raiseRED: Changing the Face of Student Philanthropy

by Taylor Wilson, Upper Division BSN Student, Executive Director of raiseRED

What do stilt-walkers, face painting, color wars, dancing, and all-nighters have in common? You’ll find them all in the Student Activities Center on Belknap campus on February 27th and 28th. This year, raiseRED will host its 2nd dance marathon to support the work done by the Pediatric Hematology, Oncology and Stem Cell Transplantation Program at the University of Louisville. These funds directly support our clinic and the families we serve, as well as our pediatric cancer research.

In raiseRED’s first year, students and volunteers raised over $150,000, while 700 students stood and danced for 18 hours through the night. This year, the completely student-run organization is looking to recruit 1,000 dancers and raise $300,000 to support research efforts and clinic needs for the children treated by the program. The event is the largest philanthropy of U of L’s campus and open to all students.

The 18-hour dance marathon marks the end of a year of fundraising, planning, and prepping for the dance marathon by the Executive Board, made of 14 students who apply for different areas of focus. The board features a Hospital and Family Relations Director, Event Team, and a Sponsorship team to name a few. The event itself serves as a celebration of life and the hard work that so many students, faculty, and staff put into fundraising for the clinic.

The event itself is a high energy dance party where students are engaged in popular line dances, a unique raiseRED dance, activities, and family stories about their battles with cancer and blood diseases. Students are assigned a color team and a child they are dancing for. Throughout the night, students meet the child and their family and make personal connections to the reason they are there, as tiring as it gets.

Students pay a registration fee that covers a t-shirt, 4-5 meals during the event, and a fanny pack to keep all of their personal belongings in. Once students register, they are required to fundraise $100 to get in the door at the event. Many students exceed the $100 goal by hundreds of dollars and find themselves becoming passionate about raising as much money as possible before the event.

Together, as students and members of the Louisville Cardinal family, we can work to eradicate cancer from a child’s vocabulary, we can provide hope to families, and we can have fun while doing it.

To learn more about the event, visit http://raisered.org.
Dr. Sherry Babbage Elected as Louisville Metro Board of Health Chairperson

by Linda Hart Lewis, RDH, MEd
Dental Hygiene Program, Faculty

Sherry C. Babbage, DMD, was unanimously elected Chairperson of the Louisville Metro Board of Health in December 2014. Among its most recent activities, the 12-member Board of Health has overseen the implementation of the Affordable Care Act in Louisville.

Dr. Babbage was recently appointed Chairperson of the University of Louisville School of Dentistry, Diversity Committee. Past Chair, Ms. Linda Lewis, stepped down after many years of service. Dr. Babbage is no stranger to ULSD. She is a part-time faculty member and her current position is Coordinator of Diversity and Inclusion. She also works in partnership with Health Sciences Center Office of Diversity and Inclusion to coordinate the dental components for summer health career pipeline programs.

In addition to her many roles at the University of Louisville School of Dentistry, Dr. Babbage is a dentist in private practice at the West Louisville Dental Clinic. She has been named YMCA Black Achiever, serves on the Northwest AHEC Board of Directors, on the Louisville Emergency Management Systems and Fire Advisory Board, and on the COP Policy Advisory Board.

Dr. Babbage earned both her Bachelor of Science and Doctor of Dental Medicine degrees from the University of Louisville.

Quick Selected for Staff Leadership Academy

by Linda Hart Lewis, RDH, MEd
Dental Hygiene Program, Faculty

Rachel M. Quick, MEd, was selected to participate in the 2015 Provost’s Staff Leadership Academy. It is a program designed to target mid-career professionals in supervisory or managerial roles, who aspire to assume more responsible leadership positions within the University.

Participants will engage with professional presenters and fellow travelers in eight monthly workshops led by faculty from COB and CHED in areas such as project management, team building, leadership, and strategic planning. Participants also work as a member of a project team on a capstone project over the course of the year and meet regularly with a mentor from another college, school, or division. Capstone projects for the inaugural 2014 cohort have yielded “shovel ready” recommendations for policy or program enhancements that have been conveyed to the Great Places to Work steering committee and Human Resources Advisory Committee for implementation. The 2015 class launched January 20, and will conclude October 13, 2015.

