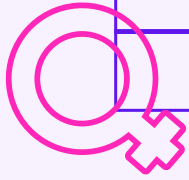


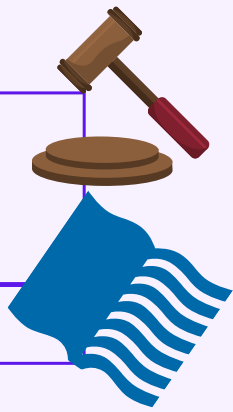
WOMEN'S HISTORY MONTH





# *Women's History Month*

WOMEN OF COLOR WHO CHANGED THE WORLD



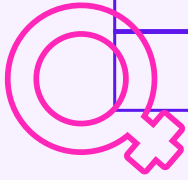
## **Congresswoman Barbara Lee**

Congresswoman Barbara Jean Lee is an American politician serving as the U.S. Representative for California's 13th congressional district.

Now in her 12th congressional term, Lee has served since 1998, and is a member of the Democratic Party. Her district is based in Oakland and covers most of the northern part of Alameda County. Since entering congress, Congresswoman Lee has authored or co-authored every major piece of HIV/AIDS legislation, both domestic and global.

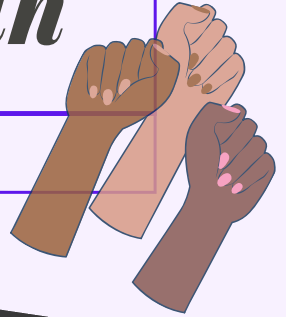
Congresswoman Lee leverages her position on two key subcommittees to support prevention, education, research and access to treatment while combatting stigma. Congresswoman Lee is dedicated to achieving an AIDS-free generation. As co-chair and co-founder of the bipartisan and bicameral Congressional HIV/AIDS Caucus, Congresswoman Lee leads the effort to advance legislation that addresses the HIV/AIDS pandemic while educating Members of Congress about the virus, its impact and affected populations.





# ***Women's History Month***

**WOMEN OF COLOR WHO CHANGED THE WORLD**



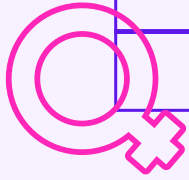
## **Amelia Boynton Robinson 1911-2015**

Amelia Boynton Robinson was an American activist who dedicated her life to fighting for the voting rights of African-Americans. She was a notable leader of the American Civil Rights Movement and a key leader in the 1965 Selma to Montgomery voting rights marches.

On March 7, 1965, Amelia helped in the organization of a march initiated by James Bevel from Selma to Montgomery.

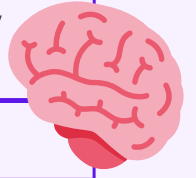
The Selma to Montgomery march was an act of protest for the privileges deprived of the black population. Boynton was beaten unconscious by one of the police officers. She also sustained throat burns from the tear gas.

The marches Boynton Organized and participated in contributed to the passing of the Voting Rights Act of 1965. 11,000 African-Americans were registered to vote after the Voting Rights Act of 1965 passed.



# ***Women's History Month***

**WOMEN OF COLOR WHO CHANGED THE WORLD**



## **Dr. Alexa Canady 1950-**

Dr. Alexa Canady was the first African American woman in the United States to become a neurosurgeon.

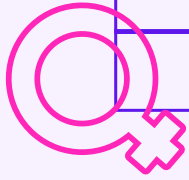
Dr. Canady was chief of neurosurgery at the Children's Hospital of Michigan from 1987 until her retirement in June 2001.

She holds two honorary degrees: a doctorate of humane letters from the University of Detroit-Mercy, awarded in 1997, and a doctor of science degree from the University of Southern Connecticut, awarded in 1999.

She received the Children's Hospital of Michigan's Teacher of the Year award in 1984, and was inducted into the Michigan Woman's Hall of Fame in 1989.

In 1993, she received the American Medical Women's Association President's Award and in 1994 the Distinguished Service Award from Wayne State University Medical School.

In 2002, the Detroit News named Dr. Canady Michigander of the Year.



# ***Women's History Month***

**WOMEN OF COLOR WHO CHANGED THE WORLD**



## **Sylvia Mendez 1936-(age 83)**

Sylvia Mendez is an American civil rights activist of Mexican-Puerto Rican heritage.

At age eight, she played an instrumental role in the Mendez v. Westminster.

The case successfully ended de jure segregation in California and paved the way for integration and the American civil rights movement.

In California, Hispanics were not allowed to attend schools that were designated for "Whites" only and were sent to the so-called "Mexican schools."

