

A WORD FROM THE VICE CHAIR

"20 in 20"

The Board of Directors of The SHE Foundation Incorporated has worked diligently throughout this year to ensure that we meet our targeted goals. We are excited to launch our Capital Campaign "Transformation in Action - \$20K in 20 months". We created a three-tier project plan based on the theme "20 in 20," meaning the organization plans to raise \$20,000 in 20 months. At the end of this process there will be a celebration of the foundation's 20th anniversary.

Over the course of this year, The SHE Foundation Inc. has conducted a Facebook fundraiser, a Virtual Auction and a Raffle. These events raised a significant amount of revenue and also brought to us new supporters as well as a substantial online following. In line with the foundation's objective, we will continue to utilize online auctions and raffle sales as mechanisms to raise capital and create awareness of the need for support of education and health for our communities.

When it comes to paying for college, scholarships are the best form of financial aid, since they offer students another option for educational money that does not require a financial burden to the student nor the family. The SHE Foundation Scholarships are awarded to students to pay for direct educational expenses in order to reduce the financial burden of attending an institution of higher learning. They allow deserving students to attain their educational goals, meet their professional objectives and succeed to their fullest ability. This year, the foundation has awarded five scholarships to deserving students.

With the launch of the Capital Campaign, The SHE Foundation Inc. has named three new scholarships - the Beverly Dorn-Steele Community Engagement Scholarship, the Marilyn Berry Excellence in Leadership Scholarship and the Rovenia "Dr. Ro" Brock-Riggins Health and Wellness Scholarship. We are excited about our continual growth and with your financial support this vision will come to fruition. Together we can make a difference in the lives of our future leaders.

Thank you for your continued generosity and support.

Dr. Angela Mingo-Belfield

Dr. Angela Mingo-Belfield
The She Foundation, Inc.
Board Vice Chair



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MESSAGE FROM THE EDITORS

BRENDA TORRENCE, TAMIKA BUSH, MD, & SHARON THOMAS

We are pleased to come to you once again with the next edition of SHE speaks! Our goal is to provide you with informative, and useful content in an attractive package. We trust that we are approaching that goal.

October is Health Literacy Month among several other awareness recognitions. Please take an opportunity to focus on educating yourself on how to be proactive when it comes to matters that affect your health and that of your loved ones.

We are always looking for new information, intriguing ideas, and creative input. Please feel free to contact us via email at: SHESPEAKS@theshefoundationinc.org to offer feedback, make suggestions or submit an article.



CELEBRATING WORLD TEACHER'S DAY 2022

According to Teachers Pay Teachers, an online platform created by teachers for teachers to share educational materials, strategies and information, World Teachers' Day is celebrated every year on October 5th to commemorate the adoption of the 1966 ILO/UNESCO Recommendation concerning the Status of Teachers. The commemoration was first held in 1994 and has been served to recognize educators across the globe ever since. For many, World Teachers' Day is a time to recognize and show gratitude to the teachers who supported and inspired us when we were students. But more importantly, it's also a day for teachers to take stock of just how much they are impacting students each and every day.

These past couple of years haven't been easy for educators — but in the midst of uncertainty and chaos, teachers have worked hard to catch students up from disrupted learning, help them develop their social-emotional skills, and provide them with stability.

Everyone has that one favorite teacher, the one who went above and beyond to encourage you to strive to reach your full potential. Teaching is that one profession that impacts us all individually and collectively and has the potential to truly change the world.

The point of World Teacher's Day is to acknowledge, evaluate and enhance instructors the world over and to give them a chance to consider the many issues impacting educators and the teaching process in general. This year's theme is "The Transformation of Education Begins with Teachers".

As World Teachers Day 2022 coincides with the kickoff of the GROOVE PHI GROOVE and SWING PHI SWING National Convention/Conclave, I encourage you to show some love to the many educators in our midst and recognize the teachers who made a difference in your life.

FOR MORE HELPFUL
TIPS FOR
EDUCATORS VISIT:
[HTTPS://WWW.TEAC
HERSPAYTEACHERS.
COM/](https://www.teachertpayteachers.com/)



**CONGRATULATIONS TO THE
2022 SHE SCHOLARS!!**

THE SHE FOUNDATION SCHOLARSHIP RECIPIENTS



*Ms. Kearston Gonzales
New England Conservatory
Boston, MA*



*Ms. Aniya B. Simmons
Fayetteville State University
Fayetteville, NC*

THE CHERYL BODDIE "EAGLE" AWARD RECIPIENT



*Ms. Kimberly Gregg
North Carolina Central University
Durham, NC*

THE JERRY & AURELIA MINGO SCHOLARSHIP RECIPIENTS



Ms. Tayler Torrence



Ms. Troi Torrence

*Bowie State University
Bowie, Maryland*

ASK THE DOCTOR

By BCRF | January 25, 2022

Black Women and Breast Cancer: Why Disparities Persist and How to End Them

In the United States, breast cancer continues to be the most common cancer after non-melanoma skin cancer, and it is the second leading cause of cancer death. This year, the American Cancer Society (ACS) estimates that more than 290,560 new cases of invasive breast cancer and 51,400 new cases of ductal carcinoma in situ/stage 0 breast cancer will be diagnosed in women in the United States. While there has been an overall 42 percent decline in breast cancer deaths over the last 30 years—thanks to gains in awareness, early diagnosis, and treatment—there is a persistent mortality gap between Black women and white women.

