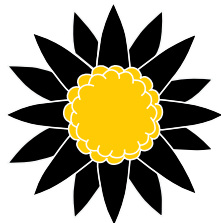


The HBEC encourages older African Americans to participate in research with the goal of addressing health disparities



HEALTHIER BLACK ELDERS CENTER

Winter 2017

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:

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



HEALTHIER BLACK ELDERS CENTER (HBEC)

Is part of the University of Michigan and Wayne State University's Michigan Center for Urban African American Aging Research: A National Institute on Aging Grant Program

IOG Launches Program to Combat Scams and Identity Theft

The Institute of Gerontology staff is rolling out a new program to help seniors detect and combat financial scams and



identity theft. The Success after Financial Exploitation (SAFE) program is based on financial decision-making research by Dr. Peter Lichtenberg, director of the IOG. The SAFE program is housed under the IOG's Center for Financial Safety and Health, created to protect the finan-

cial, cognitive and emotional health of older adults. "SAFE provides important one-on-one services for older adults who are victims of scam and identity theft. Until now these services have not been available in Michigan," Dr. Lichtenberg said.

Financial scams targeting seniors are becoming so common that it is frequently referred to as the "the

SCAMS PAGE 2

Helping Older African American Men Control Diabetes

Jaclynn Hawkins PhD., is studying how African American men manage diabetes. She is looking for 20 African American men, age 55 and older, with physician diagnosed Type II diabetes to participate in a 90-minute interview on in-depth issues. Dr. Hawkins is a pilot scholar with the Michigan Center for Urban African American Aging Research



JACLYNN HAWKINS

(MCUAAAR) and an assistant professor at Michigan State University's School of Social Work.

Dr. Hawkins said her interest in diabetes began in high school when she noticed a large portion of her family

DIABETES PAGE 3



DIABETES SUPERFOODS

See page 3 for guide



Taking Control of Your Financial Health

FREE SPRING WORKSHOPS

This 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

Downes Manor, 13725 John R. Street, Highland Park, 48203

March 6, 10 am - 12 pm *Avoiding Financial Exploitation*
 March 13, 10 am - 12 pm *Household Finance*
 March 20, 10 am - 12 pm *All About Credit*
 March 27, 10 am - 12:30 pm *Retirement and Estate Planning*

Pearl Wright Senior Center, 21131 Garden Lane, Ferndale, 48220

May 2, 10:30 - 12:30 pm *Avoiding Financial Exploitation*
 May 9, 10:30 - 12:30 pm *Household Finance*
 May 16, 10:30 - 12:30 pm *All About Credit*
 May 23, 10:30 - 1:00 pm *Retirement and Estate Planning*

To Register Please call **LaToya Hall** at **313-664-2608**

Scams

“crime of the 21st century.” Cognitive decline and psychological vulnerability make older adults more susceptible to scams and identity theft. According to the AARP, seniors comprise approximately 12.5% of the population, but make up around 33% of scam victims.

The United States Senate Special Committee on Aging identified the top 2015 scams targeting our nation’s seniors.

1. IRS Impersonation Scams
2. Jamaican Lottery/Sweepstakes Scams
3. Unsolicited/Unwanted Phone Calls
4. Computer Scams
5. Identity Theft
6. Grandparent Scams
7. Elder Financial Abuse
8. Government Grant Scams
9. Romance (Sweetheart) Scams
10. Home Improvement Scams

While a person of any age can fall prey to scam artists, there are numerous reasons why scammers target older adults. Most of them have

regular income, many have accumulated assets over their lifetimes, and some have cognitive impairments that affect their ability to manage finances.

The SAFE program was created to show older adults how to recognize scams and take appropriate and timely action when identity theft or a scam is suspected. The SAFE program offers one-on-one recovery assistance to older adult victims of scams and identity theft, and provides public education on scams and identity theft through public presentations and workshops to enhance the financial literacy of older adults. The four-part course: *Taking Control of Your Financial Health*, is offered through the SAFE program free of charge.

Please contact us to schedule one-hour informational presentations or financial literacy sessions. You can also call to refer someone or receive one-on-one assistance directly for scam or identity theft recovery.

Contact LaToya Hall, SAFE Program Coordinator, at 313-664-2608.

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...

Please contact us to schedule one-hour informational presentations or financial literacy sessions. You can also call to refer someone or receive one-on-one assistance directly for scam or identity theft recovery. Contact LaToya Hall, SAFE Program Coordinator, at 313-664-2608.



