

HEALTH & WELLNESS

Healthbeat

ACPE picks Tuck's article

The Association for Clinical Pastoral Education (ACPE) Research Network has chosen an article authored by North Carolina A&T State University School of Nursing Dean Inez Tuck and five others as the article of the month.



Tuck

The article, "Sacred Healing Stories Told At the End of Life," originally appeared in the June 2012 edition of the Journal of Holistic Nursing.

The purpose of the ACPE research network is to raise awareness among chaplains of such interesting research and encourage individuals to seek out the original material and engage in dialogue and potentially further study.

Prince Hall groups to hold health fairs and more

Every year, the Ancient Egyptian Order of Nobles of the Mystic Shrine – also known as Prince Hall Shriners and their Auxiliary the Daughters of Isis, PHA – travel to a city in the state of North Carolina to host their Annual Gala Day Celebration. During the celebration, the Nobles and Daughters take time to recognize community leaders throughout the state for their accomplishments throughout the year.

This year, the group is coming to Greensboro.

The Prince Hall Shriners and Daughters of Isis are community based organizations that believe in giving back to the community through various forms of charity.

That is the reason why the public is invited to all of their events, which will include health fairs, a charity walk, youth talent competition, music festival and a "Day at the Park."

The Health Fair is set to take place on Friday, June 8 from 10 a.m. to 5 p.m. at the Koury Convention Center in Greensboro. On Saturday, June 9, the 3rd Annual Diabetes and Breast Cancer Charity Walk will begin at Barber Park in Greensboro at 9 a.m., along with a Community Fun Fest Day and Health Fair. There will be food, rides, games, giveaways for the youth, a live DJ and entertainment for the community. To conclude, the Annual Charity Ball (ticket event) will take place at 8 p.m. at the Koury Convention Center.

For additional information contact Clinton Hamm at 336-669-1904.

deGuzman elected president-elect

Dr. Allan F. deGuzman, associate professor of radiation oncology and chief physicist in the Radiation Oncology Department at Wake Forest Baptist Medical Center, has been elected president-elect of the Southeast Chapter of the American Association of Physicists in Medicine (SEAAPM).

DeGuzman was elected at the chapter's annual meeting, held in April. He will become president of the chapter at next year's annual meeting.

The SEAAPM, a chapter of the American Association of Physicists in Medicine, focuses on promoting the application of physics to medicine, as well as encouraging interest and training in medical physics and related fields.

Stewart featured in 'No Texting' campaign

The North Carolina State Highway Patrol announced its No Texting, Just Driving Educational Awareness Campaign on Sunday, May 27 at the Lowe's Motor Speedway in Charlotte. The event included the unveiling of a No Texting, Just Driving safety educational poster featuring 3-time NASCAR champion Tony Stewart.

The new campaign is a safety initiative designed to educate the motoring public on the dangers of distracted driving, particularly texting while driving, with the hopes of reducing traffic fatalities and injuries. Troopers across the state will focus on the dangers of texting while driving to the public through various means, such as radio and television public service announcements, "No Texting, Just Driving" presentations, as well as the distribution of educational awareness literature to include campaign specific posters, windshield stickers, pledge cards and other informational items.

Although focused on all drivers, the campaign is especially focused on teenage drivers. According to the National Highway Transportation Safety Administration (NHTSA), nearly 6,000 people died in 2008 in crashes involving a distracted driver, and more than half a million were injured. In addition, younger, inexperienced drivers, those under 20, have the highest portion of distracted-related fatal collisions.



Stewart

Study: Older blacks use gospel to tackle stress

SPECIAL TO THE CHRONICLE

New research from the University of North Carolina Chapel Hill School of Nursing has shown that older African-Americans use religious songs in a personal way to cope with stressful life events. Songs long have been an important way for religious African-Americans to express their beliefs and faith, and the study provided evidence that religious songs are linked to the mental health of older African-Americans.



