

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.



Calendar Listings: April is Minority Health Month

Frances Thompson-Walton Scholarship. Applications accepted until May 1st. Visit the events tab on www.sicklecellnewjersey.org

3rd Connections Support Group. Tuesday 7:00pm –8:30pm Topic: Coping Strategies for the ER. 1016 Broad St. in Newark

20th We're Cooking For Our Health: Feed Me, Heal Me. 6:30pm-8:30pm 208 Lyons Ave in Newark, NJ. Hands on cooking demonstration with medical and nutrition expert Marjorie Dejoie-Brewer, MD. Dinner served. Register today.

April 21st. Zeta Phi Beta Sorority, Inc., Omicron Omicron Zeta Chapter Scholarship Awards Brunch. SCANJ Founder, Executive Director, and member of Alpha Kappa Alpha Sorority, Inc., Omicron Xi Omega Chapter, Mary Bentley LaMar, is an honoree. Tickets \$50.

May Peer Certification Classes

- 14-17th in Delanco
 - 24,25,28,29th in Newark
- Self-Management Resource Center (Formerly Stanford School of Medicine's) Chronic Disease Self-Management 4 Day Peer Leader Certification.** Enrollment is limited.

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



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Say It Loud!

April 2018

Sickle Cell News You Can Use

Sickle Cell Association of New Jersey

P.O. Box 9501 Newark, NJ 07104

Spring is Here...



Mary Bentley LaMar
Founder
Executive Director

There is a song that the church elders used to sing. The refrain was "Bring me my flowers so I may see the beauty that they bring..." I encourage you to smell the flowers now. Get out and experience the beauty all around you. And share your own gifts and talents to make life more beautiful for someone else.

Dr. Marjorie Dejoie-Brewer sets a great example of one who shares her talents. She will be our guest presenter for our Minority Health Month Program "We're Cooking For Our Health" (calendar listing). We invite you to come to this and other programs that we offer. And please visit our Facebook page and the events tab on our website to keep up with any late-breaking events.

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.

We look forward to your involvement. Just be sure to register for our programs so we may adequately prepare for you.

And I send a special thanks to the women of Zeta Phi Beta Sorority, Omicron Omicron Zeta Chapter for honoring me and other women in sororities for our work. Enjoy the spring and all the fresh new beginnings it brings. *I smell the roses...*

~Mary

Partnering for Health Equity | April 2018

April is National Minority Health Month. The theme for 2018 is "Partnering for Health Equity." Learn more and help raise awareness of the health disparities that affect minorities.

"Recognizing that health is the key to progress and equity in all other things, Dr. Booker T. Washington proposed the observance of "National Negro Health Week" in April 1915. He called on local health departments, schools, churches, businesses, professional associations, and the most influential organizations in the African-American community to "pull together" and "unite... in one great National Health Movement." That observance grew into what is today a month-long initiative to advance health equity across the country on behalf of all racial and ethnic minorities.

What is Health Equity? Health equity is when everyone has the opportunity to be as healthy as possible.

What Are Health Disparities?

Health disparities are differences in health outcomes and their causes among groups of people. For example, African American children are more likely to die from asthma compared to non-Hispanic White children. Reducing health disparities creates better health for all Americans.

**Mission Possible:
Healthy
Lives for Everyone**



In 2018 the Center For Disease Control (CDC) Office of Minority Health and Health Equity celebrates 30 years of service. Since 1988, the CDC has focused on reducing health disparities and ensuring a culturally competent public health workforce. The theme for the 30th anniversary commemoration is *Mission: Possible*. We believe "healthy lives for everyone" is possible and a goal that resonates in public health. 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.

SCANJ is proud to join HHS and the NJ Office of Minority and Multicultural Health (OMMH) as we partner for health equity. Each month our calendar listings provide details on programs that address health disparities. For National Minority Health Month we are highlighting "**We're Cooking For Our Health: Feed Me, Heal Me.**"

We encourage you to participate.

SCANJ thanks The HHS Office of Minority Health and the Center For Disease Control 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 Topic: Coping Strategies in the ER

May Topic: Patient-Centered Research

This month's meeting is Tuesday April 3rd 1016 Broad St. Newark.
 The May Meeting is at the JFK Center, 429 Kennedy Pkwy
 Willingboro. For more information and to RSVP you may register
 online via our events tab or call 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



Minority Health Month Celebration. . .



**The Sickle Cell Association of New Jersey
 in Celebration of
 National Minority Health Month**
 invites you to

**"We're Cooking For Our Health: Feed Me,
 Heal Me"**

Friday April 20, 2018 from 6:30pm-8:30pm

Come to the welcome table as we learn from

Marjorie Dejoie-Brewer, MD, Chief Medical Officer with the Sickle Cell Disease Association of America/Philadelphia. Dr. Dejoie-Brewer will share her secrets for nutrition and wellness through a cooking demonstration. Dinner provided. RSVP required.

We'll have food, fun and fellowship. RSVP Today!

Coming Soon...

May

**Stay Posted for the Get Connected
 Pop Up Event in Newark, NJ.**



**June 21, 22, 25 & 26th Peer Leader
 Diabetes Certification in Newark.**

**June 23rd Sickle Cellabration
 Commemorating World Sickle Cell
 Disease Day.**

**August TBD Kente Carpet Movies
 Under The Stars and Garden Stroll
 & WALK for SCD. Van Vleck
 Gardens in Montclair.**

ZETA PHI BETA SORORITY, INC.
 ZETAS AND AMICAE of OMICRON OMICRON ZETA CHAPTER

Invite You To Their

25th ANNIVERSARY CELEBRATION

One Common Bond

Sisters n Service

**Scholarship
 Awards
 Brunch**

Keynote Speaker:
Dr. Mary Breaux Wright
 International President
 Zeta Phi Beta Sorority, Inc.

Saturday, April 21, 2018
11:00 AM - 3:00 PM

Donation \$50
Children under 12 years of age \$30
Vendors Village, Door Prizes, Cash Bar

AULETTO CATERERS
 1849 Cooper Street • Almonesson, NJ 08096

For More Information Contact:
Michele Baynes @ 609-668-3107

The Sickle Cell Association of New Jersey is pleased to salute SCANJ Founder, Executive Director, and member of Alpha Kappa Alpha Sorority, Inc., Omicron Xi Omega Chapter, Mary Bentley LaMar, for being honored for her community service by the Zeta Phi Beta Sorority, Inc., Omicron Omicron Zeta Chapter.

You can join in the celebration and support their Scholarship Awards Brunch by buying a ticket. To sit with the SCANJ table please contact our office at 973 482-9070. SCANJ currently has 6 tickets left.



Register Now

www.getconnectedscd.org

