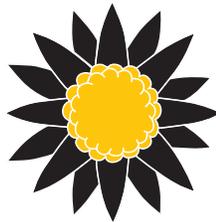


The HBEC encourages older African Americans to participate in research with the goal of addressing health disparities



HEALTHIER BLACK ELDERS CENTER

Spring 2022

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 HBEC Program Coordinator at 313-664-2604

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



Why Older African Americans Help with Research

Earning a Doctor of Philosophy (PhD) degree requires completing a dissertation. A dissertation is a lengthy piece of scholarly writing that describes the research completed by the doctoral student. Sometimes students ask to use the HBEC to recruit participants for their dissertation research project.

Dr. Marie Campbell Statler from the University of Virginia used HBEC to recruit participants for her dissertation on examining African American's (AA) experience participating in research studies. Her study aimed to give voice to and listen to the perspectives of AAs with a history of participation in health research and to examine the motives, interactions and behaviors that impact their research participation.

Her study recruited participants in 2021, and included 15 HBEC members. Dr. Campbell Statler said, "my personal experiences as an African American woman and nurse with 20 years of nursing experience led to the development of the study focus. I witnessed severe health disparities of African Americans in my community and



family. I wanted to create strategies that would improve the relationship between researchers and the AA community and to make AAs aware of research opportunities that have potential benefit to their health. As a PhD student, I also became more deeply aware of the history of abuse of African Americans in research and how this history continues to contribute to their mistrust of research today."

Her findings revealed that AA research participants were motivated to participate by their altruistic desires to help the AA community and improve the health of society. Several people in this study had

SEE **HELP** PAGE 2

Preventing
High Blood Pressure
PAGE 3

Lunch &
Learns
PAGE 5

Current
Research Studies
PAGE 6-7

Meet
Sarah Whitney
PAGE 9

Help from page 1

participated in a variety of health-related research studies and were active leaders in improving the lives of their families and community members. Several participants reported that being respected and valued was the key to building the relationships between the participant and the researcher. While the findings were mixed on the connections between same-race and different-race researchers, several participants reported increased connections with same-race researchers due to shared cultural experiences.

Several AA research participants spoke about the importance of helping their race. One participant said, "Well, I wanted to do whatever I could do to help any cause that would benefit my race. As a

senior, whatever needs to be done to assist us and whatever might be available to us. So, I just decided to do my part and whatever I could do to assist and, if I can make things better for others who are like me, I'd like to do that."

Other research participants spoke about the importance of seeing how their participation in health research was used to help the African American community. One participant reported, "Showing how your research has helped in the future, how you plan on using the research in the future. So that way they can know that they're helping the community and also helping their sons, daughters, nephews, their family, and their friends."

Results from this study demonstrated the importance of valuing

and building relationships with African American research participants. Researchers are encouraged to show how much they value members of the AA community by building long-lasting relationships that include them in all aspects of research and include increased visibility within the AA community. The findings will be used to develop mentorship programs for up-and-coming researchers, create meaningful strategies to encourage sustained research participation, and guide new areas of research within the AA community. Dr. Campbell Statler plans to publish these findings and share them with participants and the larger AA community to develop strategies to improve the recruitment and retention of African Americans in future health research studies.



Participant Resource Pool Member Spotlight

What a Good Life: I'll be 96 on March 6th

By: Adelia Cooley, BBA, MHSA
HBEC Staff

Need some advice for a stress-free life? Scream! Yes, real loud! Ninety-five-year young, **Mrs. Elva Gamble** states she has always lived a stress-free life. How? She screams piercingly and clear at anyone attempting to upset her. "My screams may give others headaches, but not me".

Born in Miami, Florida, she moved with her husband to Detroit in 1966. She is a lifelong registered nurse (RN), employed at several hospitals and medical facilities, upon retiring she worked at the American Red Cross until the age of eighty-five (85).

When it comes to aging, Mrs.

Gamble states "I'm enjoying it myself, I have no aches and no joint pain. Until November I attended outside exercise classes. Due to the pandemic, I am reluctant to exercise at an inside facility. However, I do exercise at home."

Mrs. Gamble says the way to a healthy life is "good teeth, and a good diet. You can't properly chew and digest good food without good teeth". She spends her time cooking, sewing, quilting, and looking up new recipes on the internet.