As UofL School of Dentistry (ULSD), Dental Hygiene Program Advisor, she continues to support our programs in so many ways. She is a great listener and encourages students, faculty, and alumni. Her smile is a welcomed sight, and she is a positive thinker for the dental hygiene profession and continues to highlight the ULSD Dental Program! Rachel wears many hats at ULSD and we are excited of her selection for the Academy and future endeavors! We appreciate all she does for the School of Dentistry!
Cooking Matters: Family Medicine
Newburg Implements Dare to Care Initiative for At-Risk Patients
by Karen Krigger, MD, MEd, FAAFP, AAHIVM(S), Professor, Department of Family and Geriatric Medicine, Director of Health Equity, HSC Office of Diversity and Inclusion

The federal government annually measures household food security, defined as all people in a household having enough food for an active healthy life at all times. These measurements are grouped into four levels of food security from “high” to “very low”. “Low food security” data groupings, defined as “reduced quality, variety, or desirability of diet indicating little or no reduced food intake”, are combined in a “very low” category, signifying multiple disrupted eating patterns and reduced food intakes.

More than one in seven households (18 million or 15 % of the US population) experienced “food insecurity” in 2012. During 2012, 7 million households experienced “very low food security” reporting members who went hungry or skipped meals. While federal food assistance programs targeting low-income households consisting of children, seniors, pregnant or post-partum residents help assuage hunger and poor nutrition for millions of US food-insecure individuals, an estimated 27% of the 2012 US food-insecure had household incomes above the standard eligibility thresholds for federal nutrition assistance program. Charitable food assistance programs helping to bridge this food gap are organized under Feeding America, a nationwide network of food banks.

In Kentucky, the Feeding America network consists of 6 food banks serving individuals and families: Dare to Care Food Bank (Jefferson County), Facing Hunger Food bank, Feeding America-Kentucky’s Heartland, Freestone Food bank, God’s Pantry Food Bank Inc. and Tri-State Food Bank. Results from the Feeding America “Hunger in America 2014 – State Report for Kentucky” document a total of 19,900 volunteers providing 81,200 hours each week to Kentucky food banks serving 53,400 unique Kentucky clients in a typical week and 547,900 Kentuckians annually. Seventy-seven percent of Kentucky charitable food assistance program clients served are white, 17 % black or African American, and 2 % are Hispanic or Latino. 28% of Kentucky clients are children and 20% are seniors. Seventy-five percent of these households are at or below

(Continued on page 7)
Our Experience Navigating the TARC System

by Chi Tran and Carolyn Shuler
Upper Division BSN students

This October, our clinical group of 10 girls split into 2 groups of 5 and participated in an activity that none of us have done before—what it would be like using the TARC as a refugee. It was our first time riding the TARC and the purpose of this assignment was so we can have a glimpse of what the refugee population in the community has to go through now that they are living in a new different environment with no transportation.

After completing this assignment, we concluded relying on public transportation is a lot harder than it looks. And most people don’t realize that it’s even harder for the refugee population to find transportation around the city, due to language barriers. We had to critically think about which route and bus to take. We started out riding the wrong bus at first and it took us completely in the wrong direction from our destination. We then had to communicate with the bus driver to find out where we had to get off to get on the correct bus.

The refugee population, on the other hand, will not have the ability to communicate with other English speaking people on the bus for directions, so they would have to figure this all out themselves. Not only that, these people have to wait for the TARC no matter what the weather is like outside. Today, it started raining on us as reached our first destination, but we realize that it’s not nearly as bad as what others have to go through. They have to wait for the bus in the heavy rain, cold, snow, and heat.

We learned a lot from this experience. Before this assignment, we never stopped to think about those that have to find transportation around the city to school, work, grocery store, and another places. It is very time consuming due to the numerous amounts of stops. Some of the buses we went on were very hot, and crowded, which made for a very uncomfortable environment. Most of us are blessed and too often take things for granted, like being able to have transportation to any place we want by vehicle.

We gained insight and participated in some deep-thinking related to the community and public assistance, which will carry over into future clinical days.

Nursing students start their day from Kentucky Refugee Ministries
On a recent trip to my in-law’s house in east Tennessee for the holidays, I had my first experience with hate directed towards me personally.

Having grown up as a privileged white male in middle Georgia, I had never before been the victim of hate. I had been protected by white privilege, which prevented people from hurling insults at me merely for being myself. Sure, people “hated” me because of what school I attended or what sports team I supported; but that was different. Let me set the stage for you: My husband and I (yes I am married to a man) were visiting his family for the holidays at their home in the mountains of east Tennessee. We were walking our dogs in a field in front of their house and enjoying the above average temperatures and some much needed sunshine. While walking around and letting the dogs investigate, a car drove up the road next to the field and suddenly slammed on its brakes. We stopped walking and watched as the car turned the corner, sped along the other side of the field, turned around again, floored it back to the corner, and finally slammed on the brakes again. What happened next changed my life forever. The driver rolled down his window and yelled, “Faggots,” at the top of his lungs.

