

QPL Celebrates

### **BLACK HISTORY MONTH**



# HEALTH & WELLNESS JOURNAL

### **BLACK HISTORY MONTH**

### **Black Health and Wellness**

In this year's commemoration and celebration of Black History Month, Queens Public Library aims to spotlight Black Health and Wellness from a holistic lens. Even though health disparities and discrimination are harsh realities that gravely affect Black communities, these deep-rooted inequalities in access to healthcare and wellness pre-date the pandemic. Throughout February, we raise public awareness about Black Health and Wellness through innovative programs and this journal!

We invite you to take a Health and Wellness journey through journaling. Every week reflects our weekly programmatic focus. Every day you will find prompts that invite you to take a moment and consider what you can do to safeguard your physical, mental, social-emotional, and financial health. We also feature trailblazers in the Black Community who left a mark advancing medicine, science, and our society's well-being.

For recommended reading, health resources, and virtual programs, scan this QR code or visit **QUEENSLIB.ORG/BHM2022** 





#### **WEEK 1 | PHYSICAL WELLNESS**

Have you scheduled your yearly physical exam? Getting a physical exam every year is an essential starting point on the road to wellness.





#### **WEEK 1 | PHYSICAL WELLNESS**

How healthy is your heart? Do you know your numbers: blood pressure, cholesterol, blood sugar, and body mass index?



#### **WEEK 1 | PHYSICAL WELLNESS**

For people 55 and older, it is recommended to begin to schedule annual prostate and colorectal exams. Does that apply to you or someone you know?

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Heart disease is responsible for one in four male deaths in the United States. When developing a plan for your health, it's fundamentally important to know your blood pressure, cholesterol, blood sugar, and body mass index numbers.

Prostate and colorectal cancer can affect both men and women, though prostate cancer affects nearly 11 percent of all men and is the second most common cancer in American men. If caught early, prostate cancer has a high survival rate. Two main types of prostate cancer screenings are the PSA blood test and the digital rectal exam. If you are an African American male or have a family history of prostate cancer, you could be at increased risk and may need to have these discussions earlier. Colon cancer is a leading cause of cancerrelated death in the United States and men have a slightly higher chance of getting it than women. Colorectal screenings are a broad category of tests that help your physician locate colon polyps and other abnormalities in its early stages.



#### **WEEK 1 | PHYSICAL WELLNESS**

For women 40 and older, it is recommended to begin annual breast cancer screenings or mammograms. Does that apply to you or someone you know?



#### **WEEK 1 | PHYSICAL WELLNESS**

When is the last time you took a good long look into the mirror to examine your skin for skin cancer concerns like dark spots, moles, and patches of imperfect skin?

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The American Cancer Society recommends that women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (breast X-rays) if they wish to do so. Women age 45 to 54 should get mammograms every year. Women 55 and older should switch to mammograms every two years, or can continue yearly screening. Women should also know how their breasts normally look and feel and report any breast changes to a health care provider right away. Some women – because of their family history, a genetic tendency or certain other factors – should be screened with MRIs along with mammograms. You and your health care provided should talk about the best screening plan for you.

According to the American Cancer Society, people should examine their skin monthly for skin cancer concerns like dark spots, moles, and patches of imperfect skin. One out of every five Americans develops skin cancer in the lifetime. The Skin Cancer Foundation reports that five or more sunburns doubles your risk for melanoma. When detected early, the five-year survival rate for melanoma is 99 percent. Items like sun blocking lip balms and SPF skin serums or creams are great everyday staples for your daily skincare routines.



#### **WEEK 1 | PHYSICAL WELLNESS**

Do you know your family history? Understanding your predetermined family risk factors can literally save your life.

It's not only important to know who we are in terms of understanding our family tree and who we are directly related to. Knowing your family's health history is just as important. Understanding your predetermined family risk factors can literally save your life. Regular screenings and other preventive steps like getting to and staying at a healthy weight, drinking plenty of water, eating healthy with plenty of fruits and vegetables, and getting moving with regular physical activity, all can help to reduce the risks of developing certain cancers and diseases. When you add together knowing yourself, your family history, and your risks, you set yourself up to live a longer and healthier life.

