

## THE SHE FOUNDATION RAISES FUNDS FOR EDUCATIONAL INITIATIVES

Announcing the launch of the SHE Foundation's Online Auction.

This wonderful online auction is being held on [www.biddingowl.com/theshefoundationinc](http://www.biddingowl.com/theshefoundationinc). It includes over twenty great items including artwork, accessories, electronics, entertainment/travel discounts, and more.

Your bids will go a long way to helping us achieve our fundraising goals for this year. Bidding will take place for the month of March, beginning on the 1st and continuing through the 31st. Some items have starting bids, but all items require the bids to be at least 10 percent more than the previous. The highest bidder for each item agrees to pay the full amount of their final bid, at the conclusion of the auction. All sales are final. If you have questions about the bidding process or a particular item, please contact us at [angelambelfield@theshefoundationinc.org](mailto:angelambelfield@theshefoundationinc.org) or via our website ([theshefoundationinc.org](http://theshefoundationinc.org)).

Again, thank you in advance for your support, and good luck bidding.



DR. ANGELA BELFIELD    BRENDA TORRENCE

ONLINE AUCTION COMMITTEE CO-CHAIRS

### A WORD FROM THE CHAIR



Tanya D. McKoy  
The She Foundation, Inc.  
Board Chair

It is with a profound sense of commitment, determination and a willingness to collaborate, as well as strengthen relationships with our beloved Sister chapters and with this being stated, I submit to you, the time is now and WE must all play a role in developing a strong and profitable relationship. On behalf of the SHE Foundation, I extend to each of you an invitation to join hands with the SHE Foundation to contribute to the communities we serve.

THE SHE FOUNDATION, Inc.  
is proud to welcome the  
following new members to  
it's Board of Directors:

*Vanessa Diggs, PhD- Burlington, NC*  
*Christa Epps - Winston-Salem, NC*  
*Theresa Howard - Hillside, NJ*  
*Rose Lindsey - Charlotte, NC*  
*Nina Thomas - Bridgeport, CT*  
*Sherdina Williams - Cleveland, OH*



### A MESSAGE FROM THE EDITORS

BRENDA TORRENCE, TAMIKA BUSH, MD, & SHARON THOMAS

HAPPY BLACK HISTORY MONTH SISTERS, FAMILY, FRIENDS, AND SUPPORTERS!

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.

WE ARE ALWAYS LOOKING FOR NEW INFORMATION, INTRIGUING IDEAS, AND CREATIVE INPUT.

PLEASE FEEL FREE TO CONTACT US AT [SHESPEAKS@THESHEFOUNDATIONINC.ORG](mailto:SHESPEAKS@THESHEFOUNDATIONINC.ORG) TO OFFER YOUR FEEDBACK, MAKE A SUGGESTION OR SUBMIT AN ARTICLE.

## ASK THE DOCTOR

*Dr. Tamika Bush - ER Pediatric Physician*

*Dr. Bush, as a pediatrician, can you recommend any supplements I can give my child to help keep them healthy during this flu season as well?*

Flu Season is here along with Covid. Working in the Emergency Department we are seeing confirmed cases of Flu and Covid, what many are calling "Flurona". They are rare, but when having both viruses it can definitely cause someone to fall very ill quickly. The endless news stories of sick children and the spread of nasty viruses this flu season is sure to make any parent cringe at the thought of sending their child to school. But what happens if my child gets the flu? What to do?

Unfortunately, this year flu virus strains are not matching with the flu strains this year. The flu shot has been found to be only 15-20 % effective this year. This variability is in part due to the COVID-19 pandemic. However, studies still show getting a flu shot still helps to prevent serious illness and disease. As a parent, pediatrician and mother there are natural remedies you can use to help heal your child besides the usual Tylenol, Motrin or Benadryl.

