

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.



Say It Loud!

April 2017

Sickle Cell News You Can Use

Sickle Cell Association of New Jersey

P.O. Box 9501 Newark, NJ 07104



Volume 7
Issue 4

Addressing Health Disparities. . .

Calendar Listings:

April 4th Connections Support Group Tuesday at 7:00pm –8:30pm
Topic Advocacy: A Call To Action
Deborah's Jazz Café 18 Greene St. in Newark.

7th Minority Health Month Health Equity Forum 8:30am-12:30pm.
SCANJ poster presentation on CDSMP Passaic County Public Safety Academy 300 Oldham Rd. Wayne

17, 19, 20 & 21 Stanford School of Medicine Diabetes Self Management 4 Day Peer Leader Certification Class. 1016 Broad St. Newark, Free parking available. Enrollment is limited to 20.

April 18th—May 23rd Take Control of Your Health Diabetes 6 Week Community Workshop 2:30pm—5:00pm 600 Parkview Dr. in Delanco

20th SCANJ's Research Project; Village Town Hall Meeting "We'll Take The Village: Engaging The Community To Better Health." 6:00pm-8:30pm 1016 Broad St. Newark, NJ Dinner served. (Note this is a date change from the 8th)

22nd Say it Loud! Telling Our Stories at the Underground Railroad Museum. 1:00pm-4pm. 803 Smithville Rd. Eastampton, NJ Free but please RSVP

26th 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.

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

"Not everything that is faced can be changed, but nothing can be changed until it is faced." Those words by James Baldwin are encouraging when we look at the picture of health disparities in America. One thing is for sure...we must identify the disparity and then face it head on. Although there are no guarantees, I believe we can make a difference one step at a time.

April is designated as National Minority Health Month by the Office of Health and Human Services. This month gives us an opportunity to look at health disparities and reflect on what we are collectively doing to address them.

Once you reflect, its time for— my favorite word—action! This newsletter has several options to help you do just that.

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.

Because minorities, and in particular, the sickle cell community are negatively impacted by health disparities, we ask you to work with us to improve health conditions.

When you look into water, you see a reflection. I ask you to face the troubled waters of health disparities and see yourself as the bridge builder that makes a way for others to safely walk across. ~Mary

. . . As A Bridge Over Troubled Waters

Your zip code can be a predictor of your health. Along with your income and education level, where you are born, grow, live, work, play, learn, and age determines your quality of health. The choices you make about what to eat, when to work out and whether or not to see a doctor are important. The condition of your surroundings, or the social determinants of health, is the other part of the foundation upon which better health is built. However, many Americans, particularly racial and ethnic minority populations, are significantly impacted by the social determinants of health and the resulting disparities, or inequities, in health and health care.

Each April during National Minority Health Month, the U.S. Department of Health and Human Services (HHS) Office of Minority Health (OMH) raises awareness about health disparities, their causes and the impact they have on minority communities and on the nation as whole.

Bridging health equity across communities extends beyond public health—it focuses attention on the indirect social and economic conditions in which we live. By addressing the social determinants of health and working together across sectors, we can help eliminate health disparities and advance health equity for everyone.

National Minority Health Month 2017 is focused on access to transportation that makes it possible to get to a well visit; neighborhoods where it is possible to exercise or play outdoors; and accessible grocery stores that make it possible to eat a well-balanced diet.

SCANJ is proud to join HHS and the NJ Office of Minority Multicultural Health (OMMH) as we partner in communities to build bridges to help end disparities in health and health care.



Each month our calendar listings provide details on programs that address health disparities. For National Minority Health Month we are highlighting three of our efforts in particular that bridge over the troubled waters of health disparities:

1. SCANJ's Take Control of Your Health Diabetes and Chronic Disease Self Management Programs

- Poster presentation at the Health Equity Forum on April 7th.
- DSMP 6 Week Community Workshop April 18-May 23rd
- DSMP 4 Day Peer Leader Training Class April 17, 19, 20 & 21.

2. Town Hall on SCANJ's Patient Centered Outcomes Research Project—"We'll Take The Village: Engaging The Community To better Health." April 20th.

3. Minority Health Month Celebration "Say It Loud! Telling Our Stories at the Underground Railroad Museum. April 22nd.

We encourage you to participate.

SCANJ thanks The HHS Office of Minority Health for content provided in this article.

WWW.SICKLECELLNEWJERSEY.ORG



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**Connections
Support Group**



Meetings on the first Tuesday of each month at 7:00PM. South Jersey location in the odd numbered months i.e., January, March, May, September and November. **North Jersey** location in the even numbered months i.e., February, April, June, October and December

April and May Topic: Advocacy: A Call to Action

This month's meeting is Tuesday April 4th at Deborah's Jazz Café 18 Greene St. Newark. Next month's meeting is May 2nd. Location JFK Center 429 Kennedy Pkwy Willingboro. For more information and to RSVP you may register online via our events tab, call our office at 973 482-9070, or call our Community Outreach Coordinator, Darlene Young at 862 371-7138.

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



Meet Us At The Underground Railroad on April 22nd.



The Sickle Cell Association of New Jersey
in cooperation with
The Underground Museum and in
Celebration of
National Minority Health Month
invites you to
Say It Loud!
Telling our Stories

Saturday April 22, 2017 from 1:00pm-4:00pm

Celebrate Family Connections through genetics and health history
Community Connections through SCANJ programs and services and
Historical Connections through the Underground Railroad Museum.
 In the historic Smithville Village 803 Smithville Rd. in Eastampton.

We'll have food, fun and a surprise guest storyteller! RSVP Today!

NATIONAL MINORITY HEALTH MONTH 2017

Chat with organizations working to help end health disparities in their communities.

#Bridge2Health Twitter Town Hall

Hosted by the HHS Office of Minority Health
 Wednesday, April 12, 2017
 1:00 pm – 2:30 pm ET
 @MinorityHealth
 minorityhealth.hhs.gov

Get your questions ready!



Coming Soon...

May 10th Get Connected Pop Up Event, Newark, NJ. Stay posted...



June 1st Deadline for The Francis Thompson Walton Scholarship Awards. Apply online. Scholarships awarded at the **June 17th Sickle Cell Celebration Commemorating World Sickle Cell Disease Day.** 10:00am Garden State Discovery Museum Cherry Hill

August 4th Kente Carpet Movies Under The Stars and SCANJ's Walk The Talk Team Garden Stroll for SCD. 7pm. Van Vleck Gardens Montclair



Register Now

www.getconnectedscd.org