

NATIONAL BLACK NURSES ASSOCIATION

NBNA

NEWS



Dr. Martha A. Dawson, the NBNA 13th President

Also inside this issue:

16

NBNA
INAUGURAL
BOW TIE
BREAKFAST

18

NBNA TESTS
A DIGITAL
HEALTHY
ACTIVITY
TRACKER

30

LEVERAGING
THE NETWORKING
POWER OF
NBNA CHAPTERS

NBNA 2019 Conference

Celebrating our Past and Preparing for Our 48th Annual Institute and Conference

Martha A. Dawson, DNP, RN

I would like to thank our awesome members, outstanding national office staff, remarkable corporate sponsors, presenters, vendors, exhibitors, family and friends for a marvelous 47th Annual Institute and Conference. The New Orleans Black Nurses Association (BNA), other Louisiana BNA chapters, hotels, corporate community, and the New Orleans Convention and Visitors Bureau exceeded our expectations. From day one, our conference had something for everyone. On Sunday the local chapter held our traditional conference bag stuffing with young teenagers, husbands, sisters and brothers. Each volunteer assisted us with producing a record number of conference bags, and we had fun. So, come join us in Hollywood, Florida for our 48th Annual Institute and Conference.

Monday, July 22, 2019, NBNA Inaugural Conference Missing our Mothers, Daughters and Sons Workshop was sponsored by VITAS Healthcare and the New Orleans Black Nurses Association. On Tuesday, the Board and members participated in the local chapter Health Fair at Guste Homes Highrise where NBNA member and NBNA Trailblazer Awardee Dr. Scharmaine Lawson manages a primary care clinic. Also, on Tuesday, the NBNA Collaborative Mentorship Program held its inaugural Mentoring in the Moment (MIM) Buddy Café. The MIM Bubby Café was held on multiple days and multiple times supporting NBNA goal to mentor and give back as we develop future nurse leaders.

Wednesday was a full day of workshops for everyone and every specialty group, Presidents Leadership Institute, Diversity Advanced Practice RN and Doctorate Symposium, Red Cross Blood Drive, writing, chronic diseases, first time attendees, chapter development and technology workshops. As your 13th President, we had a great time at my presidential receptions to say thank you and have an open meet and greet. Of course, the day would not have been complete without our Under 40 event.

I am not sure how the National Office and local planners pull it off, but there was a band for every event to keep our members moving, and the award for the most movement this year goes to one of our past presidents (read the article in this edition). Recently, someone asked me why our members were so much in red in our pictures. I explained that many of our chapters use red as part of their chapter colors. However, this also gave me an opportunity to discuss one of our population health focus with our “Red Dress Day” which is in support of women’s heart health, an initiative by the National Heart, Lung and Blood Institute. Focus on men’s health, specifically men’s mental health, was the focus of the inaugural Men’s Health Bowtie Institute, with over 150 men attending the session including men from the New Orleans Community.

I could go on and on about the *All of Us* Research Forum, standing room only for the Cardiovascular Plenary Session II, Second Line Party (which I still don’t understand) and Umbrella Contest; I love my umbrella and I got that part.

Your interest and anticipation should be high, so peek inside and enjoy our Summer 2019 Newsletter!

NBNA...Networking as the **Best** professional organization that is **Necessary** to effect real change with **Accountability**.

NBNA = NBNA²

20 By 20 See You in Hollywood, Florida
You can come by car, bus, train, boat or plane
...just come!

Martha A. Dawson, DNP, RN
NBNA 13th President

FEATURES

Letter From the Editor-in-Chief	4
NBNA President's Letter	5
NBNA Inaugural Bow Tie Breakfast Institute on Men's Health/ Discussions on Mental Health Disparities among Black Men	16
Remembering to do The Right Things: NBNA Tests A Digital Healthy Activity Tracker	18
It's All About How You Engage for "All of Us"	20
Southwest Michigan Black Nurses Association Works Through Barber Shop for the All of Us Research Program	22
Black Communities in Healthcare Research	24
Capitol City Black Nurses Association Supports the All of Us Research Program	27
The New England Minority Nurse Leadership Conference	30
My Battle With A Mysterious Form Of Heart Failure	32
One Step Ahead on No Menthol Sunday	34
Zero-carbon Energy Can Protect Our Communities	35
Members on the Move	36
Chapters on the Move	38
NBNA Chapter Presidents	44

ON THE COVER

Dr. Martha A. Dawson,
elected as the
13th NBNA President

NBNA NEWS

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Leadership, Education, and Quality Healthcare



The NBNA 47th Annual Institute and Conference was a resounding success! Thank you to our host chapter, the New Orleans Black Nurses Association, and all of the Louisiana chapters for your warm welcome and tremendous hospitality. The conference activities provided tangible evidence of our 117 chapters' ongoing commitment to NBNA's position as a leader in the journey toward culturally competent health care services for all. The conference week included a myriad of professional development and leadership opportunities, educational sessions, collegial networking, and numerous strategies for advocacy and expanding access to high quality health care. Plenary sessions, the education institutes, and all workshops reminded NBNA members of the importance of continuing the critical task of strengthening and expanding involvement with our local chapters, collaborative partners, and national affiliates. A highlight of the conference was the inaugural Men's Health Bowtie Institute, attended by an impressive cohort of men and our "Wear Blue for Men's Health" day! The Institute reminded us of the unique health care needs of men and of our collective responsibility to create opportunities that focus on health care for all citizens. Similarly, attendance at each of the conference offerings served as a renewal of our commitment to evaluate trends to shape policies that assist African Americans and other minorities in the receipt of high quality nursing care and support. Thoughtful attention to the provision of health care and nursing services that are culturally relevant and patient-centered is an important strategy for closing the health disparity gap, thus ensuring quality health care for all Americans. NBNA seeks to meet this challenge by engaging in constructive conversations with healthcare partners, academic centers, and local communities to ensure that the needs of minority groups are aligned with those of members of the larger society. Thank you to our attendees, exhibitors, corporate partners, guests, sponsors, and all contributors who made the NBNA 47th Annual Institute and Conference a huge success!

Overall, NBNA members have strengthened our collective resolve to stay involved and engaged in the many capacities necessary to improve the quality of health services in our communities. Amidst the nursing shortage, we are determined to expand our reach by leading the dialogue on healthcare, by participating in nursing research, by pursuing career advancement, and by creating opportunities to impact health legislation.

The dynamic leadership and passion of our members are required to ensure that NBNA remains strategically positioned to lead the charge for culturally competent healthcare. The dialogue concerning affordable and patient-centered healthcare for all population groups is ongoing. These crucial conversations are a necessity to ensure that disparities in healthcare are addressed, and all NBNA members are asked to respectfully accept our mission and responsibility to be the voice for those groups in need.

NBNA members - Recognize our need to do more, and be willing to do it! Indeed, there are tremendous challenges facing our healthcare system and our country. We have a great opportunity to implement fresh strategies and approaches to this discussion! The dreams and aspirations of all include the opportunity to live prosperous, productive lives. Let's embrace this philosophy via quality healthcare for all. Continue to be a part of the solution!

Respectfully,

Jennifer J. Coleman, PhD, RN, CNE, COI
Co-Editor-in-Chief

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Building on Our History and Accelerating Our Journey of Excellence

Dr. Martha A. Dawson
President, National Black Nurses Association



I am grateful to the membership for electing me as the 13th president to lead this great membership driven organization. Our members are knowledgeable and have the best voices to move our agenda, to influence policy, and to promote health in our communities. Immediately after my installation in New Orleans, the national office staff, immediate past president, officers, board, many members, and I started working to continue the success of our great organization and to implement the five pillars that will guide us over the next 2 years and beyond. As we start this journey to reach our plane and climb to new heights, we will respect our history, and be true to our founders. There are five pillars that will support and guide our work.

Pillar #1 Membership Support and Engagement

Our goal is to involve, retain, and grow our membership. Our NBNA membership has eagerly accepted the call to serve on 38 NBNA committees and task forces. We had 206 nurses who requested appointments to serve on one or more committees. It is rewarding to see that our members are ready to serve each other, our communities, and our corporate partners. We are moving forward with our 20 by 20 membership campaign. The goal is that

every chapter will have at least 20 members by 2020; and that collectively, NBNA's membership will grow to 5,000 members. Chapter presidents, membership chairs, and chapter members are demonstrating their excitement and support for this campaign with active recruitment strategies. Increasing the number of nurses in our local chapters will help us to better serve our communities, develop future leaders, and recruit students into this great profession. Our members are NBNA strong!

Pillar #2 Workforce Expansion and Growing our Own

We will strengthen NBNA's position as the voice to promote genuine growth in the number of African American nurses from the bedside to the boardroom in education, practice, research, leadership, and advocacy. Members of the Birmingham Black Nurses Association are prepared to share with the National Mini-Nurse Academy Taskforce the framework for this program, including goals and objectives, course overview, and the topical outline that will serve as the blueprint to kick start this initiative. I am excited about the number of nurses desiring to work with this project to create real impact and to increase diversity in the nursing profession. NBNA will be the trendsetters in growing our own. As we move from the car to the bus, the train is leaving the station and heading toward our goal!

Letter From the President

Pillar #3 Leadership and Succession Planning

We have heard our members' suggestions, and we are evaluating infrastructure needs of the national office, planning a focused President's Leadership Institute at the 2020 conference, and assessing how to ensure and document return on investment for our members and corporate partners. We will share stories of NBNA's impact on the careers of our members and the value of being a member. Our newsletter will spotlight voices from members and their stories. We will also grow and strengthen NBNA's relationships with corporate partners and educational institutions, promoting bi-directional goals and outcomes that benefit all partners.

Pillar #4 Diversity, Inclusivity, Equality, and Equity

When addressing this pillar, there is no group better to tell our stories than NBNA members. These concepts can only be addressed in authentic environments that support social justice, civility, and appreciation of individual differences. Organizations that are ready for change must accept that diversity is nothing more than the analytic profile of the human blueprint of a system. When organizations fail to assess their environment for inclusivity, equality, and equity, they are falling extremely short of appreciating and supporting the diversity of their workforce. I know many of us have experiences and stories to tell to others that will assure their survival in educational institutions, practice settings, and at the leadership tables.

Pillar #5 Advocacy and Service

These two concepts provide the foundation of NBNA in action. Our founders and past presidents have given us a legacy of advocacy and service with a collaborative practice model and with our NBNA Day on Capitol Hill, (Dr. Linda Burnes Bolton and Dr. C. Alicia Georges). We have always been visible in the community, partnering with faith-based organizations, schools, and anyone that was willing to work with us. We have a strong active Health Policy Committee and other committees that work with the executive director, staff, and elected officers to ensure that we have a voice in shaping health care practices, policies, and laws. We believe that every person has the right to a healthy start, a safe living environment, and a peaceful transition. NBNA will continue to give voice to population health as providers, research scientists, translational adaptors of best practices, educators, policy makers, and leaders. Nursing is an art and science and one without the other means that we are falling short of our true mission of caring.

