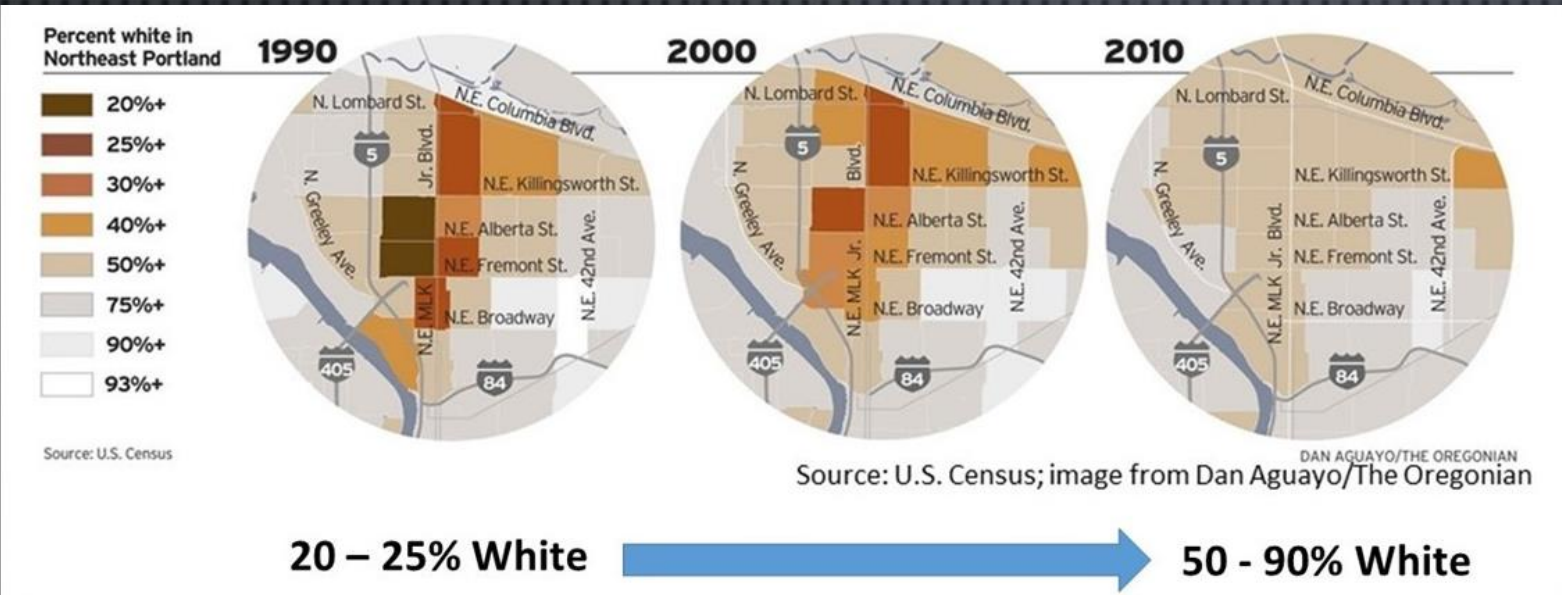


MITIGATING COGNITIVE DECLINE AND THE TRAUMA OF GENTRIFICATION AMONG OLDER AFRICAN AMERICANS

PATRICE FULLER, BS & RAINA CROFF, PHD
NIA LAYTON AGING & ALZHEIMER'S DISEASE CENTER

OCTOBER 8TH 2018

Gentrification and its impact: Where is my neighborhood?



Advertisement for apartments on N. Williams Ave.

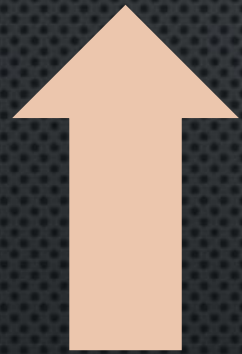


- Gentrification: “A process of repairing and rebuilding homes and businesses in a deteriorating area (such as urban neighborhood) accompanied by an influx of middle-class or affluent people and that often results in the displacement of earlier, usually poorer residents”

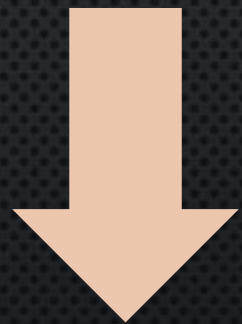
Gentrification and it's impact: Where is my neighborhood?