Please Help us with a Financial Exploitation Survey

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

**Contact LaToya Hall
at 313-664-2608**

DIABETES SUPERFOODS

GUIDE

Millions of Americans are living with and managing Type 1 and 2 diabetes. The Centers for Disease Control and Prevention show 9.3% of the population has diabetes. That's about 1 out of every 11 people. Adults over the age of 65 have the highest rates of diabetes in the US, with 25.9%, or more than 1 in 4, having the disease. Uncontrolled diabetes can have serious side effects on circulation, eye health, and brain function.

Managing diabetes can be a daily challenge. There are so many variables to keep in mind – medications, food, exercise, stress, general health – that keeping blood sugar levels in the desired range is a constant balancing act. Any diabetes management plan should be discussed with your health care provider.

Eating foods low in the glycemic index may be helpful in managing diabetes. The glycemic index measures how individual foods are expected to impact blood sugar levels. The index goes from 100 to 0. The higher the number of a food, the more it affects blood sugar levels.

All the foods on the list below have a low glycemic index. This means that, when eaten in moderation, they will not significantly raise blood glucose. They also have key nutrients that may be lacking in your diet. The American Diabetes Association recognizes these as Diabetes Superfoods because of their low glycemic index rating and high nutritional value.



Dark Green Leafy Vegetables –

In addition to ranking low in the glycemic index, vegetables like kale, collard greens, turnip greens, Swiss chard, and spinach have a high magnesium content (relaxing to muscles and good for the heart) and are low in calories.



Beans - Add fresh or dried beans or canned beans with low or no sodium to several meals each week. Beans are low in the glycemic index and a great source of protein.



Sweet Potatoes – Not only do these delicious potatoes have a low glycemic index, sweet potatoes are a great source of fiber and Vitamin A.



Whole Grains – Whole grains are loaded with fiber which can reduce calories and make you feel full without having to over consume. Look for breads, cereals, tortillas, and crackers that have whole wheat flour, whole-grain cornmeal, whole oats, whole rye, or buckwheat flour on the ingredients list.



Citrus Fruit - Because of the natural sugars in fruits, too much fruit is NOT a good idea for diabetics. However, citrus fruit (in moderation) can be effective in reducing blood sugar levels, and be a great source of soluble fiber and Vitamin C.



Fish High in Omega-3 Fatty Acids

Try to include various fish in your diet twice a week. Salmon, mackerel, tuna, sardines, and bluefish provide high quality protein without any carbohydrate.



Berries - Berries are packed with antioxidants, vitamins and fiber. These little fruits are full of nutrition, easy on blood sugar and also delicious.



Tomatoes - Tomatoes are a great source of Vitamin C, Vitamin A and potassium, but low in carbs and calories.



Nuts - Eating at least two servings of tree nuts a day can lower and stabilize blood sugar levels in people with type 2 diabetes. Nuts are high in calories, though, and salted nuts raise sodium levels, so no more than a handful per serving.



Myths & Facts

Find more information at <http://www.diabetes.org>

Myth
Diabetes is caused by eating too much sugar.

Fact
Type 1 diabetes is caused by **genetics** and **unknown factors** that trigger its onset.
Type 2 diabetes is caused by **genetics** and **lifestyle factors**.

MYTH
People with diabetes need to follow a special diet.

FACT
People with diabetes benefit from the same healthy diet that is good for everyone else.*

*Plenty of whole grains, fruits and vegetables, with a limited amount of fat and refined sugar.

MYTH
You have to lose a lot of weight for your diabetes to improve.

FACT
Losing just 7% of your body weight can offer significant health benefits - about 15 pounds if you weigh 200.

MYTH Healthy foods won't raise your blood glucose.

FACT Eating too much of even healthful foods, such as fruit and whole grains, can lead to high blood glucose.

Diabetes

members being diagnosed with the disease. Since then, she watched these family members struggle with the disease: insulin injections, doctor's visits, blood tests, lost limbs, and other health issues. As an undergraduate college student, Dr. Hawkins completed a research project on diabetes and realized she could contribute to fighting diabetes through research.

African American men are more likely than other groups of men to be diagnosed with Type II diabetes, yet there is little research on older African American men and diabetes. Information on how these men manage the disease is important because poor management can increase their risk of heart disease, stroke, blindness, kidney failure and lower limb amputations.

If you are an African American male, age **55 and over**, have had a doctor diagnose you with diabetes, and would like to volunteer as a participant, **please contact**



DR. JACLYNN HAWKINS

at **510-754-2686**

or

jachawk@msu.edu

Dr. Hawkins said her project will increase the knowledge and understanding of how multiple factors, including gender, influence diabetes self-management and health outcomes. She hopes the knowledge gained from this study will move toward creating interventions tailored to this group to improve self-care.