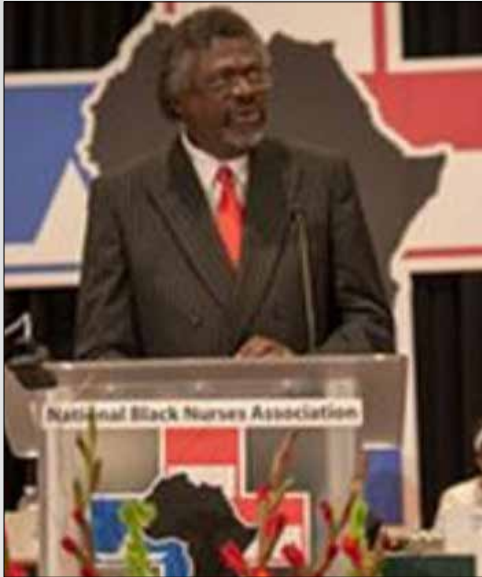
For decades, we have known that where we are born, live, play, work, worship, and transition matters. This is why we continue to grow our Network as the Best professional organization that is Necessary to effect real change and Accountability.

NBNA + NBNA = NBNA²

**All Aboard 50 by 50
2021 NBNA 50th Anniversary Train**

Martha A. Dawson, DNP, RN
NBNA 13th President

NBNA 2019 Conference



Dr. Ernest Grant, President, American Nurses Association, Keynote Speaker at the Opening Ceremony



Dr. Martha A. Dawson receives the gavel as the 13th NBNA President from Dr. Eric J. Williams



Delegates Taking Care of Business at the Business Meeting



NBNA President Dr. Eric J. Williams at the Business Meeting

NBNA 2019 Conference



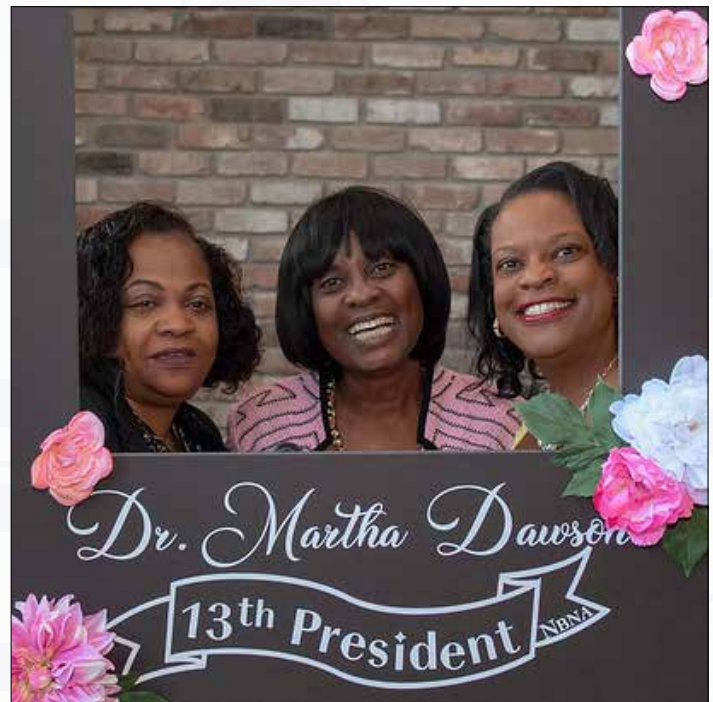
NBNA Treasurer Trilby Barnes Green and Dr. Lyn Peugeot, Broward County Ft. Lauderdale BNA President



Members of Alpha Kappa Alpha Sorority, Inc. serenade their soror Dr. Martha A. Dawson, President



Dr. Debra A. Toney, NBNA Conference Chair and Dr. Patricia McManus, NBNA Parliamentarian



The NBNA Top Leadership are AKAs Patricia Lane, 2nd Vice President, Dr. Martha A. Dawson, President, and Lola Denise Jefferson, First Vice President

NBNA 2019 Conference



New Orleans BNA Health Fair



New Orleans BNA Health Fair



NBNA Conference 2019, Dr. Jonnie Hamilton, Dr. Betty Williams, Nettie Riddick (Detroit BNA President)



NBNA Conference 2019 attendees



VITAS Healthcare Faculty

NBNA 2019 Conference



Dr. Martha Dawson explains the 20 by 20 Membership Campaign at the Business Meeting



NBNA Member Carolyn TenEyck Prolacta Bioscience Session Luncheon Sponsor at the Presidents Leadership Institute



Speakers at Planned Parenthood Session during Presidents Leadership Institute:
Dr. Joia Crear-Perry, CJ Marbley, Sonya Norsworthy and Nia Eshu Robinson

NBNA 2019 Conference



Dr. Katherine Tucker and President Dr. Eric J. Williams charter Midlands of SCBNA Lisa Davis and Frances Ashe-Goins



Chartering of New Chapter North Alabama Black Nurse Association Karen Harris, Bridgette Taylor and Dr Eric Williams



Suffolk County Black Nurses Association in New York Next to Dr Eric Williams, Jacqueline Winston RN President, Tiara Lagrasta student, Sabine Coriolan-Victome RN, Anjelica Buchanan student, Ashley Brunot student



Chartering of New Chapter

NBNA 2019 Conference



Prolacta Bioscience Speakers Carolyn TenEyck, Dr. Victoria Micklas, Dr. Martha A. Dawson, Dr. Cynethia Bethel-Jaiteh, Trilby Barnes Green



First Time Attendees Forum at the NBNA Conference

NBNA 2019 Conference



Dr. Martha Dawson and Dr. Marcia Lowe, with Dr. Johnnie Tice newly chartered chapters



Deborah Thedford Zimmerman, Erica Jackson-Woods, Dr. Lindsay Harris



Voncea Brusha and Sabrina Newton, NBNA Board Member



Deborah Thedford Zimmerman and Dr. Pier Broadnax Birmingham & DC Presidents



NBNA American Red Cross Blood Drive



Kim Scott, Dr. Angela Allen, Dr. Katherine Tucker current and former NBNA Board Members

NBNA 2019 Conference



Dr. Martha A. Dawson with the Mentor Mentee Collaborative



Presidents Leadership Institute 2019, Dr. Marie Etienne, Beatrice Mbaocha, Dr. Martha A. Dawson, Kim Cartwright, Alexandria Jones-Patten



Presidents Leadership Institute 2019, Whakeela James, Yvonne Jackson



NBNA Presidents Leadership Institute 2019, Carter Todd and President Dr. Eric J. Williams

ALL THINGS NBNA

NBNA Scholarship Resource Page

NBNA is creating a scholarship and fellowship resource page. Send the link to the resources for scholarship and resources to info@nbna.org. NBNA wants to provide more financial support to nurses and nursing students at all levels pursuing their education goals. Consider creating a scholarship in the name of your nursing icon, a family member, or yourself. You might want to get a couple of colleagues to join you in creating a scholarship. Scholarship levels start at \$1000. The deadline for the NBNA Scholarship is April 15 annually. Scholarship applicants MUST be a NBNA member. You may contribute to the NBNA Scholarship Program by sending a check to NBNA, 8630 Fenton Street, Suite 910, Silver Spring, MD 20910. Any amount is helpful!!! Let's help some nurses and nursing students realize their DREAMS!!! Please like and share this post.

NBNA wants to capture how much scholarship was awarded in 2019. Please send your chapter name, the total amount of the scholarships awarded and the number of scholarships awarded.

Membership Recruitment and Retention

Please send the name and email address of the dean and/or faculty members at your alma mater. NBNA wants to send information about the NBNA Annual Conference, Scholarships, Newsletter and of course Membership. Stay tuned for the 20 by 20 Membership Recruitment and Retention Campaign Spearheaded by NBNA President Dr. Martha A. Dawson.

Programs

NBNA would like to hear from you with your name, email address and chapter name/direct member:

1. Diversity and Inclusion/Health Equity
2. Neuroscience/Brain Health
3. NICU/working with micro preemies

NBNA 2019 Conference Souvenir Program Book

NBNA 48th Annual Institute and Conference, July 28 – August, 2, 2020, Hollywood, FL

NBNA 50th Anniversary, August 3-5, 2021, Hilton Anatole, Dallas, TX

NBNA Resolutions Tool Kit

Are you interested in developing a resolution on a hot button nursing practice, health concern or the state of the economy? See the NBNA Resolutions Tool Kit link below for instructions to develop a resolution. Resolutions must be approved by the Resolutions Committee and Board of Directors before they are voted upon by the membership at the annual business meeting at the NBNA Conference.

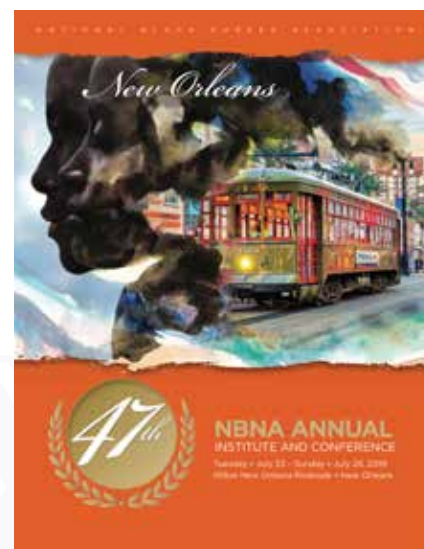
<http://www.nbna.org/files/NBNA%20Resolution%20Guidelines%20Manual.pdf>

Chapters Tax Exempt Status

ALL Chapters must file their taxes by May 15th annually. The 990 EZ form is a post card filing. For all chapters making less than \$50,000 in revenue, the chapter can use the 990 EZ form. If the chapter does not file its taxes for 3 straight years, the IRS will AUTOMATICALLY REVOKE your non-profit status as an affiliate under the NBNA umbrella. What does this mean?

- It means that companies and organizations that financially support your activities may not do so.
- It means that the chapter will be taxed on revenue that it raises.
- It means that the chapter will not be credentialed at the NBNA annual conference.
- It means that the chapter will not be able to have delegates to vote for the NBNA members who did not attend the NBNA annual business meeting.

Make sure that your chapter has filed its taxes. If the chapter's tax status has been revoked, go to www.irs.gov/revocation to get instructions to be reinstated.



Check out the NBNA 2019 Conference Souvenir Program Book. Hopefully this will get you EXCITED about attending the NBNA 48th Annual Institute and Conference, July 28 – August 2, 2020, The Diplomat Beach Resort, Hollywood, FL. This is the BEST place to receive up to 32 CEs, visit with 125 exhibitors from a variety of industries, schools of nursing, health care systems, pharmaceutical companies, retail outlets and publishing companies. (Maybe you will find your next job, advisory board appointment, consultant experience or invitation to go to your school of choice), network with 1000 Black nurses and have FUN! And, then, join us in Dallas for the NBNA 50th Anniversary!!!