2014 Focus groups with African Americans aged 45+
(n=41)

PreSERVE Coalition & The Urban League of Portland



Transportation barriers (Displaced)
Isolation
Division of families
Dispersal of social supports



Walkability in new neighborhoods (Displaced)
Motivation to walk and socialize
Neighbor dependence and trust

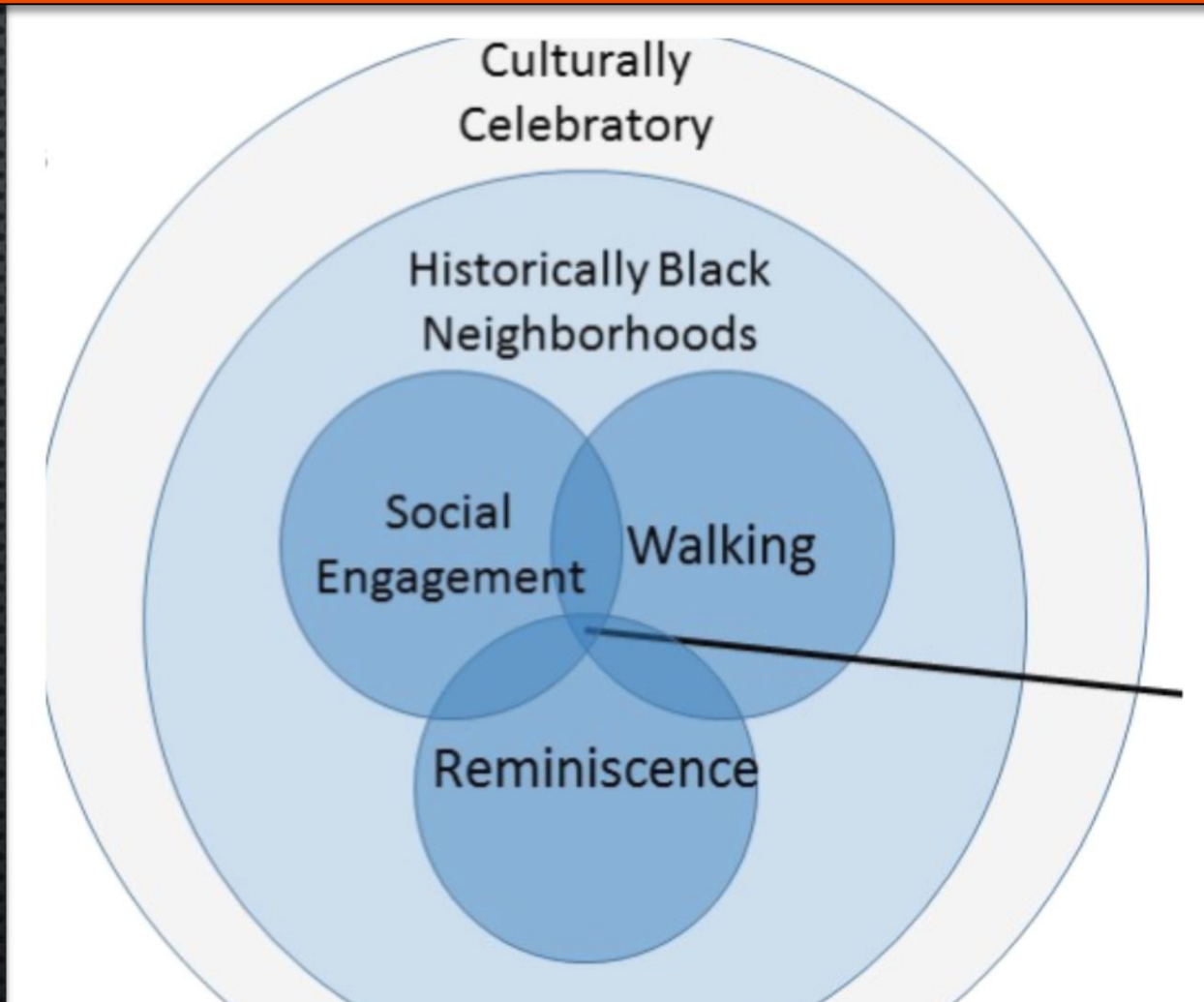


N. Vancouver Ave 2012 LVs 12-22 Club



N. Vancouver Ave 2017 New Seasons Market

SHARP Model



Motivation

Cognitive function

Oral digital archive



The SHARP Application: Oregon Center for Aging & Technology

SHARP

Select a walk below:
Thank you for your participation!

