

You're About to Elevate Your Brain & Body!

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JUNE 2024



MEHARRY COMMUNITY ENGAGEMENT CORE NEWSLETTER

Meharry Community Engagement Core connects community members and organizations with Meharry researchers to conduct research and share results that will improve health for communities that experience the poorest outcomes.

inside this issue

Alzheimer's and Brain Health
Awareness Month (June)

Men's Health Week

National Minority Mental Health
Awareness Month (July)

Upcoming Community Events

Research Volunteer Opportunities

Our Vision

To eradicate health and healthcare disparities through long-term collaborative, mutually beneficial community-research partnerships.

Brain + Body

Core Partnerships

Want to partner with the Community Engagement Core as a community member or a community-based organization representative? [Click here](#)

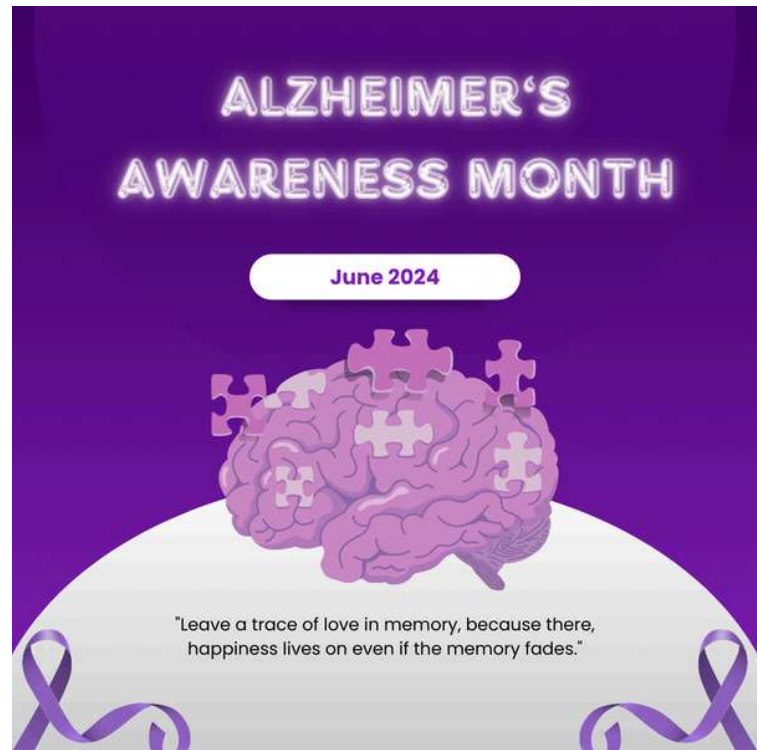
Are you interested in participating in research studies at Meharry?

[Click here](#)

Call for Contributions!

Do you want to be featured in our next issue?

Email us for more details at COMMUNITY@MMC.EDU



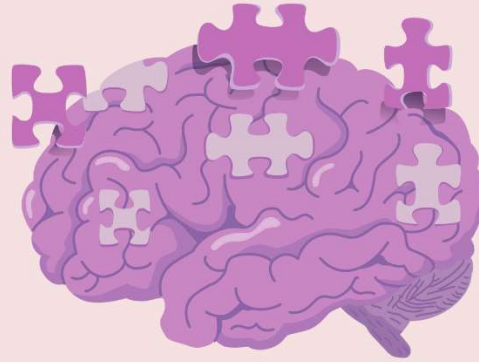
This edition of the Meharry Community Engagement Core Newsletter spotlights Alzheimer's Awareness Month, Men's Health Week, and National Minority Mental Health Awareness.

Join us in raising awareness and promoting health in our community. Together, we can make a difference!



June is Alzheimer's & Brain Awareness Month – an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue. Everyone who has a brain is at risk of developing Alzheimer's, the only leading cause of death that cannot be prevented, cured, or even slowed. During June, the Alzheimer's Association asks people around the world to wear Purple and use their brains to fight Alzheimer's disease.

Alzheimer's Awareness Month

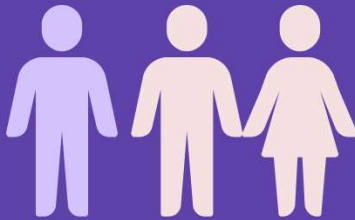


ALZHEIMER'S FACTS



1 OUT OF 3

Seniors have Alzheimer's or another dementia.