My natural remedies can not only help your child feel better but also help them recover faster. As a trained homeopathic physician, I see children in my practice daily, and in the emergency department. Many parents just want their child to "be back to normal" and through natural medicines, you can help your child heal faster by working with their own natural immune system using the supplements that I detail below. These are remedies that I not only use in my practice but with my own daughter as well.

First off, what is Homeopathy? The National Center for Homeopathy describes homeopathy as a safe, gentle, and natural system of healing that works with your body to relieve symptoms, restore itself, improve overall health. Homeopathy remedies are considered safe when used correctly and are also regulated by the U.S. Food and Drug Administration (FDA). Homeopathic and natural supplements are most beneficial and best used when started at the beginning of symptoms or when the illness begins. This helps to shorten the duration, symptoms, and severity of the illness. Remember: All homeopathic supplements should be prescribed under the care of a physician trained and comfortable in homeopathic medicines.

## Homeopathic Supplements to Treat the Flu

**Oscillococcinum-** This homeopathic medicine can be found lining the shelves of many common pharmacies and health food stores. This is a MUST at the beginning of any flu illness. The recommended dose is 1 vial 3 times a day for 3-4 days over a 24-hour period. The great thing is the dosage is the same for anyone ages 2 and older. One whole vial of these yummy sprinkles is all you need to be on the path to healing!! For adults let them dissolve naturally under the tongue and for kids chewing is all they need to do.

**Cold Calm-** This is another combination homeopathic formula that is great for general cold/flu symptoms. More so specific for the common cold this is one that I recommend to my families.

- Infants (Ages 6 months to 2 years): there are liquid droppers-the dose is one full liquid dropper every 6-8 hours in a 24-hour period for 3 days or until symptoms resolve.
- Toddlers (Ages 2 to 5 years): 5 pellets every 15 minutes at the onset of symptoms for the first hour and then every 8 hours thereafter in a 24 hour period or until symptoms resolve.
- School-aged children (Ages 5 and up) dissolve 2 tablets under the tongue every 15 min for one hour and then 2 tablets every 8 hours for 3 days or until symptoms resolve.

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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.

FOR MORE NATURAL TIPS AND SUGGESTIONS FOLLOW ME ON FACEBOOK, INSTAGRAM AND TWITTER @DRTAMIKAPEDS

## ASK THE DOCTOR (CONT.)

### Herbal Supplements

**Elderberry Syrup-** the juice harvested from the fruit of an elderberry plant has been found to prevent invasion of viruses and bacteria while improving cough. If used in the first 48 hours, elderberry has been shown to reduce the duration of flu symptoms. It has more antioxidant power than blueberries, cranberries, goji, and blackberries. There have been medical studies that show it to also inhibit H1N1 flu virus infection. The typical dosage for kids is 1-2 teaspoons up to four times a day depending on their age and size and 1 tablespoon for adults up to 4 times a day.

**Essential Oils-** otherwise known as Aromatherapy, uses oils derived from plants to help with healing of the body naturally. Oils can be very safe and effective in children if used correctly to help relieve symptoms of the common cold and flu virus.

- Oregano oil can be diffused into the air to help purify the air of viruses and bacteria.
- Lavender oil reduces inflammation and muscle spasms, calms anxiety, relaxes the mind, and improves mood.

Essential Oils can be mixed with a carrier oil such as coconut oil and massaged into the feet, chest, and back of infants and children. However, be cautious when applying essential oils to children. The dilution should be discussed with a certified aromatherapist or a physician trained in aromatherapy to make sure there are no skin reactions or irritation observed in the child. Otherwise when used correctly essential oils are of great benefit to assist with natural healing.

**Herbal Teas and Honey-** Many herbal teas such as Ginger and Turmeric tea are natural immune boosters and help to fight inflammation in the body to keep the body healthy and can be used in children and adults. For my daughter, I sweeten the teas with either Raw or Manuka honey and pour it over ice as an iced tea treat. Raw and Manuka honey are the main powerhouses and the best honey to use when fighting cold and flu viruses for immune support. Remember no honey should ever be given to an infant younger than 12 months of age.

