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HEALTHIER BLACK ELDERS CENTER

Healthier Black Elders Center (HBEC)

4th Annual Health Reception

Our Healthier Black Elders Center (HBEC) 4th Annual Health Reception was a *huge success!* The success of the event was greatly enhanced by our volunteers who carried out a variety of assignments required to implement this half day event.

Creating partnerships with minority seniors and community leaders are important components of HBEC's successful community recruitment and education initiatives. This year we attracted a record breaking crowd of well over 800 seniors, community leaders, community entertainers, vendors, and friends.

This innovative reception is totally empowering for Detroit seniors...

The annual reception was held on Tuesday, June 6, 2006 from 10:30 AM to 2:30 PM. The reception was held at the Charles H. Wright Museum of African American History, 315 E. Warren in Detroit. The annual reception was free and opened to all Detroiters age 55 and older and their families. A free hot sit-down lunch was served. Attendees enjoyed live music, dancing, interactive exercising and a variety of free health screenings (e.g., blood pressure, glucose, and cholesterol). Information and research on aging issues and resources was provided at this event.

Keynote speakers *J Taylor Harden, PhD* of the National

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Mark the Date!

HBEC Community Health Forums

Tuesday, February 13, 2007: 10-11:30 AM
Williams Pavilion Apartments
99 E. Forest Ave, Detroit 48201

Topics: *Caregiving, Seeking Health Information on the Internet, Protecting your Personal Information, and HBEC*

Thursday, March 15, 2007: 10-11:30 AM

Focus Hope Conference Center
1400 Oakman Blvd., Detroit 48238

Topics: *Aging after 80, Alzheimer's disease, Heartburn & Acid Reflux Disease, and HBEC*

Thursday, April 19, 2007: Time - TBD

Northwest Activities Center
18100 Meyers Rd., Detroit 48235

Topics: *Health Literacy, Surviving Cancer, and HBEC*

5th HBEC Annual Health Reception

Tuesday, June 5, 2007: 10 AM - 2 PM
Charles H. Wright Museum of African American History
315 E. Warren Avenue, Detroit 48201

Institute of Gerontology's 8th Art of Aging Successfully Annual Event

Thursday, March 29, 2007: 8:30 AM - 1:45 PM
Greater Grace Temple
23500 West Seven Mile Rd., Detroit 48219

For more information call (313) 577-2297

Special Thanks!

Thanks to all who volunteered and carried out assignments at the June 6th HBEC Health Reception. As a result, the event was a great success!



Keynote Speakers (clockwise): Voncile Brown-Miller of the American Cancer Society; J Taylor Harden, PhD of the NIA. Hundreds of guests at the hot food buffet; The EX-Couch Potatoes lead the crowd in safe effective chair exercises.





HUSTLING: An Excellent Way to Have Fun and Stay Fit

Fast Freddy, Two Left Feet, the Metro Hustle Dancers, and Donna Wells provided hustle demonstrations for this year's reception participants. All of the groups offered brief demonstrations to Detroit seniors, and advocated hustling as an excellent way to have fun and stay fit. Like jogging, brisk walking, and aerobics, hustling is a good weight bearing exercise that provides significant functional



benefit and improvement in overall health. Improved movement, balance, and cardiovascular functioning are just some of the benefits of a 30-minute, 3 times weekly hustling class.



Following the brief demonstrations some attendees responded to the invitation to join the groups in an interactive dance.

The Participant Resource Pool Needs You!

The Participant Resource Pool (PRP) was created by the Healthier Black Elders Center to help investigators recruit seniors aged 55 and older who are ready and willing to participate in research. As part of the resource pool project, a ten-member oversight committee was created to ensure that the safety of the participants and the quality and integrity of the research is maintained. Seven of the members of the oversight committee are community representatives (Mrs. Patricia Baldwin, Dr. Joanne Benton, Mr. James Bridgforth, Mr. Chester Johnson, Mrs. Joyce Keener, Ms. Johnetta McLeod and Mr. John Villa). In conjunction with the HBEC's

director, Dr. Olivia G. M. Washington and the HBEC 's staff team, this oversight committee has created a mission, philosophy, purpose, structure, and application procedure for researchers who would like to access the resource pool. Our goal is to recruit 1,000 African American seniors aged 55 years and older. Each participant completes a brief entry survey that is noninvasive and is used to obtain general information of the participant. To become a participant, please call our Community Outreach Specialist, Mrs. Karen Daniels-Tucker at 313-871-0735 or visit our website at www.mcuaaar.wayne.edu.

4th Annual Health Reception *continued*

Institute on Aging and *Voncile Brown-Miller* of the American Cancer Society spoke on the theme "Enhancing Our Aging Mosaic." In addition to our community based leaders, the Center also benefits from relationships with

such national leaders as Dr. Harden who provides effective leadership as an advocate for improving the health of our seniors. Both speakers encouraged seniors to take an active role in their health.



Who's Who in the HBEC - *Meet Dr. Olivia G.M. Washington*

Olivia G. M. Washington, PhD, APRN, BC, NP, LPC Director of the Healthier Black Elders Center and MCUAAAR Community Liaison Core

Being her grandmother's constant companion laid the groundwork for Olivia G. M. Washington's career in aging. Her work is deeply rooted in love and commitment and has done much to advance issues impacting minority elderly.

A tenured associate professor of Gerontology and Nursing, Olivia Washington, PhD is the Director of the Michigan Center for Urban African American Aging Research (MCUAAAR) Community Liaison Core. This core educates citizens about aging issues, assesses the health of the elderly, and recruits elderly minority members into the Healthier Black Elders Center (HBEC) Participant Resource Pool (PRP). She also directs the HBEC, the community outreach arm of the MCUAAAR.

As Director of the HBEC, Dr. Washington is responsible for the daily management and operation of the Center, as well as bringing together a diverse group of educators, community members, national advisors, and researchers who work to improve the health of older adults living in Metropolitan Detroit. The Center's research focuses on health promotion and disease and disability prevention for African American seniors and their families. It also provides five Community Health Forums each year. Dr. Washington chairs the annual HBEC Health Reception, coordinates and oversees the work of the Center's staff, Community

Advisory Board (CAB), and Senior Aides. This oversight includes the development of Center brochures, event flyers, and bi-annual newsletters that are disseminated to over 1,000 Detroiters. Dr. Washington has led these groups in developing a process for effectively supporting and expediting MCUAAAR pilot study investigators and other researchers engaged in aging research to access the PRP. At the same time, she works closely with the PRP oversight committee to ensure that the safety of the participants and the quality and integrity of the research is maintained.

She also mentors graduate, predoctoral, doctoral students and junior investigators across disciplines preparing for research careers in aging and urban health. In her own research, she has focused on developing and testing the effectiveness of innovative methods and interventions designed to improve the health and well-being of three vulnerable minority populations: chemically dependent women, hypertensive African Americans and older homeless women.

In addition to designing research to answer important questions, when possible, Dr. Washington designs research that also involves reaching out to vulnerable populations to provide education and interventions that can benefit them immediately and over time. She is one of few investigators nation-wide who focuses on homelessness in older adults. Dr. Washington has been a co-principal investigator and co-investigator of three recent major National Institutes of Health (NIH) funded projects. She also is a licensed professional counselor and board certified Clinical Specialist and Adult Mental Health Practitioner.