

# HEALTH & WELLNESS

## Healthbeat

### Roundtable to discuss effects of school shootings

"Mental Health as a Public Health Issue" is the topic of a Tuesday, Feb. 26 roundtable discussion that will be held from 7-9 p.m. in the Calhoun Room of Saint Paul's Episcopal Church, 520 Summit St.

Organized in response to the Newtown, Conn. tragedy and other school shootings, the free discussion will focus on mental health issues affecting children, adolescents and young adults.

Panelists will include Vicki Smith of the Disability Rights North Carolina; Dr. Chad Stephens, medical director of CenterPoint Human Services; Corporal Jennifer Dobby of the Winston-Salem Police Department; Dr. Yolanda Byrd, of Winston-Salem State University; and Dr. William Satterwhite, a pediatrician at Twin City Pediatrics.

The Mental Health Association in Forsyth County is sponsoring the event. For more information, contact the Association at 336-768-3880 or visit [www.facebook.com/triadmentalhealth](http://www.facebook.com/triadmentalhealth).

### Campbell accepted into social work program

Bennett College senior Angela Campbell was recently admitted into the prestigious School of Social Work at the University of Pittsburgh to complete her graduate studies. This competitive program is currently ranked number 11 on the U.S. News 2013 list of Best Social Work Schools, making it the top ranked school in Pennsylvania.

Like Bennett, the University of Pittsburgh was Campbell's top choice.



Angela Campbell

"I was determined to be accepted," she said. "I've been speaking this into a reality since my freshman year so I am humbly blessed and grateful for the opportunity."

Campbell shared that she was first interested in attending the School of Social Work because of the guidance of her mentors, both of which are graduates of Bennett College as well as the University of Pittsburgh.

This social work major hopes to impact the world through child welfare, giving specific attention to foster care adolescents who are transitioning into adulthood. Campbell knows all too well the stress of aging out of foster care because, at the age of 21, she became an adult in the eyes of the system and lost the majority of her financial assistance.

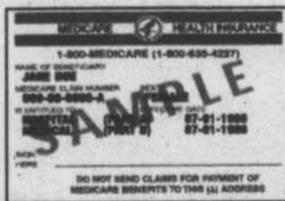
"It has definitely made me aware firsthand how easily youth get lost within the system that is in place. Many of them face homelessness or are at risk of becoming a college dropout due to a lack of assistance," she said. "I plan to dedicate my career to bridging the gap for this vulnerable population, especially those pursuing higher education."

A native of the Hill District of Pittsburgh, Campbell will begin her graduate studies in August.

### Agencies holding Medicare session

Senior Services, Inc. and the Shepherd's Center of Greater Winston-Salem is offering a workshop for individuals turning 65 who will become eligible for Medicare, as well as those who already have Medicare.

At the Welcome to Medicare workshop, attendees will learn about the different insurance



options available, including "Original Medicare," Medicare prescription drug programs, Medicare supplements and Medicare Advantage plans. The session is designed to explain and clarify the Medicare sign-up process and educate attendees on how to make smart choices. Trained Seniors' Health Insurance Information Program (SHIIP) counselors will be on hand to answer questions. The session is free, and refreshments will be served.

The session will be held from 5:30-7:30 p.m. on Tuesday, Feb. 5, at Senior Services, Inc., 2895 Shorefair Drive. Because space is limited, reservations are required. Contact Andi Reese at Senior Services at 721-6957 for more information or to reserve a seat.

## Gathering to explore church's role in promoting healthy eating

CHRONICLE STAFF REPORT

"Food, Faith, and Justice: A Common Calling," a conference that will explore the role that churches and faith communities have in promoting wellness through improving access to healthy food, will be held next month.

Sponsored by Wake Forest University's Food, Faith, and Religious Leadership Initiative at the School of Divinity, Translational Science Institute and Maya Angelou Center for Health Equity, the conference will convene from 8:30 a.m.-2 p.m. on Wednesday, Feb. 20 at the Winston-Salem State University Enterprise Conference and Banquet Center, 1922 S. Martin Luther King Jr. Drive.

Malik Yakini and Haile



Malik Yakini

Johnston will serve as the keynote speakers.

Yakini is the executive director of the Detroit Black Community Food Security Network, which operates a four-acre farm. He is dedicated to the development of an international food sovereignty movement that embraces



Haile Johnston

black farmers in the Americas, the Caribbean and Africa, and views the "good food revolution" as part of the larger movement for freedom, justice and equality. In 2012, he was the recipient of a prestigious Leadership Award in Food Justice from the James Beard Foundation.

Johnston is a Philadelphia-based social entrepreneur and founder of Common Market Philadelphia, a nonprofit distribution program for locally grown food. Since 2008, the Common Market has been supplying Philadelphia hospitals, universities, public and private schools, and eldercare facilities with locally and sustainably grown nutritious foods. His "Farm to Faith" program works with faith-based partners to bring good food directly to impoverished urban communities.

The conference is free, but space is limited. Advance registration is required. Download a registration form online at [bit.ly/ULOU23](http://bit.ly/ULOU23).