She loves spending time cultivating her grandchildren on life. "Family is very important to me", Mrs. Gambles states "Not that I am good at it, but I devote lots of time with



my eleven grandchildren, educating them on the stock market". Each Monday through Friday at 6pm she tunes into a stock market program that teaches, educates, and entertains on how to make money.

Weekly, she participates in a bible class conference call. Mrs. Elva Gamble takes no medication at all and she turns ninety-six (96) on March 6, of this year, 2022. What a good life!

Lifestyle Changes to Help Prevent High Blood Pressure



*By: Allison Moll
Clinical Psychology
Doctoral Student,
Wayne State University*

High blood pressure, also known as hypertension, is a common health problem. Nearly half of U.S. adults have high blood pressure. High blood pressure is even more prevalent in older adults, affecting 65% of persons over 60 years

of age. If high blood pressure is not managed with healthy lifestyle changes and medication, it can lead to many serious conditions, including stroke, heart disease, vascular dementia, eye problems, and kidney disease.

Anyone can develop high blood pressure. Some people have a greater risk of developing high blood pressure for reasons that they cannot change. Some of

those reasons include older age, being a woman after menopause, having a family history of high blood pressure, and being African American. If you are diagnosed with high blood pressure, your doctor may prescribe medication to lower your blood pressure to a safe level. However, there are also many steps that individuals can take to help lower their blood pressure to a healthy range.

What you Can Do



Eat a **heart-healthy** diet – Eat a variety of fresh fruits and vegetables, foods rich in potassium, fiber, and protein, and lower in salt (sodium) and saturated fat.

The Dietary Approaches to **Stop Hypertension** (DASH) diet emphasizes more fruits, vegetables, low-fat dairy foods, whole-grain foods, and nuts, and limiting sodium, sweets, and red meats.

The **Mediterranean** diet similarly focuses on more fruits and vegetables and limiting fatty foods and animal products.

Keep yourself at a **healthy weight** – Being overweight or obese can increase your risk for high blood pressure. Talk to your doctor about ways to reach a healthy weight, including eating healthy foods and regular exercise.

Exercise – Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week), such as brisk walking and strength training, can help lower blood pressure.

Do not smoke – Smoking raises your risk of high blood pressure, heart attack, and stroke. If you do not smoke, do not start. If you do smoke, quitting will reduce your risk of high blood pressure.

Drink less alcohol – Drinking too much alcohol can increase your blood pressure. Men should have no more than 2 alcoholic drinks per day, and women should have no more than 1 alcoholic drink per day. A standard drink is measured as 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor (gin, rum, vodka, tequila, etc.).

Get enough sleep – It is recommended that adults sleep seven or more hours each night. Sleep quality is important, too. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

Manage stress – Coping with problems and reducing stress can help lower blood pressure. Talking to a friend and taking part in relaxation techniques, like meditation and yoga, can help reduce stress.

Twenty Dollars for your Two Cent\$



We are looking for **five HBEC members** to participate in a **30-minute group discussion** to give feedback on our HBEC survey. We will meet via Zoom in early April. You can join by computer or telephone. **The survey will be mailed to you** for review prior to the meeting. Participants will receive a **\$20 gift card for their time**. If interested, contact



Vanessa Rorai
at
313-664-2604.

Party Line

A Social Group for Older Detroiters
Join us by phone or computer!

A virtual social group for anyone feeling isolated. Hosted by the Healthier Black Elders Center at Wayne State University. There will be icebreakers, games, poems, videos, and general topics. This series of meetings will be:

Every Tuesday at 1:00 – 2:00pm
January 11 – June 28, 2022



Join Us Here:
<https://bit.ly/partyline2021>

Phone #:
1-646-876-9923
Meeting ID:
952-2204-2553
Passcode:
2021

**Questions?
Contact:**

Sarah Whitney
at
313-664-2616 or
swhitney@wayne.edu



Lunch & Learns

If you have any questions,
contact us at
313-664-2616



JOIN OUR EVENTS BY PHONE OR COMPUTER

All webinars start at 11:00 am with presentations from 11:30 until 12:30 pm. You can join the webinar by computer to see and hear the presentation, or by telephone to listen to the presentation.

Would you Like a Reminder

If you would like a reminder before the event, please RSVP at 313-664-2616 and leave a voice message with your name, phone number, and name of the webinar.

To join by telephone

dial: 1-312-626-6799
Webinar ID:
954 9577 4535

To join by computer

type this link
<https://bit.ly/HBElunch>
into your internet browser
to join the webinar.

Can't attend?

