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December 2022 Newsletter



Presidents Welcome Message



Greetings,

BABNA started 2022 with community partners providing COVID-19 information and vaccinations to vaccine hesitant citizens of Color.

We were at the end of a grant sponsored by Kaiser to increase the number of people vaccinated. We continued reaching out via community partners Umoja, UCSF, Contra Costa County, etc. to provide support and education to community groups beyond the grant limit. BABNA partnered with Kaiser's Scholars Academy to present our Annual Black History Florence Stroud Conference online. The conference featured Fredrika Newton, wife of Huey Newton, and Dr. Martha Dawson, President of our National Chapter NBNA, among other notables.

We were energized to engage our volunteer nurses and students in Pop-up clinics in SF and Oakland with Mukulla Godwin taking the lead. BABNA had an information booth at NBNA National conference providing literature on Health Care Access for All.

Presently BABNA is collaborating with Samuel Merritt University, USF, and SFSU to develop a nursing student mentoring program.

Despite the pandemic, BABNA has continued to show up for our community, and our community thanks us.

Norma Faris Taylor MPH, PHN, RN

BABNA President

Founders Message



Carlessia A. Hussein, D.Ph, M.S., B.S., RN

Co-founder with Ms. Florence Stroud, M.S., B.S., RN

In the Beginning:

1960-1970 represented the launch of a sea change in America's efforts to achieve freedom and prosperity for populations of color. Health inequities became an early focus in California. In 1968-1969, two Black Nurses groups were formed, one in the S.F. Bay Area and another in Los Angeles both intent on addressing the lack of quality health care for Black communities. The two California groups came together, planned, and held the first CA Statewide Black Nurses Conference in June 1971. Word spread quickly to other BNA groups throughout the country, sparking rapid organizing that led to the National Black Nurses Association's Articles of Incorporation being signed in Ohio on September 6, 1972.

Today:

2022, the United States' voters are speaking out to preserve Democracy and unify the states and the people in the nation. Women's rights, voter suppression, abortion, the economy, and civil unrest are fermenting issues. While all the votes

have not been counted, the prevailing direction is the preservation of Democracy for the many diverse citizens of the nation. Women, nurses, persons of color, and young people are waking up to the importance of participating in the public square. Those who manage the public's resources and decide our freedoms, determine the quality of our lives and that of future generations.

The Future:

Today is the future. The next moment counts, big time. Democracy is not a spectator sport. We each must get onto the field and play in the game to win. Nurses and firefighters are the most highly respected professions. We must use our standing in society and commitment to helping people by participating in the public square: Add 'Politics and health equity' to nursing curricula; do nursing community projects inside local/State/national political offices; add political appointees as members to area BNAs; run for political office; conduct research on the interface of politics on health status; educate local politicians on the interface of politics and health; work with community groups to provide training to citizens on voting; and collaborate with others in writing a Citizen's Manual on Political Participation that promotes the health of families, etc., etc., etc.

Welcome New Members

Welcome New Members

CONSTANCE GLENN-TOLBERT
PAULINE CHAPMAN
MARCELA WADE
ROCHELLE PARDUE-OKIMOTO
DUFERA KITILA
CHINWE ANYAMELE
CLYDRA ANDERSON
EDWIN LOBATO
IFEOMA OBI
CHARLOTTE BOYKINS
JA'CARRIA MAYS
ESTHER CARNEGIE
MARIAH WOLFE
FERNANDA P. TORRES RODRIGUEZ
MONICA CAMERENA
LATRICE JOHNSON
TAHTYANA JONES
MOUSSA DIOUM
YESENIA CASTILLO
JACQUELINE CHAVEZ
DELANEY RUIZ
AUDRI SMITH
WHITNEY SMITH
LATOYNA SMITH-SPRING
SAMELY GONZALEZ
BOBBY PHILLIPS
TORI BELL
SHERNICE LEMONS
ASHLEY N MUSE-WILBURN
KAREN WELLS
DR. PAULA VAN
NAIROBI WILEY
SOKENYA SINGLETARY
DR. CYNTHIA STACY
ANGELA MCGUIRE
TAMIE SIMS-RUSSELL
GWENDOLYN D SAMPSON-BROWN
KIMBERLY WINN
JACQUELINE HAMPTON
ROCHELLE POPYO
ALIYAH MORGAN
SHANWELL SAAD

Nurse of the Month



Tammie Sims-Russell

My name is Tammie Sims-Russell and I've been a nurse for 21 years. I graduated from Marymount University, in Arlington, Virginia with a BSN in 2003. Prior to nursing, I studied at Eastern Michigan University where I majored in and received a BS in Psychology. I'm originally from Detroit Michigan. I've been living in the Bay Area for the past 10 years. I currently work for Kaiser in South San Francisco in the intensive care unit. I have worked briefly in the wound care department as a CWOCN. I recently was accepted into Samuel Merritt, DNP psychiatric mental health nurse practitioner program for spring 2023.

My mission is to bridge the gap by providing culturally competent care and being a change agent within our community. I was introduced to BABNA by a friend who invited me to a meet and greet in Oakland in early 2022. While at the meeting, I met some amazing women. One of those individuals that I met was Venita. She truly was inspiring. She informed me that she had held many roles within the organization and had been a member since its early inception. I thought to myself there must be something very special about being a part of this organization that she had been there almost before I was born.