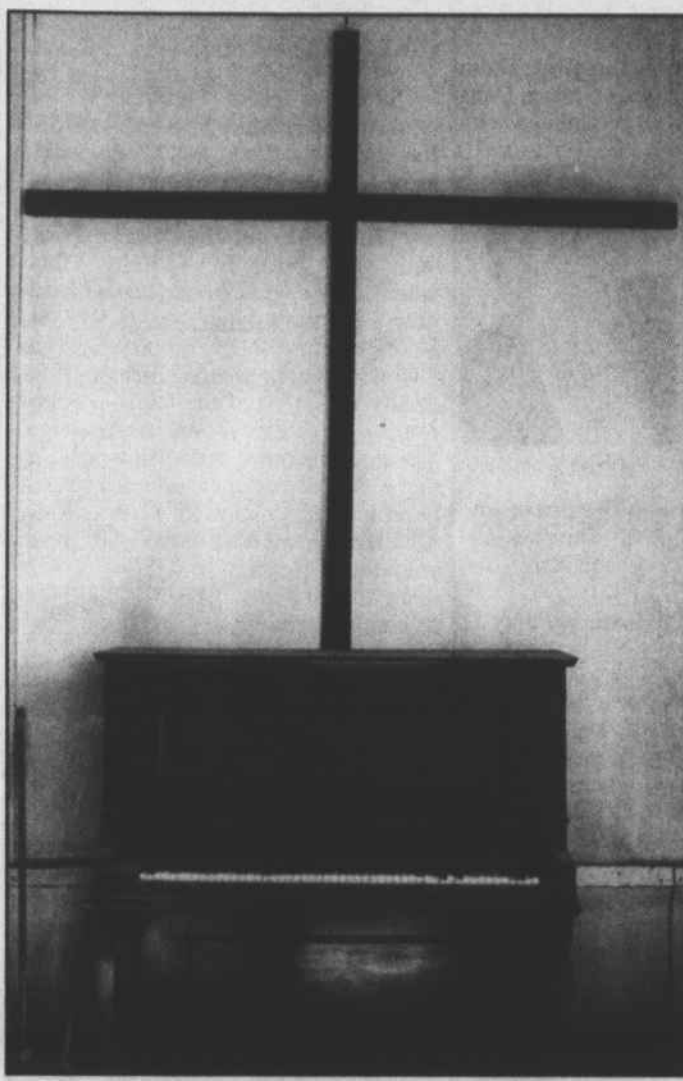
Hamilton

Dr. Jill Hamilton, an assistant professor at the School of Nursing, led

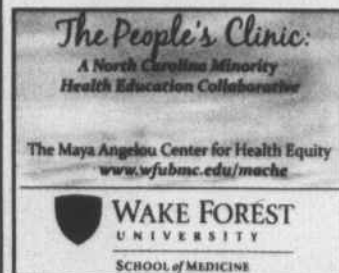
the study, which appears online in The Gerontologist, a bimonthly journal that provides a multidisciplinary perspective on human aging through research and analysis in gerontology.

The research findings could help improve the cultural relevance of mental health programs and achieve better communication between older African-Americans and health-care providers. For example, a health-care provider could ask about a favorite song to help a patient feel more com-

See Gospel on A9



Supporting Those with Mental Illnesses



This final article in the Maya Angelou Center for Health Equity's Mental Health series offers advice on how you can help and support someone dealing with mental illness, which affects all communities, regardless of race, color, creed, national origin, ancestry, sex, marital status, religious or political affiliation, age or sexual orientation. Here are some tips:

Educate yourself about your friend or loved one's mental health condition. Education is important because it enables us to understand better what people who live with mental illness are going through and helps fight stigma associated with these conditions. Some great Internet sites for information include the National Alliance for Mental Illness (NAMI) (www.nami.org), the National Institute of Mental Health (NIMH) (www.nimh.nih.gov), or the American Psychological Association (APA) (www.apa.org). Your library or local bookstore may also have a lot of information about different mental illnesses. Finally, if the person is open to discussing their condition, find out whether it is okay for you to ask them about what it is like to live with their condition or how it affects them.

Most people's moods, experiences and outlook vary from day to day; remember, this is true for people living with mental illness as well. Living with and/or recovering from mental illness is a process. That means that some days will more than likely be better than others. You may need to be patient with the person and understand that, just like everyone else, they may not be at their best all of the time. Mood swings, for example, can be difficult to deal with, even with medication and psychotherapy. You should help look out, however, for sharp changes in mood or behavior or things like talk of suicide and should encourage the person to seek immediate help from a qualified mental health professional if these things occur.

Treat people with mental illness with the same respect you would treat anyone else.

People living with mental illness generally do not need you to "walk on eggshells" around them; most just want to be treated like everyone else. After all, people living with these conditions ARE just like everyone else; they may just have different challenges that they live with on a daily basis.

