

SHE IS THE REASON FOR GIVING

My Dearest Sisters, Donors, and Friends,



It is with a deep sense of joy and appreciation that I bring greetings to you in the spirit of Togetherness. The past few years have been challenging and uncertain. Collectively we have endured hardships and with each season we have prevailed together and the SHE Foundation board members are thankful for each donation and all of the support that we have received over the years.

As we rapidly approach the New Year 2022, it is imperative that during this season of giving that the SHE Foundation is reflective of our goals, our donors, and their generous contributions during this season of giving. It is also important that we remain cognizant of our purpose and why we exist and the fact that we could not exist without your generosity and spirit of giving. During this season of giving, we are humbly requesting that you choose the SHE Foundation as your choice of giving... Effective December 15, 2021 – January 15, 2022, The SHE Foundation, Inc. will launch two fundraisers, a virtual auction, and a Souvenir Business Journal to showcase your individual/Chapter entrepreneurship, additional information will be distributed at the Networking event scheduled for Wednesday, December 15, 2021.

I would like to express sincere appreciation to potential, present, and past donors who have supported The SHE Foundation for the past seventeen years. During this season of giving we are thankful for your ongoing support. The SHE Foundation respectfully honors and applauds each of you for believing in the Foundation's mission, Supporting Health & Education initiatives. On behalf of the foundation, I encourage you to participate unapologetically, give with an open heart and remember during this season, that "SHE" is the Reason for Giving!



Visit: www.theshefoundationinc.org to make your donation to the SHE Foundation today!

With Sincere Appreciation and Thankfulness,
Tanya McKoy, Chairwoman
The SHE Foundation, Inc.

HERE'S TO YOUR HEALTH MONTHLY HEALTH MINUTE

December is HIV Awareness Month with December 1st being World's Aids Day! HIV stands for Human Immunodeficiency Syndrome. HIV causes a weakened immune system by destroying cells that help to fight disease and infection. HIV is transmitted through contact with bodily fluids, such as semen, vaginal, anal fluids, breast milk, and blood. Practicing safe sex practices using condoms and checking your status with testing can avoid transmission. You CANNOT transmit the HIV virus through contact with sweat, tears, saliva, bath or pool water, or by sharing dishes, or shaking hands. Per the Centers for Disease Control (CDC), in 2019 alone there were 36,801 people who received an HIV diagnosis. Unfortunately, gay and bisexual men are the population most commonly affected by HIV. The number of new HIV diagnoses was highest amongst the ages of 25-34.

There is currently no cure for HIV at this time. However, through advancements in research and medicine, it can be controlled with the proper medication and treatment team. An estimated 1.2 million people have HIV in the US and about 1 in 7 patients are unaware they have the illness. Getting tested is key! You can ask your healthcare provider for a test, or go to www.gettested.cdc.gov.



HOLIDAY LIGHTS & LONGER NIGHTS

As the colder months are here, helping to maintain a healthy immune system is important to staying healthy from viruses and colds and hopefully prevent infection with Covid. So what are some tips to help boost your immune system while managing your mood this winter as well? How we feel mentally and physically impacts our ability to be happy, enjoy life, and stay healthy. As the holidays approach it is important to exercise and maintain a healthy diet.

A few things to start adding as supplements to your diet would be probiotics and adaptogens. Probiotics can be found in foods such as yogurt and kefir. They can also be taken in a pill or powder form as well. Probiotics are a combination of live beneficial bacteria and yeast that naturally live in your body. Probiotics are made up of good bacteria that help keep your body healthy and working well. Probiotics can also help to support immune function by controlling inflammation while helping to modulate mood. Probiotics help to regulate serotonin in the body, which is a hormone that helps to control sleep and happiness. Adaptogens are specific herbs or mushrooms that give the body health benefits in regards to adapting to stress and maintaining healthy immune function. Some examples of adaptogen include Astragalus and Ashwaghandha roots. Both of these adaptogens help to support healthy energy, reduce stress in the body, and support the immune system.

A DAY IN THE LIFE OF COVID

At this time of uncertainty with the Coronavirus and its variants leading some to panic, worry, and fear for themselves and for loved ones, remember that keeping your body healthy involves a holistic approach ... mind, body, and spirit. Keeping yourself and your loved ones calm is the best way to keep the immune system healthy and in its best state in order to fight off infection.