### DR. JAMES MCCUNE SMITH (1813-1865)



James McCune Smith was born into slavery in New York City in 1813. His dream of becoming a doctor seemed impossible since he was denied admission to American colleges because he was Black. He attended the University of Glasgow in Scotland, where he earned his bachelor's, master's, and medical degrees by the age of 24 through

sheer determination. Upon returning to New York City in 1837, he established his own medical office and pharmacy at 93 West Broadway — making him the first African American doctor with a practice in the United States.

### DR. REBECCA LEE CRUMPLER (1831-1895)



When Rebecca Lee Crumpler graduated from the New England Female Medical College in 1864, she became the first Black female physician in the United States. That same year, she opened a medical practice in Boston. Her *Book of Medical Discourses*, published in 1883, was one of the first publications about medicine written by an African American.

(Photo credit: https://commons.wikimedia.org/wiki/File:Rebecca-Lee-Crumpler.jpg)

### DR. DANIEL HALE WILLIAMS (1856-1931)



Daniel Hale Williams opened the nation's first Black-owned interracial hospital, Provident Hospital. Dr. Williams is also a medical pioneer. On July 10, 1893, he became the first doctor to successfully execute open-heart surgery on a human, and he is regarded as the first African American cardiologist. He co-founded the National

Medical Association and was the first Black physician admitted to the American College of Surgeons.

### DR. SOLOMON CARTER FULLER (1872–1953)



Solomon Carter Fuller earned his medical degree in 1897 from Boston University and became the first African American psychiatrist. In 1904, he began pioneering work with the psychiatrist and neuropathologist Alois Alzheimer in Germany, studying the traits of dementia. Dr. Fuller was the first to translate much of Alzheimer's work

into English. When he returned to the United States, Dr. Fuller continued research on Alzheimer's disease and schizophrenia, depression, and other mental illnesses.

### **DR. CHARLES R. DREW (1904-1950)**



Charles Drew's research on blood transfusions, blood properties, and plasma began when he was a student. As a surgeon, he came up with innovative ways to store blood plasma in blood banks. As the director of the first blood bank project in Britain during World War II, his work saved thousands of lives. He also established the American Red Cross

blood bank and served as its director. He quit, however, when the Red Cross insisted on segregating African American blood. From 1942 to 1945, Dr. Drew served as a surgeon and professor of medicine at Freemen's Hospital and Howard University until his untimely death at 46 in a car accident.

(Photo credit: https://en.wikipedia.org/wiki/Charles\_R.\_Drew#/media/File:Portrait\_of\_Charles\_Drew.jpg)



## WEEK 2 | MENTAL HEALTH AND WELLNESS Describe two or three things you do to relax.




### WEEK 2 | MENTAL HEALTH AND WELLNESS

How are you feeling today? Are you struggling emotionally?



### WEEK 2 | MENTAL HEALTH AND WELLNESS

How do you show yourself kindness and compassion each day?

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	Mental health affects your thinking, mood, and behavior at every stage of your life. Your mental health is as important as your physical health and should never be ignored. If you have any noticeable			
	changes in your mood or experience harmful or destructive thought patterns, discuss these changes with your doctor or licensed mental			
	health expert right away.			



### WEEK 2 | MENTAL HEALTH AND WELLNESS

Describe the place that makes you feel most peaceful using all five senses.



### WEEK 2 | MENTAL HEALTH AND WELLNESS How do you prioritize self-care?

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### WEEK 2 | MENTAL HEALTH AND WELLNESS

Are you paying attention to how much screen time your family is consuming daily, weekly, even monthly?



### WEEK 2 | MENTAL HEALTH AND WELLNESS

What go-to coping strategies help you get through moments of emotional or physical pain?