- Arts & Stories 1**
NE Rodney Ave & NE Graham St.
Distance: 1.24 mi
- Arts & Stories 2**
N Killingsworth St. and N. Kerby Ave
Distance: 1.25 mi
- Black Pride 1**
195 NE Failing St.
Distance: 1.05 mi
- Businesses 1**
NE Alberta St. and NE 19th Ave.
Distance: 1.1 mi
- Businesses 2**
NE Beech St. & NE Cleveland Ave
Distance: 1.19 mi
- Childhood & Family Life 1**
N. Vancouver Ave. & N. Morris St.
Distance: 1.0 mi
- Childhood & Family Life 2**
NE Siskiyou St. & NE 9th Ave.
Distance: 1.2 mi

00:05:42 34% complete

Upcoming: Turn left onto N Gantenbein Ave

SHARP

Lilian & Isaac Campbell, Gloria Campbell-Cash family home
2701 N. Kerby Ave.

2:49

What were your favorite toys as a kid? Who gave it to you, and for what occasion?

[BACK TO MAP](#)

DEMOGRAPHICS

Characteristic	2017 Number
Gender	
Female	18
Male	3
Age	
Range	57-76
Mean	67
Higher Education	
< 4 years	10
> 4 years	11
Employment	
Working	13
Retired	8
Household Income	
0-49K	12
50-89K	7
Marital Status	
Married	7
Not Married	14
Receiving Care from....	
Outside household	1
Household member	0
Giving care to..	
Outside household	0
Household member	2

2017. N=21 (n=8, MoCA \leq 24) Average ppt:
Working, college-educated, 67 year-old single
woman with 45+ years life experience in N/NE
Portland and still living there.

Retention
2017: 86%

2017:
Montreal Cognitive
Assessment (MoCA)
N=18 (MCI=8)

MCI 17-24

Cognitively normal

	MoCA Start	MoCA End	Δ
1	17	17	--
2	20	26	+6
3	21	22	+1
4	22	28	+6
5	24	22	-2
6	24	23	-1
7	24	25	+1
8	24	28	+4
9	25	24	-1
10	26	29	+3
11	26	22	-4
12	26	26	--
13	27	29	+2
14	27	28	+1
15	28	22	-6
16	28	27	-1
17	28	28	--
18	29	30	+1

MoCA Pre/Post			
	+	-	=
Number			
Total	9	6	3
Normal	4	4	2
MCI	5	2	1
Mean Δ			
Total	2.67	2.25	--
Normal	1.75	3.00	--
MCI	3.60	1.50	--
Range Δ			
Total	1 - 6	1 - 6	--
Normal	1 - 3	1 - 6	--
MCI	1 - 6	1 - 2	--

1. Rossetti, H. C., Lacritz, L. H., Hynan, L. S., Cullum, C. M., Van Wright, A., & Weiner, M. F. (2017). Montreal Cognitive Assessment Performance among Community-Dwelling African Americans. *Archives of Clinical Neuropsychology*, 32(2), 238–244. <http://doi.org/10.1093/arclin/acw095>
2. Sink, K. M., Craft, S., Smith, S. C., Maldjian, J. A., Bowden, D. W., Xu, J., ... Divers, J. (2015). Montreal Cognitive Assessment and Modified Mini Mental State Examination in African Americans. *Journal of Aging Research*, 2015, 872018. <http://doi.org/10.1155/2015/872018>



MONTH 1 & MONTH 6 FOCUS GROUP SURVEY

In general, how is your mood right after your group walks?

	Month 1		Month 6	
Better than before I started the walk:	15	83%	17	94%
Same as when I started the walk:	2	11%	1	6%
Worse than when I started the walk:	1	6%	--	--
Total:	18		18	

In general, how do you feel group walks have affected your mood?

	Month 1		Month 6	
My mood is generally better since I began group walks:	15	83%	18	100%
Mood has stayed the same:	3	17%	--	--
My mood has gotten worse since I began group walks:	--	--	--	--
Total	18		18	

FOCUS GROUPS: THEMATIC ANALYSIS

Domain	Theme (code)
Intervention development	Barriers
	Facilitators
	Suggested improvements
	Technology
	Scheduling
	Participant strategies
	Aging
Health & behavior	Physical activity
	Social engagement
	Health impact
Motivation & significance	Motivators
	Cultural significance
Reflection	Experience
	Emotion
Expansion & collaboration	Expansion
	Community resources

MOTIVATORS: PEER SUPPORT
&
ACTIVISM

EVALUATION AND PROGRAM IMPACT

Motivators: Activism

WHAT ARE YOU GOING TO DO?

