



Volume 1 Issue 1

Message from the President



Aloha Auxilians!

I cannot express how much I have enjoyed working with the auxiliary this year. My Presidency has faced many challenges this past year. From the cancellation of a highly anticipated Leadership Conference to being displaced due to the horrendous, impact of Hurricane Florence. Special thanks to each of you for your support and confidence in me as your president in spite of difficulties life has brought.

I commend our local and state auxiliaries for working diligently to implement this year's theme, "C.O.P.E.:" Continuing the Fight of Opioid Addiction through Prevention, Education, and Behavioral Therapies in the African-American Communities in their communities. As president, I had the pleasure of representing the Auxiliary at the Black Women's Agenda Annual Symposium and the National Medical Association's (NMA) Professional Development Series at the Congressional Black Caucus 48th Annual Legislative Conference. In March, I brought greetings at NMA's Annual National Colloquium on African America Health in Washington, D.C. In addition, I have been actively participating in the NMA/ANMA committee meetings to ensure that the Auxiliary remain abreast to needs of both organizations and report on the state of the ANMA at each meeting of the NMA's Board of Trustees. I have served with gratitude and honor in this distinguished body and role.

Our Convention Committee is excited about the forthcoming Convention in Honolulu, Hawaii. Our plans for the 2019 Convention are as follows: On Sunday, July 28, 2019, the committee has planned an amazing Star Sunset Cruise with a delectable buffet, Polynesian show, and incredible grandeur. On Monday, July 29, 2019, Dr. Napoleon Peoples will conduct a workshop on effective organizational Leadership. On Monday, July 29, 2019, our annual scholarship luncheon will feature three outstanding female trailblazers of Hawaii. The Trailblazers are Judge Sandra Simms, the First African-American Female Judge in Hawaii (now retired) and a passionate community volunteer; Ms. Marsha McFadden, Managing Editor of the Honolulu Star-Advertiser, whose journalistic skills helped the Star-Advertiser become Hawaii's leading daily newspaper. The moderator will be Ms. Sharon Yarborough, founder and president of Sisters Empowering Hawaii (SHE). SHE is designed to educate, inspire, motivate, and empower all women. There will be live entertainment. On Tuesday, July 30, 2019, our annual African-American American Heritage Tour will explore the history of black people in Hawaii.

In addition, the Auxiliary will be having workshops on Triple Negative Breast Cancer and Opioid addiction among college students and the homeless. Project SUN will be held on Saturday, July 28, 2019, in conjunction with NMA's Walk-a- Mile with a Child. I cannot forget those who had served before us and made this organization a great one. I hope to see you in Honolulu!

Sincerely,

Gloria Goodwin, MSW

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Message from the President-Elect



Dear Auxilians,

After several years of serving on the Board of Directors, as Chair of different committees, two elected positions: Regional Vice President of Region II, and first Vice President, I feel very inspired and obligated to the ANMA. I am ready to serve this great organization in another capacity, as your 81st President of the ANMA. I am very grateful for our founders, and all past presidents who made this day possible for me.

I am humbled by your confidence in me, and your pledge of support. I am thoughtful of the challenges and significant responsibilities that this organization and I will face during my term as president. I trust that each of you will be excited about bringing together old and new relationships, new ideas, new partnership, and keeping team work our number one focus.

The ANMA is a nonprofit 501 C3 corporation consisting of spouses of active members of the NMA. The membership of the ANMA is drawn from a pool consisting of approximately 30,000 or more physicians in the United States, Puerto Rico, and US Virgin Islands. Membership is critical to the viability of the ANMA. In order to carry out our mission to educate the public on matters of health, and issues that affect the African-American Community, provide scholarship to medical and nursing students, we must have great membership to make this possible. I invite each of you to join me in promoting our membership drive.

According to recent studies: “Hidden within the numbers of one of the deadliest drug epidemics in US history is another growing crisis that is producing the youngest most vulnerable victims of opioid abuse: “ New born babies”.

My theme is ***“Keeping the fight against the opioid tragedy center stage (with strong focus on our youngest victims: New born babies) through pro-active Measures of enhanced prevention, treatment access, and education in the African American Community”***.

My goal is to encourage and empower all ANMA members to play an active role in how our organization grows and develops. It has been said that “United we stand, divided we fall”. Thank you for choosing me to assume such a significant role of leadership. I look forward to working with each one of you to keep this great organization moving forward in a positive direction.

Sincerely,

Lady Marie Hammonds

Lady Marie Hammonds, President-Elect

Letter from the Editors

Greetings Fellow Auxilians,

We hope this message finds you in good health and in a safe environment. As a nation we are being challenged greatly by climate change, and regardless of the region of the country you live in, nature has made its presence known in dramatic fashion. Whether you endured hurricanes, earthquakes, floods or unbearable heat waves, we are grateful for the support and care provided by our families, friends, and communities. And most importantly, as Auxilians, we stand together in trying times.