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The American Academy of Child and Adolescent Psychiatry states		
that children and adolescents spend a lot of time watching screens,		
including smartphones, tablets, gaming consoles, TVs, and computers		
On average, children ages 8-12 in the United States spend 4-6 hours		
a day watching or using screens, and teens spend up to 9 hours. While	е	
screens can entertain, teach, and keep children occupied, too much		
use may lead to problems, according to a 2020 study. Most of the		
time this screen time is unsupervised and unfiltered. As an adult, ther	re	
are many things that we can do to help the family develop a healthy		
screen-time plan. This includes setting a good example with your own	n	
safe and healthy screen habits, like not reaching for your phone as		
soon as you wake up, and practicing other family activities such as		
sports, music, arts and crafts, and other hobbies that do not involve		
screens at all.		

### DR. JANE COOKE WRIGHT (1919-2013)



Jane Cooke Wright worked alongside her father at the Cancer Research Foundation in Harlem, which her father established in 1948. The father-daughter team researched chemotherapy drugs that led to remissions in patients with leukemia and lymphoma. After her father died in 1952, Wright became the head of the Cancer Research Foundation at age

33. She worked as the director of cancer chemotherapy at New York University Medical Center, and she was an associate dean at New York Medical College. Her research helped transform chemotherapy from a last resort to a viable treatment for cancer.

### **OTIS BOYKIN (1920-1982)**



Otis Boykin was not a medical professional but an inventor who is mainly known for a life-saving device: the pacemaker. The pacemaker uses electrical impulses to help people maintain a regular heartbeat. Boykin developed a control unit that regulated the pacemaker with more precision, drastically improving its function and improving

hundreds of thousands of lives. During his career, he patented 28 electronic devices. (Photo credit: https://www.blackhistorymonth.org.uk/article/section/science-and-medicine/otis-bobby-boykin/)

### **DR. EDITH IRBY JONES (1927-2019)**



In 1948, Edith Irby Jones became the first black student to attend racially mixed classes in the South and the first black student to attend the University of Arkansas School of Medicine. Her enrollment in this previously segregated southern medical school made news headlines across the nation. She was accepted to complete the first residency by

an African American at a hospital in Arkansas and established her practice in 1962. In 1985, she became president of the National Medical Association.

### DR. M. JOYCELYN ELDERS (B. 1933)



Dr. M. Joycelyn Elders is the eldest of eight children who grew up in a rural, segregated, poverty-stricken Arkansas. Her parents were sharecroppers, and she worked in cotton fields starting at age five. Inspired by Edith Irby Jones, she decided to become a doctor. She became the first board-certified pediatric endocrinologist in the state of Arkansas

in 1978. Elders served as the head of the Arkansas Department of Health from 1987 to 1992. In 1993, she was appointed U.S. surgeon general, the first Black and second woman to hold that post.

### DR. PATRICIA BATH (1942-2019)



Patricia Bath was the first African American to complete an ophthalmology residency with New York University's School of Medicine in 1973. In 1975, she became the first female faculty member to be appointed at the ophthalmology department of UCLA's School of Medicine. Believing that "eyesight is a basic human right," Dr. Bath co-

founded the American Institute for the Prevention of Blindness. Bath studied laser technology and foresaw its potential for eye surgery. In 1986, she invented the Laserphaco probe, a device and method for cataract treatments. When she patented the instrument in 1988, she became the first African American female doctor to receive a patent for a medical invention.



List ten things that inspire or motivate you.



### WEEK 3 | SOCIAL/EMOTIONAL HEALTH AND WELLNESS

When is the last time you did something just for you?

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What difficult thoughts or emotions come up most frequently for you?



### WEEK 3 | SOCIAL/EMOTIONAL HEALTH AND WELLNESS

What three things would you most like others to know about you?

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Describe yourself using the first ten words that come to mind. Then, list ten words you'd like to use to describe yourself. How can you transform those descriptions into reality?



### WEEK 3 | SOCIAL/EMOTIONAL HEALTH AND WELLNESS

Make a list of goals you've put off because of work, school or raising a family. Then, create a timeline for revisiting those goals.