Mendez was denied enrollment to a "Whites" only school, an event which prompted her parents to take action and together organized various sectors of the Hispanic community who filed a lawsuit in the local federal court.

The success of their action, of which Sylvia was the principal catalyst, would eventually bring to an end the era of segregated education.

She was awarded the Presidential Medal of Freedom, the United States' highest civilian honor, on February 15, 2011.



# SELF CARE ACADEMY

*The Importance of SELF-CARE + Tips on practicing it for ourselves*



## WHAT IS SELF CARE?

*According to Maria Baratta, Ph.D., L.C.S.W, Self care at its core is the mindful taking of time to pay attention to yourself; not in a narcissistic way, but in a way that ensures that you are being cared for by you. (Psychology Today)*

## WHY IS IT IMPORTANT?

*It is very hard to handle daily stressors that may come our way when we're already depleted by physical and emotional exhaustion. By practicing self-care, handling life's stress can become a more easeful process. If we are feeling our absolute best both emotionally and physically we can conquer anything!*



## HOW CAN WE START?

*We should start our self care practice by knowing and recognizing our personal limitations. Self care means recognizing when you are doing more than you are used to handling and trying to figure out what can be done to slow down. What are some boundaries you can give yourself to insure you are practicing self care?*



# SELF-CARE HOMEWORK



## EXERCISE

*HOMEWORK: Try to exercise earlier in the day so you have a couple of hours before bed to wind down.*

## MEDITATION

*HOMEWORK: Try the 10 count method! Count each in and out breath until you reach 10 and then start over again. You may lose count, but it's easy to just start over and train your brain to not wander off.*



## READING / JOURNALING

*HOMEWORK: Try establishing journaling as a pre-bedtime meditation habit to help you unwind and de-stress.*





# WOMEN, SEX & SELF CARE

*The Importance of PrEP + Taking Control of our Sexual Health*



TAKING CHARGE OF  
OUR SEXUAL HEALTH!



## PREP FOR WOMEN

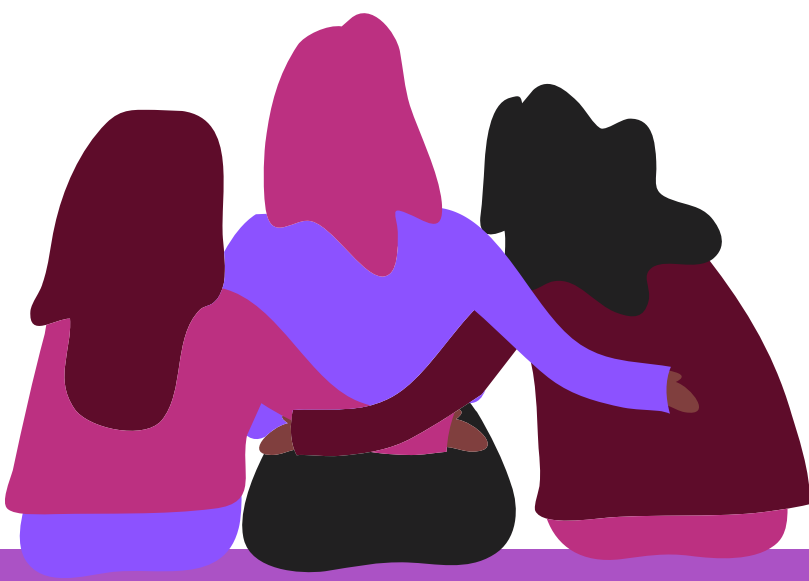
*By: Jasmine Moore*

As women it is important that we do what we can to take charge of our sexual health! One of the ways we can do our part is by using PrEP.

### What does PrEP do?

PrEP is a pill that helps to keep you HIV negative. When taken as prescribed, PrEP is highly effective.

PrEP is :  
short for  
Pre-exposure  
Prophylaxis



## **CONSIDER TAKING PREP IF YOU ARE A WOMEN WHO:**

- Worries about her HIV risk
- Has unprotected sex with partners of unknown HIV status
- Recently had gonorrhea or syphilis
- Wants to have a baby with a man living with HIV
- Injects drugs
- Is a sex worker

## **CONSIDER TAKING PREP IF YOU HAVE A MALE PARTNER WHO:**

- Has unprotected sex with anyone outside of your relationship
- Injects drugs
- Has HIV or sexually transmitted infections

## **HOW IS PREP USED ?**

- People who have anal sex need to take PrEP consistently for seven to 14 days before they have sex. This is the length of time it takes to show up in rectal tissue.
- People who have vaginas need to take PrEP consistently for 20 days before having vaginal sex. This is the length of time it takes to show up in vaginal tissue.