<https://www.nbna.org/files/2019%20NBNA%20Conference%20Program.pdf>

NBNA Inaugural Bow Tie Breakfast Institute on Men's Health/ Discussions on Mental Health Disparities among Black Men

Kendrick T. Clack, MS, APRN, FNP-C, AAHIVS



Kendrick Terrill Clack is board certified nurse practitioner with clinical experience in primary care with a focus on HIV/AIDS treatment and prevention and LGBT Health. He has been recognized

for his dedication to community involvement and academic excellence through awards such as Student Nurse of the Year, Nurse of the Year, Advance Practice Nurse of the Year, 40 under 40 Leaders in Health and Outstanding Master's Student. He is an active member of numerous professional and civic organizations, has served as past board member of the National Black Nurses Association and is current co chair of men's health committee.

On July 27th, 2019, during the 47th national institute and conference the National Black Nurses Association (NBNA) Ad Hoc Committee on Men's Health hosted its inaugural Bow Tie Breakfast Institute on Men's Health.

The historic event was organized as a community collaboration between New Orleans East Hospital and NBNA as an opportunity for male community members, health professionals and policy advocates to discuss mental health issues among Black men. The event was well attended by over 100 participants, that included conference attendees, male and female community members and health professionals from across the United States.

Despite its prevalence, mental health has been chronically ignored in the black community. Over 13% of the US population is African-Americans (AA) and just over 16% have had a diagnosable mental illness within the past year (Mental Health America, 2019). Only 25% of AA seek mental health care compared to 40% of whites (National Alliance on Mental Illness, 2019). Dynamic presentations by two local health care professionals addressed two of the many variables that contribute to mental health disparities. These discussions served as starting points to address mental health disparities among Black Men.

Dr. Benita Chatmon, a local clinical nurse educator, presented "YouGoodMan: The Destigmatization of Mental Health within Black Males". She outlined numerous environmental and cultural factors that influence help-seeking behaviors in Black Males. Among these was masculine norms which serves as the catalyst for the "man-up" culture of our society. "Man-up" is a phrase often used to encourage stoicism and bravery among men in the midst of unpleasant situations. It insinuates that acknowledgement of vulnerability and mental stress or strain are signs of mental weakness (Beharry & Ogrodniczuk, 2019).

It has been reported that about two-thirds of African-Americans believe depression is a personal weakness and only one-third believe depression is a mental health issue (Ward, 2013). Furthermore, AA men are less likely to be receptive to seeking professional help compared to AA women and White men (Ward, 2013; Hankerson, Suite, & Bailey, 2015). When considering these findings, we better understand the challenges faced with destigmatizing mental health among Black males and within the Black community.

Other variables discussed were the influence of cultural factors such as the engagement of the Black church and the mistrust in



healthcare systems. Environmental factors such as racism and microaggressions have been cited to negatively impact Black men by limiting socioeconomic mobility and contributing to poor living conditions as well as increasing their risk for the development of depression (Hankerson, Suite, & Bailey, 2015). Black men often seek care from informal systems like clergyman as an adaptive response to the myriad of variables associated with accessing health care (Hankerson, Suite, & Bailey, 2015). While it is understandable for this choice to be based in comfort and familiarity, it is still recommended to seek a licensed healthcare professional as a compliment.

Mr. Michael Benjamin-Robinson, a local psychotherapist, presented, "Understanding The Trauma of Black Men and Boys." The Adverse Childhood Events (ACE) Study, commonly known as, "The ACE Study" served as the framework for the presentation. The ACE Study was initially conducted in the mid 1990s in California and was repeated in 2012 in Philadelphia, PA to include a more diverse population and to include considerations for community stressors.

The ACE study provides insight to how prolonged exposure to toxic stress from childhood trauma can lead to structural changes of the brain contributing to long term health effects (Centers for Disease Control and Prevention and Kasier Permanente, 2019). Positive correlations between the occurrences of ACE events (abuse, household challenges, neglect, community stressors) and increased risk of poor health outcomes (cardiac disease, HIV, substance abuse, mental illness) in adulthoods were identified in both studies. The occurrences of ACE events were found to be higher in the Philadelphia study compared to the Kaiser Study and more prevalent among males compared to females and Blacks compared to Whites (Public Health Management Corporation, 2013). The leading ACEs event in the Philadelphia study was witnessed violence indicating childhood trauma as part of their lives in over half of Blacks and males in the survey (Public Health Management Corporation, 2013).

Overall, the breakfast was well attended and well received by all of the participants. Attendees had opportunities to contribute to the conversation through thoughtful statements and questions. Their

feedback will also be the framework for a toolkit to be developed by the NBNA men's health committee and distributed to NBNA chapters for future implementation of men's health programs in local communities. It is way past time to man-up and start having conversations about Black men's mental health needs. The ad hoc committee on Men's health is already planning the 2nd Annual Bow Tie Institute on Men's Health to continue this needed focus on Black men's health. See you all in Hollywood, Florida next year.

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Remembering To Do the Right Things: NBNA Tests A Digital Healthy Activity Tracker

that is focused on getting women and minorities to become more physically active in order to address common chronic conditions such as arthritis, diabetes, and heart disease. For the new tool (Healthy Activity Tracker), Movement is Life identified physical activity, nutrition, and self-care as the three most important areas we can all focus on in order to increase the total number of healthy activities in our daily routines. The Healthy Activity Tracker is a 15-point checklist of healthy activities that fit into the three categories. The digital tool is in the form of a quiz that helps people track and tally up their total number of healthy activities in the past week. Activities are scored by points, and the goal is to increase your score every time you take the test.

Dr. Janice Phillips, NBNA National Conference Program Chair, recently put the digital Healthy Activity Tracker tool through its paces with the help of attendees during a session of the NBNA's 47th Annual Conference in New Orleans. The audience was invited to connect to the quiz using their mobile phones, by texting the word "active" to 47-47-47. An autoreply service texts back the link to the quiz (you can take the quiz yourself by following those instructions or repeat it if you were an attendee at the conference).

As we all know, good health does not come from just one thing, it comes from combining many important healthy activities and habits during day to day living. Perhaps the most important areas to think about are our physical activities (how often do we move and condition our bodies), nutritional activities (what we put in our bodies), and self-care activities (how we nurture our minds and emotions). When we are caught up in our busy lives, it is easy to forget to do the right things every day. All too often we do not make time for the activities that benefit our minds and bodies and help us live happier and longer lives.

NBNA members pilot a digital tool for planning and tracking healthy activities that help us live longer and happier lives. Feedback on the tool from NBNA members will help refine it and the approach.

Health initiative "Movement is Life" recently developed a new digital tool which help people to think about the number of healthy activities in their daily and weekly lives. For over 10 years, NBNA has worked in partnership with Movement is Life, an organization

Healthy Activity Tracker session at NBNA

Physical Activities

5 questions about physical activity

1. How many days this last week (out of 7) did you do some stretching movements for at least 10 minutes?
 - 1
 - 2
 - 3
 - 4
 - 5
 - 6
 - 7

After completing the quiz on their mobile phones most scores for the audience were between 30 and 70 out of a possible 100, the average score was 53. The scores indicated that the audience is doing quite well on eating healthily but need to increase their physical activities – doing things like stretching, walking and swimming are good options. The scores also suggested that many audience members are so busy looking after others that they consciously need to set aside some time for themselves.

Dr. Debra A. Toney, NBNA Past President and National Conference Chair, was one participant who was enthusiastic about the tool, with a score of 95. “I’ve been making sure to do all of the things on the checklist for quite a while, and recently lost about 60lbs, so I got a really high score” she told us after the session. “It’s good to see a tool that reminds us that taking a walk or doing something social are both equally important.”

The 15 activities featured in the quiz are:

1. Stretching
2. Physical activity under 20 mins
3. Physical activity over 20 mins
4. Balancing activities
5. Step count (e.g. Fitbit)
6. Healthy breakfasts
7. Healthy lunches
8. Healthy dinners
9. Avoiding unhealthy snacks
10. Hydration
11. Sleep
12. Learning about health
13. Social activities
14. Reflection, prayer, or meditation
15. Making time for yourself



Dr. Phillips and incoming NBNA President Dr. Martha A. Dawson are keen to repeat the exercise at the local chapters as a way of reminding members about their own health, as well as providing some prompts for counseling people in their care.

“When you take a moment to run through the checklist, you start to realize that it’s not so much the actual healthy activities that are difficult to do. What is difficult is remembering and making time, and changing behavior,” commented Dr. Phillips. “Keeping score is one way to help do that, and the correct score is always more!”

It's All About How You Engage for "All of Us"

Sheldon D. Fields, PhD, RN, FAAN



Sheldon D. Fields, PhD, RN, FAAN President – Greater New York City Black Nurses Association, Inc.

Engagement activities are at the heart of the educational outreach program for the *All of Us* research program and for the latest round of activities the GNYC-BNA chapter took its engagement to the next level. After meeting with the New York City consortium group for the *All of Us* research project we devised a strategy to better engage communities of color that are the target focus for NBNA under this initiative. We put in place a three-prong plan of action that consisted of two specifically targeted events and one general outreach event. Each activity had a different purpose, feel, and target audience.

EVENT 1: On Monday morning May 27, 2019 the GNYC-BNA chapter literally took the *All of Us* research project dancing. We partnered with the annual **DanceAfrica** festival held at the iconic Brooklyn Academy of Music and sponsored a family African dance class. As part of the festival each year they offer the opportunity for community groups to support programming such as beginning African dance classes. We purchased enough multiple family pack passes to sponsor one entire class. Each family pass allowed four guests to attend the dance class. We gave the passes away free of charge in Brooklyn, New York which has many different types of communities of color with roots to the African diaspora. Our plan was to engage a multiplicity of Black families to come and enjoy a fun activity while also learning about the *All of Us* research project. The class itself was about an hour long and included over 40 men, women and children. Immediately following the class while cooling down and drinking water provided by the chapter Dr. Sandy Cayo, DNP, RN, FNP-BC took the attendees through a brief overview of the *All of Us* research project right there on the studio dance floor. All adult attendees also danced away with a few pamphlets about the project to enforce what was presented and to share with others.

EVENT 2: For our second event we wanted to target the large group of working Black professionals in the New York City area. Hence, we organized and used our various social media platforms to promote a special one of a kind after work



DanceAfrica



DanceAfrica Group



AOU participants with Dr Fields GNYCBNA June 7, 2019



Monique Tarrant AOU GNYCBNA June 7, 2019

social engagement event. On Friday June 7, 2019 from 6 pm to 9 pm the chapter hosted an after work event at the Gold Room BK in Brooklyn, New York. The venue was an identified Black owned business in the heart of a majority Black neighborhood easily accessible by multiple modes of transportation. This was key to our engagement plan to immerse ourselves in a key target community as well. We attracted over 45 youngish urban working professionals that responded well to the overall message of creating a better healthier future for people of color with their involvement in the *All of Us* research project. After a meal of jerk chicken wings, pasta as well as garden salad, Dr. Sheldon D. Fields, PhD, RN, FAAN presented a more intellectually nuanced presentation of the *All of Us* research project based on facts and a logical argument of the collective good that seemed to resonate well with the group. This included a brief review of the facts of past medical atrocities (Henrietta Lacks, and Tuskegee Syphilis study) that also help to engage the audience. It was more of a how we should not ignore the past but learn, grow, and move on from it. We ended the night and this successful event with some dancing and once again all attendees left with multiple copies of *All of Us* literature.