### Additional Immune Support

- Increase nasal washing with saline spray and irrigation to help flush out germs in nasal passages
- Rest - sleep helps the body heal and gives it a chance to start healing through its own natural immune system
- Diet rich in healthy fruits and green vegetables helps to build the immune system up naturally. More of a plant-based diet rich in leafy greens is important during the winter cold and flu months. Garlic is all-natural and has antiviral and antibacterial fighting properties and is a tasty addition to almost any dish!!

## ASK THE EDUCATOR

*by Mrs. Sharon Thomas - Middle School Math Teacher*

**MULTIPLE PANDEMICS AND THEIR IMPACT ON STUDENT'S EMOTIONAL HEALTH** - As students returned to school this academic year, remediating learning loss was a high priority for school leaders as well as teachers. While some educators may feel better equipped to address the learning needs of their students, how they prepare for the emotional repercussions brought on by the multiple pandemics (i.e., COVID-19, racial injustice, & health & economic disparities) has been and will continue to be critical.

The fallout from COVID-19 coupled with other health, economic, and racial pandemics has significantly impacted children and adolescents. For example, students are experiencing homelessness, hunger and food insecurity, social isolation, child abuse, and grief/loss from losing caregivers and family members. In addition, rates of stress, depression, anxiety, and suicidal behavior have skyrocketed in youth—in the face of a broken child mental health system. According to PBS Education, "screening data from hospital emergency rooms show higher rates of suicidal thinking among adolescents during the pandemic than in the previous year (Hill, Rufino, and Kurian et al., 2021)".

While these student concerns are by no means new, there is no doubt that these issues will appear at higher rates in classrooms. A 2021 KFF report shows that youth reported 25% worsening emotional and cognitive functioning at the start of the pandemic.

Undoubtedly, the multiple pandemics have taken a toll on teachers too. Teachers reported high levels of stress and burnout brought on by teaching during the pandemic. A 2021 RAND Corporation report highlighted that 1 in 4 teachers were likely to leave their jobs at the end of the 2020-21 school year compared to 1 in 6 prior to the pandemic. The reality is that students will present with more challenges than in previous years. When students show up with a host of complex needs, educators will be challenged to find new ways to address them while implementing strategies to meet their own emotional needs.

For a wealth of resources geared toward educating Educators visit:  
<https://www.pbs.org/education/>



## HERE'S TO YOUR HEALTH

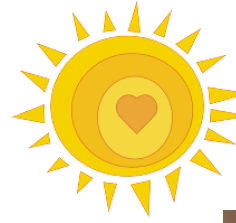
Remember, stress causes the body to release cortisol which is a stress hormone that can also lead to your immune system not working at its peak which may subsequently impact your health. So Everyone, please:

- *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.*

Blessings and wellness!

Dr. Tamika Bush

**Order your FREE at-home  
Covid-19 tests at:  
[www.covidtests.gov](http://www.covidtests.gov)**



## THE SUNSHINE CORNER



**Alycia Wright**

*Covid Response Team ICU Unit Clerk*

This is literally what we (healthcare workers) deal with every day and night as ICU staff. We work long hours and are barely able to sleep enough to keep our own immune systems strong enough to fight off the common cold and flu, let alone Covid and all its variants. We protect ourselves and do our best not to get sick. Unfortunately, it's almost inevitable. And when we do have to be out sick- the entire staff takes a major hit because there's definitely more than one person out at a time. I am proud to work in Healthcare. I love my job, and I genuinely care about the people I serve with, as well as the community we serve. This work is NOT for the weak. Please stay home and stay healthy everyone. If you must go out, wear a KN95 or an N95 and keep your distance from others in public. We are nowhere near out of the woods yet.

Let's all come together with a sense of purpose to do our parts to combat this virus. Wear your mask, wash your hands and keep your distance!

**WE CAN DO THIS!**

**To contribute to the  
Sunshine Corner  
please email your submission  
to:**

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