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If you could accomplish one goal in the next three months, what would it be?

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### **HENRIETTA LACKS (C. 1920–1951)**



Henrietta Lacks was the unaware source of the HeLa cell line—nicknamed "HeLa" cells, from the first two letters of her first and last names — which is the first immortalized human cell line and one of the most important cell lines in medical research. An immortalized cell line reproduces indefinitely under specific conditions. Today, these incredible

cells are used to study the effects of toxins, drugs, hormones, and viruses on the growth of cancer cells without experimenting on humans. They have been used to test the effects of radiation and poisons, study the human genome, and learn more about how viruses work and played a crucial role in developing polio and COVID-19 vaccines. Even though some information about the origins of HeLa's immortalized cell lines was known to researchers after 1970, the Lacks family was not made aware of the line's existence until 1975. With knowledge of the cell line's genetic provenance becoming public, its use for medical research and commercial purposes continues to raise concerns about privacy and patients' rights.

(Photo credit: https://web.archive.org/web/20011201201650/http://www.news.harvard.edu/gazette/2001/07.19/04-filmmaker.html)

### **DR. BEN CARSON (B. 1951)**



Ben Carson grew up in a single-parent home in Detroit. At age 33, Dr. Carson was appointed director of pediatric neurosurgery at Johns Hopkins Children's Center in Baltimore. In 1987, at 35, he received global acclaim when he separated the Binder conjoined twins in Germany. It was the first successful operation of its kind. In 1997, he again

successfully separated twins who were joined at the head. Carson developed groundbreaking techniques to treat brain-stem tumors and methods for controlling seizures. He was a presidential hopeful in the 2016 elections and served as the U.S. Secretary of Housing and Urban Development under President Trump (2017–2021).

### **TERRIE WILLIAMS (B. 1954)**



Terrie Williams is the powerhouse behind her eponymous public relations and communications firm. She has represented the upper echelons of Black Hollywood—her clients include Eddie Murphy, Chris Rock, and Miles Davis, among others. Williams is also a trained social worker with a Masters of Science in Social Work from Columbia

University. In 2003, she suffered a severe bout of depression. Williams was forced to put her public relations career on hold as she recovered from the illness, an experience that spurred her mental health advocacy. She went public with her story to quash long-held stigmas and reluctance to seek treatment. She has penned four books on the subject, and is a mental health activist who lectures across the country.

(Photo credit: https://en.wikipedia.org/wiki/Terrie\_Williams#/media/File:Terrie\_Williams.jpg)

### DR. REGINA MARCIA BENJAMIN (B. 1956)



Regina Marcia Benjamin is a physician and former vice admiral in the U.S. Public Health Service Commissioned Corps. She served as the 18th Surgeon General of the United States. She simultaneously served as the first chair of the National Prevention Council, a consortium of 17 cabinet-level federal agencies aiming to shift

the national attitude about health from sickness and disease to wellness and prevention. Dr. Benjamin is the first physician under the age of 40 and the first Black woman elected to the board of the American Medical Association.



#### **WEEK 4 | FINANCIAL WELLNESS**

What three things can help you begin working to accomplish your financial goals?




## WEEK 4 | FINANCIAL WELLNESS What financial knowledge do you need?



### WEEK 4 | FINANCIAL WELLNESS

How could you benefit from financial coaching or planning assistance?





### **WEEK 4 | FINANCIAL WELLNESS**

Do you have any cash funds saved away for an emergency? What steps can you take to start preparing an emergency fund?



### WEEK 4 | FINANCIAL WELLNESS

What are your career ambitions? Are they in line with your future budget and financial goals?

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### **WEEK 4 | FINANCIAL WELLNESS**

Do you have a retirement plan and have you thought about getting life insurance?



### WEEK 4 | FINANCIAL WELLNESS

I don't know where I'll be in the future, but I want to save so that I can...

