

The Newsletter of **URBAN HEALTH INITIATIVE**

MESSAGE FROM **DR. CHARLES MOORE**



**DEAR EMORY URBAN HEALTH
INITIATIVE COMMUNITY,**

As we reach the height of summer, I am reminded of the warmth and dedication each of you brings to our mission. Your tireless efforts and unwavering commitment continue to inspire us and propel our work forward.

In this newsletter edition, I extend my heartfelt thanks for your continued support and enthusiasm. Your dedication to advancing health equity and enhancing the well-being of our community is nothing short of remarkable. Your hard work and passion can help us make significant strides toward a healthier and more equitable future.

This summer, as we continue our journey together, let us focus on strengthening our community bonds, expanding our outreach, and championing innovative solutions to the challenges we face. Your contributions, which are vital to our success and integral to our mission, are deeply appreciated.

Thank you for being an integral part of the Emory Urban Health Initiative. Together, we will continue to make a lasting impact and create positive change in the lives of those we serve. I am excited and look forward to the incredible achievements we will accomplish in the coming months.

With warm regards,
Charles E. Moore, MD

STAFF SPOTLIGHT: MS. JULIET KAM



We are delighted to feature Juliet B. Kam in this edition of our Staff Spotlight. Juliet is an invaluable member of the Urban Health Initiative (UHI), bringing eight years of experience in the customer service industry to her role as an administrative assistant.

Juliet joined UHI in October 2023, eager to apply her diverse skills to support our mission of improving urban health and well-being. She has quickly become a key player in our team, known for her ability to simplify administrative procedures and enhance communication channels. Her dedication to excellence is evident in her meticulous management of calendars, meeting requests, and travel arrangements.

She also plays a crucial role in maintaining records, invoices, databases, and spreadsheets, ensuring that all documentation is accurate and up-to-date.

Beyond her administrative duties, Juliet actively contributes to our newsletters and social media, helping to keep our community informed and engaged. Her adaptability and eagerness to learn make her a perfect fit for our dynamic team, and we are grateful for her contributions to our shared mission.

Juliet looks forward to continuing her journey with UHI, collaborating with her colleagues to make a positive impact on urban health and well-being. We are excited to see all that she will accomplish in the future!

VOLUNTEER SPOTLIGHT: **LAWREN TUCKER**



Lawren Tucker is the Laboratory Manager for Dr. Cameron McCarty's lab at the University of South Carolina, School of Medicine, Cardiovascular Translational Research Center. She previously worked as a Laboratory Specialist for the University of South Carolina, College of Pharmacy, where she managed COVID-19 testing operations.

Lawren also serves in the US Air Force Reserves as a Technical Sergeant with over 11 years of professional experience in various pharmacy settings. She holds a Bachelor of Science in Biology with a minor in Chemistry and Psychology from Francis Marion University and a Master of Public Health degree from Walden University.

Inspired to volunteer as part of her MPH program, Lawren connected with Mrs. Brittany Prince and contributed significantly to the organization. Her tasks included revising the program's guidebook, creating data collection questionnaires, designing promotional materials, and assisting with event organization.

Lawren's most memorable experience was witnessing the transformative impact of public health programs during the Agriculture Careers Collaborative finale field trip. She encourages potential volunteers to align their experience with their future goals. Lawren aspires to become a public health research professional, focusing on underserved populations, and plans to continue engaging in community health initiatives.

COMMUNITY PARTNER: **INTERNATIONAL RESCUE COMMITTEE (IRC)**



The International Rescue Committee (IRC) has been a beacon of hope for people affected by humanitarian crises since its founding in 1933 by Albert Einstein and a group of humanitarians. Operating in over 40 countries, the IRC provides essential support to help individuals survive, recover, and rebuild their lives. The organization focuses on delivering health care, supporting education, and empowering communities, with a particular emphasis on addressing the inequalities faced by women and girls.

