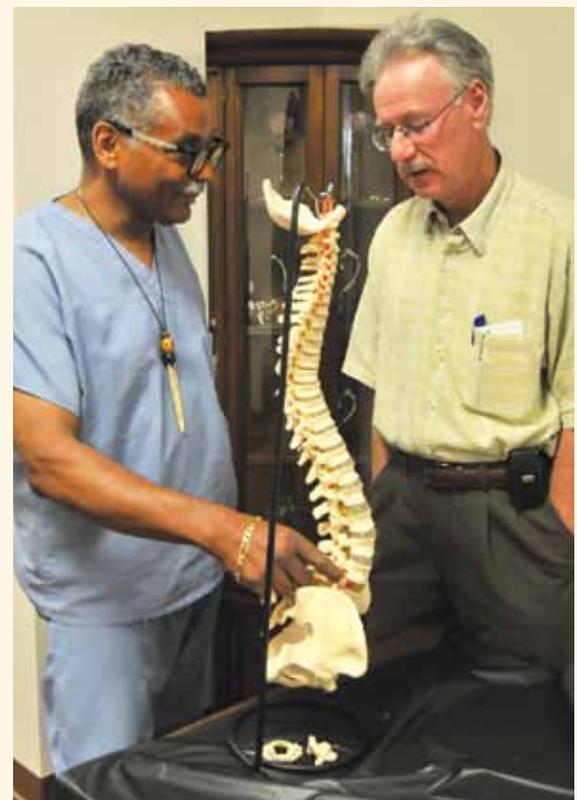
1. “A merry heart is like medicine.” Laughter boosts the immune system, decreases stress hormones, relaxes the whole body, releases feel-good endorphins, and protects against heart attacks.
2. Keep Moving. We’re made to



Above: Attendees speak with Centers for Medicare and Medicaid Regional Director Renard L. Murry, DM.

Lower left: Dr. Tauge, St. John’s Health System, delivers keynote address.

Lower right: Luther P. Rosmond, DC, Rosmond Chiropractic Center and Robert Fortuna, Lifecare Medical Supplies, talk shop.



move so move what you can. Every little movement helps!

3. Keep learning – especially how to manage any health problems and positive ways to manage stress. Learn your

numbers, too, like your blood sugar, blood pressure and cholesterol levels.

Dr. Tagg says it’s never too late to start living healthier. “Aging gracefully means loving yourself enough to care

## HEALTHIER BLACK ELDERS CENTER



Far left: Audience member Audrey L. Davis takes notes while posing question to panelists.



Above: Panelists (left to right) explain techniques for combating chronic disease. Keith Whitfield, PhD., Duke University; J. Taylor Harden, PhD., National Institute on Aging, John M. Flack, MD, Wayne State University; and James R. Bridgforth, M.A., HBEC Community Advisory Board member.

Left: Denise Stinson, MSW, staffs a new addition to this year's reception, the Health Literature Resources Center.



### HBEC Conference Promotes Positive Change in Health Behaviors

The 2010 HBE Conference survey revealed that a majority of this year's attendees have a positive opinion about the annual June event. Following are some other findings regarding this year's conference attendees:

- **82%** felt the previous year's event positively affected their health habits
- **88%** found the health screenings useful
- **89%** found health information useful (i.e., vendors, panel discussion)
- **99.2%** said they would attend the conference next year

#### SAVE THE DATE

Next year's conference is June 7, 2011, the first Tuesday in June!

for yourself," she says. "We can't care for others unless we keep ourselves healthy."

The day's program overflowed with experts on the social, emotional and physical aspects of aging. Speakers and panelists talked about dehydration, di-

abetes, pain management, dementia, how to talk to your doctor and why African Americans are at increased risk for certain health problems. Audience members submitted dozens of questions to panelists and were encouraged to discuss issues with appropriate ex-

perts after their presentations. The day included a chair exercise session with Ex-Couch Potato Ernie Clark and the stress-reducing comedy of Horace Saunders.



HEALTH WATCH

**Medicare’s Gap Filled by Detroit Dental Clinics**

Currently, Medicare only pays for dental services that are an integral part either of a covered procedure (e.g., reconstruction of the jaw following accidental injury), or for extractions done in preparation for radiation treatment for diseases involving the jaw. Medicare also makes payment for oral examinations, but not treatment, preceding kidney transplantation or heart valve replacement, under certain circumstances. Such examinations would be covered under Part A if performed by a dentist on the hospital’s staff or under Part B if performed by a physician.

To assist older adults with dental expenses, the Detroit dental clinics listed below provide services based on income and a sliding scale. Patients must provide proof of income.