EVENT 3: The next day on Saturday June 8, 2019 we took advantage of the opportunity to partner with the Columbia University School of Nursing to do some general outreach about

the *All of Us* research project. GNYC-BNA chapter members joined our Columbia colleagues in their booth at the New York City Multi-Cultural Festival held in Jackie Robinson Park in upper Harlem to do community health teaching on multiple topics and brief screenings such as blood pressure checks. In the midst of doing this we also handed out information on the *All of Us* research project to over 120 people. It was a hot summer day and while the festival stage was in full swing with different cultural acts (dancers, singers, etc.), we were able to entice the crowd over to our booth with the offering of bottled cold water that our chapter donated for the event. There is nothing like a cool drink of water on a hot NYC summer day. The water of course was free and the health information invaluable to the multi-ethnic, multi-racial crowd in attendance at the festival. This type of festival venue allowed us to disperse a large amount of information about the *All of Us* research project in a general way.

This multi-prong multiple event approach allowed us to truly capitalize on the unique geography of the Big Apple to engage key target communities. This was an overall enjoyable experience for all of the GNYC-BNA chapter members involved in the planning and execution of these events. We look forward to future opportunities to continue to promote inclusiveness of communities of color in the *All of Us* research project.

Southwest Michigan Black Nurses Association Works Through Barber Shop for the All of Us Research Program



Deborah "Dee Dee" Spates, BSN, RN,
President, Southwest Michigan Black Nurses Association

Deborah "Dee Dee" Spates, BSN, RN

The Southwest Michigan Black Nurses Association invited healthcare professionals and the community to attend an informational event to learn about the *All of Us* Research Program.

The *All of Us* initiative works to collect data from diverse populations throughout the United States to accelerate research and improve health. "The issue is that most people of color don't participate in these research programs," said Dee Dee Spates, BSN, RN, President of the Southwest Michigan Black Nurses Association. "So [there's very little to nothing known about] how diseases affect us, our community, and how to prevent them." By presenting this valuable information to a population that is 80 percent black, it really increased the knowledge base of those who are seeking to improve their health and achieve better health outcomes.

We were able to create two events that were focused specifically on presenting information about the *All of Us* Research Program in power point form, and from those events, we were invited to have a booth at a health fair located at the All Nations Seventh-day Adventist Church in Berrien Springs, Mi, provided several in-services to hospital units at Spectrum Health Lakeland, and have partnered with Shaws Barbershop in Benton Harbor, MI to continue educating black men about the program along with other health benefits.

We had a total of 150 people attend our events and this number will continue to grow as we start our monthly visits with Shaws Barbershop. The *All of Us* Research program was well received by the community and 50 percent of the attendees expressed their interest to join. The closest center to submit biometrics is 2 hours away so SMBNA has taken on the task of working with a local hospital in the area to assess the steps needed for that health system to officially become a part of the *All of Us* network.



All of Us Nursing In-service at Spectrum Health Lakeland



Group picture with some of the attendees at All of Us Research Reception on 7.17.19



All of Us booth at the All Nations SDA Health Fair



Attendees socializing before the *All of Us* presentation begins



Deborah Spates, President of SMBNA, presenting the *All of Us* Research Program Power Point



SMBNA members (left to right) Kyler Kiekenapp, ReGina Patrick, Luis Benitez-Mancinas, Jermella Matthews, Deborah Spates, Jacoya Brookins, Cindel Hollancid, and Yoland White



Rita Brandt, RN Manager of Associate Health and Wellness, participating in the minority representation exercise at the *All of Us* Reception on 6.19.19

Black Communities in Healthcare Research

Geneva Holiday, MSN, WCC, CFCS, RN-BC
Whakeela “Ke-Ke” James, MSN, RN

As the Columbia Area Chapter of the National Black Nurses Association, we are sharing in their initiative to be a part of the *All of US* Research campaign in partnership with the National Institutes of Health. The goal of this research program is to provide individualized precision medicine to identify best practices to keep all the population healthy. There is a clear disparity of African Americans and all minority groups in participation in research hence we are more likely to have disparaging side effects as recently seen with Lisinopril. The goal is to have one million or more people to participate in research. We have taken our first step as a chapter to help reach this goal by educating ourselves as health care providers from Invocare a local research company.



CABNA President & Speaker Beverly Holmes, Eau Claire Cooperative



CABNA members and perspective nurse members



Geneva Holiday, Treasurer
Columbia Area Black
Nurses Association



Whakeela "Ke-Ke" James,
MSN, BSN, RN, President
Columbia Area Black
Nurses Association



CABNA members enjoying their artwork after speaker session



CABNA Treasurer Geneva Holiday Discussing research in community

Our second step as a chapter is to inform our community. There are many ways to get involved in research. The most beneficial is participation in clinical trials. The more people we have that participate in clinical trials will ensure negative effects to medication are identified early in the trial phase versus after you have been prescribed and the drug has passed other guidelines. In addition, clinical trials help to understand how beneficial medication may or may not be for us. As the effect of medications can differ.

The minority population has had a negative history with medical research and clinical trials dating back to the Tuskegee experiment. However, the face and advocacy for research have changed. There are research companies that are minority owned and run and associations like Columbia Area Black Nurses that advocate for ethical and fair treatment of all. Join us in being able to better manage diabetes, hepatitis and improve treatment for sexually transmitted infections. In most cases for participation, volunteers receive advantageous and cutting-edge treatment and compensation for your time.

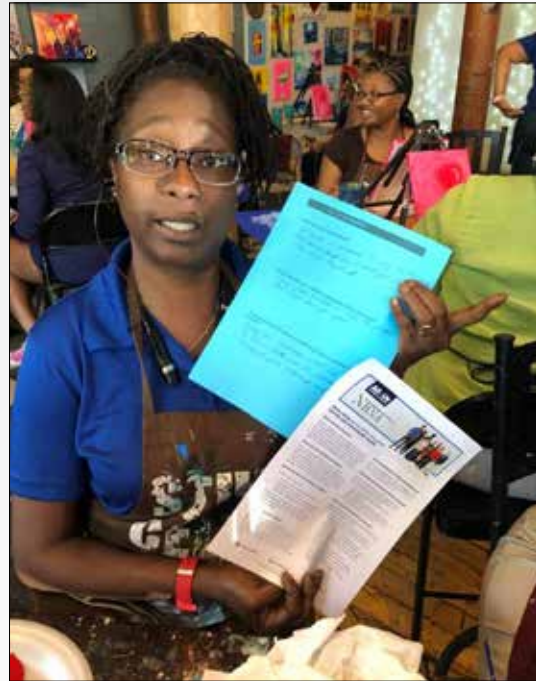
Columbia Area Black Nurses Association Inc. (CABNA) partnered with the National Institutes of Health (NIH) and the *All of Us* Initiative presenting two community events in Columbia to discuss the importance of biomedical research in the minority communities. CABNA collaborated with Eau Claire Cooperative Health, as a booth vendor at the Black Expo Empowerment Summit on May 18, 2019 to educate participants on the importance of participating in research. The Columbia Area BNA also provided a lunch and learn with over 40 participants from the Expo to discuss the enrollment process, the importance of research in minority communities, and to answer questions about the *All of Us* Initiative.

CABNA also presented a "Paint and Learn" on May 19, 2019 for nurses to discuss the importance of biomedical research and the roles they can play with enrollment with the *All of Us* Research

Initiative. The nurse event had over 80 nurses to register and attend. As an association and group of dedicated nurses we will continue to advocate for health, educate those in need, and assist with decreasing disparities in the communities where we live, work, and play.



CABNA members showing off their artwork



CABNA member Dee completing 'All of Us' event survey



CABNA member Tara and future nurse Bryanna

Capitol City Black Nurses Association Supports the All of Us Research Program



Carter Todd, MS, RN, CCRN. President- Capitol City Black Nurses Association and Chapter Champion

Carter Todd, MS, RN, CCRN

The Capitol City Black Nurses Association (CCBNA) hosted two *All of Us* Research Program events during the months of June and July, 2019. The Sacramento, CA region is home to over 2.5 million people and is known for a diverse population, rich with multiple cultural influences. CCBNA was part of the third installment of the *All of Us* Research Program roll-out and was asked to bring education and awareness to nurses and community members alike regarding data gathering for future precision medicine endeavors.

On June 20, 2019, for the first “Lunch and Learn” event, CCBNA partnered with the region’s leading academic health center and

California Precision Medicine Consortium member, UC Davis Health. On campus at UC Davis Medical Center, CCBNA President and *All of Us* Research Program Chapter Champion, Carter Todd, MS, RN, CCRN, lead a presentation/discussion with nurses, doctors, faculty and students in attendance. We received several pertinent questions to the initiative that enabled for constructive dialogue to take place among those present.

For the second event on July 7, 2019, Queen Sheba Ethiopian Cuisine was the location of a community gathering to educate those in the area about the Research Program. CCBNA Treasurer Sheree Criner, MS, RN-BC and newly appointed Secretary Aron King, BSN, RN, lead the event and engaged in both individual



Caption?



Caption?

and group discussions about the *All of Us* Research Program. This event catered more towards the non-healthcare professional and provided an opportunity for nurses to be the mode of engagement between health research and the community.

CCBNA was honored to have been chosen to take part in these great events. The feedback received was overwhelmingly positive in regard to the understanding and buy in attendees had about supporting the *All of Us* Research Program. We believe it is imperative that future data and research is more reflective of the population as a whole.



Caption?



CCBNA Secretary Aron King, BSN, RN





CCBNA Members Spreading *All of Us* Information



CCBNA Secretary Sheree Criner, MS, RN-BC



Community members excited about the event



Invisible No Longer

Leveraging the Networking Power of NBNA Chapters – A Regional Approach to Collaboration and Mentoring



Lisa Davis is the Chief of Staff for Public Health at the South Carolina Department of Health and Environmental Control. She is the President of the newly formed Chapter, the Midlands of South Carolina BNA. Ms. Davis continues to serve as the Coordinator for the New England Minority Leadership Conference. For more information about this unique collaboration or mentoring project email us at: nementoring@gmail.com.

Lisa Davis, MBA, MPH, BSN, RN

Robert Wood Johnson Executive Nurse Fellow Alumna

Unleashing the power of true collaboration yields exponential returns and harnesses the power of networking and comradery that has gone untapped within so many of our chapters. There is strength in numbers and we underutilize the existing infrastructure that has been established to maximize our collective expertise, experiences and resources. We need to be intentional and strategic about the networking power that exists within the National Black Nurses Association chapters.

In the fall of 2014, the Robert Wood Johnson Executive Nurse Fellows Program Alumni Association, Inc., solicited proposals from the alumni to partner and foster a collaborative approach to executing a project. The Robert Wood Johnson Executive Nurse Fellows (R JW ENF) Alumni and NBNA Members, Lisa Davis (2007 cohort, CT), Dr. Gaurdia Banister (2001 cohort, MA) and Dr. Deborah Washington (2007 cohort, MA), submitted a proposal to develop and convene a New England Minority Nurse Leadership Conference. The goal of the conference was to provide minority nurses with strategies, skills, and resources to assume and serve in leadership roles. The three alumni were awarded one of four seed

grants in the United States in the amount of \$2,500 and a \$2,000 grant was awarded from the Donaghue Foundation (Connecticut).