As I listened to some of the stories it became evident to me that this organization was a place to meet others like myself, who are committed to being of service to their community. My impression of BABNA after the initial introduction is that the focus is on cultivating the next generation of nurses, to empower our profession through volunteerism, leadership, education, and service. I liked the message that was delivered on that day to get involved, to combat the inequalities that exist within the African-American community. I wanted to be a part of the process. So here I am ready and willing to serve.

Mentor Mixer



RSVP

Legislative Committee



Hello BABNA members,

Your Legislative Committee is proud to introduce our section of the BABNA Today Newsletter. Our committee will inform our fellow sisters, and brothers of important legislation, health policies and actions on various health related issues that affect us professionally, personally and for our community as a whole. The committee was formed in 2021 under the direction of our President, Norma Faris-Taylor and is co-chaired by Mukulla Godwin and Salamah Locks. We have also been given mandates, besides that of our local chapter President, from the National Black Nurses Association to promote information related to universal access to care. WE WELCOME OUR FELLOW SISTERS AND BROTHERS TO JOIN OUR COMMITTEE! Just go to the "Contact Us" section on the BABNA.today website and indicate your direct interest in joining this committee.

The BABNA Legislative Committee has been active in several areas. We have been networking with other groups who are also involved with the colossal task and challenge of legislation and policies to improve outcomes in health for ourselves, fellow nurses and our Black communities. There have been monthly communications/contacts with groups, such as, the Poor Peoples Campaign, National Nurses United/California Nurses Association, The Black Womens' Business and Professional Association, The Umoja Healthcare Project, The Sinkler Miller Medical Association, The Physicians for a National Health Care Plan, single payer/Medicare for All and other groups interested in advancing universal health care and access.

In conjunction with "A Black Woman's Voice: our chapter sponsored a booth at the 50th National Black Nurses Conference this past July 26th - July 31st in which information was given to attendees about facts indicative of the need for a national universal health care plan. Our booth was well received!!

The Legislative Committee wants you to know that there is urgent need to support legislation to make permanent provisions for protective equipment and materials (PPEs). Mandates from the Biden Administration were for only temporary provisions for PPEs, despite the fact that over 4,800 health care workers had died during the nadir of the COVID epidemic! We still face deaths and disabilities from COVID and Influenzas while frontline workers are still at risk!

Another problem that we need to be aware of is the Major Threat to privatize Medicare. Don't be fooled by all of the commercials on television extolling the virtues of various private insurance plans. These plans are meant to drain Medicare as we know it, and do not solve the discrepancies for adequate care faced by millions of African Americans who despite being the group with the most medical debt in these United States, are still receiving no to inadequate callous care. Depending on privatized insurance plans is not the answer!!

The Legislative Committee is proud to announce that our President, Norma has

sent an endorsement for Barbara Lee's amendment to support the National Medical Corps Act which proposes creation of one thousand new doctors to serve our underserved communities! There will be much more to follow, including updates and editorials.

Mukulla Godwin, BSN, MS

Be in the Know



In brief, did you know that. . .

1. African American and Black women have higher rates of breast cancer (BC) mortality than other major racial groups?
2. BC is not a single disease?
3. There are two types of mammograms (MMG)?

There are several factors related to the high incidence of BC in African American and Black women. Being female, aging and having dense breast tissue are major conditions for the development of cancer within breasts. The increase mortality rates are due to late detection with associated metastasis to other body areas, and the presence of other chronic health conditions as comorbidities. The comorbidities include chronic cardiac, renal, and endocrine diseases in the presence of long-term stress states.

It has been stated that about 80% of all chronic diseases are caused by stress. To illustrate the effect of stress on the body is the 'boiling frog syndrome'. If a frog is placed in a pot of boiling water, it will immediately jump out to safety. However, if a frog is placed in a pot of cool water and slowly increased to boiling, the frog will stay in the pot adapting to the temperature until its death. Simply stated, cancer derives from one cell with defects that accumulates overtime leading to tumor development. There are different types of BC. These cancers are labelled by the substrate in which the cancer thrives. The BC can be positive or negative for hormone receptors (estrogen or progesterone) and the protein, human epidermal growth factor receptor 2 (HER2).

Today's treatments include hormone therapy and targeted medications for these receptors. You may have heard the terms 'triple positive breast cancer' (TPBC) or 'triple negative breast cancer' (TNBC) or other variations such as 'estrogen positive' or HER2 negative. For African American and Black women, there is an increasing incidence of TNBC which has no specific hormone targeted medications available and are more difficult to treat. In the U.S.A. there are about 40,000 women who die annually of BC despite screening every year.

The annual MMG that are recommended are only screening, that's four pictures or views to each breast. In about one third of women who have dense breast tissue, screening MMG frequently report false negative results. These incorrect results may result in late BC diagnosis, advanced disease, and subsequently poor prognosis. However, there are diagnostic MMG which you should ask for if you have noticed any change in your breast tissue. Manual self-examinations are an essential health promoting activity that all women should regularly practice. There are clinical trials to develop earlier detection and better treatment techniques and medicines. The WISDOM study is a trial study to find the best way to detect BC. If you or any woman is 40-74 years of age and has not had BC, please let them know about this study. By joining WISDOM, you will receive high quality breast screening recommendations. You can also learn about your personal risk for BC and ways to reduce you risk. It's safe and easy online questionnaires about your breast health. For more information and to enroll, visit: www.thewisdomstudy.org. If you have questions, contact WISDOM 855-729-2844.

Primary reference: 11th Annual Conference – Stanford Cancer Institute Office of Cancer Health Equity and Community Engagement (2022).

Salamah Locks, MS, APRN-BC, PHN

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Look forward to the Florence Stroud Black History Nursing Conference in February 2023.



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