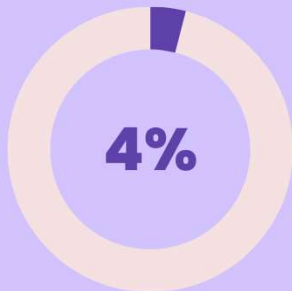


EARLY SYMPTOMS

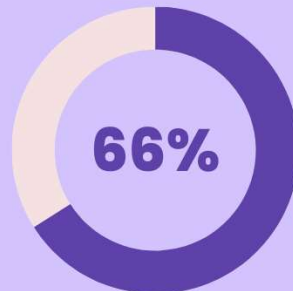


- Memory loss affecting daily life
- Difficulty planning or solving problems
- New problems with words in speaking or writing
- Decreased or poor judgment
- Changes in mood and personality

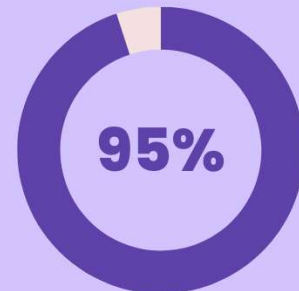
STATISTICS



Alzheimer's is the 6th leading cause of death in the United States, accounting for about 4% of deaths in the elderly.



About 66% of Americans with Alzheimer's disease are women.



Over 95% of people with Alzheimer's have one or more other chronic conditions, such as heart disease, diabetes, or hypertension.

Caregivers

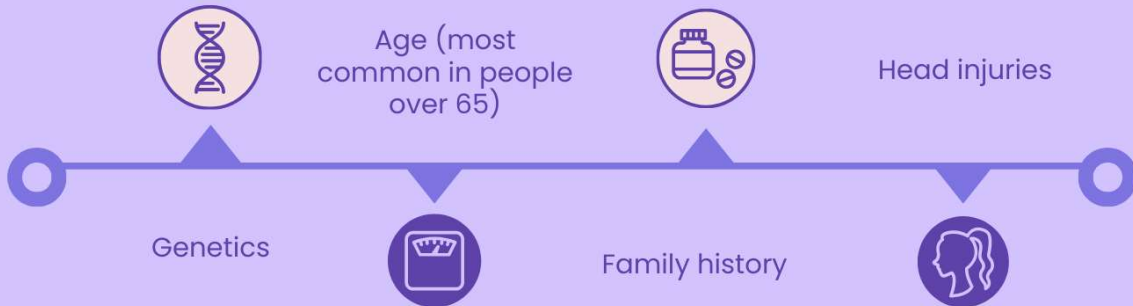
- Over 16 million Americans provide unpaid care for people with Alzheimer's, with nearly 70% being women.
- 60% of caregivers rate emotional stress as high or very high, and they spend an average of \$7,000 annually on care-related expenses.
- 40% of caregivers suffer from depression, and only 34% report having sufficient support to manage their caregiving responsibilities.

Support & Resources

- **Alzheimer's Association:**
www.alz.org
- **National Institute on Aging:**
www.nia.nih.gov
- **Help for Caregivers:**
www.caregiver.org



RISK FACTORS



All information retrieved from Alzheimer's Association and National Institutes of Health (NIH)

MEN'S HEALTH WEEK JUNE 10-16, 2024



JUNE 10-16, 2024

MEN'S HEALTH WEEK

Daily activities for Better Health

MOVE IT

1



- **Suggestion:** Go for a 30-minute walk, jog, or bike ride.
- **Tip:** Aim for at least 150 minutes of moderate-intensity exercise per week.
- **Why?** Regular physical activity reduces the risk of heart disease, and diabetes, and improves mental health.

2



FLAVORFUL FUN

- **Suggestion:** Prepare a meal with lean proteins, whole grains, and plenty of fruits and vegetables.
- **Tip:** Try to include colorful veggies and fruits to get various nutrients.
- **Why?** A balanced diet supports overall health and can prevent chronic diseases.

MINDFUL MOMENTS

3



Suggestion: Take time for meditation.

- **Suggestion:** Take time for meditation, mindfulness, or talking to a friend or mental health professional.
- **Tip:** Practice deep breathing exercises or try a relaxation app.
- **Why?** Mental health is as important as physical health. Reducing stress and addressing mental health needs are crucial.



4



HYDRATION HOUR

- **Suggestion:** Track your water intake and aim for 8 glasses of water today.
- **Tip:** Carry a reusable bottle to stay hydrated throughout the day.
- **Why?** Proper hydration is essential for bodily functions, including digestion, circulation, and temperature regulation.

FITNESS FUN

- **Suggestion:** Do a strength training workout, focusing on major muscle groups.
- **Tip:** Use weights, resistance bands, or body-weight exercises like push-ups and squats.
- **Why?** Strength training helps build muscle, support joint health, and boost metabolism.