The first New England Minority Nurse Leadership Conference was held in 2015, and was attended by 137 individuals (including 95 nurses and 35 students), and the keynote speakers were: Dr. Linda Burnes-Bolton, NBNA Past-President, Vice President for Nursing, Chief Nursing Officer, and Director of Nursing Research at Cedars-Sinai Health System and Dr. Vernell DeWitty, RWJ New Careers in Nursing Scholarships. The collaboration consisted of the three ENFs and four chapters of the NBNA in the New England Region, Northern Connecticut BNA, Southern Connecticut BNA, Western Massachusetts BNA, and, New England Regional BNA. Despite the contiguous state borders, this would be the commencement to a successful collaboration between these four chapters. Each partnering chapter provided a financial contribution to demonstrate their commitment to the collaboration.

The 2016 conference hailed another significant milestone by including the four New England Chapters of the National Association of Hispanic Nurses (NAHN). The chapters were NAHN Western MA, Hartford, CT NAHN and Boston NAHN. This

culminated in the collaboration of eight chapters of two minority nursing organizations in two states. Our keynote speakers were Dr. Eric J. Williams, NBNA President and Dr. Jose Alejandro, NAHN President. This captivating event was attended by 189 individuals (including 124 nurses and 32 students).

This eight chapter collaboration continued in 2017 and our conference, *“Leadership at Levels- Translating your Vision into Reality,”* was attended by 171 individuals. Our keynote speakers were Dr. Deborah Washington, Director, Diversity Patient Care, Massachusetts General Hospital and Lisette Martinez, MBA, Diversity Officer, Yale New Haven Hospital.

The 2018 conference *“Promoting a Diverse Nursing Workforce through Mentoring,”* featured Dr. Martha A. Dawson, NBNA Historian (the current NBNA President) as our keynote speaker. Katherine Tucker, DNP, RN, APRN-BC, NE-BC, Clinical Program Director HVC Outpatient Programs, Yale New Haven Hospital and NBNA Board Member, was the Conference Chair and Moderator. There were 150 attendees and we launched a regional mentoring (pilot) project. Conference participants, both students and professional nurses, were given the opportunity to register onsite for a mentor. The majority of mentors were pre-selected prior to the conference and additional information was collected at registration.

We successfully matched 33 pairs of mentors and mentees for this year-long pilot mentoring project. A mentoring project agreement that includes established goals for the year, and quarterly reports are being submitted by the mentors and mentees.



2018 Conference Participants

Interactive educational sessions have been offered throughout the year via video conferencing. The mentoring project is being led by Lisa Davis (President, Midlands of SC BNA and member NCBNA), Ruth Amador (NAHN Western MA) and Mary Ann Perez-Brescia (CT NAHN).

Capitalizing on the expertise of Dr. Dawson, we convened a pre-conference Presidents’ Roundtable. This leadership development initiative was a new addition to the conference and was led and facilitated by Dr. Dawson. Attendees included the eight New England NBNA and NAHN Chapter Presidents (or designees). This peer-to-peer, open dialogue provided a forum for information sharing, identification of strategies for chapter recruitment and retention, and lessons learned from regional peers.

We invite you join us November 2, 2019 in Springfield, MA for our fifth year conference! **Our newest collaborating partner is the New England Chapter of the Cape Verdean Nurses Association.** The conference theme is *“Promoting a Diverse Nursing Workforce Through Leadership, Advocacy and Mentoring.”* Our keynote speakers will be: Ena Williams, MBA, MSM, BSN, RN, CENP, Sr. Vice President and Chief Nursing Officer, Yale New Haven Hospital; and, Alana Cueto, MSN, RN, CNL-C, Nurse Fellow, New York Academy of Medicine, and President-Elect, National Association of Hispanic Nurses.

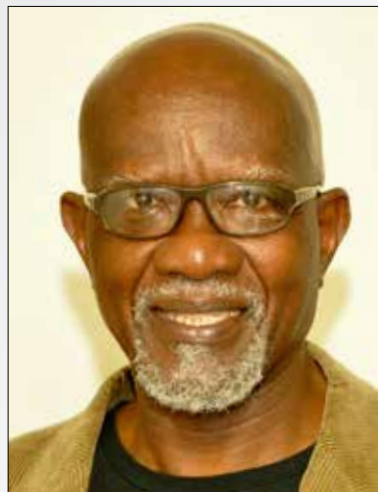
We will continue to leverage the resources and partnerships that exist and maximize the power of intentional and strategic collaboration within NBNA.



2018 Conference Planning Committee- NBNA and NAHN New England Chapter members

My Battle With A Mysterious Form of Heart Failure

Randy



Randy is a 75-year-old retired professor of Modern Languages originally from Trinidad and Tobago. He currently lives in New Orleans, LA with his wife of 50 years, with whom he raised three daughters. In 2018, Randy was diagnosed with a hereditary form of transthyretin amyloid cardiomyopathy (hATTR-CM).

Early Signs and Symptoms

Transthyretin amyloid cardiomyopathy (ATTR-CM) is considered a rare but life-threatening condition that is associated with heart failure.^{1,2} Signals of this disease may include a mix of carpal tunnel syndrome, arrhythmia, GI problems and other symptoms, in addition to symptoms more commonly associated with heart failure.³⁻⁶ Some people with ATTR-CM, such as myself, have a hereditary form of the disease caused by a mutation in the transthyretin gene. In the U.S., the most common mutation associated with hereditary ATTR-CM known as V122I (valine-to-isoleucine substitution at position 122), is found almost exclusively in African Americans, Africans or people of Afro-Caribbean descent.^{6,7}

Before my diagnosis, ATTR-CM was not on my radar. Looking back, I realize my symptoms began around 2004, when I started experiencing carpal tunnel syndrome. As a professor, I was connected to a keyboard for the majority of the workday, so this was unsurprising. Then came the tingling in my extremities, and I noticed a startling lack of stamina during my routine jogs, followed by acute shortness of breath. These symptoms seemed unrelated and individually were never so severe that I thought I needed to see my doctor.

Path to Diagnosis

When I did start to suspect something was amiss, my doctor thought my breathing problems might be due to chronic obstructive pulmonary disease, perhaps as a result of heavy smoking during my youth combined with the air quality in New Orleans. Still, nothing really quite added up, I remained uncertain as to what was causing my deteriorating health, and I became frustrated.

It wasn't until I went to visit my daughter who lives in four-story townhouse that my family and I realized I was in real trouble. After scaling the stairs, my daughter, who is a doctor, took one look at me and we were off to the ER. When we arrived, I saw firsthand the important role nurses would play in my new life with ATTR-CM. These nurses acted as a conduit of information between my doctor and me, and helped me transition from feeling concerned and confused, to a person diagnosed with ATTR-CM who was ready to move forward.

My Experience with hATTR-CM

It was a shock to learn I had a life-threatening disease. My nurses not only seemed to understand my situation and demonstrated the utmost compassion, but they also helped me come to the realization of the changes this meant for me. I could no longer maintain my active lifestyle or serve as the family handyman. However, I now had an opportunity to be an advocate for patients with ATTR-CM. I knew that if I had no idea what ATTR-CM was before my diagnosis, it was likely others wouldn't either. My nurse was the one who connected me with others who have been helping me tell my story, so I can raise awareness of this relatively unknown disease.

A Thank You to the Nursing Community

I'm thankful in many ways: thankful to have a loving and supportive family, thankful to finally know the root cause of my symptoms, and thankful to the nursing community who helped guide me through one of the most complex and emotional stages of my life. From the various diagnostic tests to helping me manage this condition, my nurses have been a constant. Their balance of professionalism and empathy led me to seek out more information about my own disease and seek out ways to raise awareness, so others can arrive at a diagnosis more quickly than I did.

My hope is that the nursing community will not only continue to provide their usual, important support, but also become knowledgeable about ATTR-CM to help suspect it in people who are exhibiting the typical signs and symptoms. There are valuable resources available on ATTR-CM, such as www.SuspectandDetect.com, which helps to draw the attention of healthcare providers to potential "red flag" symptoms associated with the disease. With the help of the nursing community, we can shorten the length of time it takes to diagnose this condition and ensure people with ATTR-CM get the care they need.

This article was submitted in partnership with Pfizer

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One Step Ahead on No Menthol Sunday

LaTroya Hester



LaTroya Hester, Director of Communications at NAATPN, Inc. LaTroya Hester is a graduate of the University of Georgia and serves as the director of communications for national nonprofit, NAATPN, Inc. Hester dedicates her time to supporting programs and campaigns that promote health equity for African Americans.

On May 19, 2019, the National African American Tobacco Prevention Network, Inc. (NAATPN), led the 5th annual “No Menthol Sunday”, a national observance day designed to unify faith leaders across the country in an effort to improve African American health. The day is a unique opportunity for a national discussion about how tobacco affects the Black community. Despite incredible progress made in overall smoking rates, tobacco is still the number one killer of African Americans. However, this conversation isn’t being held as often as one may think. Many attribute primary causes of death in our community to gun violence, HIV, car accidents, and other chronic diseases such as diabetes. While all of these issues are critical, tobacco is still our greatest threat, killing more than 47,000 African Americans per year. The rise of e-cigarettes like JUUL and the continued prevalence of products like Black and Milds and Swisher Sweets have further complicated the issue. It is now more important than ever to acknowledge the tobacco addiction and tobacco-related illness that plague our community.

This year’s theme, One Step Ahead, was inspired by council from the prophet Micah. He proclaims that we must do justice, love mercy and walk humbly with God. Participating churches were encouraged to show justice by standing with marginalized communities who continue to experience the ill health effects of disparities. They were offered materials to inspire them to fight for policies that equally offer everyone the privilege of optimal health—especially as it relates to tobacco.

This year, faith leaders and community members utilized their pulpits and their community influence to educate their congregations about quitting tobacco and taking action against the tobacco industry. Churches from across 14 states held more than 150 events in honor of the day. Community organizers, such as those in Wisconsin petitioned the mayor’s involvement. As a result, the Mayor of Milwaukee made a special proclamation in honor of No Menthol Sunday! The momentum continued in the state of Alabama where more than 60 rural and suburban churches celebrated No Menthol Sunday. Efforts in Alabama were supported by a team of community health advisors who equipped churches

with customized toolkits, fans or bulletins for their special programs. They developed bookmarks and youth activities to share with participating churches across their state.

Similar activities were held in enough cities to move the needle on this issue. Earlier in the year, the Food and Drug Administration proposed to ban mentholated cigarettes. Churches observing No Menthol Sunday send a message of agreement that this is the right thing to do. No Menthol Sunday demonstrates that the entire country can unify in faith to create change and end tobacco related death in the African American history. Plan to register for No Menthol Sunday 2020 at www.nomentholsunday.org.

