

# SPARK

## DEI NEWSLETTER

HIGHLIGHTING DIVERSITY, INCLUSIVE OF ALL VOICES

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### World Breastfeeding Week

August 1st - August 7th

#### BY KHIYAH RANSOM, JCHD BREASTFEEDING PEER COUNSELOR

World Breastfeeding Week was first celebrated in 1992 to protect, promote, and support breastfeeding mothers. This week is to encourage all families have the opportunity to breastfeed. WBW is August 1-7 in commemoration of the 1990 Innocentive Declaration. Many women, caregivers and families need support from the health service, workplace and community to reach optimal capacity for breastfeeding. This is where WIC at Jackson County Health Department steps in.

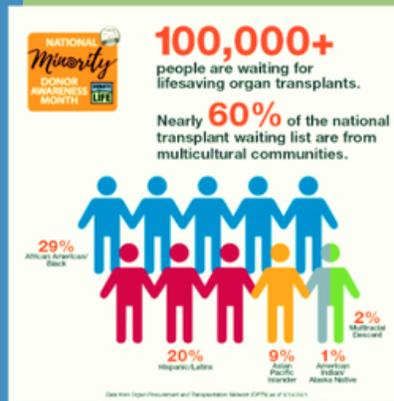
Here at WIC we have been promoting breastfeeding in any capacity. There is a Breastfeeding Peer Counselor who helps with educating and assisting mothers with any questions they have regarding to breastfeeding as well as our CPAs, they give out information that helps mothers understand the nutritional aspects of breastfeeding. We know that giving some/ all breast milk helps with giving babies antibodies, hormones, antiviruses, antiallergens, anti-parasites, growth factors, enzymes, and more. JCHD's WIC office has a 17.9% exclusivity rate for mothers that breastfeed for 3-6 mos, while the statewide goal is 15% as well as having a 35.7% breastfeeding duration for a baby at least 6 months of age, the statewide goal is 35%. The breastfeeding duration goal has been hard for other counties to hit. We have been able to reach these numbers with the combined efforts of all staff in WIC, and this is why we support World Breastfeeding Week.

Did you know that JCHD has a breastfeeding room in the front building to support staff and clients that are breastfeeding?



### NATIONAL MINORITY DONOR AWARENESS MONTH

National Minority Donor Awareness Month is celebrated throughout the month of August. The goal of this annual observance is to increase organ donor registrations among communities of color, which make up nearly 60 percent of the more than 100,000 people on the national waitlist for life-saving organ transplants and to honor those have been organ and tissue donors.



**Did you KNOW?**

While organs are not matched according to race or ethnicity, transplant matches made within ethnic groups can be more compatible.



The healthcare disparities highlight the continued need for education and outreach in our multiethnic communities and to encourage more people to sign up as donors. While it's true that organs are not matched according to ethnicity and people of different races frequently match one another – all patients waiting for an organ transplant will have a better chance of a successful match if there are large numbers of donors with a similar ethnic background.

# THE FLU VIRUS DISCRIMINATES – LET’S MAKE SURE THE MOST VULNERABLE ARE PROTECTED

SEASONAL FLU CAN STRIKE ANYBODY, BUT MANY PEOPLE ARE AT INCREASED RISK OF SERIOUS COMPLICATIONS IF THEY CONTRACT THE FLU VIRUS. THESE INCLUDE PERSONS IN THE FOLLOWING CATEGORIES:



- Adults 65 years and older
- Children younger than 2 years old
- Asthma
- Neurologic and neurodevelopment conditions
- Blood disorders (such as sickle cell disease)
- Chronic lung disease
- Endocrine disorders
- Heart disease
- Kidney diseases
- Liver disorders
- Metabolic disorders
- People who are obese with a body mass index [BMI] of 40 or higher
- People younger than 19 years old on long-term aspirin- or salicylate-containing medications.
- People with a weakened immune system due to disease (such as people with HIV or AIDS, or some cancers such as leukemia) or medications (such as those receiving chemotherapy or radiation treatment for cancer)
- People who have had a stroke
- People in long-term care facilities
- Pregnant people



**JCHD WILL BEGIN OFFERING FLU VACCINATIONS WHENEVER OUR SHIPMENT ARRIVES, USUALLY LATE SEPTEMBER. HELP US SPREAD THE WORD THAT FLU VACCINATIONS ARE IMPORTANT, ESPECIALLY FOR THOSE WHO ARE AT GREATER RISK OF SERIOUS COMPLICATIONS.**



Each year, Americans observe National Hispanic Heritage Month from September 15 to October 15, by celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America

Hispanics have played a major role in driving U.S. population growth over the past decade. The U.S. population grew by 23.1 million from 2010 to 2021, and Hispanics accounted for 52% of this increase – a greater share than any other racial or ethnic group. The number of non-Hispanic people who identify with two or more races increased by 8.3 million during this time, accounting for 36% of the overall U.S. population increase.



## CHRISTINA URBAN'S RESTAURANT STYLE QUESO

- 1 STICK OF BUTTER
- 1 CUP OF MILK
- 1LB WHITE AMERICAN CHEESE
- HALF A CAN OF GREEN CHILES
- CAYENNE PEPPER (TO TASTE)
- CUMIN (TO TASTE)



BREAST CANCER AWARENESS MONTH

OCTOBER



IN 2022, IT IS ESTIMATED THAT NEARLY 44,000 PEOPLE IN THE U.S. WILL DIE FROM BREAST CANCER

THE TWO MOST COMMON RISK FACTORS OF BREAST CANCER ARE BEING BORN FEMALE AND GETTING OLDER.