5



Adapted from Center of Disease Control & Prevention

Men's Health Matters:

A Conversation with Men's Health Expert, Dr. Kevin Billups



Dr. Kevin Billups is a highly experienced Urologist and Men's Health Specialist with over 30 years of dedicated practice in the field. His focus is on Men's Health and Sexual Medicine. He is a strong believer that the only solution to sustain better health is for men to empower themselves to act and make lifestyle changes.

Dr. Billups graduated from Harvard University and The Johns Hopkins University School of Medicine. He completed his Urology residency at the Johns Hopkins Brady Urological Institute and then pursued a fellowship in Urology, Sexual Medicine and Vascular Physiology at the University of Virginia. Dr. Billups is currently a Professor of Internal Medicine & Urology and Director of the Men's Health Program at Meharry Medical College in Nashville, TN. Dr. Billups will also lead efforts at Meharry in the recently launched Heal90, a Lifestyle as Medicine Program which will address nutrition and wellness in men and women.

1

What are the most common health issues you see in men, and how can they be prevented?

Many men see me for concerns about erectile dysfunction, low testosterone, and prostate problems. The truth is that these problems and their symptoms are often caused by chronic medical problems related to blood sugar (diabetes, pre-diabetes), blood pressure (hypertension), abnormal cholesterol levels and increased waist size due to abdominal/belly fat accumulation.

These health problems are largely driven by three factors: the standard American diet, chronic stress, and poor gut health. These three factors contribute to chronic low-grade inflammation, which is the root cause for many of the medical problems that adversely impact Men's Health (and Women's Health as well). Adopting healthier

lifestyles through improved diet, exercise, and adequate sleep can prevent most of these conditions from occurring, and can also restore men back to optimal health. Most of my patients already have chronic issues, so I focus on lifestyle changes as a means to restore health and then prevent it from recurring.

Mental health is often overlooked in Men's Health discussions. How can men be encouraged to seek help for mental health issues

2

Mental health is a huge issue for men that is often overlooked or under emphasized in Men's Health discussions. It is an important topic that needs....

[Click to read full article](#)

[Visit Heal90 website](#)

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH



July is National Minority Mental Health Awareness Month. It brings awareness of mental health challenges faced by racial and ethnic groups that have been treated unfairly and oppressed in the United States. By spreading awareness, communities can work together to provide better support and resources for everyone's mental well-being.

NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH

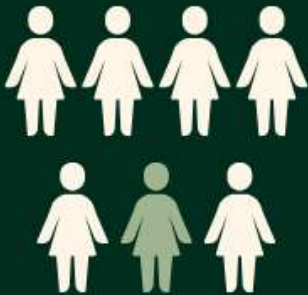


MENTAL HEALTH FACTS



1 OUT OF 7

Minorities in America suffer from mental health issues in America.



SIGNS & SYMPTOMS



- Persistent sadness or depression
- Excessive worry or anxiety
- Mood swings
- Social withdrawal
- Changes in eating or sleeping patterns
- Difficulty concentrating

MENTAL ILLNESS PREVALENCE BY RACE/ ETHNICITY:



African



Hispanic/



African American/ Black

Asian American

Hispanic/Latino American

Native American

Common Barriers

- **Stigma and Mistrust:** Fear of judgment and historical discrimination, like the Tuskegee Syphilis Study, create deep mistrust of health care systems.
- **Cultural Differences:** Language barriers and a lack of culturally competent professionals hinder proper understanding and treatment of symptoms.
- **Economic Factors:** Financial constraints and lack of insurance limit access to treatment, while economic stress worsens mental health issues.

Support and Resources

- **Community Support:** Peer support groups provide mutual support, reduce isolation, and promote collective healing.
- **Access to Services:** Telehealth improves access to care in remote areas and reduces transportation and scheduling barriers.
- **Self-Care:** Mindfulness, meditation, and physical activity enhance emotional regulation, reduce anxiety, and improve overall well-being.



RISK FACTORS



All information was retrieved from Center of Disease Control and Prevention and Food and Drug Administration.

Resources:

- **Hotlines:**
 - National Suicide Prevention Lifeline: 1-800-273-8255, Crisis Text Line: Text "HELLO" to 741741.

Organizations:

- Mental Health America, NAMI, The Trevor Project.

Other special observances in July:

July 4: Independence Day

June - July 2024

COMMUNITY EVENTS

JUNETEENTH FREEDOM DAY

Father's Day Weekend!



Corner of
Knowles and DB Todd

10AM-3PM
Welcome All!