Social posts:

1. Menthol cigarettes are easier to start and harder quit. (see: <https://gallery.mailchimp.com/ca7428282686e2aa193625ecb/images/15d2aa68-816b-411a-82d6-828adcd03353.png>)
2. Smoking kills 47,000 African Americans per year. That’s more than homicides, suicides, AIDS-related death, car accidents and police brutality combined.
3. Most teens and African Americans who smoke choose menthols because the minty flavor helps make it easier to start smoking -- it also makes it harder to quit smoking. The same is true for e-cigarettes like Juul.
4. The tobacco industry intentionally tries to get African Americans to smoke menthols by advertising to us more and making menthols cheaper in certain neighborhoods. This isn’t right. A ban on the sale of menthol would help encourage many African Americans to quit smoking or never start. That can help save lives.



Zero-carbon Energy Can Protect Our Communities

Carol Browner



Carol Browner most recently served as Assistant to President Obama

and Director of the White House Office of Energy and Climate Change Policy from 2009 to 2011. From 1993 through 2001, Ms. Browner served as the Administrator of the Environmental Protection Agency. As Administrator, she set the most stringent air pollution standards in U.S. history. She is currently a member of the Nuclear Matters Advocacy Council.

As a lifelong conservationist, I have consistently advocated for policies that help protect our health and environment. Now, with scientists telling us time is running out, we need to do everything we can to protect our families and communities from the devastating impacts of climate change, and that means keeping carbon-free energy sources online and expanding the development of safer, cleaner sources of energy.

In addition to being a major source of the carbon pollution that contributes to climate change, burning fossil fuels like coal and natural gas releases particulate matter and toxins such as sulfur dioxide and nitrogen oxide into the air.¹ While I was at the Environmental Protection Agency (EPA), we set the first fine particle standard at 2.5 microns. You can't see these pollutants, but they impact our breathing and are dangerous to our health, linked to such illnesses as lung cancer, COPD, diabetes, asthma, stroke and heart disease. These threats are of particular concern to communities located near these fossil-fuel power plants.

On the other hand, nuclear energy generated electricity does not produce carbon pollution or other dangerous air pollutants. The nation's existing fleet of nuclear power plants are the largest source of carbon-free energy, currently providing approximately 55% of the country's clean energy generation.² Research has shown time and time again that when nuclear power plants close, they are not replaced by renewable sources – instead, they are replaced by coal and natural gas plants, sources that contribute directly to the climate crisis.³

In fact, we now know that closing nuclear power plants can lead to fatal health consequences and major economic damage. A new study by Nuclear Matters and the National Caucus & Center on Black Aging finds that if operations at three nuclear plants in Ohio and Pennsylvania cease, it could lead to a dramatic increase in air pollution throughout the region, resulting in an estimated average of 126 excess deaths per year and approximately \$806 million in economic damages.⁴ To make matters worse, the Asthma and Allergy Foundation of America (AAFA) found that Ohio already has five of the top 20 cities with the highest asthma rates in the country, and Pennsylvania has two cities in the top 10.⁵ Closing these nuclear plants would be a recipe for disaster for surrounding communities.

Compounding the issue, studies have shown that there is a "pollution inequity" among racial-ethnic groups in the U.S. Studies show air pollution is mostly caused by consumption of goods and services by the non-Hispanic white majority in the U.S.⁶ but is disproportionately inhaled by the African American and Hispanic populations. The reasons for this disparity range from polluting sources being located near communities of color to lack of access to healthcare and higher traffic exposure.⁷

Addressing this disparity cannot be achieved by transitioning to more dirty energy sources. We need to account for each state and all their sources of carbon-free power. We must utilize and expand every clean power tool that exists to address the climate crisis and protect our communities. The deaths and economic damage associated with closing nuclear power plants are avoidable if we take steps to protect our country's single largest current source of carbon-free energy. I am hopeful our generation will not be the first to leave an environmental and public health problem that the next generation can't solve.

¹ "Air Quality and Health Impacts of Potential Nuclear Electricity Generator Closures in Pennsylvania and Ohio," Christopher Tessum and Julian Marshall, April 2019.

² "Climate," Nuclear Matters.

³ "The Nuclear Power Dilemma," Union of Concerned Scientists, 2018.

⁴ "Air Quality and Health Impacts of Potential Nuclear Electricity Generator Closures in Pennsylvania and Ohio," Christopher Tessum and Julian Marshall, April 2019.

⁵ "Asthma Capitals 2019: Top 100 National Ranking," Asthma and Allergy Foundation of America.

⁶ "Inequity in consumption of goods and services adds to racial-ethnic disparities in air pollution exposure," Tessum et al, March 2019.

⁷ "Disparities in the Impact of Air Pollution," American Lung Association.

Members on the Move

NBNA 13th President **Martha A. Dawson**, DNP, RN, FACHE, will be inducted into the Alabama Nursing Hall of Fame on October 24, 2019.

NBNA President **Dr. Martha Dawson** and NBNA Executive Director **Dr. Millicent Gorham** toured the new Prolacta Bioscience manufacturing plant in City of Industry, CA on August 17, 2019. We were hosted by NBNA member **Carolyn TenEyck**, Advocacy Director of Prolacta Bioscience. Prolacta Bioscience manufactures human milk fortifier for premature babies born at 1250 grams.

The Campaign for Action announced that **Eric J. Williams**, DNP, RN, CNE, FAAN, is stepping up to be co-chair of its Equity, Diversity, and Inclusion Steering Committee, as of August 1. Dr. Williams is the immediate past president of the National Black Nurses Association.

Dr. Eric J. Williams is the Honorary Co-Chair of the Week of Non-Violence sponsored by the Black Women for Positive Change, October 12-20, 2019.

C. Alicia Georges, EdD, RN, FAAN, will be inducted as a Living Legend at the American Academy of Nursing in October 2019. Dr. Georges is a past NBNA President and the National Volunteer AARP President.

The AARP National Volunteer President **Catherine Alicia Georges**, EdD, RN, FAAN was appointed by the U.S. Secretary of Health and Human Services (HHS) to the newly formed Family Caregiving Advisory Council set up under the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act of 2017.

Pat Lane, MBA, RN, NBNA Second Vice President was one of the co-authors of "Measurement of Patients' Perceptions of the Quality of Acute Stroke Services: Development and Validation of the STROKE Perception Report", *Journal of Neurosciences Nursing*, Volume 51 • Number 5 • October 2019.

Sasha DuBois, MSN, RN, NBNA Secretary and President, New England Regional Black Nurses Association has started a PhD in Nursing Program at the George Washington University School of Nursing in Washington, DC.

Marcia Lowe, PhD, RN-BC, NBNA Board Member, received her PhD from University of Alabama Birmingham. Her dissertation was entitled: *AN EXPLORATORY STUDY OF THE INFLUENCE OF PERCEIVED ORGANIZATIONAL SUPPORT, COWORKER SOCIAL SUPPORT, THE NURSING PRACTICE ENVIRONMENT, AND NURSE DEMOGRAPHICS ON BURNOUT IN PALLIATIVE CARE NURSES*

Janice Phillips, PhD, RN, CENP, FAAN, Director of Nursing Research and Health Equity at Rush University Medical Center and Associate Professor at the Rush University College of Nursing was just appointed by the Secretary of Health and Human Services to serve a 4-year term on the National Advisory Council of Nurse Education and Practice (NACNEP or Council) of the Health Resources and

Services Administration (HRSA). The Council provides advice and recommendations to the Secretary and Congress with respect to the administration of Title VIII of the Public Health Service Act. Dr. Phillip's term begins October 14, 2019.

The National Coalition of Ethnic Minority Nurse Association, led by **Dr. Debra A. Toney**, President, will host its 2nd Annual Policy Summit, March 23-24, 2020 in Los Angeles.

Linda J. Washington-Brown, PhD, EJD, MSN, APRN-C, FAANP, will be inducted as a fellow into the American Academy of Nursing in October 2019. Dr. Washington-Brown is a member of the Black Nurses Association, Miami.

NBNA Member **Vicie Brooks** of the Northern Connecticut Black Nurses Association has been selected as the recipient of the 2019 Community Lifetime Achievement Award by the Board of Directors of the Pillar Community Development Corporation.

Ronald Hickman, PhD, RN, ACNP-BC, FNAP, FAAN was recently appointed as the Ruth M. Anderson Endowed Professor and Associate Dean for Research Frances Payne Bolton School of Nursing, Case Western Reserve University.

– *From the Lens of Daughter, Nurse, and Caregiver: A Daughter's Journey of Duty and Honor* by **Cynthia J. Lewis-Hickman**, PhD, RN launched the book on August 13, 2019, on her mother's birthday who passed away on August 20, 2017. After leaving her nursing leadership position in August 2013 to care for her mother, she became a full-time caregiver. This book chronicles her journey as a daughter, nurse, and caregiver. Dr. Hickman is a member of the Fort Bend County Black Nurses Association.

Semise Daley, MSN, RN, FNP-BC, has a new job as a full time Assistant Professor at Azusa Pacific University San Diego Regional Campus in the MSN Nurse Practitioner program. Ms. Daley is a member of the San Diego Black Nurses Association.

Dr. Constance Hendricks, Dean, Tuskegee University School of Nursing will be inducted into the Alabama Nursing Hall of Fame in October 2019.

Liz George, Member, New England Regional Black Nurses Association, completed her BSN degree from Simmons University in Boston in August.

Kim Cartwright, President, Black Nurses of Southern Maryland and chapter members Ottamissiah (Missy) Moore and Beverly Morgan attended a meeting hosted by the Association of Black Cardiologists on community education around prior authorization, September 16, 2019.

Dr. Cheryl Garmon received her DNP from The University of Texas at Tyler. She is a Lifetime Member of Greater East Texas Black Nurses, Tyler

Members on the Move

Chapter News



**Pat Lane MBA, BSN,
SCRN, FAAN**

Congratulations to **Pat Lane** MBA, BSN,SCRN, FAAN on being presented with the Lifetime Achievement Honoree Award by The Alpha Phi Chapter Alumni of Kappa Alpha Psi Virginia State University Alumni Association on October 18, 2019. This award is given to an alumni who has contributed in service to the betterment of Virginia State University and across the United States. Pat has worked diligently with the Nursing Program at Virginia State University to have the School of Nursing Program reinstated in January 2020.



U.S. Representative John Lewis and Dr. Martha A. Dawson, NBNA President, at the Georgia Delegation reception during the Congressional Black Caucus Legislative Weekend.



**Dr. Cynethia Bethel-
Jaiteh**

Dr. Cynethia Bethel-Jaiteh discussed the importance of breastfeeding and breastmilk for the most fragile premature infants at the Infant Health Summit sponsored by the National Coalition on Infant Health at the "Newseum", in Washington, DC on September 12, 2019. Dr. Bethel-Jaiteh is a member of the KYANNA Black Nurses Association of Louisville. Photo credit to Jason Dixon Photography.



U.S. Representative Robin Kelly, CBC Health Brain Trust Chair and Dr. Martha A. Dawson, NBNA President, at the Congressional Black Caucus Health Brain Trust Meeting.