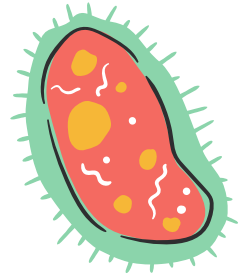
**PrEP is:**  
Over 90% effective

**PrEP is:**  
A pill taken once a day to prevent HIV

For assistance finding PrEP and/or more information about PrEP please call our office at (510)986-0340 or visit our website at [www.womenhiv.org](http://www.womenhiv.org)



# COVID-19: WHAT PEOPLE WITH HIV SHOULD KNOW

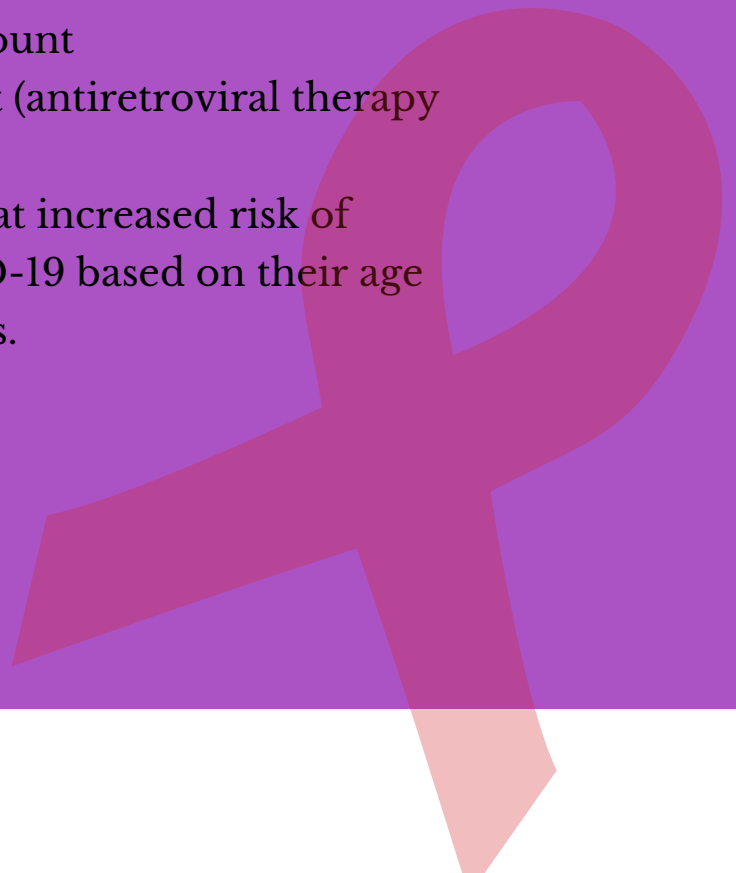


## ARE PEOPLE WITH HIV AT HIGHER RISK FOR COVID-19 THAN OTHER PEOPLE ?

As of now the CDC has no specific information about the risk of COVID-19 in people with HIV.

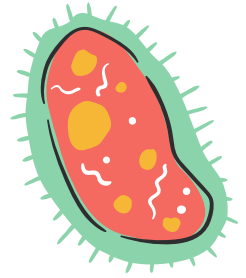
The risk from immune suppression is not known, but with other viral respiratory infections, the risk for people with HIV getting very sick is greatest in:

- People with a low CD4 cell count
- People not on HIV treatment (antiretroviral therapy or ART).
- People with HIV can also be at increased risk of getting very sick with COVID-19 based on their age and other medical conditions.





# COVID-19: WHAT PEOPLE WITH HIV SHOULD KNOW



## WHAT CAN PEOPLE WITH HIV DO TO PROTECT THEMSELVES FROM COVID-19?

There is currently no vaccine to prevent COVID-19. The best way to prevent getting sick is to avoid exposure to the virus.

People with HIV should take everyday preventive actions to help prevent the spread of COVID-19.

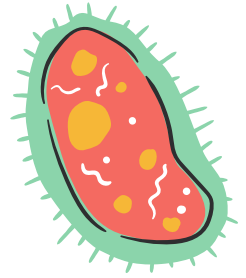
People with HIV should also continue to maintain a healthy lifestyle. This includes:

- Eating right
- Getting at least 8 hours of sleep, and
- Reducing stress as much as possible.
- Staying healthy helps your immune system fight off infection should it occur.