1 IN 8 WOMEN WILL BE DIAGNOSED WITH BREAST CANCER IN HER LIFETIME. THAT'S ONE PERSON EVERY 2 MINUTES IN THE U.S.

**GRAB YOUR GIRLS & GET SCREENED**

No matter who you are or where you live, breast cancer may touch your life. It's necessary to understand the warning signs of breast cancer, your risk of breast cancer and what's normal for you so you can take action if there are any changes in your breasts or underarm areas.

Since 1989, Susan G. Komen has helped drive down mortality rates from breast cancer thanks to our focus on early detection and improvements in treatment. However, that progress may be in jeopardy. During the COVID-19 pandemic, many people delayed their regular breast cancer screening. The pandemic disrupted treatment and research progress.

And more progress is still needed. Through research, growing knowledge about breast cancer has led to new therapies and targeted treatments that improved outcomes for many people. It is research that brings hope to people facing this disease, especially those living with MBC. We need to ensure more treatment options are available for all people facing breast cancer, especially when treatments stop working.

The COVID-19 pandemic also highlighted the inequities in breast cancer treatments for under-resourced communities across the country, as well as the inequity in treatment between Black and white women. Black women in the U.S. are about 40% more likely to die from breast cancer than white women.

## NATIONAL COMING OUT DAY OCTOBER 11TH

### Thoughts on "Coming Out" by our very own Philip Partridge

Individuals that identify as being part of the LGBTQ community often reminisce over the time in life when they accepted their sexual orientation and/or gender identity, and made the decision to acknowledge that part of their identity with others. This is commonly known as "coming out", a culmination of thoughts, feelings, and personal events leading up to an individual recognizing their essential being. For many, the process of "coming out" is stressful because of stigma- both internal and external- that calls in to question one's humanity and worth. It's also a time of hope..... that family, friends, classmates or coworkers, will respond compassionately.



If you happen to be that trusted friend or family member, remember how valued you are, and that your reaction will serve as a reflection of how an LGBTQ individual will see themselves going forward in the world. Remember too, that LGBTQ individuals navigate life like everyone else, guided by self-awareness that motivates one to "come out" in their teens, 20's, 40's, or even in middle age. The timeline is not important, but the process is. So, if you feel you'll be unable to be supportive and impartial, that's ok. But let this friend or family member know where you stand regarding acceptance. If you are, however, in a place to be a confidant, offer to stand with that individual as they speak their truth. Best practices include asking about confidentiality in sharing the news with others, offering support by listening with interest, and most of all, by being a trusted open mind.

# EMPLOYEE SPOTLIGHT

## ANGIE KUEHL



### WHAT'S SOMETHING YOU'VE DONE, BUT YOU'LL NEVER DO AGAIN?

As a teen, I worked on a 1,200+ acre farm in central Illinois. We were a small summer farm crew of five people. One day, our crew baled and unloaded in the barns, 997 square 60- 70 lb. bales of alfalfa hay. I can't foresee ever having, or even exploring an opportunity like that again.



### WHAT'S YOUR GUILTY PLEASURE?

Soft caramels - especially homemade caramels, using honey instead of sugar.



### TELL ME A FACT THAT MOST PEOPLE DON'T KNOW ABOUT YOU

I don't own a television.

### IF YOU COULD KILL ANY FASHION TREND FOREVER WHAT WOULD IT BE?

Fashion is just not something I know or care much about, so this is actually a challenging question for me. As a child growing up during the 70's, I always thought bell bottom pants looked kind of impractical and silly. I still think that today.



Angie is the Recycling Coordinator for JCHD

### WHAT'S THE WEIRDEST FOOD YOU'VE EVER EATEN?

I'm not sure it is considered a food per se', but the weirdest thing I've once eaten is the eyeball from a baked walleye.



### WHAT SKILL DO YOU THINK EVERYONE SHOULD HAVE?

Self-control



### IF YOU HAD TO PLAY ONE ALBUM FOREVER WHICH ONE WOULD IT BE?

I sort of already live this experience... My farm truck radio doesn't work, but it does have one CD in it that plays - The Album is Stevie Ray Vaughn and Double Trouble - Greatest Hits. It never disappoints me, especially Little Wing.



### IF YOU COULD INSTANTLY BECOME AN EXPERT IN SOMETHING, WHAT WOULD IT BE?

I'd love to be a multi-talented artisan who could do painting, sculpture, metalsmithing, photography, and musician that could whale on the electric guitar. If I were independently wealthy, then then my answer might change to traveling the world to exotic cliff and mountain locations to do base jumping in a wingsuit.



Listen to some Bavarian tunes and take a bite into a bratwurst because October is German-American Heritage Month. How do you show your gratitude to those who gave America these can't-miss traditions: Christmas trees, Easter Bunnies, and Santa? Well, some things are invaluable, but we can certainly try our best by being there for the parades and festivals throughout this month of celebration.

In October 1683 German families began settling in Pennsylvania. Since then, German Americans have contributed greatly to our society. As well as the already mentioned Easter Bunny and Santa, the Germans have had a huge influence in car manufacturing, the building of churches, the arts, and even the language. Love a good hamburger? That came from Hamburg in Germany. Hugely historical entrepreneurs such as Heinz, Chrysler, Boeing, and Rockefeller all have German American heritage.

The first proclamation of German-American Heritage Month was issued by Ronald Reagan in October 1987, and since then we have been celebrating every year.



Welcome

**SHAWNA DEBOLT**  
**THE NEW DEI**  
**COMMITTEE CHAIR**

"Whatever we accomplish belongs to our entire group, a tribute to our combined effort." - Walt Disney