



# september

MINORITY HEALTH  
NEWSLETTER



Office of Minority Health

Hispanic Heritage Month



CELEBRATING  
**HISPANIC  
HERITAGE**

September is National Hispanic Heritage Month and is annually celebrated from September 15 to October 15 to recognize the contributions and influence of Hispanic Americans to the history, culture, and achievements in the United States.

## National Cholesterol Education Month



## NATIONAL CHOLESTEROL EDUCATION MONTH

September is also National Cholesterol Education Month, so we wanted to share some information regarding heart disease. In the United States, the incidence of deaths resulting from heart disease is 30% higher for African Americans when compared to the White population. Some experts suggest that is due to unequal access to health care or cultural differences in attitudes toward medical treatment. Researchers have found that African-Americans and Hispanics are less likely to have their blood cholesterol levels checked, which is important for preventative heart health measures.

## Suicide Prevention Day



Every year on September 10th, World Suicide Prevention day is held in order to raise awareness about the risks and warning signs for suicide. In the United States, suicide rates are highest among American Indian, Alaska Native, and White populations. By increasing awareness and education around mental health, we can work on reducing the cultural stigma and improving access to resources that surrounds the topic of mental health.

Behaviors that indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

If you're thinking about suicide and/or worried about a friend or loved one, please call the  
**Suicide and Crisis Lifeline: 988**

# WAVES

## Support Group for Parents

Learn healthy coping skills and how to  
manage stress

Meet and build friendships with other  
parents

Every Tuesday 12pm-1pm via Zoom

Meeting ID: 8630355365

<https://tinyurl.com/WavesSupport>



JOIN FOR A CHANCE TO WIN  
A SPECIAL GIFT!

JOIN PAIL SOCIETY

WED  
10th

**YOGA via Zoom**

FROM 7 PM - 8 PM

Aug

SAT  
20th

**Water Lantern Festival  
(RSVP Required)**

FROM 7 PM - 9:30 PM

Aug

SAT  
24th

**PAIL Society Breakfast**

FROM 10 AM - 12 PM

Sept

FRI  
30th

**PAIL Paint and Sip**

FROM 6 PM - 8 PM

Sept

SUPPORT  
GROUP

**August 10th  
September 14th  
October 12th  
November 9th**

FROM 7 PM TO 8 PM via ZOOM

CONTACT

**Joncquil Hope, MEd.**

joncquil84@hotmail.com

[www.pailconnect.org](http://www.pailconnect.org)

Remembering Our Angel Babies

WHAT'S ON  
THIS SUMMER



PREGNANCY AND  
INFANT LOSS

## Had a baby in 2020 or 2021?

You could get up to \$5,000 in federal money for your baby. **(\$3600 with the Child Tax Credit plus a \$1400 stimulus payment)**



*Getting this money does not impact your immigration status or the status of people you live with.*

- ✓ You could also get other payments for yourself and any other children you have.
- ✓ You can get this money even if you have never done taxes before or if you have not in the last few years.
- ✓ This money does not count for most benefits, like SNAP, WIC, TANF, MEDICAID, CHIP, SSI, Emergency Assistance shelter, and most types of public and subsidized housing.
- ✓ If you didn't get the 2020 stimulus payments for a baby born in 2020 (\$500 for the first payment and \$600 for the second), you can get these by filing a late or amended 2020 tax return.

**Get your money now!**  
Scan the QR Code or go to  
[www.getCTC.org/NEOH](http://www.getCTC.org/NEOH)





Friday, September 30, 2022 8:30a.m. - 4:30p.m.  
 Tri-C Corporate College East Campus

## FROM HINDSIGHT TO FORESIGHT: *THE EVOLUTION*

### Session topics include:

- New ideas for post-pandemic aging
- Diversity, equity, and inclusion in aging
- The power of developing great habits
- The evolution of aging
- Resiliency and aging in Northeast Ohio

Please register online at:  
<https://conta.cc/3dvUuot>

**\$65 professionals**  
**\$25 students & retirees**



### Summit keynote Speakers:



**Mary Dolansky, PhD**  
 Director of the Hirsh Institute  
 for Evidence-Based Practice  
 Implementation Frances  
 Payne Bolton School of  
 Nursing at Case Western  
 Reserve University