If you have HIV and are taking your HIV medicine, it is important to continue your treatment and follow the advice of your health care provider. This is the best way to keep your immune system healthy.



# COVID-19: WHAT PEOPLE WITH HIV SHOULD KNOW



## WHAT ELSE CAN PEOPLE WITH HIV WHO ARE AT HIGHER RISK OF GETTING VERY SICK FROM COVID-19 DO TO PROTECT THEMSELVES?

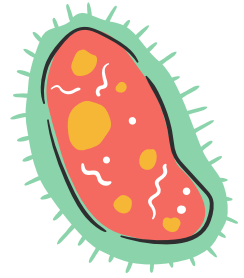
Steps that people with HIV can take to prepare in addition to what is recommended for everybody:

- Make sure you have at least a 30-day supply of your HIV medicine and any other medications or medical supplies you need for managing HIV.
- Talk to your health care provider and make sure all your vaccinations are up-to-date, including vaccinations against seasonal influenza and bacterial pneumonia, because these vaccine-preventable diseases disproportionately affect people with HIV.
- Establish a plan for clinical care if you have to stay at home for a couple of weeks. Try to establish a telemedicine link through your HIV care provider's online portal. If telemedicine is not available to you, make sure you can communicate with your provider by phone or text.
- Make sure you can maintain a social network remotely, such as online, by phone, or by video chat. This can help you stay socially connected and mentally healthy, which is especially important for people with HIV.





# COVID-19: WHAT PEOPLE WITH HIV SHOULD KNOW



## CONTINUED....

- People living with HIV can be more likely than others to need extra support from friends, family, neighbors, community health workers, and others. If you become sick make sure you stay in touch by phone or email with people who can help you.

## WHAT CAN EVERYONE DO TO MINIMIZE THE STIGMA ABOUT COVID-19?

Minimizing stigma and misinformation about COVID-19 is very important. People with HIV have lived experience in dealing with stigma and can be allies in preventing COVID-19 stigma. Learn how you can reduce stigma and help prevent the spread of rumors about COVID-19 by visiting [www.cdc.gov](http://www.cdc.gov)

**SOURCE: ALL INFORMATION PERTAINING TO COVID-19 FOUND ON [WWW.CDC.GOV](http://WWW.CDC.GOV)**

# QUARANTINE & CHILL

TIPS + RESOURCES TO STAY CONNECTED &  
MENTALLY HEALTHY

As most of the country is sheltering in place, for many of us, lack of in-person human contact can cause stress, loneliness, and in some cases, depression. It is very important to stay as connected as we can to those that we love during this time.

Through technology there are many virtual ways we can stay connected while practicing social distancing. The following will include some helpful tips and apps that can help us stay connected to our loved ones.

## TIP #1 STAY CONNECTED!!!

**Zoom**: is traditionally a business meeting tool, but can be used for virtual happy hours and family get-togethers. It is also useful for conference calls or a video call for some face-to-face time.



**Skype**: is another free tool that can be used for video calls, chatting or conference calls. It can be used on a computer as an app or through the web or as a smartphone or tablet app.



# QUARANTINE & CHILL

TIPS + RESOURCES TO STAY CONNECTED &  
MENTALLY HEALTHY

**Netflix Parties:** is a fun way to watch Netflix shows and movies with your friends. It is available only through the Chrome browser, but it is free. There is a chat window where group members can comment and chat during the show.

# NETFLIX



**Facebook, FaceTime, Instagram, +Twitter:**

Don't forget some of our fan favorites, as far as social media is concerned. We can use these familiar apps to keep in contact with friends and family too!

**Houseparty:** is a video group chat app for smart phones. In addition to chatting face-to-face, you can play interactive games, including Quick Draw, which is like Pictionary. There are also screen sharing capabilities. Best of all, it's free.



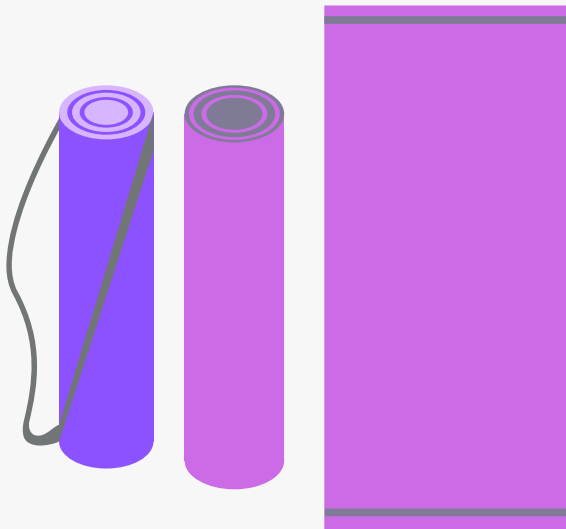
# QUARANTINE & CHILL

TIPS + RESOURCES TO STAY CONNECTED &  
MENTALLY HEALTHY

As COVID-19 has affected many of our daily routines, it is important to try and maintain as much normalcy as possible with each day. If you're used to going to the gym every day, or perhaps you attended a workout class during the week, try and get an at-home workout in before starting your day.