**DETROIT COMMUNITY HEALTH CONNECTIONS**

**Nolan Family Health Center**  
111 W. Seven Mile Rd.  
313-369-2600

**Eastside**  
7900 Kercheval  
313-921-5500

**Bruce Douglass**  
6550 W. Warren  
313-897-7700

**Woodward Corridor**  
611 Martin Luther King Jr., Blvd.  
313-832-6300

**Riverside**  
13901 East Jefferson  
313-822-0900

**COVENANT COMMUNITY CARE**

559 W. Grand Blvd.  
313-554-3880

**HBEC LEARNING SERIES**

The Healthier Black Elders Center presents five to ten community educational forums each year to provide accurate, up-to-date aging information to older adults. Events are free, but reservations are required.

Call Ms. Karen L. Daniels community outreach coordinator at **313-871-0735** to RSVP.

All forums are held from **10:30 am – 12:30 pm** and include light refreshments.

Oct. 13, 2010

**Sexuality, Pain Management and Aging**

Includes light refreshments  
Joseph Walker Williams Recreation Center  
8431 Rosa Parks Blvd, 48206

Nov. 10, 2010

**Alzheimers/Stroke Prevention & Treatment**

St. Rose Senior Citizens Center, 5555 Conner St., 48213

Dec. 15, 2010

**Healthy Cooking/Diabetes**

LASED Senior Citizens Center,  
7150 W. Vernor Hwy, 48209

Jan. 26, 2011

**Lifestyle Changes to Reduce Cancer Risks**

Barton-McFarlane Center, 8222 Joy Rd., 48204

Feb 9, 2011

**Healthy Living & Heart Disease**

Northwest Activities Center, 18000 Meyers Rd., 48235

Mar. 30, 2011

**Healthy Cooking/Diabetes**

Butzel Family Center,  
7737 Kercheval St., 48214

Apr. 13, 2011

**Alzheimers/Stroke Prevention & Treatment**

Farwell Recreation Center, 2711 E. Outer Dr., 48234

June 15, 2011

**Men’s Health & Sexuality (Men Only)**

— Location TBD

Presented by: *Healthier Black Elders Center, Mayor David Bing and the City of Detroit Senior Citizens Department*

**Healthier Black Elders Center**

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CARMEN R. GREEN, MD, HBEC DIRECTOR is professor of anesthesiology, obstetrics and gynecology, and health management and policy at



the University of Michigan schools of Medicine and Public Health, and faculty affiliate with the Program for Research on Black Americans. Dr. Green co-directs the Community Liaison Core, oversees community education events and also directs the dissemination and health policy core for the Michigan Center for Urban African American Aging Research (MCUAAAR). She is principal investigator for the Michigan Pain Outcomes Study Team, and attending physician in the Multi-disciplinary Pain Center.



**Calling Creative Seniors:** We are looking for seniors to showcase their art work at the 11th Annual Art of Aging Conference. We'd like seniors to submit their writing, painting, sculpting, quilting, or anything in between for exhibit. Submission forms can be found on our website at [iog.wayne.edu](http://iog.wayne.edu) or by contacting Donna MacDonald at 313-577-2297. Deadline for submitting an application to display artwork is January 1, 2011. Written art work is displayed in a printed keepsake book; physical art work is displayed during the conference.

*Thursday, March 24, 2011, Art of Aging Conference (8:30am-2:00pm)*  
Greater Grace Conference Center 23500 W Seven Mile, Detroit, MI 48219

This conference highlights the creativity of seniors. It includes breakfast, lunch, keynote speaker and many break out sessions. Session topics include: Silver Technology, Legacy Writing, Feldenkrais, Laughter Yoga, Nutrition/Chef, Creative Arts Class, and Social Networking. Cost to attend this conference is \$18 and registration forms will be available on January 1. Register quickly as this conference sells out every year. For questions or to have a brochure mailed to your home, please contact Donna MacDonald at 313-577-2297, or at [iog.wayne.edu](http://iog.wayne.edu).

*Tuesday, June 7, 2011, Healthier Black Elders Center 9th Annual Health Reception*

New Providence Baptist Church Conference Center, 18211 Plymouth Rd, Detroit, 48228  
The best way to live a long and healthy life is to take care of yourself, eat well, get regular health screenings, exercise a few times a week, stay involved with friends and community and learn about research. Our annual health reception is the perfect way to do all of these things in one day. Pre-registration starts on Oct. 11, 2010 and closes when we reach 800 guests. Call 313-577-1000 or watch our website at [www.mcuaaar.wayne.edu](http://www.mcuaaar.wayne.edu) for details.