In 2023, the IRC and its partners reached over 34.5 million people worldwide, supporting 3,282 health facilities and providing over 10 million primary health care consultations. The IRC also admitted nearly 600,000 children and pregnant and lactating women to nutrition programs, built or rehabilitated water systems for over 2.8 million people, and distributed over \$79 million in cash or vouchers to 1.6 million people. Additionally, the IRC provided counseling to over 45,000 women survivors of gender-based violence, supported nearly 228,000 children in safe spaces, and enrolled over 1.5 million children and youth in learning programs

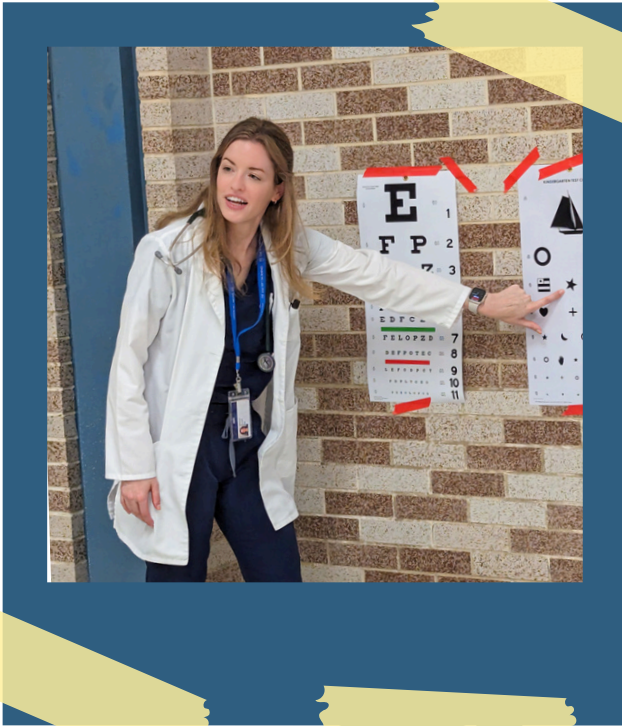
The IRC's annual report highlights its focus on the 20 humanitarian crises expected to worsen over the next year, guiding the organization's emergency services and lifesaving support efforts. To learn more about the IRC's impact and to support their work, visit their [2023 Annual Report](#) and consider making a donation.

SECOND QUARTER UHI UPDATES:



Our Assistant Director, Brittany Prince had the honor of attending an awards program at E. Benjamin E. Mays High School to support the graduating seniors in the healthcare program. She was recognized for her outstanding partnership and contributions to the students' success.

SECOND QUARTER UHI UPDATES:



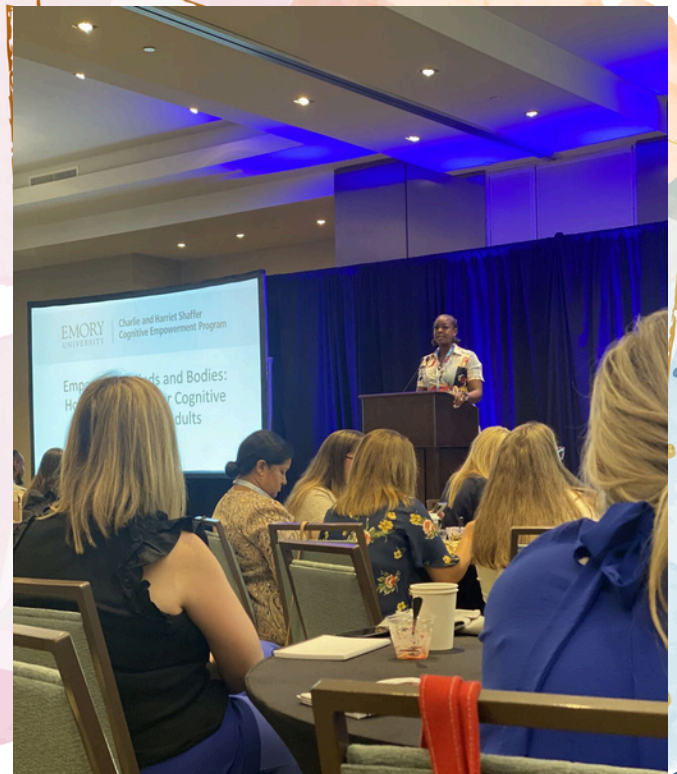
We are thrilled to announce the launch of our community-based, mobile medical events in collaboration with Emory's School of Nursing. Our first event took place yesterday at Dunaire Elementary in DeKalb County, where we provided school physicals for over 40 kids. This initiative marks the beginning of a series of events over the next few months, aimed at ensuring every community has access to essential care.

SECOND QUARTER UHI UPDATES:



GEORGIA MEMORY NET'S ANNUAL SUMMIT JUNE 9 - 12, 2024

**UHI Assistant Director,
Brittany Prince attended the
GMN Annual Summit**



SECOND QUARTER UHI UPDATES:

*IVYY team
Retreat:*



Reflecting and connecting to better serve our global community. Healed people heal people!