With all change comes reflection for what has happened in the past, and for the vision we have for the future. As an organization, at this time of year our leadership is changing and we offer our unwavering appreciation to the leadership of our ANMA President, Gloria Goodwin. We thank her for her enduring commitment to our organization, and her innovative program theme, **“C.O.P.E.:**” *Continuing the Fight of Opioid Addiction through Prevention, Education, and Behavioral Therapies in the African-American Communities*. In addition to implementing a robust year of activities to support the mission of the ANMA, President Goodwin is commended for her strength and resilience as she persevered during uncertain times in our organization, and following the impact of Hurricane Florence.

And to our President-Elect, Lady Marie Hammonds, we look toward the future guided by her thoughtful leadership as she implements her theme, **“Keeping the fight against the opioid tragedy center stage (with strong focus on our youngest victims: New born babies) through pro-active Measures of enhanced prevention, treatment access, and education in the African American Community.”** We trust that every member of the ANMA will actively participate in your local community to implement programs aligned with our President-Elect’s theme.

As you will see from this issue of the newsletter, we did not receive as many articles from our auxiliaries around the country as we have in the past. We encourage every auxiliary to continue the legacy of service that is the hallmark of our organization, and to share exemplary community service activities with your fellow auxiliary members through our newsletter. We look forward to hearing from you!

Sincerely,

Dolores E. Caffey-Fleming

Kathy M. Bryant

Region I News

The Auxiliary to the North Jersey Medical Society

Healthier African American Communities-Two Community Health Wellness Workshops, as part of the charting the course for ANMA, initiative health education project, were well attended and successful. The ANJMS along with ANMA sponsored the workshops. The Hackensack Meridian Health and Barnabas Medical Center medical professionals came to the ST MARKAME ZION CHURCH in Cliffwood N.J. on July 22, 2017 and July 28, 2018. Along with a speaker, Health screenings such as stroke risk assessment, pulse, body mass index BMI, and diabetes-glucose assessment check were performed for the community members. A healthy lunch was served. Two workshops were given and many thanks given by community members. In December 2018, our annual Christmas Luncheon and Toys For Tots Drive was productive and enjoyable. It was held at Pantages Renaissance in Scotch Plains N.J. Many toys were collected to be distributed to children in the Orange N.J. area.

L to R: Members Belinda Murray, Sonia Scott, Vivienne Hewitt, Diem Jones (new member), Esther Marius, Nira Warner, and Irma Pitter attended.



Belinda Murray and Vivienne Hewitt ANJMS Members

Our annual September luncheon fundraiser on the Cornucopia Princess cruise ship was in high demand again this year. It was held September 30, 2018. The ship was located harbor side, in Perth Amboy N.J. Cruising up the Hudson River, dancing, raffles, money hat and door prizes ensured everyone had a good time!

Respectively Submitted By,
Mrs. Belinda Murray, A.N.J.M.S.

Region VI News

Auxiliary to the Charles R. Drew Medical Society

Los Angeles, California

Our program year was quite busy as we attempted to carry out the theme of our National President, Gloria Goodwin, *“C.O.P.E. Continuing the Fight of Opioid Addiction through Prevention, Education, and Behavioral Therapies in the African-American Communities”* and attempting to increase membership. In December we had our Holiday Social meeting and community outreach activity.

Our program year began in September with a meeting to plan activities for the year. It was decided that we would only have four other meetings due to our declining and aging membership.

In **October** we had a Breast Cancer Awareness table at the Let’s Move on Saturday, October 27, 2019 at Charles R. Drew University of Medicine and Science. This activity was held in conjunction with the Palos Verdes Chapter of The Links, Incorporated. A Survey on Breast Cancer Awareness, was administered; there were Breast exam demonstrations, a discussion of Triple Negative Breast Cancer; and other Breast Cancer information was disseminated. A physician was available to answer questions relating to breast cancer.

Our **December** Meeting was held on Saturday, December 1, 2018 at The Charles R. Drew University of Medicine and Science. This was our Scholarship Presentation Meeting. We presented two Alma Wells Givens Scholarships, a Golden State Auxiliary Scholarship and six Dr. Melba Fields Memorial Scholarships. These scholarships were presented to six medical students, two nursing students and one Master of Public Health Student. Most of the recipients were students from Charles R. Drew University of Medicine and Science. Auxilians brought toiletries and linen to the meeting. The toiletries were put in gift bags and were taken to the Tennessee Center for battered women and their children. This was a very festive meeting.