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#### **WEEK 4**

What have I learned this month about my physical, emotional, and financial wellness?

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#### MAKE IT A YEAR OF GOOD HEALTH

Over the last four weeks, we have taken a journey to focus on our holistic health and wellness. Though the month is coming to an end, we should take the information that we have learned to continue expanding the practice of holistic health and wellness for our families. QPL invites you to take this personal health and wellness pledge, as a personal promise to yourself to keep up all the hard work towards being the best version of you that you can be all year long!

### A PLEDGE FOR HEALTH

I pledge to choose to take better care of myself. I promise to encourage myself to stay healthy and well throughout the year. I pledge to look after my mental health and wellbeing and connect with the right resources if I need support. I pledge to be more active and I will achieve my goals of living a healthier life style, full of nutritious foods, good books, and lots of laughter. I promise to continue to always develop myself and constantly learn what I need to be my best self. I promise to practice healthy sleeping and financial habits to be more ready and able to do my best every day. I pledge to take notice of those around me and I will focus on encouraging others to live a holistically healthy lifestyle, too, because I know that with the right support system, anything is possible. Finally, I pledge to be kind to myself.

<sup>\*</sup>Information in this journal is sourced from: American Cancer Society, Skin Cancer Foundation, AARP, Sleep Foundation, and the American Academy of Child and Adolescent Psychiatry.

### DR. MAE JEMISON (B. 1956)



Dr. Mae Jemison is most famous for becoming the first Black woman astronaut to go into space in 1992; she is, however, a trained physician who has dedicated her life to improving global health. Dr. Jemison joined the Peace Corps in 1983 and worked as a medical officer for two years in Africa. Her work in the Peace Corps taught her

about healthcare in developing countries. Later, as an astronaut, she learned about satellite telecommunications. She combined those two skill sets to form the Jemison Group, which develops telecommunications systems to improve healthcare delivery in developing countries.

### DR. OLUFUNMILAYO "FUNMI" OLOPADE (B. 1957)



Dr. Olufunmilayo "Funmi" Olopade graduated from the University of Ibadan, Nigeria with an MBBS, in 1980. The professor, oncologist, and dean at the University of Chicago Medical Center works to improve screenings and early detection testing for populations including African Americans. They are susceptible to more aggressive breast cancer

and are likelier to be diagnosed at a younger age. Her expertise in familial cancer, risk assessment, and prevention earned her appointment to the National Cancer Advisory Board by President Obama

(Photo credit: MacLean Center)

### MICHELLE OBAMA (B. 1964)



As the first Black First Lady (2009–2017) of the United States, Michelle Obama devoted much of her energy to promoting physical health. She brought attention to the childhood obesity epidemic with her Let's Move initiative, which encouraged young people to exercise and eat nutritious food. Obama also worked to

increase access to healthier food and improve food labeling. She championed the Healthy, Hunger-Free Kids Act, promoting healthier school lunches and funding meal programs for poor children. Along with current First Lady Jill Biden, Obama launched the Joining Forces program to support acces to health services for veterans and their families.

### DR. MYRON ROLLE (B.1986)



Myron Rolle, the son of a Bahamian-American family, is a neurosurgery resident and retired NFL player. In 2006, after a nationwide search, Rolle won the prestigious Franklin D. Watkins Memorial Trophy, the African American scholar/athlete award for American high school males. Aspiring to both the National Football League and medical

school, Rolle played as a safety at FSU, completed all necessary pre-medical requirements, and earned his bachelor's degree in Exercise Science in just 2.5 years with a 3.75 GPA. He postponed playing in the NFL for a year to study at Oxford University as a Rhodes scholar. The Tennessee Titans drafted him in the 2010 NFL draft. Rolle is now a Global Neurosurgery Fellow at Harvard Medical School/Massachusetts General Hospital.

(Photo credit: https://www.businesswire.com/news/home/20210217005546/en/Abiomed-Announces-Appointment-of-Dr.-Myron-Rolle-to-Board-of-Directors)



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