"It is my hope that the results of this project will lead to improve-

ment of treatment methods targeting older African American men living with diabetes," Dr. Hawkins said. "This work will be disseminated to health care professionals, including doctors, social workers and nurses, to make them more aware of the barriers older African American men face in managing their diabetes, and help them identify better ways to support these men."

Gardening in Detroit City

WSU Assistant Professor Dr. Jessica Robbins-Ruszkowski is interested in the gardening practices of older African Americans in the city of Detroit. Dr. Robbins-Ruszkowski is a pilot scholar with the Michigan Center for Urban African American Aging Research (MCUAAAAR) which funded the project. The purpose of the gardening study is to examine the impact of gardening on community belonging, relationships and well-being among older adults in an urban environment.

Historically, urban gardening movements during times of crisis have been an avenue of relieving individual, social and political ills. They can improve nutrition by serving as a source of fresh produce, boost an individual's or community's sense of wellness and mental health, create and strengthen social connections and visually enhance the environment. This has been true of the city of Detroit in the face of economic crisis. Urban gardens



have been at the heart of conversations of how to best use and manage the city's large amounts of "empty" space. Focusing on older African Americans' experiences of gardening in the city can influence how debates about land use matter for the inclusion and well-being of the city's oldest citizens.

This research is important for several reasons. First, it is well-known that gardening can be an important component of what has been called "successful aging." Therefore, understanding more about older African Americans' experiences of gardening

in the Detroit metro area could help to promote successful and healthy aging. It is also well-established that gardening can be a method of empowerment in a context of urban structural inequality, but the late-life-specific areas of such empowerment have not been studied among African Americans. Finally, this study seeks to connect the well-being of older African Americans to the political, economic, social, and cultural changes happening in Detroit. This will contribute to a key area of study: the links between well-being and place in older adults.



Cheers for Volunteers!

In December of 2016 the Institute of Gerontology and the Merrill Palmer Skillman Institute hosted its Cheers for Volunteers event. The purpose of the event was to celebrate and thank all of our IOG board members, advisors, steering committee members, phone surveyors and planning group members. About 80 board members and volunteers from the two institutes joined us for drinks, appetizers and conversation. Please let us take this time to thank you for all you do.

Clockwise from top left: Brunetta Vinson, Pat Watkins, Joann Smith-Taylor



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WINTER 2017
 HEALTHIER
 BLACK ELDERS
 NEWSLETTER

Editor - LaToya Hall
 Graphic Designer - Catherine Blasio



EVENTS ARE FREE but you must R.S.V.P. by calling 313-664-2616

9:30 am registration and health screenings | **10:00 am** - presentations | Lunch will follow.

Wednesday, March 8, 10:30 am - 1:00 pm

Let's Talk Brain Health

Inkster Commission on Aging, Dozier Recreational Complex,
 2025 Middlebelt, Inkster, MI 48141

Learn how the brain makes memories and how to keep it healthy. The Institute of Gerontology's Donna MacDonald and Cheryl Deep will introduce *BrainStorm: A Workout for the Mind*, which addresses multiple facets of brain health. Danielle Davis of the Alzheimer's Association will explain how to "Know the 10 Signs of Dementia: Early Detection Matters."

Friday, April 21, 9:30 am - Noon

Protecting Your Finances

Franklin Wright Settlements
 3360 Charlevoix St, Detroit, MI 48207

This event covers financial issues faced in aging. Dr. Lisa Ficker will explain how your thinking skills can impact how you make financial decisions and what to do about it. IOG staff will also discuss scams, identity theft and their new Success After Financial Exploitation (SAFE) program.

Thursday, May 11, 9:30 am - Noon

All about Medicare

Boulevard Temple, 2567 W Grand Blvd, Detroit, MI 48208

All of the changes in Medicare for 2017 can be confusing. We will provide presentations on accessing the Medicare and Medicaid Assistance Program (MMAP), explain the Spend Down and provide help to understand what the new Medicare changes mean for you. Please join us for this important information.

Wednesday, May 24, 9:30 am - Noon

Healthy Bodies: Nutrition and Exercise

Ernest T Ford Field House, 10 Pitkin, Highland Park, MI 48203

What you eat and the kind of physical activity you do is critical to keep your body at optimal health and function. Learn exactly how exercise benefits the body, ways to make your diet healthier and still tasty, and the best habits to develop for good function and health as you age.



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