

Sickle cell disease is an inherited blood disorder. People with sickle cell disease have red blood cells that become hard which can cause anemia, pain and many other serious health problems. Your involvement makes the difference in overcoming this disease.



Volume 7
Issue 4

Say It Loud!

April 2016

Sickle Cell News You Can Use

Sickle Cell Association of New Jersey

P.O. Box 9501 Newark, NJ 07104



A Note From The Executive Director...

Calendar Listings:

April 16 Sickle Cell Awareness Day at Crossroads Theatre Showing of "FLY" 8:00pm Show Crossroads Theatre Sickle Cell Awareness information available. 7 Livingston Ave. in New Brunswick

20th Liberty Science Center Community Evening. Play *Genes Genius* and raise your Sickle Cell Awareness. 5:30pm-8:30pm. 222 Jersey City Blvd in Jersey City.

30th Discover The Ties That Connect Us at The Underground Railroad Museum, 11 am-3pm. 803 Smithville Rd. in Historic Smithville Park in Eastampton, NJ

30th Take Control of Your Health Introductory Workshop 11:00am during the 3 Day **InJoy Health and Wellness Women's Conference.** 359 Chapel Heights Road. Sewell Call 856 582-0222. Registration fee.

Frances Thompson Walton Scholarship Applications Accepted through June 1st. Apply online.

ALL EVENTS ARE FREE UNLESS OTHERWISE NOTED.

REGISTER via the events tab on sicklecellnewjersey.org or call 973 482-9070

SCANJ is the New Jersey Chapter of the



Sickle Cell Disease Association of America



Mary Bentley LaMar
Founder
Executive Director

As I write this note, I'm preparing to go to Children's Hospital in Cincinnati Ohio for a Hemoglobinopathy Training Course focused on sickle cell disease. I expect that with a deeper understanding of the science behind the disease, I will be able to better serve the sickle cell community.

It's refreshing to learn new things. And even more refreshing to share that knowledge with and for the benefit of others. With that being said, please take this as your personal invitation to come out to any of the Minority Health Month Programs offered by the SCANJ. Who knows what new thoughts, insights and inspiration will blossom from what you've learned.

Did you know that your zip code can be a predictor of your health? So can your place of birth, where you work and play, your income and education, and a host of other factors – in addition to the choices you make each day about what to eat, when to work out and whether or not to see a doctor. These factors, recognized by public health professionals as "social determinants of health," are linked to inequities in health and health care (health disparities) among racial and ethnic minorities.

During National Minority Health Month each April, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) leads the nation in raising awareness about health disparities, their causes and the impact they have on minority communities and on the nation as whole. The theme of this year's National Minority Health Month observance – Accelerating Health Equity for the Nation – reflects both a sense of urgency and a sense of determination in moving the country forward toward achieving health equity.

As OMH celebrates its 30th anniversary, a renewed effort is underway with public and private sector partners and stakeholders to accelerate health equity for the nation through the development of research, policies, programs and legislation.

SCANJ partners with the NJ Office of Minority and Multicultural Health to provide Take Control of Your Health; the New Jersey Program for the Chronic Disease

You've heard of "wake up and smell the coffee." I'll add wake up and smell the flowers. The calendar listings in this newsletter have plenty of "flowers" that are yours for the picking. After all, it is the Spring... Enjoy!

~Mary

SCANJ Mission Statement

To advocate for and enhance our membership's ability to improve the quality of health, life and services for individuals, families and communities affected by sickle cell disease and related conditions, while promoting the search for a cure for all people in the world with sickle cell disease.

Celebrate April Minority Health Month!



Self Management (CDSMP) and Diabetes Self Management (DSMP) Programs. They are effective programs in addressing health disparities by supporting individuals in becoming better self-managers of their chronic diseases. According to a studies CDSMP participants report greater self-efficacy, greater energy, considerably greater health-related quality of life, fewer social role limitations, better psychological wellbeing, lower health distress, more exercise and relaxation, and greater partnerships with clinicians.

Research on patient experiences reveals that individuals with chronic conditions often are not treated with respect, don't have enough done to control pain, are stigmatized as "drug addicted," and are not involved enough in decision-making and the actual health care process.

We have found that the Take Control of Your Health Program empowers our community to proactively address health challenges! Every community deserves good health. Everyone can join OMH and its federal, state, tribal and local community partners during April and throughout 2016, in accelerating health equity for the nation.

Content for this article provided by HHS and OMH



Register Now

www.getconnectedscd.org

WWW.SICKLECELLNEWJERSEY.ORG



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Make sure you Get Connected to SCANJ to be the first to take advantage of these opportunities...

Get Connected Pop Up Events
CDSMP and DSMP Peer Leader Certification Support Groups
The Village; Patient Centered Research Group Scholarships
www.getconnectedscd.org

The Say It Loud Newsletter is published monthly except for July and August. Archived copies are available for download from our website.

Beverly Lucas-Editor

www.sicklecellnewjersey.org



Get Connected to SCANJ's Minority Health Month Events

**Sickle Cell Awareness Day
 At Crossroads Theatre**

Saturday April 16

8:00 PM Show

Crossroads Theatre Company

7 Livingston Ave. in New Brunswick



The Sickle Cell Association of New Jersey invites you to enjoy the theatrical production of FLY, a new play inspired by the American heroism of the Tuskegee Airmen. Experience a story of hope, endurance and accomplishment. SCANJ will have information on sickle cell programs and services available at the theatre all day. SCANJ will also host a welcome reception prior to the evening show. To purchase tickets contact the Crossroads Box Office at [732 545-8100](tel:7325458100) or visit www.CrossroadsTheatreCompany.org.

SCANJ is sponsoring a limited number of FREE tickets to FLY. The FREE tickets are for individuals who are directly affected by sickle cell disease AND who are in the Get Connected Registry (www.getconnectedscd.org). RSVP via our events tab on www.sicklecellnewjersey.org

**Discover The Ties That Connect Us
 The Underground Railroad Museum**

Saturday April 30, 2016

11 AM to 3 PM

803 Smithville Road, Eastampton, NJ

Discover your connections at this FREE family outing. Enjoy food, fun and storytelling on the grounds of historic Smithville Park.

Explore Family connections through genetics and health history.

Learn of community connections through SCANJ programs and services.

Honor historical connections through the Underground Railroad Museum.



For more information call Darlene Young, SCANJ Community Outreach Coordinator at [862 371-7138](tel:8623717138). To RSVP for these and other SCANJ programs, please visit the events tab on www.sickecellnewjersey.org or call [973 482-9070](tel:9734829070).

Coming Soon...

Take Control of Your Health

- Certification in Stanford School of Medicine's 4 Day Diabetes Peer Leader (DSMP) Training.
- And Chronic Disease Self Management (CDSMP) 4 Day Peer Leader Training.

Register for SCANJ programs via events on sicklecellnewjersey.org or call 973 482-9070.

Stay posted next month for Afterwords; a six part newsletter series to shed insight on the topics covered during the SCANJ Statewide Sickle Cell Symposium. The Statewide Sickle Cell Symposium is held annually on the Saturday before Thanksgiving at the Liberty Science Center in Jersey City, NJ.