I stood there in shock as the man drove away. I thought to myself, “did that just happen, did that man just call me a…?” Neither my husband nor I spoke a word; we just looked at each other in disbelief. The cycle of emotions that raced through my mind went from shock, to unyielding rage, to sadness for the man and his ignorance. That was when it hit me that this was the first time anyone had ever hated me for just being who I was.

We continued to walk down the trails into the woods, neither of us speaking; rather, we were reflecting, trying to wrap our heads around what had just happened.

As the man’s slur echoed in my head, I began to think about the marches going on surrounding the events in Ferguson. Now I am not comparing what happened to me to what happened to the gentleman in Ferguson; however, it did put those events in a different light.

This was the first time in my life that someone had done or said anything hateful towards me simply for being myself. On the one hand, it is awesome that it took nearly 28 years for me to experience that (especially being from the South), while on the other hand, it is sad that, for many Americans, this experience is far too familiar.

The sad fact is that hate is not dead in this country. It is everywhere around us, from Louisville’s division into two completely different cities depending on which side of 9th Street you are on, to the way police in NYC can stop and frisk without cause, or how police in Arizona can pull you over and ask to see proof of citizenship because you “look” like an immigrant, or even how just being Middle Eastern means you are always being “randomly selected” for further screening with TSA.

Hate is alive and well in America, and it has a profound impact on the lives of the people it is directed towards. So think twice before you begin to look down on someone because they are different.
DACA: Journey of a Dreamer
by Gabriela Teixeira

Attaining a good education and becoming a competitive student through high school and college is no easy task today. Students take the most challenging Advanced Placement classes in high school and panic over the SAT in order to get into and support themselves through college. When they get to college, the pressure becomes even higher when suddenly the big fish in the little pond is now on the same level as everyone else. That student wants to become somebody in the community, pushes forward, enrolling in demanding courses, gaining experience in their field, and preparing for the grueling postgraduate entrance exams. Now imagine doing all that and having to stop because you were not born in the United States.

My family and I moved from Brazil when I was eight years old. At the time, the only thing I understood was that I was going to meet Mickey Mouse, but I would later discover that my parents were making the greatest sacrifice for our family. For several years, we lived as though we were in the Witness Protection Program. We did not make a fuss, kept our heads down, and carried on with our lives.

My parents only told me were undocumented when I was in high school because they did not want me to feel different from my peers at such a young age, but I always knew we were different. It was then that I started to understanding why I could not get my learner’s permit or a job. The full scope of my situation set in when my advisor told me that I would not be able to go to college. How was someone who thrived off of learning inside and outside the classroom supposed to just stop? Refusing to take no for an answer, I pushed on as door after door slammed in my face. I knew I would not have an easy road to success, but it was one I was willing to travel.

Acceptance into a prestigious leadership program at Nova Southeastern University gave me a foot in the door, but I still had to figure out how to stay. I took it one day at a time, worked hard, and made my own opportunities. I began developing into the person I wanted to be. I had my hand in various organizations and interacted with people from diverse backgrounds. Before I knew it, I was a leader on campus, in and outside the classroom. This caught the attention of gracious officials, who granted me prestigious internship, allowing me to continue my education and reach even higher.

Becoming a physician is the only career path that has ever interested me. My curiosity of the world, especially science, captivated me and the fast paced, problem-solving dynamic of medicine drew me closer. Attending the Summer Medical and Dental Education Program at the University of Louisville, shadowing in clinics, and working as a pediatric ER scribe solidified my decision. I want to be the person people entrust their children’s health to here and across the globe in underserved areas. Every day I am in the United States is a blessing and every time I walk into class it is another. Having firsthand experience of my family not being able to go to the hospital, I do not want anyone else to have to go through it. I know that where I am today is exactly where I am supposed to be to reach my goals, but I always have fear in the back of my mind that going to medical...
school might not be realistic in my current situation.

Currently, I qualify for Deferred Action for Childhood Arrivals (DACA), an immigration policy that protects certain undocumented youths from deportation and allows them to work. Although the implementation of DACA has allowed me and several hundred thousand other young adults to start on the path to our future, there are several limitations. For one, it does not provide a path to lawful status, which still leaves us with a big question mark, one that some medical schools are now trying to figure out. There has been a significant increase in interest from a number of schools about accepting DACA students, and some have even accepted students into their programs in states such as in California.