Remember, stress causes the body to release cortisol which is a stress hormone that can also lead to your immune system not working at its peak which may subsequently impact your health. So Everyone, please:

- *Stay calm even amidst the chaos, try to eat a healthy diet rich in fruits and vegetables, and get adequate sleep 7-8 hrs minimum for overall body self-healing.*
- *Remember to wash your hands for at least 20-30 seconds and/or use a 70% alcohol-based sanitizer.*
- *Limit your consumption of sugar and starchy foods- studies show sugars decrease our WBC's ability to fight back infection for up to 5 hours after ingestion.*
- *Increase your vitamin D3 intake ... to boost your immune system Many individuals are deficient and may not know it. Your Vitamin D level can be checked via blood test from your healthcare provider.*
- *Be proactive about practicing social distancing and be socially responsible! Therefore limit exposure to events with large crowds until more is known in your area about the spread of the virus.*
- *There is concern about shedding the virus even days before you start to show symptoms so, if you have any suspicion that you may have been exposed to someone positive for the virus or traveled to an endemic area, self-quarantine to protect others. Notify your nearest medical hospital or state health department for further instructions. The virus appears to cause more serious disease in individuals 50+ years of age and in those with other immunocompromised conditions such as cancer/HIV etc.*

Remember, together we can and we will get through this. Blessings and wellness!

Dr. Tamika Bush

The materials, comments, and information provided by Dr. Tamika Bush are for educational purposes only and are not given for specific medical advice. Please contact your doctor for specific medical advice personally.

Important websites to stay updated: www.coronavirus.gov www.cdc.gov

Johns Hopkins Global Coronavirus Tracking Database

[https://www.arcgis.com/apps/opsdashboard/index.html#\bda7594740fd402994](https://www.arcgis.com/apps/opsdashboard/index.html#\bda7594740fd40299423467b48e9ecf6)

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ASK THE DOCTOR

by Dr. Tamika Bush - ER Pediatric Physician

It is the holidays and I know we need to be mindful of eating healthy. What tips do you have Dr. Bush for eliminating belly fat?

It is simple-healthy eating!! Try to think of healthy eating rather than thinking of it as a diet. I know at times we have to have our simple indulges so I recommend just doing it and having one cheat day a week. However, just be mindful of what you eat that day. Having one cheat day a week gives you some wiggle room to just indulge. This way you are less likely to overeat or have endless days where you break your healthy eating habits.

Combining a healthy eating plan with exercise can help burn off belly fat. Watch your carbs! So which is better? a low carb diet or a low-fat diet. Medical studies show that people who ate a low-carb diet lost 10 more pounds at the end of 8 weeks than those that did a low-fat diet. Move away from processed foods and focus on fresh fruits and vegetables. In addition, add at least 30 minutes of aerobic exercise daily. Some examples of exercises include running, walking at a quick pace, swimming, biking/spin classes, and group fitness classes. Juicing is also another helpful way to get fruits and veggies into your diet. Below is a sample juice recipe that incorporates foods to help eliminate belly fat while maintaining a healthy immune system.

Fat Burner Juice Recipe

- 2 handfuls of kale
- 1 lemon
- 1 apple
- 1 cucumber
- 2 stalks of celery
- 1 stalk of ginger
- 2 stalks of carrot
- Optional (half cup of mango)



ASK THE EDUCATOR

by Ms. Brenda Torrence - Retired School Teacher

BRIDGING THE LEARNING GAP - due to Covid-19 Educators, parents, and students alike, all learned firsthand the high cost of the prolonged period of remote learning as we all were thrust into a National pandemic. The pandemic has had a disruptive effect on students across all age groups with a particularly troublesome impact on our Black, Hispanic, and Indigenous communities.

School systems, communities, and certainly our nation as a whole, were understandably overwhelmed and unequipped to respond when Covid-19 began rapidly spreading in the spring of 2020. The U.S. education ecosystem is built around an in-class experience from technology, various devices, curriculum designs, and how teachers are trained.

In many cases, schools are also the hub for support such as school meals, mental-health counseling, supplemental supplies, community outreach contacts, and childcare. Many homes, especially our low-income families, house students who often lack access to the internet, multiple electronic devices, and even a dedicated quiet place to study.