## TIP #2 STAY ACTIVE

There are many ways to stay active even if you can't physically go to the gym. Check your local gym's website. Many gyms are providing videos of their workouts for people to do each day at home.



Many of our favorite social media platforms such as Instagram, Facebook, and Twitter are a great source for free at-home workouts. Hundreds of trainers are posting these home workouts for people who want to continue being active during quarantine. To find workouts on any of the mentioned social media platforms try hash-tagging #athomeworkouts, #quarantineworkout, or #homefitnessprogram.



# QUARANTINE & CHILL

TIPS + RESOURCES TO STAY CONNECTED &  
MENTALLY HEALTHY

## TIP #3 ATTEND A WEBINAR

Try attending an interesting webinar! Many businesses, and schools are offering webinars. For free webinars try hashtagging #freewebinars on your social media platforms.



## TIP #4 MEDITATION

Try meditating! Try to complete the 10-count method in the homework section on page 7 (self care). If you are new to meditation, please keep in mind there are many ways of meditating. Try a few different methods to find the one that works best for you!





# HOW WORLD IS REMAINING CALM

REMAINING CALM DURING COVID-19 CRISIS

The novel coronavirus has changed our WORLD as we know it. In light of these changes, we thought it important to share with our clients how we are remaining calm during the storm of COVID-19. Below is a list of activities and thoughts expressed and curated by the leaders and staff here at WORLD. We hope this inspires hope and resilience during these uncertain times.

1. CONNECTING AND SPENDING TIME WITH FAMILY VIRTUALLY

2. READING POSITIVE QUOTES AND JOURNALING

3. DOODLING AND DRAWING

4. READING WHY WE CAN'T WAIT BY MARTIN LUTHER KING, JR AND BECOMING MICHELLE OBAMA

5. TAKING VIRTUAL CLASSES AND ATTENDING WEBINARS



# HOW WORLD IS REMAINING CALM

REMAINING CALM DURING COVID-19 CRISIS

6. WATCHING STREAMING SERVICES LIKE NETFLIX , HULU , AND AMAZON PRIME
7. CONTINUING TO TAKE PRECAUTIONS BY SOCIAL DISTANCING
8. GETTING GROCERIES DELIVERED
9. HAND WASHING
10. STAYING HEALTHY BY TAKING VITAMINS C AND D
11. MEDITATION
12. LISTENING TO MUSIC
13. PLAYING WITH MY CHILDREN AS MUCH AS POSSIBLE



# HOW WORLD IS REMAINING CALM

REAMINING CALM DURING COVID-19 CRISIS

14. PLAYING WORD SEARCH AND BRAIN GAMES TO KEEP THE MIND ACTIVE
15. TAKING SHORT WALKS TO GET FRESH AIR
16. DRINKING A LOT OF WATER
17. WRITING SPOKEN WORD
18. ATTENDING TRANINGS AND WORKSHOPS VIRTUALLY
19. DAILY WORSHIP
20. COLOR THERAPY
21. FINDING NEW HOBBIES





# HOW WORLD IS REMAINING CALM

REMAINING CALM DURING COVID-19 CRISIS

22. GETTING SUN FOR AT LEAST 2 MIN. A DAY
23. DRINKING LEMON, GINGER, AND HONEY
24. CONTINUING TO WORK ON BEING A BETTER PERSON
25. PRACTICING GRATITUDE AND HAVING BETTER APPRECIATION OF SPACE
26. COLORING CARDS ONLINE
27. BEING THANKFUL FOR RESOURCES LIKE THE ALAMEDA COUNTY FOOD BANK
28. CONNECTING WITH THE ELDERLY AND THOSE THAT MAY BE ISOLATED DURING THIS TIME