Going through the application process this cycle, I had no idea that I was going to encounter so many roadblocks. The trouble really seems to arise because of the uncertainty of the future of the program and the lack of financial aid available to us. However, students have been making their way past these barriers and I intend to do the same. There is nothing that will stop me from pushing the limits and advocating for myself, just like I will advocate for my patients in the future.

the federal poverty level. Sixty-nine percent of the Kentucky households participating in the food banks reported having to choose between paying for food and paying for medicine or medical care at least once in the past 12 months. Diabetes has been reported in an estimated 41% of these Kentucky households with 65% of participating Kentucky households reporting high blood pressure.

In an effort to provide our patients with an additional food resource, and healthy food preparation education, Family Medicine Newburg Office partnered with Dare to Care from October 9, 2014 - November 11, 2014 to provide a free six week “Cooking Matters” course to our low-income diabetic, hypertensive, obese patients. For two hours once a week from 1 p.m. - 3 p.m., a culinary, nutrition-al, educational event was hosted by our nutritionist and a volunteer chef. A portable stove was brought into the staff “break-out” area. Participants learned to cook healthy meals by watching the chef prepare the meals in the break-out area. (Warning: the entire clinic area smelled wonderful during these classes!) At the end of each class, participants were given the required groceries for home meal preparation. Participants were introduced to recipes from the healthy cook book given to each patient. Patient comments about the program included:

- “I learned a lot about foods and nutrition”
- “It has made a difference. A lot of things that I never ate before, I now eat.”
- “I learned about buying, reading food labels, and nutrition facts.”
- “The class made me conscientious of what I buy.”

An additional program provided by DARE to CARE is “Cooking Matters at the Store”. Tours provide families with hands-on education as they shop for food, giving them skills to compare for cost and nutrition. The tours are two hours in length and participants learn how to plan and budget for healthy, affordable meals all for under $10. Tours are led by a wide range of volunteers including culinary professionals, nutrition educators, and cooperative extension agents.

Family Medicine Newburg is hosting its 2nd “Cooking Matters” class starting February 11, 2015. The offering has been very well received by our patients as evidenced by the sign-ups at the front desk. If your medical office is interested in providing an opportunity for your patients to increase their food stores and decrease their chronic disease morbidity by healthy eating consider hosting either “Cooking Matters” or “Cooking Matters at the Store” in your office space or on HSC campus.

Please contact Kimberly@daretocare.org or 502-736-9418 for more information or organizing your class as you partner with DARE to CARE in our community.
Upcoming Diversity Events

- “Ethical and Legal Issues of LGBT Healthcare”
  *LGBT Health and Wellness Certificate Series*
  Facilitator: Kyle Brothers, MD
  Tuesday, February 24 from 12:00—1:00pm
  Location: SPHIS 103

- “The Invention of Race and its Misuse in Medical and Biomedical Research”
  *HSC Office of Diversity and Inclusion Lunch & Learn*
  Facilitator: John Chenault
  Wednesday, February 25 from 12:00—1:00pm
  Location: Kornhauser Auditorium
  RSVP: HSC Office of Diversity and Inclusion

- A.C.E.S. Black and Latino Student Symposium
  Thursday, February 16 from 9:00am—4:15pm
  Location: Belknap Campus
  Registration and More Information: here

- 42nd National Conference on the Black Family in America “Exploring the Continuing Transformation of Black America”
  *Hosted by the Cultural Center and the Vice Provost for Diversity & International Affairs*
  February 26—28
  Location: Crowne Plaza Hotel
  Registration and More Information: here

- Day of Dignity: Building Community & Enhancing Cross-Cultural Understanding
  Saturday, February 28 from 12:00—5:00pm
  Location: Muhammad Ali Center

- History of ACLU of KY’s Work on LGBT Rights
  Tuesday, March 10 from 5:00-6:30pm
  Location: Chao Auditorium, Belknap Campus
  More Information: here

- Annual White Privilege Conference
  March 11-14
  Location: Galt House Hotel
  Registration and More Information: here

Call for Submissions to HSC Multimedia Project

- The Health Sciences Center Office of Diversity and Inclusion, Health Sciences Center Diversity Chairs, the Muhammad Ali Center, and institutional partners are seeking submissions of photographic depictions and accompanying narratives, videos, original artwork, and personal stories.

- The Perspectives of Excellence: A Multimedia Exploration of Institutional Diversity project was created to allow everyone to have a voice and be recognized for the unique, diverse person that you are. We want to celebrate when possible, but also explore themes and ideas and, perhaps, come up with solutions on how to stay on the road of excellence for our institution.

- The call is open to all students, staff, faculty and administrators from the HSC campus. Check out our website to see videos and examples of some of the submissions.

- For more information about the Perspectives of Excellence project and contest, please contact the HSC Office of Diversity and Inclusion at hscodi@louisville.edu.