Health Screenings, Music
North Nashville History
Housing, Harm Reduction
Re-Entry and Voter Registration
Well Child, March of Dimes
Reproductive Health Screenings
and Other Resources

- *Historic First Community Church*
- *North Nashville Business District*
- *Meharry Medical College*
- *Clean Lyfe*
- *Hustle Recovery*
- *Metamorphosis*
- *My Father's House*
- *Shower the People*
- *STARS*
- *Thistle Farms*
- *Office of Homelessness*
- *Metro Public Health Department*

CHECK IT OUT

ST. JOHN AMEC LAY ORGANIZATION

Rev. Lisa Hammonds, DMin
Pastor

It's time for the
Father's Day/Juneteenth Celebration
Drive By Fish Fry

Whiting and
Catfish Plates &
Sandwiches
available



assorted drinks
& desserts



Pick up date:

SATURDAY, JUNE 15, 2024 11AM - 3PM

DRIVE BY PICK UP LOCATION
ST. LUKE CME CHURCH
2008 ED TEMPLE BLVD, NASHVILLE
ORDER DATES: Monday, June 3,
8am - Tuesday, June 11, 11:59pm

HOW
TO
ORDER

URL: bit.ly/SJNLay

OR scan the QR code:



Or, TEXT (NOT CALL) 615-496-3903



For more info, please contact
Paula Y. Holmes 615-496-3903

StJohnAMENashville

Save the Date
for the



25TH ANNUAL

SISTER
FOR
SISTER
LEADERSHIP CONFERENCE

Elevating Excellence:
The Next Level Blueprint

Presented by the
National Coalition of 100
Black Women, Inc.,
Metropolitan Nashville
Chapter

JUNE 22

Vanderbilt
University
Student Life
Center

[Click here for more information](#)

Nashville Davidson Countywide
Dept. of Housing and Urban Development
Continuum of Care Commission

Partnered with The National Alliance to End
Homelessness, we exist to end homelessness.



"The Homeless CEO"
Kennetha Patterson,
Consumer Advisory
Board Chair

**WE ALWAYS NEED YOUR
STORIES & VOICES**

**New location and collaboration with
The PEOPLE @ The Contributor
following thier vendor breakfast**

**06/26/2024
09:30 AM**

154 Rep. John Lewis Way N.
Nashville, TN 37219
info@thecontributor.org
(615)829-6829



Digital Contact Card The Homeless
CEO QR Code

**Parking Unfortunately is Park on your
own no validation available unless you
attended the vendor Breakfast !**



Medical Mission at Home

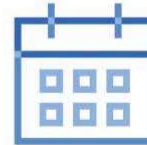
We are called to live our Mission by serving those who are poor and vulnerable, particularly in our own communities. **We are blessed to once again serve our communities through our Medical Mission at Home on June 29, 2024 at the Nashville Fairgrounds.**

Started in 2008, Medical Mission at Home is a day dedicated to providing access to healthcare for those in need. Through our Medical Mission at Home events, Ascension Saint Thomas and our community partners deliver free medical care to those with limited access and who are struggling in the community. Services provided include medical care and screenings, dental care, vision care, spiritual care, mental and behavioral health care, food and nutrition services, employment support, housing support and more.

This event is made possible by our associates, physicians and you, our community partners. We invite you to participate in the event by volunteering in the many clinical and non-clinical roles that will help us serve our patients. Scan the QR code to sign up today.

If you can not participate but would like to make a donation toward the effort, you may do so by visiting saintthomasfoundation.org and selecting Medical Missions/Daughters of Charity Fund.

We appreciate your partnership and consideration.



Medical Mission at Home
Saturday, June 29, 2024
8 a.m. - 2 p.m.
The Nashville Fairgrounds
625 Smith Ave
Nashville, TN 37203

Volunteers are asked to be present from 6 a.m. - 4 p.m.



[Click here for more information](#)

4TH ANNUAL EDUCATIONAL BANQUET

HONORING: NAVITA GUNTER

*Together*ness
June 29

6 - 8 PM

SMB CORPORATIVE MINISTRIES

PAYPAL: SMBC1902@HOTMAIL.COM

OR CASHAPP: \$SMBC1902

\$35 / Ticket

BLACK, GOLD & TEAL · SEMI FORMAL EVENT

1106 HADLEY AVENUE

OLD HICKORY TN 37138

CONTACT LANESE: (832) 888-4137

OR LISA: (615) 330-6128

2024



Mindful Steps

A BETTER YOU..