# HOW WORLD IS REMAINING CALM

REMAINING CALM DURING COVID-19 CRISIS

---

**29. ORGANIZING AND SPRING CLEANING**

**30. DOING AT HOME WORKOUTS**

**31. KEEPING MY GROOMING UP BY PUTTING ON MAKE-UP AND CASUAL CLOTHES, AND SMALL EARRINGS**

**32. MAKING SURE TO HAVE REGULAR MEALS (BREAKFAST, LUNCH, & DINNER**

**33. SCHEDULING FAMILY HOUR FOR EASTER**

---



**THIS LIST HAS BEEN CURATED WITH LOVE BY THE FOLLOWING WORLD LEADERS & STAFF:**

Carla Dillard-Smith, Dr. Demisha Burns, Molly Roberts, Denise Jones , Kandi , Ms. Diana, Ms. Vicky, Ms. Billie, Ms. Julie , Ms. Terri Lynn, Tinia , Jasmine Moore





# SPRING INTO AWARENESS

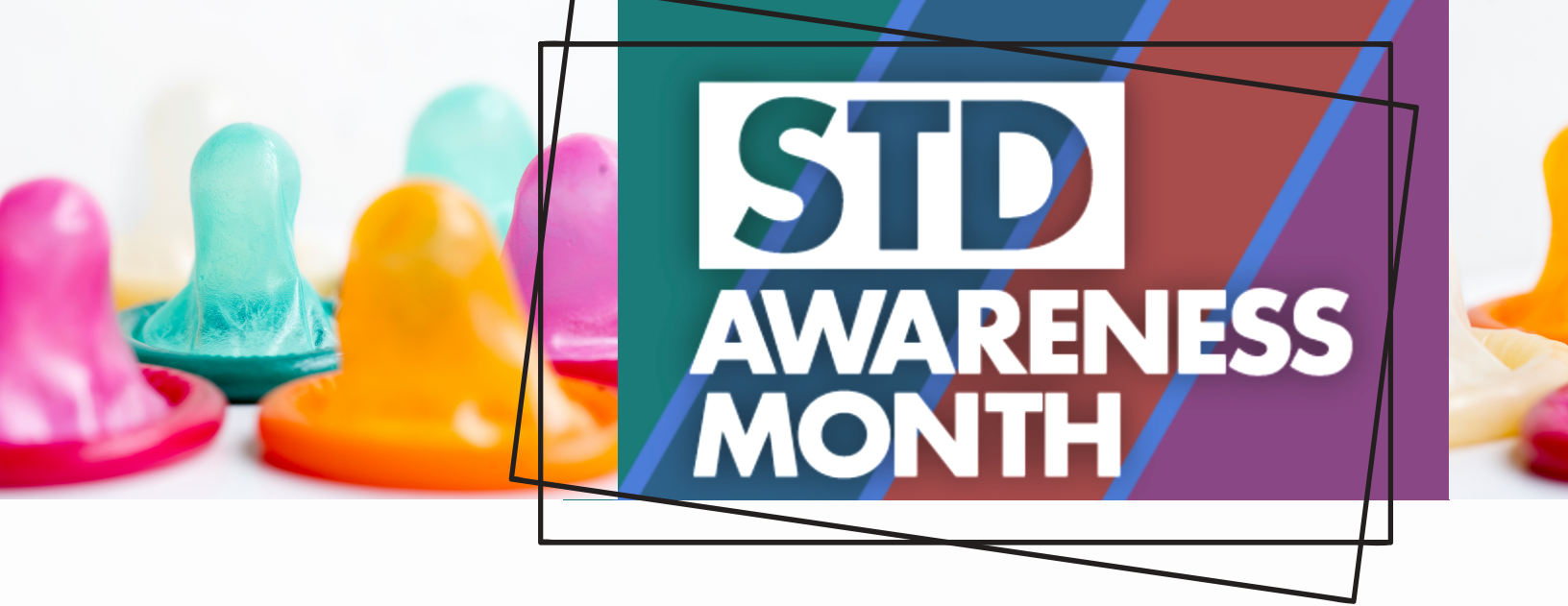
HONORING STD AWARENESS MONTH & MUCH MORE



## April is **STD** Awareness Month

*Written by : Jasmine Moore*

In April we observe STD Awareness Month to continue to bring awareness to sexually transmitted diseases (STDs), and how they not only impact us as individuals, but as a community. Our goal is to make sure we spread the word about the importance of preventative measures, testing, and the treatment of these infections. According to the Center of Disease Control (CDC), there are an estimated 20 million new STD infections in the United States every year.



STDs can affect anyone who is sexually active. The good news is STDs ARE preventable. There are steps you can take to keep yourself and your partner(s) healthy. Below is a list of things we can all practice to avoid giving or getting an STD.