Data compiled by ACS highlight the need to continue working toward closing this devastating gap. While breast cancer incidence rates among Black and white women are close, mortality rates are markedly different, with Black women having a 41 percent higher death rate from breast cancer. Among women under 50, the disparity is even greater: The mortality rate among young Black women, who have a higher incidence of aggressive cancers, is double that of young white women. Advances in early detection and treatment have dramatically reduced breast cancer's ability to take lives overall, but it's clear that these breakthroughs haven't benefitted all groups equally.

What accounts for Black women's breast cancer disparities?

The gap in breast cancer incidence and outcome among Black women is complex and multifactorial. Social, economic, and behavioral factors may partially account for disparities. Black women are statistically more likely to have diabetes, heart disease, and obesity, and are less likely to breastfeed after childbirth—all of which are risk factors for breast cancer. They are also more likely than white women to have inadequate health insurance or access to health care facilities, which may affect screening, follow-up care, and completion of therapy.

Through continued research, it is becoming increasingly clear that biology also plays a role. Black women are disproportionately affected by more aggressive subtypes, such as triple-negative breast cancer (TNBC) and inflammatory breast cancer, and they are more likely to be diagnosed at younger ages and at more advanced stages of the disease.

Working toward a solution

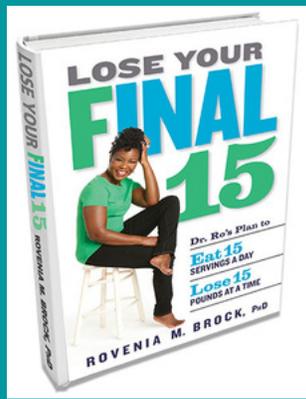
According to the National Cancer Institute, disparities in cancer care can be improved in several ways, including by creating statewide cancer screening programs that are accessible to underserved populations and by addressing the biological differences in breast cancer across racial and ethnic groups. A 2019 study that analyzed characteristics of breast cancer patients on a city level showed that women with more resources (such as education and income) may be better equipped to take advantage of healthcare advances. Indeed, cities that have confronted this problem by increasing access to state-of-the-art mammography facilities made significant progress in narrowing the breast cancer mortality gap between Black and white women.

The biology of breast cancer is inherently complex, which is why we often hear the phrase, "Every woman's breast cancer is unique." While we have made significant progress in understanding the molecular drivers of breast cancer, most studies and clinical trials are conducted in white women. Expanding Black women's participation in research is critical. We have only recently been able to decipher some of the underlying biology to explain the higher incidence of aggressive tumors in Black women and to identify biomarkers that could ultimately inform personalized therapies and improve outcomes for Black women diagnosed with breast cancer.



FOR MORE INFORMATION ON
BREAST CANCER RESEARCH
VISIT THE BREAST CANCER
RESEARCH FOUNDATION
WEBSITE AT BCRF.ORG

Nearly 4 out of 5 black women in this country are over-weight or obese,, according to the 6-year National Health and Nutrition Examination Survey.



Dr. Ro is a proud member of SWING PHI SWING Social Fellowship Inc. and has recently been honored by the SHE Foundation Inc. with a scholarship established in her name.

6 Ways Black Women Rationalize Themselves to Death

Rationalization #1: Even if chitlins are fatty, the hot sauce and vinegar will burn it off.

Dr. Ro: Chitterlings are definitely a fat-laden food, and nothing you put on top of them will make them less so. They may taste good, but they have little nutritional value.

Rationalization #2: “Thin is in” is the white world’s perpetuation of European ideals. Our bodies are different; we’re supposed to be round.

Dr. Ro: This is just an excuse to lug around extra weight. You’re not supposed to be overweight or obese. And you’re certainly not supposed to be in ill health for the sake of a few extra curves.

Rationalization #3: What does it matter if the potato salad and fried chicken from Sunday’s church supper were loaded with fat? It was in church, and God can’t be wrong. Right?

Dr. Ro: God didn’t fry that chicken in oil or use fatty mayonnaise in the potato salad. He didn’t force you to eat it, either.

Rationalization #4: I don’t make enough money to lose weight. Only celebrities like Oprah and Janet Jackson have the money for a personal trainer and can afford to get in shape.

Dr. Ro: African American women spend a small fortune on the things they want: acrylic nails, hair, makeup, clothes, and massage (61 percent more than their white counterparts). But if money is really an issue, walking in the park or the mall, roller skating through the neighborhood, and jumping rope are free.

Rationalization #5: I look good in my clothes. Beautiful women come in all shapes and sizes.

Dr. Ro: If you keep buying a larger size to cover your ever-expanding girth, you’ll look good in your casket too. You *are* beautiful, but a healthy woman doesn’t carry around twenty or more pounds of excess weight. Health, unlike beauty, is *not* in the eye of the beholder.

Rationalization #6: It’s expensive to eat healthy.

Dr. Ro: Go tell that to people in the Caribbean and in Africa who live on less money than you or I, yet manage to do so in a much more healthful way—thriving on diets of fruits, vegetables, grains, and little meat. They weigh far less and suffer fewer of the chronic diseases we have here in America.