The IVYY team gathered for a daylong retreat to reflect and connect so we can move forward internationally to best serve our patients and communities. Healed people heal people

SECOND QUARTER UHI UPDATES: CIRCLE OF SAFETY

JULY 16, 2024



On July 16, the Circle of Safety event brought together community members at Emory School of Medicine's Steiner Auditorium to strengthen Atlanta's community violence intervention (CVI) ecosystem. Hosted by The IVYY Project and Emory's Urban Health Initiative, the event focused on preventing gun violence and creating safer communities.

SECOND QUARTER UHI UPDATES:



BENJAMIN E. MAYS GREENHOUSE CLEANUP



The Greenhouse Cleanup at Benjamin E. Mays High School was a part of our Agriculture Careers Collaborative (ACC) program, held from July 22-31. Volunteers from the community came together to help restore and clean the greenhouse, making a positive impact on the school's environment. The event was a success thanks to the dedication and hard work of all participants.

CURRENT INITIATIVE & EVENTS



VIOLENCE INTERVENTION *Program*

PHOTOGRAPHY

NVS BULDING

Aug 17th (tentative)

10AM - 12PM (SATURDAY)

JOURNALING

HEALING COMMUNITY CENTER

Jul 30th

Aug 6th, 13th, 20th, 27th

11AM (TUESDAYS)

MUSIC

HEALING COMMUNITY CENTER

Aug 5th, 19th, 26th

5PM (MONDAYS)

GARDENING THERAPY

HEALING COMMUNITY CENTER

Aug 23rd

3:00PM - 4:00PM (FRIDAYS)



REGISTER NOW



YOGA THERAPY

HEALING COMMUNITY CENTER

July 9th, 16th, 23rd, & 30th

2:00PM - 3:30PM (TUESDAY)

NVS BULDING

Jul 11th, 18th, & 25

2PM - 3PM | 3PM - 4PM (THURSDAY)

FOOD AND NUTRITION (FOOD AS THERAPY)

HEALING COMMUNITY CENTER

Jul 2nd, 23rd & 30th

Aug 6th & 13th

10AM (TUESDAYS)

ART THERAPY

HEALING COMMUNITY CENTER

Jul 1st, 8th, 15th, 22nd & 29th

2:00PM - 3:00PM (MONDAYS)

NOTES FOR NOTES

HEALING COMMUNITY CENTER

July 16th, 18th, 24th, 30th

NVS BULDING

July 17th, 23rd, 25, & 31st

ADDITIONAL DATES ARE PROVIDED ON SIGN UP PAGE

CURRENT INITIATIVE & EVENTS

Program Overview:

Nutrition

- Empowering patients and caregivers with evidence-based education on portion control, healthy eating habits, hands-on food prep, physical activity, gardening, goal-setting, and self-management.

Gardening/Horticultural Therapy

- Held at a community garden on the Westside of Atlanta, this session teaches home gardening techniques and how to grow fresh, organic fruits and vegetables.

Cooking/Culinary Arts

- Encouraging creativity and boosting self-esteem, these therapeutic cooking sessions provide a nurturing experience.

Physical Exercise/Dance

- Promoting emotional, cognitive, physical, and social integration, these sessions offer benefits like stress reduction, disease prevention, and mood management.

Compassion-based Mindfulness Training

- Enhancing resilience against life's stressors by fostering compassion towards oneself and others.

CURRENT INITIATIVE & EVENTS

Art Therapy

- Addressing risks, symptoms, and aftereffects of post-traumatic stress disorder (PTSD) with a unique program not found in other local or regional adult trauma centers.

Music Therapy

- Utilizing music to treat physical and mental health issues, including depression, anxiety, and hypertension.

Notes for Notes

- A unique musical podcast that empowers young artists to create a professional-grade album, including crafting lyrics, collaborating on instrumentation, and working closely with Studio Producers. This holistic approach fosters artistic growth and celebrates each artist's unique talent.

Locations:

- **HEALing Community Center**
- **NVS Building**

 **Scan the QR code on the flyer to see the full details of the schedule.**

Join us in these supportive and enriching sessions to help navigate and heal from the impacts of violence.



THANK YOU!

"Alone, we can do so little; together, we
can do so much."

— Helen Keller

