



Letter from the Director

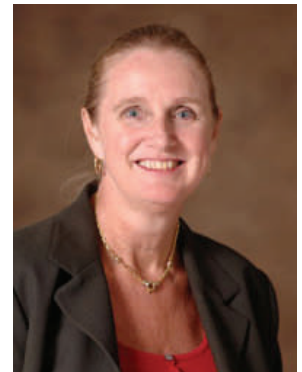
Contrasts are great in New Orleans. One day we are partying big time celebrating the traditions around Mardi Gras, the next day we are quietly attending church, acknowledging Lent. Lent means spring in Old English. When I grew up it was time for all the homemakers to do a spring cleaning of the house from top to bottom. Everything was inspected, and all old broken items or cloths were mended or discharged. Everything had to be ready for the busy and short summer season, so we all could enjoy the outdoors after the long winter, and savor the long hours of daylight.

Celebrating and observing Lent is an old Christian tradition associated with soul-searching and reflection. No matter your religious orientation it is good to take time to pause. It is easier to do it now when spring is

approaching with promise of new life than around New Year. What do you want to focus on this year? What is one of the main goals you have for yourself? What would you like to achieve at work, in your relationship or for your family? Great personal and professional benefits can be harvested if you take time to reflect. Issues you have wrestled with might be easier than first anticipated. Have a great time during this Lent season.

Jeanette. H. Magnus, MD, PhD

Professor & Director, Mary Amelia Douglas-Whited Community Women's Health Education Center



National Women's Health Week



The 10th Annual National Women's Health Week (NHW) will begin Sunday, May 10, as a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. During NHW, government, health organizations,

businesses, and communities work together to educate women on improving their physical and mental health and lower their risks of disease. With this year's theme "It's Your Time," women are encouraged to take simple steps for a longer, healthier, and happier life.

Among these important steps are: get at least 3 ½ hours of physical activity per week; eat a sensible diet; get regular checkups and preventive screenings; avoid risky behaviors such as smoking and not wearing a seatbelt; and monitor/manage mental health and stress. Detailed information may be found on the internet at: www.womenshealth.gov.

Each year the Mary Amelia Center participates in the weeklong events of NHW. Last year's activities included a Women's Health Research Day, a Healthy Women's Luncheon at St. Anna's Episcopal Church, and a Women's Health Leadership Seminar. Look on page 3 for some tips on how to get your community involved during this week's national recognition of women's health.

Women Making a Difference: *Susan Berryhill*

Susan Berryhill, RN, grew up in the Fisher Housing Project and always had a passion for helping those who could not help themselves. She continued with this philosophy through adulthood, where as a nurse, she was able to help those who needed both spiritual and physical help. She is now currently the head of the women's ministry, "Women of Zion", at First Zion Worship Center in Gerttown.



Three years ago, D. R. Berryhill Sr., Susan's husband and the Pastor of First Zion Worship Center, first started talking to his wife about his vision of a women's ministry. Within a year, the women's ministry came into full swing, not only as a ministry in the church, but also launching an annual women's conference. Mrs. Berryhill was moved to act after hearing words of inspiration from Juanita Bynum at another conference, and she knew women in the community were hurting not only from Hurricane Katrina, but from everyday problems.

Since then, the ministry has been able to do great works with families in the area through community referrals, groups sessions and education. She envisions the ministry growing and expanding its already established identity to help as many people as possible. