



Calendar Listings:

January 14 Red Carpet Premiere Movie Showing of "A Joyful Noise" starring Queen Latifah, Dolly Parton and Dexter Darden. Congratulations to Dexter who is living with sickle cell disease. RAVE Theatre 900 Haddonfield Road, Voorhees NJ. 5:00pm.

18th Liberty Science Center Community Evenings. Visit the SCANJ booth at the Science Center. Liberty State Park in Jersey City. Free. 6:00pm

22nd First Baptist Church of South Orange. SCANJ Mission Talk during morning service. 103 Valley St. South Orange 11:30am

24-27, 4 Day Peer Leader Training for Take Control of Your Health Certification Begins. 9:30 AM to 3:30 PM Various locations: Fords, Newark, Cape May County. Register online through eventbrite.com or call SCANJ at 973 482-9070.

February 7th SCANJ Lunch and Learn at Ramapo College. Noon

16th Mercer County Community College. SCANJ to educate on sickle cell disease for Black History Month Program in partnership with NJ Blood Services. Noon

18th SCANJ/107.5 WBLS Radio and Omega Psi Phi Fraternity 2nd District for the American Red Cross Blood Drive. New Jersey City University 2039 Kennedy Blvd, Jersey City. To register in advance go to RedCrossblood.org and enter the **Sponsor Code 02215603.** 8:00am-2:00pm

25th Shiloh Baptist Church Health Fair. Visit the SCANJ booth and **Take Control of Your Health Demonstration.** 99 Davenport Ave. Newark 10:00 am-2:00pm



Volume 3
Issue 1

Say It Loud!

January 2012

Sickle Cell News You Can Use

The Sickle Cell Association of New Jersey

Happy New Year From the Executive Director...



Mary
Bentley LaMar

At the time of this writing, I am in Cape May County to help share our programs and services with our southern neighbors.

There is a wealth of activity in the sickle cell community going throughout New Jersey. What is reflected in this newsletter is just the surface. I encourage you to share what you are doing as an individual or as an organization to help fight sickle cell disease.

On a national note, I'm pleased that SCANJ's Abstract on Outreach has been accepted for poster presentation at the 6th Annual Sickle Cell Disease Symposium and Annual National Sickle Cell Disease Scientific Meeting in Hollywood, Florida February 29-March 2. Other news is the Take Control Of Your Health Workshops and our PSA Video Contest (see below) which kicks off on Martin Luther King Jr's Birthday. Check out the guidelines. You could be a winner and enlighten others about sickle cell disease.

Read up and stay posted for more happenings. Gotta go! ~Mary

The Sickle Cell Association of New Jersey

Mission Statement

In concordance with the mission of The Sickle Cell Disease Association of America; "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"

Say It Loud! SCANJ's PSA Video Awareness Contest Set To Begin

Attention youth ages 13-25!

Help us spread the word about sickle cell disease by making a short video public service announcement (PSA). Our goals are to increase understanding of sickle cell disease and to raise awareness about related programs and services available in New Jersey.

There are two contest categories: competitive (open only to New Jersey residents between ages 13 and 25) and noncompetitive (open to anyone). **In the competitive category, the first place winner will receive \$1000, second place wins \$600, and the third place winner will receive \$400.** No monetary prizes will be awarded in the non-competitive category.

Entries will be judged based on their creativity, ability to inspire, accuracy of information and the WOW factor! The panel of judges will include health care professionals, individuals living with sickle cell disease, and professionals in the media and broadcast industry.

Please note that additional rules and eligibility requirements apply and will be posted, on or about Monday January 16 (Martin Luther King Day of Service) on eventbrite.com.

Entries and complete registration form must be received no later than April 3, 2012. Winning entries for the competitive division will be notified by April 20, 2012. Winners will be announced in SCANJ's May 2012 newsletter.

For more information call Ediomu Utuk, PSA Contest Chair at 347 470-8645 or email SCANJ at sicklecellanj@gmail.com for a copy of the registration form and guidelines.

This program is made possible, in part, thanks to an Outreach Grant from the New York Mid Atlantic Consortium (NYMAC) and Health Resources and Services Administration (HRSA).

**Are you on
our
Newsletter
list?
Callingpost?
Just send us
an email or
call with
your contact
information
to be added.**

**Be among
the first to
hear the
news**

Mailing Address for SCANJ

P.O. Box 9501 Newark NJ 07104

EIN# 80-0474935 SCANJ is a 501c 3 agency

Donations are tax deductible.

Phone: 973 482-9070 Fax: 973 485-6591

email: sicklecellanj@gmail.com

Say It Loud! PSA Video Contest

Registration online begins Jan 16th

Entries must be submitted by mail

Complete Rules and Guidelines will be

posted on eventbrite.com

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

Beverly Lucas-Editor

Let us know what you think.

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[Facebook.com/sicklecellnewjersey](https://www.facebook.com/sicklecellnewjersey)



Now Is The Time To Take Control Of Your Health

As you usher in the new year, you may, like many others, have resolved to take better care of yourself. That's especially important if you have an ongoing (chronic) condition like high blood pressure, diabetes, sickle cell disease or arthritis. On the other hand, you may feel like it's just not worth the effort. Why bother? No matter which scenario best describes your state of mind SCANJ can help. Sign up for our **free** Take Control of Your Health Workshops for the information and support you need to get motivated and stay motivated to live a healthier lifestyle.

Each workshop is held for approximately two and a half hours, once a week, for six weeks. The sessions deal with the issues that everyone living with a chronic health condition faces, such as how to:

- Manage medications
- Deal with depression
- Eat wisely and well
- Control pain
- Set and meet your goals
- Fight fatigue and frustration
- Start an appropriate exercise program
- Manage stress and learn to relax
- Communicate with your health care providers, family and friends

The program, which was developed at Stanford University, is led by trained and certified Peer Leaders, some of whom have chronic conditions themselves.

If you would like to learn how to conduct the workshops, 4 Day Peer Leader Training Certification begins Tuesday January 24th in Fords NJ. We still have a few slots available for the Fords sessions. Other Peer Leader Trainings for Newark and Cape May County are being scheduled and will be posted online soon.

The 6 Week TCYH Community Workshops will begin in March. SCANJ is proud to have been selected by the state of New Jersey to provide this program and to have been recognized for best practices in its implementation.

To register give us a call at 973 482-9070 or go to www.takecontrolscanj.eventbrite.com. You can also visit www.sicklecellnewjersey.org for more information.



**Fun at the
Holiday Party**

Coming Soon...

SCANJ Celebrates Black History

Month by teaming up with 107.5 WBLS Radio and Omega Psi Phi Fraternity 2nd District for the Sickle Cell Awareness American Red Cross Blood Drive.

Thanks to the hospitality of New Jersey City University (NJCU), come to the Student Center-Multi Purpose Room, 2039 Kennedy Boulevard, Jersey City, New Jersey. Register online to donate. **Go to RedCrossblood.org and enter the sponsor code 02215603.**

During the drive come and party at our Health Fest. WBLS' DJ's will be on site to help with the festivities and most of all, raise awareness about sickle cell disease and the importance of blood donations. Contact SCANJ for more information or to have a booth at the Health Fest. 973 482-9070.

[Sicklecellnewjersey.org...](http://Sicklecellnewjersey.org)

We're upgrading our website. Any suggestions? Let us hear from you on how we can serve you better online.

Thanks!