### 1. Practice Abstinence

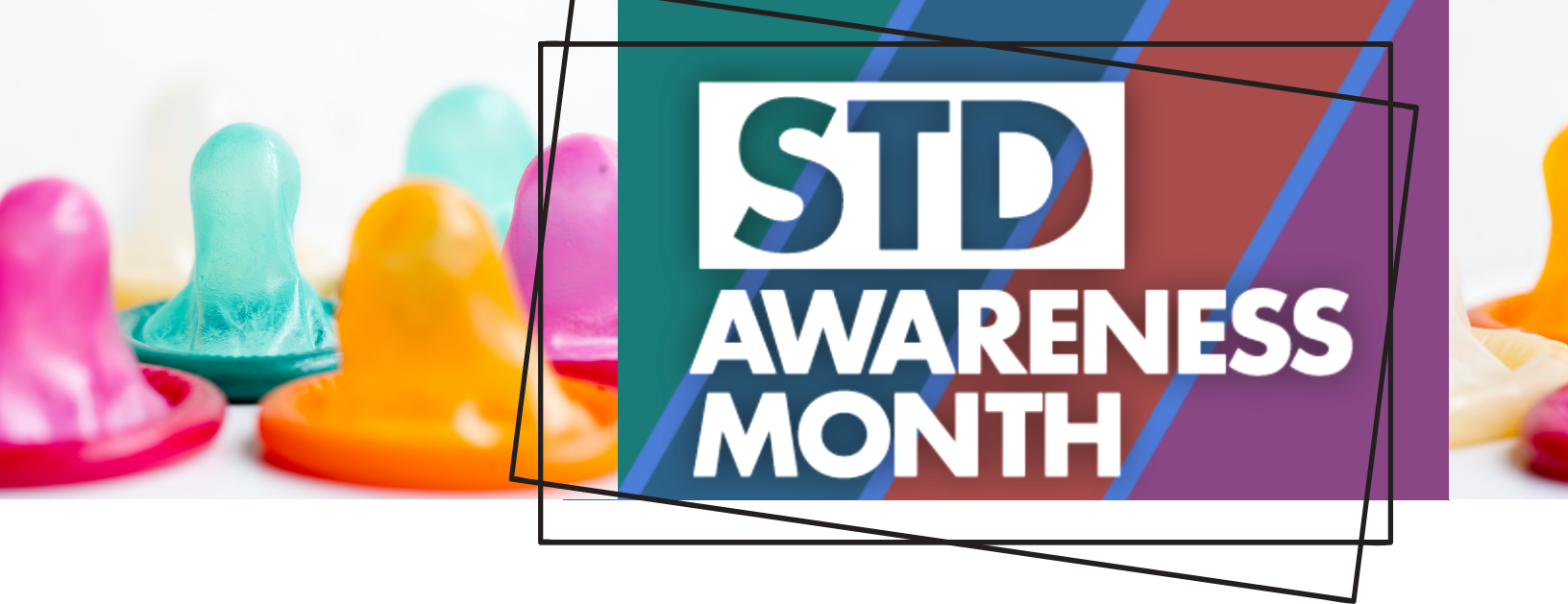
The surest way to avoid STDs is to not have sex. This includes not having vaginal, oral, or anal sex.



### 2. Use Condoms

Properly using a condom every time you have sex can help you avoid getting STDs. Condoms lessen the risk of infection for certain STDs. You still can get STDs like herpes, or HPV, from contact with your partner's skin even when using a condom.





Below is a list of practices we can all use to avoid giving or getting an STD.