For more information, call 336-716-0836.

## Statewide anti-obesity plan released

CHRONICLE STAFF REPORT

"North Carolina's Plan to Address Obesity: Healthy Weight and Healthy Communities 2013-2020," a report released last week by Eat Smart, Move More North Carolina, lays out keys to shrink the growing waistlines of state residents.

The plan is to zero in on the factors that play into many of the causes of poor eating habits and inactive lifestyles: a person's zip code.

"We need to help people make better choices in what they eat, and we can do this by making healthier choices available and easy to access," said Dr. Carolyn Dunn, a N.C. State University professor and lead writer of the ESMNC obesity prevention plan. "Often people's choices are driven by where they spend their time. If healthy foods and drinks are available, people tend to choose those or at least have the option to make healthy choices. If the options are less than healthy, then people really have no choice."

The strategies in the plan are organized around eight community settings: health care, child care, schools, colleges and universities, work sites, faith-based and other community organizations, local governments, and businesses and industries. Each sector has a list of proven strategies that can be employed to help those who spend time in those settings make better eating and activity choices.

The strategies outlined, including access to fruits and vegetables and places to be active, come from the most reputable sources of what works to help people eat healthier food and get adequate physical activity.

"These proven strategies are responsible for the leveling off of obesity rates in some populations," said Dr. Vondell Clark, a pediatrician from Catawba County and vice chair of the Eat Smart, Move More NC Leadership Team. "Strategies such as enhancing workplaces to allow new mothers to breastfeed their infants and serving healthy food and large doses of physical activity in child care and schools make a difference because they affect the environment where so many children spend much of their time."

The plan will be rolled out to the entire state over the course of the year with guidance for all Eat Smart, Move More NC partner organizations encouraging them to adopt strategies from the plan. The plan also includes ways to measure the state's progress over time in both the making of healthier places, as well as improvements in individuals' eating habits, physical activity, and body weight.

The release of the plan coincides with the airing of a docu-drama "Health Crisis in Carolina: Real Families, Real Struggles, Real Solutions," a reality-style TV show follows three families as they learn how the places where they live, learn, work, play and pray impact their ability to make healthy choices. It airs on UNC-TV on Sunday, Feb. 3 at 1 p.m.

## Baptist transplant program reaches milestones

SPECIAL TO THE CHRONICLE

The Abdominal Organ Transplant Program of Wake Forest Baptist Medical Center has reached two important milestones - both the 200th pancreas transplant and the 2,500th kidney transplant were performed in December 2012. The program averages about 18 pancreas and 160 kidney transplants a year.

Wake Forest Baptist's transplant program performs 160-180 kidney/kidney-pancreas transplants on average annually and is consistently ranked among the top 25 most active kidney transplant programs nationally. Wake Forest Baptist is the largest kidney and pancreas transplant center in the state and one of the largest centers in United Network for Organ Sharing (UNOS) Region 11, which includes North



Stratta

See Transplant on A8

## Site offers inspiration to abuse survivors

CHRONICLE STAFF REPORT

UNCG Counseling and Educational Development Associate Professor Christine Murray, and Allison Crowe, assistant professor of counselor education at East Carolina University, have created a web site and blog to help people, especially women, break free from abusive relationships.

The site "See the Triumph" ([www.seethetriumph.org](http://www.seethetriumph.org)), based on research conducted by Murray and Crowe, lets survivors share their stories and offers uplifting messages.

"It really shows the courage it takes to get out, to leave, to end the abuse," Murray says.

Murray, who also directs the Program to Advance Community Responses to Violence Against Women in UNCG's Center for Women's Health and Wellness, and Crowe interviewed 12 adult women who had been free of violent relationships for at least two years; another 220 people, men and women, responded to an electronic survey.

Victims spoke about how they experienced domestic violence and its stigma, how they overcame it, and how they have

kept themselves free of abusive relationships.

"It was hard doing the interviews, and it is hard reading the stories, but it was hard for them to go through these experiences," Murray says. "We felt that simply reducing it to 25 pages in a peer-reviewed journal would be doing an injustice to the stories."

Murray and Crowe developed "See the Triumph" as a more accessible, more direct resource. The electronic survey is still open, so survivors can continue to tell their stories in their own language, anonymously, sending the messages they want to send.

Positive messages are posted on the site, supported by uplifting images. The goal is to build a sense of hope and empowerment for abuse victims, Murray says, and hopefully lessen the societal stigma.

The name "See the Triumph" came from a quote from one survivor building a new life: "The only thing that bothers me about it is that other people can't see the triumph in it. Because to me this is a treasure to be at this point in my life. ... Some people don't even start to realize that they have the issues or start dealing with them until they get to this point."

## Standing Tall



PRNewsfoto/Parker Hannifin Corp.

Michael Gore, a 42-year-old who became paralyzed after a car accident in North Carolina, stands upright and moves with the aid of the Parker Exoskeleton, which was developed by researchers at Vanderbilt University. Cleveland, Ohio-based industrial giant Parker, which has licensed the technology, is working to widely market the product.