**Yvonka Hall, MPA**  
 Executive Director,  
 Northeast Ohio Black  
 Health Coalition



**Tamsin Astor, PhD**  
 Founder and Chief  
 Habit Scientist, Yoga  
 Brained, LLC



**Master of Ceremonies**  
 Ben Holbert  
 Award-Winning Journalist  
 Media Specialist

[dsas.cuyahogacounty.us](https://dsas.cuyahogacounty.us)

✓ Questions? Call 216-698-2562



**GO VIRTUAL**  
 Online Options



**NETWORK**  
 Exhibitor Tables



**EARN**  
 6.5 CEUs or CPDUs



Presented by:

Cuyahoga County  
 TOGETHER WE THRIVE

Division of Senior and  
 Adult Services



**Western Reserve**  
 Area Agency on Aging

**COVID-safe protocols will be adhered to.**

CUY\_654\_ces 8/2022



NORTHEAST OHIO  
**Black Health Coalition**  
*Educate, Advocate, Empower*

**Creating Solutions to**

# TEEN TRUTH

**Our Communities Most  
Pressing Concerns**

**Saturday Sept 17th  
11am-3pm**

Join students throughout  
Northeast Ohio for our  
advocacy workshop focusing  
on the environment

Call 216-236-8027 or email  
[lpugh@neobhc.org](mailto:lpugh@neobhc.org) for information





NEO  
African  
American  
Women's  
Wellness  
Walk

*Walk 4 R Sista's*  
Saturday Sept. 17, 2022

**7am-9am**  
**Virtual Walk**

**FREE**

Tanya Higgins,  
Health Champion Award



Vicki Haywood Doe, PhD,  
ACSM-EP-C Founder &  
CEO/Health Fitness Director

**Zoom:**  
[tinyurl.com/AAWWW2022](https://tinyurl.com/AAWWW2022)

Northeast Ohio  
Black Health Coalition  
(216) 295-0283  
[neobhc@gmail.com](mailto:neobhc@gmail.com)  
[neoblackhealthcoalition.org](https://neoblackhealthcoalition.org)

Diaper Banks

# SIGN UP FOR OUR COMMUNITY DIAPER BANKS

**STEP ONE - REGISTER:** COMPLETE OUR ONLINE  
APPLICATION AT: [SCPH.LINK/DIAPERSAPPLY](https://scph.link/diapersapply)

**STEP TWO - SCHEDULE:** TO JOIN US AT ANY OR ALL  
GIVEAWAYS. YOU WILL BE CONTACTED BY SUMMIT COUNTY  
PUBLIC HEALTH AFTER YOU REGISTER. IF YOU ARE NOT  
CONTACTED, CALL 330-926-5700



Department of Job and Family Services



**FULL TERM**  
FIRST BIRTHDAY  
GREATER AKRON

Free Food Distribution in Akron and Summit  
County



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

October 6, 2022

November 3, 2022

December 1, 2022

## Events In Akron

SEPTEMBER CALENDAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor day	6 GED-Project Learn	7	8	9	10 Suicide Prevention Day
11	12	13	14	15 Start of Hispanic Heritage Month	16	17
18	19	20	21 Community Grocery Distribution	22	23	24
25	26 Pediatric Safe Sleep	27	28	29 Impact of Trauma on Older Adults	30	

### **September 6th: GED-Project Learn**

Offers free assistance for those who wish to earn their Ohio High School Equivalency Diploma. Students work on reading, writing and math skills in preparation for the GED test. For more information or to register, call **Project Learn of Summit County** at 330-434-9461.

### **September 21st: Community Grocery Distribution**

Drive Thru and receive 3 days worth of groceries & a meal to go!

We partner with the Akron Food Bank to feed our community. All are welcome, ID or proof of residence is needed for first time registration.

<http://relentlessakron.org/events>

### **September 26th: Pediatric Safe Sleep**

Hannah Whittaker, BSN, RN, shares the benefits of good sleep habits for your baby. She is a Pediatric Sleep Consultant and Pediatric Nurse looking to help families get their sleep back and solve some challenging sleep problems.

<https://services.akronlibrary.org/event/6957961>

### **September 29th: Impact of Trauma on Older Adults**

This 2 hour seminar will provide you with knowledge and awareness so as to better identify behaviors in older adults associated with trauma. Dana Zedak, L.S.W. C.A. from the Summit Victim Assistance Academy at Victim Assistance Program is the presenter.

<https://www.eventbrite.com/e/seminar-impact-of-trauma-on-older-adults-tickets-39166078695>

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**For more information follow our social media:**



Notice

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