### 3. **Have Fewer Sex Partners**

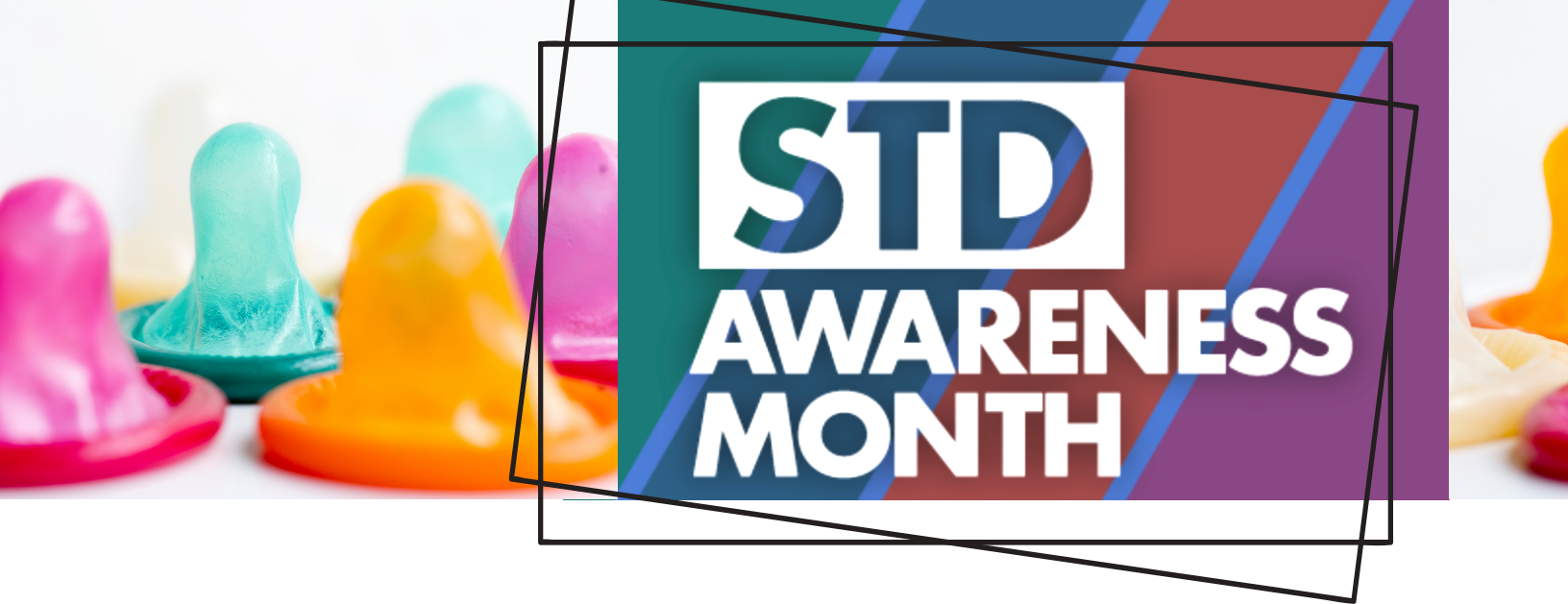
Try to have sex with only one person who agrees to only have sex with you. Make sure you both get tested to know for sure that neither of you has an STD. Testing regularly with your partner is one of the most reliable ways to avoid STDs.



### 4. **Get Vaccinated**

The most common STD can be prevented by a vaccine. The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.





Below is a list of things we can all practice to avoid giving or getting an STD.

### 5. **Talk With Your Partner**

Talk with your sex partner(s) about STDs and staying safe before having sex. Conversations about STDs and sexual health can sometimes be uncomfortable, but protecting your health should always come first.



### 6. **Get Tested**

Many STDs don't have symptoms, but they can still cause health problems. Talk with your health care provider(s) and/or find a location to get tested for STDs. The only way to know for sure if you have an STD is to get tested.



According to the Center of Disease Control (CDC) in the United States, 21% of new HIV diagnoses in 2018 were among young people aged 13-24 years. Eighty-seven percent of youth who received a new HIV diagnosis were young men and 13% were young women. Getting tested for HIV is an important step toward prevention; however, testing rates among high school students remain low. Only 9% of U.S. high school students have ever been tested for HIV.

**Ways to encourage our youth to stay sexually healthy include:**

- Teaching students about HIV and other STDs
- Promoting communication between young people and their parents
- Supporting student access to confidential HIV counseling and testing services. Schools are important partners in supporting HIV testing among youth.

Families, schools, and community, youth-based organizations and health centers must come together to help provide the necessary tools for our youth.



# NATIONAL TRANSGENDER HIV TESTING DAY



Transforming Health



APRIL 18

Saturday, April 18 is **National Transgender HIV Testing Day** (NTHTD). This is a day we want to recognize the importance of regular HIV testing, status awareness and continuing HIV prevention and treatment efforts among transgender people.

According to the CDC, a 2019 systematic review and meta-analysis found that an estimated 14% of transgender women have HIV. By race/ethnicity, an estimated 44% of black/African American transgender women, 26% of Hispanic/Latina transgender women, and 7% of white transgender women have HIV.

Transgender women of color, especially black/African American and Hispanic/Latina women, experience disproportionately high rates of HIV.

# NATIONAL TRANSGENDER HIV TESTING DAY



Transforming Health

APRIL 18

There are many prevention challenges that impact the HIV health outcomes for transgender people including the following:

Socioeconomic Factors & Race

Stigma

Discrimination

Social rejection, and exclusion

Lack of knowledge about transgender issues

So the question we'd like you to ponder is: How do we drastically improve the effectiveness of the current HIV prevention methods among transgender people?