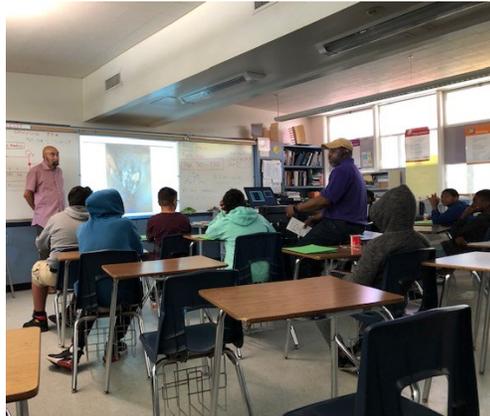
Our 2019 Scholarship recipients and members of the Auxiliary to the Charles R. Drew Medical Society at our December Meeting

Our **February** Meeting was held on Saturday, February 2, 2019 at the home of Auxilian Blanche Smith. This was a Black History Month Salute to Auxilians. A Black History Month game was played with prizes given. Auxilians who have played significant roles received Certificates of Appreciation from President, Dolores Caffey-Fleming. The Auxilians presented President Caffey-Fleming flowers. This was a very enjoyable meeting.

Our Twenty-Third Annual Teen Health Conference was held on **April 6, 2019** at Frank Parent School. This event is done in partnership with the Charles R. Drew Medical Society, the Los Angeles, Palos Verdes and Beverly Hills West Chapters of The Links, Incorporated, Mu Lambda Omega Chapter of Alpha Kappa Alpha Sorority; and Rolling Hills/Palos Verdes Chapter of Delta Sigma Theta Sorority. Sessions were held for teens and adults. Some Teen sessions included “Communicable Diseases and Your Health”; “Drug and Opioid Abuse”; “Black Lives Matter”; “Promoting Healthy Lifestyles” and “Manning Up”. Some Adult sessions included “Achieving Optimum Mental Health”; Technology Etiquette: Social Media @Any Age” and “Community Health Concerns” -Intimacy, HIV/AIDS; Kidney Disease, Dialysis, and Diabetes; Heart Disease; Hypertension and Stroke. The keynote address for Teens and Adults was “Human Trafficking-Are You Aware”

Auxiliary to the Charles R. Drew Medical Society Los Angeles, California

Scenes from Our Twenty-third Teen Health Conference



June was a busy month. Our general meeting was held on June 1, 2019 at the home of our Financial Secretary, Catherine Cottles. It was a very informative meeting. It ended with the presentation of beautiful yellow roses to President, Dolores Caffey-Fleming.

On June 22, 2019, our Auxiliary was a sponsor of the Baldwin Hills Relay for Life Cancer Walk. This is a 24-hour work for cancer. Several of our members actively participated in the walk and other activities of the day.

Opioids and HIV Initiative

The Auxiliary to the Charles R. Drew Medical Society (ACRDMS) was involved in many activities to support the goals and objectives of the ANMA Opioid and HIV Initiative.

Our Auxiliary participated in a collaborative effort with Charles R. Drew University of Medicine and Science to provide presentations on HIV/AIDS and Opioid Use and Addiction. We work with Dr. Wilbert Jordan who presented several events focusing on these topics for the students, faculty and staff of Charles R. Drew University of Medicine and Science.

On June 27, 2019 we collaborated with other student groups, Oasis Clinic, Black Leadership Aids Crisis Coalition, AMMAD Institute and Drew CARES to put on a HIV Awareness Day on the campus of Charles R. Drew University of Medicine and Science. There were presenters on HIV and many individuals actually got tested. The KJLH radio station was on hand to provide entertainment; raffles were held and faculty and staff were on hand to answer questions.



We are proud of our efforts to have an impact in our communities but still feel the need to find ways to increase membership.

Courtesy and Care



Many Auxilians and their families have faced personal tragedies and health challenges this year. We are a family and your pain and sorrow did not go unnoticed. Please know that as Auxilians we do have a special bond— we are all spouses of physicians. We try to do our best to share with Auxilians the need for prayers, cards, words of kindness and condolences. Please make the National Office aware of events where condolences and acts of kindness are needed.

This year many Auxilians and Auxiliary Spouses have passed away who have been the glue of the NMA and ANMA. The members of our organizations who have left us shall not be forgotten. We have also had active members who have had physical challenges which have prevented them from actively participating. Please call or send them a card to let them know you are thinking of them.

Stress and Your Health

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.

Here are some things you should know about stress:

Stress affects everyone.

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

Not all stress is bad.

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job. Stress can even be life-saving in some situations. In response to danger, your body prepares to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

Long-term stress can harm your health

A Very Special Thank You

The job of maintaining a National Office is a very difficult one. It requires a lot of responsibility and the ability to work with many individuals from different time zones and with difficult personalities. It is not always easy to be calm and collective when the caller on the phone is rude. We must all remember that the National Office is a main line of communication not only for our President and other Officers, but for our members.

To Gabriella, Mae, Darcell and all who help to keep our organization afloat, **“THANK YOU”** for all of your hard work. Although it may not seem as though your efforts are appreciated, please know that they are appreciated by many. These are difficult times for our organization and it is your energies that keep us in existence. Thank you for your patience and consideration you give to so many requests.



Dates of Importance

July 26, 2019 – Pre-Convention Board Meeting

July 27-31, 2019– ANMA Convention-Oahu, Hawaii

July 31, 2019 – Post Convention Board Meeting 3-5 p.m.

SEE YOU IN HAWAII



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