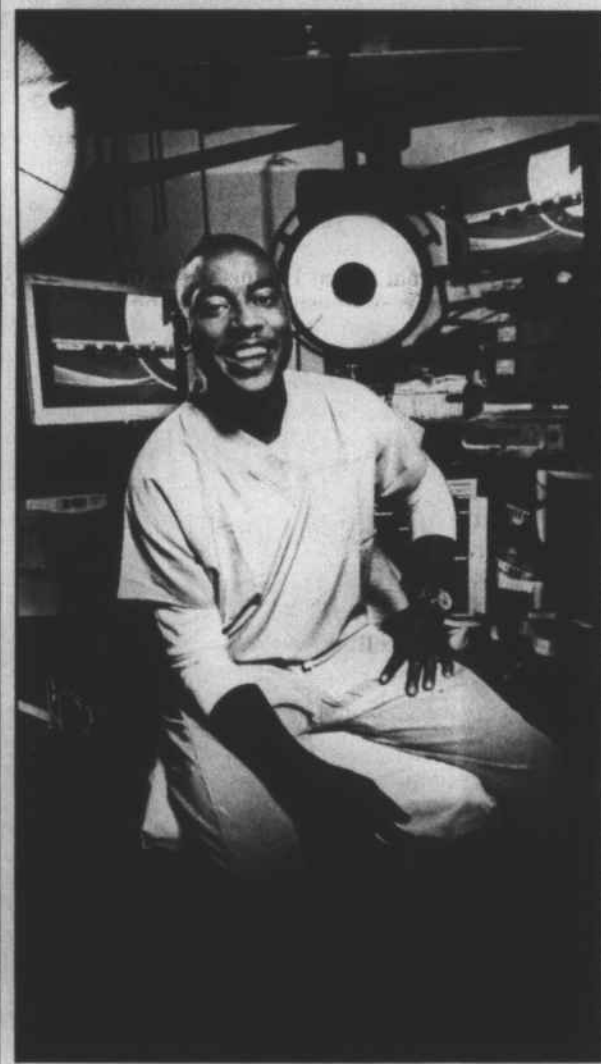
That being said, there are times when, just like everyone else, they may need you to be a bit gentler with them. For instance, a person living with depression may be "down," and a nice smile, hug, card or word of encouragement can help make a difference.

Support them in seeking and adhering to treatment.

There is frequently a stigma associated with receiving treatment for mental illness. For example, some people may think that going to a psychiatrist or psychotherapist is a sign of weakness. This is the exact opposite of the truth. Talk with your friend or loved one about how you can support them as they begin their journey toward healing. Sometimes, it is useful to have someone who can help remind them to take their medicine; however, other people may find this patronizing.

See Support on A9

Honored for Innovation



PRNewsFoto/Texas Institute for Surgery
Clayton Redmon, a Dallas entrepreneur and CEO of StreamVenue Healthcare, won one of three Black Enterprise national People's Choice awards for flourishing in an innovative industry. Redmon, a 31-year-old Morehouse Man, developed an innovative video technology that offers new options to doctors and patients, allowing real-time broadcasts of high-definition surgical video. Surgeons in several facilities nationwide, including Texas Institute for Surgery in Dallas, use the technology.

WSSU students sign on to help fight disparities

SPECIAL TO THE CHRONICLE

Six students from Winston-Salem State University (WSSU) have been named to the 2012-13 class of North Carolina Albert Schweitzer Fellows and will spend the next year learning to effectively address the social factors that impact health and developing lifelong leadership skills.

"We are thrilled that six of the 29 graduate students selected for this year's class of Fellows in North Carolina are from our university," said Dr. Peggy Valentine, dean of WSSU's School of Health Sciences.

The Schweitzer Fellows from WSSU will be joining approximately 220 other graduate students at 12 program sites through the United States in partnering with local community-based organizations to develop and implement mentored service projects that improve the health and well-being of underserved people. Their projects are conducted in addition to their regular academic responsibilities.

The WSSU students selected as Schweitzer Fellows and their service projects are:

- Logan Barbour and Daniel Metzger, doctoral students in physical therapy, who will conduct pediatric development screenings, enroll children in health insurance and work with their families to establish a medical home as an expansion of the work initiated through the WSSU Rams Know H.O.W. mobile clinic by Clinton Serafino and Timothy Serrano, 2011-2012 Schweitzer Fellows from WSSU.
- Nnonym D'Martin and Lesianelle King,

See WSSU on A9

Agency accepting donations of food, toiletries

SPECIAL TO THE CHRONICLE

Senior Services, Inc. has kicked off its annual Christmas in July campaign.

Each year, the agency asks the community to participate in a drive to secure needed food and personal care items for the older, often frail and homebound, adults enrolled in its programs. This program is part of the Senior Services mission to enable Forsyth County seniors to remain in their homes for as long as possible, living with dignity.

In partnership with Piedmont Federal Savings Bank for the second consecutive year, the Christmas in July program welcomes individuals, businesses and religious and civic groups who collect items on the agency wish list for delivery to older adults in Forsyth County who are in need of the basics.

The wish list includes the following: adult pull-up diapers, hand sanitizer, tissues, disposable bed pads, deodorant, shampoo, body lotion, dishwashing liquid, paper towels, cleaning wipes, laundry detergent, Boost or Ensure, cereal, canned meats, peanut butter, crackers, and canned soups, vegetables and fruits. The full list is available on Senior Services' Web site: www.seniorservicesinc.org. Donated items can be dropped off at any Piedmont Federal office or at the Senior Services Center, 2895 Shorefair Drive. The drive will run through July 30.

Senior Services, Inc., is a private, nonprofit charitable organization, celebrating 50 Years of Caring this year in recognition of the 50th anniversary of its Meals-on-Wheels program. Programs under the Senior Services umbrella, in addition to Meals-on-Wheels, are Help Line, Home Care, Senior Lunch, Living-at-Home, the Elizabeth and Tab Williams Adult Day Center and Elder Care Choices.