Listen to recorded webinars on our Healthier Black Elders Center website. After the presentation dates, visit:
<https://mcuaaar.org/resources/videos/hbec>

Things to Know About Omicron

Thursday, March 24 11:00 am – 12:30 pm



As we enter year three of the pandemic it can be difficult to keep up with the ever-evolving news around Covid-19. New developments about how the disease is spread, the emerging variants, and the best ways to stay safe flood the news making it hard to know which advice to trust. Join us for a special talk with **Dr. Teena Chopra**, infectious disease specialist and professor of internal medicine at the Wayne State University School of Medicine, about how you can keep yourself and your family safe during this difficult time.

Your Voice Matters: The Importance of Representation and Democracy for Health & Well-Being

Thursday, April 21 11:00 am – 12:30 pm



The 2022 elections will be here before you know it. Join us for a presentation from professors from Wayne State's School of Social Work and Law School: **Heather Walter-McCabe** and **Peter J. Hammer**. They will discuss your role in preserving democracy and the importance of community mobilization for representation in government.

The Road to Cancer Recovery: Facts about Rehab and Prehab for Oncology Patients

Tuesday, May 17 11:00 am – 12:30 pm



Cancer is a disease that has touched so many of our lives. A diagnosis can leave us wondering where to turn. Fortunately, lots of interventions can be used to lessen the effects of cancer and cancer treatment. **Emilee Bohde PT, DPT**, will talk about cancer treatment rehabilitation and prehab. Emilee is the lead physical therapist at the Recovery Project in Clinton Township.

Healthy Living for Brain & Body

Wednesday, June 15 11:00 am – 12:30 pm



The brain is the control center of our bodies and because of that it needs the right kind of care to keep functioning at peak performance. Join us for a conversation with **Meg Watt**, a community educator from the Alzheimer's Association, about things you can do to support your brain health.

Research Studies Looking for Participants

The list below contains studies looking for participants, all have been reviewed and approved by the HBEC Community Advisory Board

The WALLET Study – People who experience a decline in memory or thinking skills may unknowingly also experience a decline in taking care of their finances. This study will review the past 12 months of your bank statements and administer some psychological and cognitive tests. Looking for English-speaking adults aged 60 or older. Study completed by telephone. Participants will be compensated.

Contact:

Vanessa Rorai at
vrorai@wayne.edu or
313-664-2604

Community-based Approach to Early Identification of Transitions to Mild Cognitive Impairment and Alzheimer's Disease in African Americans, COVID Sub-Protocol – This research seeks to improve the way we diagnosis Alzheimer's Disease in African Americans by using electroencephalogram (EEG) and computerized assessment. We are conducting a phone-only Enhanced Screening to identify those who may be a good fit for

the study when in-person visits resume. You will also complete a questionnaire to assess your experiences with the Covid-19 pandemic. Participants must be African American and 65+ years old (among other criteria). Those who complete the Enhanced Screening and Covid questionnaire will be compensated for their time.

Contact:

ELECTRA Study Team at
313-577-1692, or email
ELECTRA@wayne.edu

Shared Decision-Making and Colorectal Cancer Screening Behaviors – This study conducts telephone interviews to understand informational needs and beliefs about colorectal cancer screening. Participants will review an existing health pamphlet to provide feedback. Must be between the ages of 75 and 85 and have some college or less (no bachelor's degree). We are particularly interested in learning from men.

Contact:

Tamara Cadet at
tamara.cadet@simmons.edu
or 617-521-3981

Supporting African American Older Adult Caregivers – African American family caregivers are needed for a research study that can be completed at home, online or in-person at Wayne State University. Participants will participate in up to 3-4 focus groups or interviews during the course of the study. Each focus group or interview will last approximately 1-2 hours for a total time commit-

ment of approximately 4-8 hours. All participants will receive a gift card for participation.

Contact:

Rosanne DiZazzo-Miller
at 313-993-3970 or
ar7975@wayne.edu

Aging & Changing Natural Environments in Detroit

– Led by HBEC's faculty member Dr. Tam Perry, this project seeks to better understand the impacts of climate change, changing natural environments, and water and housing concerns on older adults in Detroit. Open to any Detroit resident aged 55 or older to complete a survey by phone, Zoom, or mail.

Type the link below into your browser to complete study online:

bit.ly/ACNED-Survey
or contact

Evan Villeneuve at 313-332-8267
or ee8332@wayne.edu.