Teachers everywhere have continued to cope with a multitude of disruptions including attendance, daily routines for classwork and safety, and parental misunderstandings of the importance of it all. It's a lot for parents to navigate!

So needless to say, as the Covid-19 learning loss continues, disparities grow and our students need help! Help must come from our teachers, parents, support systems, and communities. Addressing learning gaps now, will minimize disruptions in students' educational journeys and allow them to get the education needed to build a brighter and more resilient future.



ASK THE EDUCATOR (CONT.)

Of course, we must also be realistic and acknowledge that these pandemic-related learning gaps may take more than a single academic year to close, but with some flexibility, the right tools, and a little grace, it can be done.

5 tips to bridging the learning gap:

1) PLAN A ROUTINE TOGETHER

Try to establish a routine that factors in age-appropriate programs that can be followed. Factor in playtime and time for reading. Don't forget that planning and doing household chores together safely is a great way to develop fine motor skills.

2) HAVE OPEN CONVERSATIONS

Encourage sty to ask questions and express their feelings with YOU. Remember that your child may have different reactions to stress, so be patient and understanding. Invite them to talk about the issue.

3) TAKE YOUR TIME

Start with shorter learning sessions and make them progressively longer. If the goal is 30-45 minute sessions, start with 10 minutes and then build up from there. Combine online or screen time with offline activities or exercises.

4) PROTECT CHILDREN ONLINE

Digital platforms provide an opportunity for students to keep learning, take part in playtime and even keep in touch with their friends. There are always heightened risks for children's safety, protection and privacy. Discuss the internet with them so they know how it works, what they need to be aware of and what appropriate behavior looks like! Share rules together about how, when and where the internet can be used.

5) STAY IN TOUCH WITH YOUR CHILDREN'S EDUCATIONAL FACILITY

Find out how to stay in touch with your child's teacher or school to stay informed, ask questions and get more guidance.

A cohesive team of parents, teachers, and other supportive adults working toward the common goal of academic success will be invaluable in bridging the achievement gap during the pandemic and beyond.



THE SUNSHINE CORNER

Hello and welcome to **The Sunshine Corner!** A space for you to share your stories of positivity, joy, and enlightenment. During these times of a major pandemic, political upheaval and racial unrest, life has definitely not been easy. Everyone has had to develop new normals to bring balance into their lives. Dealing with financial hardships, job/family changes, changes in mood, sickness, and death of loved ones or dear friends. These past two years have definitely been a challenge for us all. So this is a space for you all to tell us the **Sunshine** that is happening in your life. What have you done to bring peace and balance to your world? What words of encouragement do you have for other Sisters of SWING. Feel free to send your story and thoughts of cheer to sharonthomas@theshefoundationinc.org.

You could be featured in our next monthly newsletter!



A MESSAGE FROM THE EDITORS

BRENDA TORRENCE, TAMIKA BUSH, MD, & SHARON THOMAS

ON BEHALF OF THE ENTIRE SHE FOUNDATION BOARD OF DIRECTORS, WE, THE MEDIA AFFAIRS COMMITTEE, WOULD LIKE TO EXTEND TO YOU A VERY HAPPY HOLIDAY SEASON AND A PRODUCTIVE AND PROSPEROUS NEW YEAR!

WE ARE DELIGHTED TO PRESENT TO YOU, OUR INAUGURAL EDITION OF SHE SPEAKS, OUR MONTHLY NEWSLETTER, AND WE LOOK FORWARD TO PROVIDING YOU WITH THIS ONGOING PUBLICATION WHICH PROMISES TO BE INFORMATIVE, ENTERTAINING AND EDUCATIONAL.

WE THANK YOU FOR TAKING THE TIME TO READ THIS EDITION OF SHE SPEAKS AND WE LOOK FORWARD TO HEARING YOUR FEEDBACK IN THE COMING MONTHS. PLEASE FEEL FREE TO CONTACT US AT SHARONTHOMAS@THESHEFOUNDATIONINC.ORG IF YOU WISH TO CONTRIBUTE TO FUTURE EDITIONS OF THIS PUBLICATION OR IF YOU WISH TO OFFER SUGGESTIONS, ASK QUESTIONS OR OTHERWISE COMMUNICATE WITH THE EDITORIAL STAFF.