- R2: "AND IT'S HELPING ME TO BE FACE TO FACE WITH THE FACT THAT THINGS ARE CHANGING SO MUCH. THEY'RE CHANGING SO FAST, AND NOT JUST OUR NEIGHBORHOODS BUT PEOPLE. YOU KNOW, PEOPLES THOUGHTS AND IDEAS ARE CHANGING. WE'VE GROWN OLDER. AND SO, HOW ARE WE GOING TO DEAL WITH THIS CHANGE IN A HEALTHY MANNER AND NOT BE ANGRY ALL THE TIME? BECAUSE ANGER BRINGS STRESS. STRESS CAUSES ILLNESS. AND WE'RE TRYING TO FEEL BETTER...WE DON'T WANT TO WALK AND THEN COME BACK HOME AND JUST BE SO FULL OF ANGER...AND SO UPSET..."
- R2: "BUT ANYWAY, IT'S HELPING ME. IT'S HELPING ME TO FIND A HEALTHY WAY TO RESPOND... WHAT ARE YOU GOING TO DO ABOUT IT? WHO ARE YOU GOING TO SHARE THESE STORIES WITH? WHO ARE YOU GOING TO ENCOURAGE TO NOT LET EVERYTHING GO AWAY? WHAT KIND OF VOLUNTEERING ARE YOU GOING TO DO THAT'S HEALTHY, RATHER THAN PROTEST EVERYTHING? WHAT ARE YOU GOING TO DO, [NAME] OR [NAME] OR [NAME]? THAT IS BENEFICIAL AND HEALTHY. SO THAT'S ONE OF THE THINGS THAT'S HELPING."

Motivators: Peer Support

- “THEY SEEM TO BE CONCERNED ABOUT ME, AS WELL I AS WAS ABOUT THEM, YOU KNOW. AND THEY MAKE SURE THAT I’M ON BOARD...IF I’M WALKING SLOWLY...[EXHALES]...[NAME] WILL SAY, YOU WANT US TO WAIT ON YOU? YOU WANT TO REST? NO. LET’S KEEP GOING. [CHUCKLES] BUT, YOU KNOW, I HAVE ENJOYED THAT PART OF IT... IT MADE ME WANT TO GET OUT AND DO MORE AND STUFF, INSTEAD OF SITTING AT HOME DOING NOTHING...”
- “MY HUSBAND SAID TO ME ONE DAY WHEN I WAS COMING HOME AFTER THE WALK, ARE YOU SURE YOU WANT TO STILL DO THIS? YOU GET SO ANGRY. [LAUGHS] AND I SAID, YEAH, I’M SURE BECAUSE... AS I TRIED TO TELL HIM, IT’S AN OPPORTUNITY FOR ME TO...EXPRESS MYSELF WITH PEOPLE WHO UNDERSTAND EXACTLY MY EXPERIENCE, EXACTLY WHAT I’M FEELING...”

INFLUENCES AND IMPLICATIONS

- SELF-PERCEPTION/COPING SKILLS
- SOCIAL ENGAGEMENT
- STRESS
- PHYSICAL ACTIVITY
- ADAPTABILITY



Photo Credit: OHSU/Kristyna Wentz-Graff

THANK YOU SHARP PIONEERS

“MAY OUR COMMUNITY MEMORIES EDUCATE AND EMPOWER”



Edline Francois, BA
Juell Towns



Patrice Fuller, BS



Monique Hedmann, MPH



Andre Pruitt, LCSW, MSW



Miya Walker, BA



Jeffrey Kaye, MD



Raina Croff, PhD



SHARP Participants

SHARP Team: Raina Croff, PhD; Edline Francois, BA; Juell Towns; Andre Pruitt, LCSW; Monique Hedmann, MPH; Phelps Witter, BS; Charlie Quinn, BS; Jeffery Kaye, MD; Nicole Sharma, BA; Thomas Riley, BS; Tracy Zitzelberger, MPH

Thomas McKenna, History Consultant

PreSERVE Coalition for African American Memory and Brain Health

Marie Smith Health & Social Center

Urban League of Portland

Portland Alumnae Chapter of the Delta Sigma Theta Sorority, Inc.

The Portland Chapter of the Links, Incorporated

Oregon Prevention Research Center

OHSU Dept. of Public Health and Preventive Medicine

OHSU Center for Diversity and Inclusion

Oregon Historical Society, Portland State University Special Collections, City of Portland Archives, OHSU Archives, Bonneville Power Administration Archives, Bosco-Milligan Foundation, Architectural Heritage Center

This research was supported (in part) by the Healthy Brain Research Network (HBRN) funded by the CDC's Alzheimer's Disease and Healthy Aging Program. The HBRN is a thematic network of CDC's Prevention Research Centers Program (PRC). Efforts were supported in part by cooperative agreements: U48 DP 005006, 005002, 005010, 005053, 005000, and 005013.

The views and findings in presentation are those of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention.



Oregon Health & Science University – U48 DP005006