Healthy Lifetime: Sustainability and Quality Study

– This 6-month program provides an initial 2-month intensive evaluation and personalized virtual individual health coaching experience designed to prepare and equip the participant for improved self-care capacity, motivational insight, health-related problem-solving and decision-making. This will be followed by four 30-minute virtual coaching visits with a nurse.

Contact:

Alexis Ellis at
734-615-0085 or
alexisel@med.umich.edu

Experiences of Aging in Society

– This project studies how societal beliefs about aging and older adults can affect people's lives and their health. The first part of this project involves a 20-30 minute survey. The second part (optional) involves a brief second survey or an interview. Participants must be ages 50+ and U.S. citizens.

For information or to participate, contact
StressHealthDisparitiesLab@ou.edu
or call toll free at
1-833-743-1008.

Understanding Attitudes and Opinions Toward a Health Technology

– This study aims to understand how health technologies can support African American adults as they age with a chronic condition by understanding their attitudes and opinions. Looking for older adults age 50-80 years old and diagnosed with a chronic health condition. Participants must be English speaking, identify as African American, be able to use Zoom, and have never heard of or used a wearable health device. Participants will complete questionnaires and semi-structured interviews.

Contact: Maurita Harris
at 217-300-5445 or
maurita2@illinois.edu
to participate

The Heart of Detroit Study –

This project aims to investigate the connections between daily social environments, life experiences, and cardiovascular health among African American adults living in the Detroit area. You might be

eligible if you are between 55-75 years old and reside in Wayne, Oakland, or Macomb counties.

Contact study team at:
313-577-3334

Workshops on customizing smart home technologies –

This study aims to understand how older adults use smart speakers or voice assistants in their everyday life. Looking for adults age 65 or older who own and use smart speakers (such as Alexa on Amazon Echo, or Google Assistant on Google Home). Participants will be invited to complete one interview via Zoom or Skype (up to 1.5 hour) and one discussion-based design workshop (up to 2 hour) to brainstorm ways older adults would want to customize interactions with their voice assistant. You can receive up to a \$55 Amazon gift card by participating.

Contact:
Pooja Upadhyay at
240-609-0576 or
poojau@umd.edu.

Michigan Men's Diabetes Project 2 (MenD 2) –

This study seeks to learn about having Black/AA men with type 2 diabetes to be peer leaders for diabetes self-management education and support to other Black/AA men with type 2 diabetes. All participants will receive diabetes self-management education. Some participants will also receive diabetes self-management support and on-going support. Looking for male, Black/AA adults with type 2 diabetes for at least 6 months, be under the care of a physician for diabetes, be willing to attend

group sessions and must have transportation to attend program activities.

For more information or to participate, please contact
Kate Kloss at klossk@umich.edu
or (734) 647-4843.
HUM00200469

Families coping with Alzheimer's disease –

This study aims to learn about the experiences of adult children and their parent with early stage memory loss. You are eligible if you have any concerns about your memory and have an adult child willing to participate. Participation requires each of you completing a confidential survey by phone, mail or on the computer and then having a video chat together when you enter the study and a year later. You do not have to reside in the same state as your child and compensation of \$600 is provided if all visits completed.

Contact:
Kathleen Williams at
203- 641-5373, or
Kathleen.williams@yale.edu.

Bias and Misinformation in Healthcare Experiences –

We want to learn how we can design a chatbot to help Black people understand and navigate healthcare misinformation they may encounter in their lives. This study involves a 60-90 minute interview over Zoom, participants receive \$50 for after the interview.

If interested, please contact
Dr. Christina Harrington
at
cmuehilab@gmail.com



Community Advisory Board Member Spotlight

Mr. Roland Samaroo is the newest member of our Community Advisory Board

Mr. Roland Samaroo is the newest member of our Community Advisory Board. Mr. Samaroo always maintained an interest in mental health. A psychologist and mediator, he worked in the mental health field for many years in various capacities including administration and education. He places great value on education and earned a Bachelor of Science degree in Psychology from Wayne State University and a Master of Science degree in Clinical Psychology from Eastern Michigan University. He has 3 daughters; of his two younger daughters, one earned two



graduate degrees including one from Harvard University. Her sister also earned two graduate degrees including one from Johns Hopkins University. His wife is both a Michigan State and University of Michigan graduate (she favors "go green!").