The Session 2024

Cane Ridge Event Center

12633 Old Hickory Boulevard,
Nashville, TN 37013.

3pm to 5pm



[Click here for more information](#)



Dial Down Diabetes (DDD) Lifestyle Management Program: A community-based program offered to adults that have been diagnosed with diabetes, pre-diabetes or is a caregiver to a person with diabetes.

Matthew Walker Comprehensive Health Center (Nashville Location) 1035 14th Avenue N, Nashville, TN, United States

- June 13 @ 10:30 am - 12:00 pm
- June 27 @ 10:30 am - 12:00 pm
- July 11 @ 10:30 am - 12:00 pm
- July 25 @ 10:30 am - 12:00 pm

[Click here for more information](#)



S.A.L.T (Seasoned Adults Living Triumphantly) Program: Recreational and Educational activities for adults 60 years old and older.

**Matthew Walker Comprehensive Health Center (Nashville Location) 1035 14th Avenue N,
Nashville, TN, United States**

- June 18 @ 10:00 am - 12:00 pm
- July 2 @ 10:00 am - 12:00 pm
- July 16 @ 10:00 am - 12:00 pm

[Click here for more information](#)



A Fibroid Awareness and Education Platform
presents

2024 Fibroid Awareness Conversation Event Panel Discussion and Information Event

Saturday, July 27 9:00am until 12:00pm

Panel Guests



Dr. Kendra
Hayslett



Marva Southhall



Beverly Davidson
DNP, FNP-BC

Free Admission includes Lunch



Must register for Admission

Breakout Session Topics

Menopause 101

Fertility & Fibroids

The Mental Health & Physical

Aitment Connection

Event Location

Born Again Church 858 West Trinity Lane Nashville, TN

For more information, go to www.giveglean.org

[Click here for more information](#)

June -July 2024

RESEARCH VOLUNTEER OPPORTUNITIES AT MEHARRY



Sisters Inspiring Sisters to Engage in Relevant Diabetes Self-Care

S.I.S.T.E.R Diabetes Study

This is a **paid research study for African American women with type 2 diabetes.**

It will compare two ways to help African American women with diabetes eat healthier.



1. Scan the QR code with a smartphone
2. Complete the screener and find out if you're eligible



Volunteers will receive:



Group sessions with free nutrition support for healthier eating



Free diabetes resources



Free samples of healthy meals



Support from other African American women with type 2 diabetes



Compensation for time and travel

Contact us:  615-327-5984  sisterdiabetesstudy@mmc.edu

For more information:  www.sisterdiabetesstudy.com

[Click here for more information](#)



Approved by Meharry IRB
Expires on 02/14/2025

SLEEP AND PREGNANCY STUDY

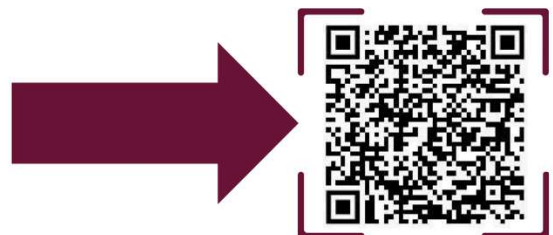


- Are you early in your pregnancy journey?
- Have your sleep habits changed since becoming pregnant?
- We would love to hear about it!

Please call us at 615-327-6046 or scan the QR code to request more information.

Why participate?

The purpose of this study is to work with pregnant women to gain important knowledge about sleep quality during pregnancy, and pregnancy-related health outcomes. For your participation, you will be compensated up to \$500 for your time and travel.



This study is supported by NIH Grant U54MD007586

[Click here for more information](#)

MEHARRY MEDICAL COLLEGE SCHOOL OF DENTISTRY

Volunteers needed for research project:

Effect of dental care treatment on gum disease

The purpose of the study is to determine the best way to remove bad bacteria from the mouth and provide better dental treatment

Who Is Eligible To Participate?

-Adults that are not pregnant, with or without gum disease-

Participants will receive \$50 for each visit
(5 visits): total \$250

Interested?
Scan QR Code

Complete short survey, and the research team will contact you



If you have questions, please contact

Shamanta Ramesh, BOS, MPH
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Dr. Joyce Barbour, DDS, MBA
Ph: 615-327-3152
Email: jbarbour@mmc.edu

Dr. Pandu Gangula, Ph.D
Ph: 615-327-6511
Email: pgangula@mmc.edu

[Click here for more information](#)

GET INVOLVED TODAY!



- Attend one of the local events listed above.
- Participate in a research volunteer opportunity.
- **Share this newsletter!**

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<https://meharryresearchconnect.org/>

Community@mmc.edu

615.327.5807

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Nashville TN 37208
USA

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