Chapters On the Move

First Coast Black Nurses Association



Carol J. Neil, PhD, RN



Terasa Banks, MSN, RN,
CMSRN

The First Coast Black Nurses Association (FCBNA) hosted the inaugural Health Disparities Summit on June 22, 2019. The purpose of the Health Disparities Summit was to raise awareness and educate the community about the shortfalls in healthcare with chronic diseases. After an in-depth research and community assessment of various underserved populations and zip-codes, FCBNA decided to create a partnership with the American Heart Association, National Kidney Foundation of Florida and American Cancer Society. This partnership allowed FCBNA to address various chronic illnesses that plague African American communities.

After registration, participants enjoyed a healthy breakfast before visiting displays from the vendors. Panel discussions were held on heart health, kidney health, breast and prostate health.

The summit was moderated by Angela Spears, Angela Spears Communication. Senator Audrey Gibson, the opening speaker for the event, gave a cutting-edge analysis of the lack of access to resources for certain zip codes and the importance of having a voice to help the underserved populations. Each panel discussion focused on one aspect of health with a provider, pharmacist, and survivor, as well as allowed time for questions and answers. Between the discussions, brief periods of exercise and stretching were led by a fitness expert.

The American Heart Association presented a compelling account of a young woman who suffered a cardiac arrest at age 19. Her mother detailed how the family's diet and lifestyle have changed as a result. Participants were encouraged to speak to their provider and know their blood pressure numbers. But most importantly as nurses we recognized the significance of teaching community CPR.

The Kidney Foundation of Northeast Florida sponsored a Kidney Early Evaluation Program (KEEP), which screens participants on the spot to detect early kidney disease. During the panel discussion with the survivor, many issues and concerns were discussed



First Coast Black Nurses Association Sponsors Health Disparities Summit

including some of the financial assistance programs available for renal patients.

Finally, the American Cancer Society presentation included information on breast cancer, as well as a detailed story from a prostate cancer survivor. Participants were able to ask questions and make comments at the conclusion of the program.

Multiple vendors were on hand with information ranging from transplant to proton therapy. Nursing students from Florida State College at Jacksonville helped with the KEEP. And nursing students from University of North Florida were on hand to take blood pressures. FCBNA partnered with a local food bank to ensure our participants left not only armed with knowledge but also a bag of groceries donated by Farm Share. FCBNA is committed to being the voice of the underserved and to be a catalyst for change. FCBNA is already in the planning stage for next year's summit. The chapter is looking forward to having this event for many years to come in order to tackle various chronic diseases. Our goal is to educate the community and be a beacon of light for the underserved population.

Carol J. Neil, PhD, RN, is a Professor of Nursing in the RN to BSN Program, Florida State College at Jacksonville. She is the President of the First Coast BNA.

Terasa Banks, MSN, RN, CMSRN, is a Professor of Nursing, teaching Pharmacology at Keiser University Jacksonville. She is also an adjunct clinical instructor at Florida State College at Jacksonville ASN program. She is the Secretary of First Coast BNA.

Chapters On the Move

Birmingham Black Nurses Association, Inc.

During the month of May 2019, BBNA continued its collaboration with the city of Birmingham by teaching Hands-Only CPR at several area Birmingham city schools. On May 15, BBNA members taught kindergarten-8th grade at Bush Hills Academy; Minor Elementary on May 21, and Princeton Elementary on May 22.

BBNA members participated in the 2019 Birmingham Go Red for Women Luncheon on May 16 at the Birmingham Sheraton Hotel. The American Heart Association created the Go Red for Women campaign 15 years ago to raise awareness among women about heart disease. BBNA is a partner with the Birmingham area office.

On May 18, BBNA members provided blood pressure screenings and health education at the Morning Star Christian Church Health Fair.

In August, NBNA President and BBNA member Dr. Martha A. Dawson presented “Dress for Success” at Greater Shiloh Baptist Church in Birmingham for high school age students who are earning



their GED through the church’s career options program. In June, BBNA President Deborah Thedford-Zimmerman and Dr. Jennifer Coleman taught Hands-Only CPR and discussed career choices with the students.

BBNA held its annual “Fans for the Needy” drive in June. BBNA purchased and donated electric fans to Reverend Henry Ford of the Spirit of Luke Charitable Foundation. The Foundation operates



Health Fair

Fans

Chapters On the Move

Birmingham Black Nurses Association, Inc. (cont.)

a healthcare initiative/mission directed to the Alabama Black Belt region. The volunteer based organization provides free monthly mobile healthcare clinics, health education, and personal supplies in the rural Black Belt area. BBNA donates electric fans each summer.

BBNA sponsored four tables at the annual Pink Hat and Tie Luncheon held on June 8 by Brenda's Brown Bosom Buddies, a charitable support group for breast cancer survivors, their families, and friends. The organization conducts free educational programs on breast cancer awareness and early detection for minorities.

BBNA president, Deborah Thedford-Zimmerman taught "Wound Care and First Aid" at the Dannon Training Institute on June 20. The Institute is a part of the Dannon Project, a nonprofit organization that helps unemployed or underemployed at-risk youth and nonviolent returning citizens reentering society.

BBNA President-elect Kimberly Ayers earned a certification as an Ashtanga yoga instructor. Chapter members supported her by attending her certification class on July 5.



Yoga

In July, BBNA members taught Hands-Only CPR at New Pilgrim Baptist Church during its Summer Youth Camp and at the East Avondale Annual Fun Day. At the Ephesus SDA Church Annual Health Fair, BBNA members taught Hands-Only CPR, conducted blood pressure screenings and education, and provided education on diabetes self-management.

BBNA sponsored a chapter celebration at its July 15 business

meeting. Members celebrated with cake and ice cream at the election of BBNA member Dr. Martha Dawson as the 13th NBNA President. Members also congratulated Dr. Marcia Lowe for completing all requirements for her Doctor of Philosophy degree from the University of Alabama at Birmingham School of Nursing. BBNA members continued their celebration at the NBNA 47th Annual Institute & Conference in New Orleans.



Dr. Marcia Lowe



Deborah Grimes

On August 2, BBNA member, Deborah Grimes, the chief diversity officer for UAB Health System, was named one of the most influential women in corporate America for 2019 by *Savoy Magazine*. In addition to her nursing degrees, she holds a Juris Doctor degree and serves as BBNA legal counsel.

BBNA student, Santorra King, graduated from Lawson State Community College with her PN degree on August 5. She is continuing on in the RN program.

On Friday July 5, 2019, Marcia Lowe successfully defended her doctoral dissertation study entitled, "An Exploratory Study of the Influence of Perceived Organizational Support, Co-Worker Social Support, the Nursing Practice Environment, and Nurse Demographics on Burnout in Palliative Care Nurses." Dr. Lowe earned a Bachelor of Science in Nursing from Tuskegee Institute, Tuskegee, Alabama in 1983, a Master of Science in Nursing Education with honors from Samford University, Birmingham, and on August 9, 2019 received the Doctor of Philosophy in Nursing (PhD) from UAB School of Nursing at Birmingham, Alabama. Dr. Lowe currently serves on the board of directors of the National Black Nurses Association. She is a nurse educator in staff development at the Birmingham VA Medical Center.



Santorra King

Chapters on the Move

Birmingham Black Nurses Association, Inc. (cont.)



Dr. Jennifer Coleman

BBNA President Deborah Thedford-Zimmerman and Dr. Jennifer Coleman visited 33 RN students at Lawson State Community College on August 20. President Zimmerman provided information on NBNA and BBNA and the benefits of membership in a professional nursing organization. Dr. Coleman presented a session on study skills, test-taking strategies, and professionalism.

Midlands of South Carolina Black Nurses Association



Kamiya Shosan (on the left), Lisa Davis, President Midlands of South Carolina BNA on the right

Kamiya Shosan, student nurse at the University of South Carolina and Treasurer, Midlands of South Carolina Black Nurses Association, was awarded a scholarship during the Brookland Baptist Church, (Columbia SC), Sisterhood Celebration and Empowerment Luncheon. Kamiya was one of the four scholarship recipients.

Lisa Davis, MBA, MPH, BS, RN, President, Midlands of South Carolina Black Nurses Association, was accepted into the Leadership Columbia, Class of 2019-2020. Each year, 60 candidates are chosen based on community involvement, capacity for leadership, commitment to improving the Midlands, and an interest in enhancing their capabilities. This ten-month program focuses on showing

the candidates an in-depth look at the critical issues facing the community. Through hands-on experiences, the candidates fully explore topics such as: education, politics and government, arts and culture, economic development, finance, health and human services, criminal justice and law enforcement, military affairs, as well as environment and tourism. The program was founded by the Columbia Chamber of Commerce in 1972, and strives to provide the community with an enduring source of diverse leaders who are prepared and committed to serving their region. Ms. Davis is the Chief of Staff for Public Health at the SC Department of Health and Environmental Control.

Curisa Tucker, MSN, RN, member, Midlands of South Carolina BNA was featured on the University of South Carolina (UofSC) College of Nursing's, Student Spotlight. Curisa is a 2019 Paul Ambrose Scholar and her project will be a community baby shower aimed at targeting the Healthy People 2020 Leading Health Indicators for maternal, infant and child health. Her project will seek to educate at risk mothers in the Columbia area on ways to prevent infant death and preterm birth. South Carolina has some of the worst rates in the nation for both health indicators. The Paul Ambrose Scholars Program exposes health professions students to influential public health professionals and prepares them to be leaders in addressing population health challenges at the national and community level. Curisa is pursuing her PhD in Nursing Science at UofSC, and is also a member of Sigma Theta Tau, the National League of Nursing, and Delta Sigma Theta Sorority, Inc.

Chapters on the Move

Mid State Black Nurses Association of New Jersey

Shannon and Shannel Kane, members of Mid State Black Nurses Association, went on a mission trip to Ghana.

The two sisters visited the Ofoase Village, providing community health nursing. "I cannot believe this is real: I made it to Ghana, Africa", stated Shannon Kane.

"This cultural experience was one of the best moments of my life and I am so grateful to have been given this opportunity. The people I met and the places I have seen are things I will never forget. For the two weeks, I made sure I did not lose sight of why I was there.

I now understand:

1. The impact of integrating complementary medicine in healthcare
2. The differences in the healthcare system and the lack of resources in an underdeveloped country compared to a developed country
3. Social determinants of health that affect the Ghanaian people".



Atlanta Black Nurses Association

The Atlanta Black Nurses Association, Inc., (ABNA) had a summer of community service and great achievement! Following our convention in New Orleans, ABNA supported the Progressive National Baptist Convention's Inaugural Health Expo held in Atlanta. With almost 700 clergy and lay persons in attendance, ABNA conducted blood pressure and glucose screenings in partnership with the American Kidney Fund over a period of three days. At the same event, in collaboration with the Emory University's Goizueta Alzheimer's Disease Research Center, ABNA nurses conducted memory screenings as part of a national initiative designed to highlight the importance of brain health.

Hands-on healthcare and good old fashion, health education served as the backdrop for Congressman David Scott's annual health fair in Atlanta. For almost 10 years, ABNA has collaborated with Dr. Rogsberg Phillips-Reed, a prominent breast surgeon, to conduct breast screenings and self-breast exam education. Onsite mammograms or follow-up appointments are offered to attendees;

many of whom are uninsured or underinsured. The annual event garners approximately 1500 attendees. This much needed community activity offers critical health screenings and access to healthcare to those whom otherwise might not receive it. It's all about giving back and lifting-up!