Mr. Samaroo's hobbies include working on classic cars and collecting finely made clocks and hardwood decorative wooden boxes. He takes pride in his work of helping others, particularly those more vulnerable. He enjoys participating in food distribution for those in need and lending support to those who may need a helping listening ear. Mr. Samaroo shared that, "There are lots of things about the elderly population that are not taken into consideration by most people. Since the pandemic, for example, when you try to sign up for things on the computer 50 times and not get through, think about the elderly person who is not savvy with the phone or their computer and how

they are faring." He noted that it must be acknowledged that, "many issues of a medical, financial, and mental health nature, are socioeconomically integrated. It is difficult to treat one aspect without sufficiently addressing the other aspects."

Mr. Samaroo is honored to serve on several boards, including the Wayne County Dispute Resolution Center and Center of Peace and Conflict Studies at Wayne State. It is important to him to create partnerships and network connections. It not only minimizes duplicity, but cooperation and collaboration, enhances efficiencies and increases the benefits, exponentially, to the recipients. This is a primary reason he embraced the opportunity to be part of the HBEC. Mr. Samaroo strives to be an instrument to help bring about that change. We are grateful and excited to have Mr. Samaroo joining us and appreciate the perspective that he brings to our work. Welcome to HBEC Mr. Samaroo!

AARP recommends using
 WSU Institute of Gerontology
 Financial Vulnerability Survey as a first step
 to safeguard your identity, finances and
 personal data. Take a survey today! Visit:
[www.OlderAdultNestEgg.com/
 for-older-adults/](http://www.OlderAdultNestEgg.com/for-older-adults/)

1. Take a financial vulnerability survey

The Wayne State University Institute of Gerontology has developed an online financial vulnerability survey, at OlderAdultNestEgg.com, to help older Americans evaluate decision-making. Through its SAFE program, the service also offers one-on-one coaching to help users

Meet HBEC's Sarah Whitney: Passionate about Helping Elders Connect



HBEC is excited to welcome **Sarah Whitney** as the new community outreach coordinator. Sarah

will organize the Lunch & Learn events and Party Line, and connect with community groups and organizations.

Born in Detroit and raised in Southfield, Sarah received her bachelor's degree in Human Development and Social Relations at Kalamazoo College. She is currently completing the Master of Social Work program at Wayne State University and hopes to become a licensed therapist. She is passionate about increasing access to mental health care for Black people and other communities of color.

Sarah's hobbies include making jewelry, singing, sewing and writing. "My favorite thing about working with HBEC is the rich conversations that I have with participants and learning all their stories and passions." If you have suggestions on topics for future Lunch & Learns, presenters, or community groups interested in the HBEC, contact Sarah at **313-664-2616**.

Farewell to CAB Member Johnetta McLeod



It is with great sadness and heavy hearts we share the passing of HBEC Community Advisory Board member Johnetta McLeod. Born and raised in Detroit, Johnetta earned her associate's degree from Wayne County Community College and later went on to earn her bachelor's degree in Health Services and Gerontology at Spring Arbor University.

A mother of four, grandmother of 10 and great-grandmother of one, Johnetta led an incredibly active career within the Detroit community. She was the president of Detroit Direct Development and

later became the administrative assistant to Councilman Clyde Cleveland from 1995-1997. Johnetta also served on the board of directors at My Auntie Place as a community activist. She later established a Substance Abuse Center where she assisted more than 1,800 clients. In September 2019, Johnetta retired from the City of Detroit where she had served for over 40 years. Johnetta worked with the (Meals on Wheels) Detroit Health Department, and the office of The Finance Department Revenue Collections Unit. After retirement, she became a business consultant and established her own company as the CEO of Path to Power.

Outside of her professional career, Johnetta was an incredibly talented Gospel singer. She sang with The Heavenly Stars of Detroit for 24 years. This group traveled all over the country and recorded many albums in Nashville, Tennessee. Johnetta was the Overseer of First Union Missionary Baptist Church. Under her guidance, First Union established New Outreach Ministries geared toward helping the community including Prison Ministry, Dan Charles Green Kitchen and Food Pantry, daily lunches, Mama 'Nem Clothes Center, companion visits to nursing homes, and prevention of sex trafficking, and substance abuse.

Johnetta served as a Community Advisory Board member for HBEC since 1997 and has been instrumental in HBEC growth and success. Johnetta loved God's people and enjoyed helping them. She had a personal connection to people of all walks of life. Johnetta will be deeply missed by all who had the pleasure to know her.

Knowledge Matters



Critical Crossroads was created by HBEC Community Advisory Board members to engage in community conversations, advocacy, and strategies around issues of social injustice. The Advisory Board now includes mini presentations on various issues at the start of all Lunch & Learn events to maintain community dialogue, awareness, and provide resources for action.

We thank our Advisory board members for launching this critical initiative for our community --and we want to hear from you! Advisory Board members shared their top issues of concern below and welcome HBEC members to let them know what concerns them most and what they'd like to learn more about. Call our office at 313-664-2616 or send an email to swhitney@wayne.edu to join the conversation!

Let us Know



James R. Bridgforth, CAB Member

It may seem that the voting right acts (For the People and John Lewis) have stalled in the Senate for the time being, but it is important that we the voters continue to insist that our legislators not give up the fight, and that voters ensure that we vote in every election to select candidates that represent us on these two bills. It is important that we share the importance of voting in the 2022 election with friends and relatives throughout the country. This involves understanding the new voter laws in your state, knowing what is required to vote, securing required documents, knowing where to vote, and voting early enough so if there are problems there is time to make corrections. Please communicate the urgency of voting with friends and relatives by way of social media, phone calls, letters, or any way you can get the message across. Everyone must vote.





Wilma Stringer, CAB Member

Income inequality remains an important issue for all equity seeking people. Low income continues to blight the lives of poor children and seniors, particularly. I remember as a worker, even though it was illegal, I was routinely paid less than my white colleagues for the same work.



What Matters to You?



Henry Swift, CAB Member



1. Veteran homelessness/suicides: We sent the flower of our youth off to war. They return maimed, mentally and spiritually broken. This matters because upon their return they're greeted with apathy and indifference and left to fend for themselves.

2. January 6th attack on the Nation's Capital: Propelled by the "big lie" and a political party's addiction to power and greed. This matters because democracy is under a seismic attack.

3. Voter suppression: 49 states' Republican legislatures passing laws to prevent some Americans from voting (violation of the 15th Amendment to the Constitution), assuring that elections are then rigged, and elector boards in states are stacked. This matters because after four years of buildup of white supremacy and tribal party partisanship I and most Americans want free and fair elections.

4. COVID and anti-vaccine craze: Americans have perished and are dying each day. A remedy exists but freedom of choice supersedes lifesaving vaccinations. This matters because people are dying!

5. Crime and illegal "gun running" and apathy of government leaders: Children in schools are being

slaughtered, gun violence is escalating. This matters because I am fearful for my granddaughter, nephews and nieces, and people in general.

6. Privatization of public schools: Former Secretary of Education (Devos and family) are trying to implement laws to bypass the governor's signature to affect school privatization. This matters because my taxes are for public schools not for private schools. Also, private schools have no accountability reporting to the state.

7. Immigration: The U.S. government has allowed this problem to persist instead of dealing with it. Many hopeful immigrants have died, been abused, and their families separated. This matters because they are human beings and deserve respectful treatment. This country has been hitherto a "melting pot."

8. Racism: For 400 years this pandemic of racism has raged and torn our country apart, and continues to fester, e.g., trying to prevent some Americans from voting, the rise of white supremacy, banning books (Critical Race Theory). This matters because I am a Black American entitled to all rights as proclaimed in the U.S. Constitution.

9. Inequality: The haves vs the have nots, Blacks vs Whites, the middle-class vs the wealthy, the rich vs the struggling. Has Capitalistic Democracy run its course?

10. WAR: President Biden and NATO are dispatching troops, ships, and planes to the Ukraine region. Russia is amassing 100K troops there. This matters because mankind cannot coexist: since the dawn of man, he has been a warring species.



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

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HEALTHIER BLACK ELDERS
 SPRING 2022 NEWSLETTER

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

SPRING 2022

**CAB Critical
 CROSSROADS**

LOOK
 INSIDE

Lunch
 & Learns

**Do You Want to Join the HBEC
 Community Advisory Board?**

The Community Advisory Board (CAB) is critical to the success of HBEC. We are looking for two new members to join the CAB this year. Some responsibilities include providing input and direction for all Lunch & Learn programming, reviewing prospective researcher applications to use members of the HBEC registry, and connecting with the community to recruit new HBEC members. CAB members are required to attend quarterly board meetings and receive an annual stipend for their time and effort. If you are interested in joining the CAB, or have questions, please contact Vanessa Rorai at **313-664-2604**.