Chapters on the Move

Atlanta Black Nurses Association (cont.)

Can we get an Amen? Please help ABNA congratulate Gaea Daniel, PhD, RN, for earning a Doctor of Philosophy Degree from Emory University in Atlanta. Dr. Daniel's Dissertation focused on, "Exploring Associations between the Vaginal Microbiome and Health

Behaviors, Sociodemographic Factors and Vaginal Symptoms in Postmenopausal Women." Dr. Daniel is an active member of ABNA and we look forward to her critical work in Women's Health. We are very proud!

Chapter Presidents

ALABAMA

Birmingham BNA (11)	Deborah Thedford-Zimmerman	Birmingham, AL
Montgomery BNA (125)	Katherine Means	Montgomery, AL
Northern Alabama BNA (180)	Bridgette Taylor	Harvest, AL
Tuskegee/East Alabama NBNA (177)	Dr. Cordelia Nnedu	Tuskegee Institute, AL
West Alabama Chapter of the NBNA (184)	Dr. Johnny Tice	Tuscaloosa, AL

ARIZONA

BNA Greater Phoenix Area (77)	LaTanya Mathis	Phoenix, AZ
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ARKANSAS

Little Rock BNA of Arkansas (126)	Jason Williams	Little Rock, AR
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CALIFORNIA

Bay Area BNA (02)	Norma Faris-Taylor	Oakland, CA
Capitol City BNA (162)	Carter Todd	Sacramento, CA
Central Valley BNA (150)	Dr. Tanya Osborne-McKenzie	Fresno, CA
Council of Black Nurses, Los Angeles (01)	Alexandria Jones-Patton	Los Angeles, CA
Inland Empire BNA (58)	Kim Anthony	Riverside, CA
San Diego BNA (03)	Samantha Gamble-Farr	San Diego, CA
Stanislaus and San Joaquin Counties BNA (176)	Gia Smith	Modesto, CA

COLORADO

Eastern Colorado Council of BN (Denver) (127)	Dr. Margie Ball-Cook	Denver, CO
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CONNECTICUT

Northern Connecticut BNA (84)	Florence Johnson	Hartford, CT
Southern Connecticut BNA (36)	Andrea Murrell	West Haven, CT
District of Columbia BNA of Greater Washington, DC Area (04)	Dr. Pier Broadnax	Washington, DC

FLORIDA

Big Bend BNA (Tallahassee) (86)	Katrina Rivers	Tallahassee, FL
BNA, Tampa Bay (106)	Rosa Cambridge	Tampa, FL
Central Florida BNA (35)	Eloise Abrahams	Orlando, FL
Clearwater/ Largo BNA (39)	Mary Ann Young	Largo, FL
First Coast BNA (Jacksonville) (103)	Dr. Carol Jenkins-Neil	Jacksonville, FL
Greater Fort Lauderdale Broward Chapter of the NBNA (145)	Lyn Peugeot	Fort Lauderdale, FL
Greater Gainesville BNA (85)	Voncea Brusha	Gainesville, FL
Miami Chapter - BNA (07)	Patrise Tyson	Miami, FL
Palm Beach County BNA (114)	Avis Brown	West Palm Beach, FL
St. Petersburg BNA (28)	Janie Johnson	St. Petersburg, FL
Treasure Coast Council of BN (161)	Dr. Ophelia McDaniels	Port Saint Lucie, FL

GEORGIA

Atlanta BNA (08)	Seara McGarity	College Park, GA
Columbus Metro BNA (51)	Pamela Rainey	Columbus, GA

Chapter Presidents

GEORGIA (cont.)

Concerned National BN of Central Savannah River Area (123)	Romona Johnson	Martinez, GA
Emory BNA (165)	Taylor Miller	Atlanta, GA
Middle Georgia BNA (153)	Dr. Debra Mann	Dublin, GA
Okefenokee BNA (148)	Rosalyn Thomas	Waycross, GA
Savannah BNA (64)	Yvonne Bradshaw	Savannah, GA

HAWAII

Honolulu BNA (80)	Linda Mitchell	Aiea, HI
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ILLINOIS

Alliance of BNA of Illinois (178)	Beatrice Mbaocha	Chicago, IL
BNA of Central Illinois (143)	Dr. Elaine Hardy	Bloomington, IL
Chicago Chapter NBNA (09)	Ellen Durant	Chicago, IL
Greater Illinois BNA (147)	Jacinta Staples	Bolingbrook IL
Illinois South Suburban NBNA (168)	Dr. Carol Alexander	Matteson, IL
North Shore BNA (172)	Mary Harris-Reese	Gurnee, IL

INDIANA

BNA of Indianapolis (46)	Sallye Morris	Indianapolis, IN
Lake County Indiana BNA (169)	Michelle Moore	Merrillville, IN
Northwest Indiana BNA (110)	Mona Steele	Gary, IN

KANSAS

Wichita BNA (104)	Linda Wright	Wichita, KS
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KENTUCKY

KYANNA BNA, Louisville (33)	Tia Roberts	Louisville, KY
Lexington Chapter of the NBNA (134)	Dr. Lovoria Williams	Lexington, KY

LOUISIANA

Acadiana BNA (131)	Iris Malone	Lafayette, LA
Bayou Region BNA (140)	Salina James	Thibodaux, LA
Louisiana Capital BNA	Steven Jackson, Jr.	Baton Rouge, LA
New Orleans BNA (52)	Georgette Mims	New Orleans, LA
Northeast Louisiana Metropolitan BNA (152)	Audrey Rayford	Monroe, LA
Shreveport BNA (22)	Bertresea Evans	Shreveport, LA
Southeastern Louisiana BNA (174)	Rachel Weary	Abita Springs, LA

MARYLAND

BNA of Baltimore (05)	Dr. Vaple Robinson	Baltimore, MD
BN of Southern Maryland (137)	Kim Cartwright	Clinton, MD
Greater Bowie Maryland NBNA (166)	Dr. Jacqueline Newsome-Williams	Chevy Chase, MD

MASSACHUSETTS

New England Regional BNA (45)	Sasha DuBois	Roxbury, MA
Western Massachusetts BNA (40)	Anne Mistivar-Payen	Springfield, MA

Chapter Presidents

MICHIGAN

Detroit BNA (13)	Nettie Riddick	Detroit MI
Grand Rapids BNA (93)	Aundrea Robinson	Grand Rapids, MI
Greater Flint BNA (70)	Juanita Wells	Flint, MI
Kalamazoo-Muskegon BNA (96)	Dr. Birthale Archie	Kentwood, MI
Lansing Area BNA (149)	Meseret Hailu	Lansing, MI
Southwest Michigan BNA (175)	Deborah Spates	Berrien Springs, MI

MINNESOTA

Minnesota BNA (111)	Sara Wiggins	St. Paul, MN
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MISSOURI

BNA of Greater St. Louis (144)	Quita Stephens	St. Louis, MO
Greater Kansas City BNA (74)	Iris Culbert	Kansas City, MO
Mid-Missouri BNA (171)	Felicia Anunoby	Jefferson City, MO

NEBRASKA

Omaha BNA (73)	Shanda Ross	Omaha, NE
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NEVADA

Southern Nevada BNA (81)	Lauren Edgar	Las Vegas, NV
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NEW JERSEY

Concerned BN of Central New Jersey (61)	Sandra Pritchard	Neptune, NJ
Concerned Black Nurses of Newark (24)	Dr. Lois Greene	Newark, NJ
Mid State BNA of New Jersey (90)	Tracy Smith-Tinson	Somerset, NJ
Middlesex Regional BNA (136)	Marchelle Boyd	New Brunswick, NJ
New Jersey Integrated BNA (157)	Thomas Hill	Lyons, NJ
Northern New Jersey BNA (57)	Dr. Melissa Richardson	Newark, NJ

NEW YORK

Greater New York City BNA (167)	Dr. Sheldon Fields	Brooklyn, NY
New York BNA (14)	Nelline Shaw	New York, NY
Rochester BNA (182)	Dr. Yvette Conyers	Rochester, NY
Suffolk County BNA (183)	Jacqueline Winston	Ridge, NY

NORTH CAROLINA

BN Council of the Triad (160)	Rashida Dobson	Winston Salem, NC
Central Carolina BN Council (53)	Bertha Williams	Durham, NC
Piedmont BNA (181)	Tammy Woods	Salisbury, NC
Sandhills North Carolina BNA (138)	Dr. LeShonda Wallace	Fayetteville, NC

OHIO

Akron BNA (16)	Cynthia Bell	Akron, OH
BNA of Greater Cincinnati (18)	Marsha Thomas	Cincinnati, OH
Cleveland Council BNA (17)	Stephanie Doibo	Cleveland, OH
Columbus BNA (82)	Pauline Zarrieff	Columbus, OH
Youngstown Warren BNA (67)	Carol Smith	Youngstown, OH

Chapter Presidents

OKLAHOMA

Eastern Oklahoma BNA (129) Rickesha Clark.....Tulsa, OK
Oklahoma City BNA (173) Irene Phillips Jones, OK

PENNSYLVANIA

Pittsburgh BN in Action (31) Dr. Dawndra JonesPittsburgh, PA
Southeastern Pennsylvania Area BNA (56)..... Monica Harmon.....Philadelphia, PA

SOUTH CAROLINA

Columbia Area BNA (164) Whakeela James..... Columbia, SC
Midlands of South Carolina BNA (179) Lisa Davis..... Columbia, SC
Tri-County BNA of Charleston (27) Wanda Brown Charleston, SC
Upstate BNA (155) Dr. Colleen Kilgore Greenville, SC

TENNESSEE

Memphis-Riverbluff BNA (49) Betty Miller..... Memphis, TN
Nashville BNA (113)..... Shawanda Clay Nashville, TN

TEXAS

BNA of Austin (151) Janet VanBrakle Austin, TX
BNA of Greater Houston (19)..... Cynthia Brown..... Houston, TX
Central Texas BNA (163) Mack Parker..... Temple, TX
Fort Bend County BNA (107) Marilyn Johnson Pearland, TX
Galveston County Gulf Coast BNA (91) Leon McGrewGalveston, TX
Greater East Texas BNA (34)..... Melody Hopkins Tyler, TX
Metroplex BNA (Dallas) (102)..... Jacqueline Miller..... Dallas, TX
San Antonio BNA (159)..... Lionel Lyde..... San Antonio, TX
Southeast Texas BNA (109) Stephanie Williams Port Arthur, TX

VIRGINIA

BNA of Charlottesville (29) David Simmons, Jr. Charlottesville, VA
Central Virginia Chapter of the NBNA (130)..... Dr. Tamara Broadnax North Chesterfield, VA
NBNA: Northern Virginia Chapter (115)..... Joan Pierre.....Woodbridge, VA

WISCONSIN

Milwaukee BNA (21) Karina Brown Milwaukee, WI
Racine-Kenosha BNA (50) Joyce Wadlington Racine, WI

Direct Member (55)*

*Only if there is no Chapter in your area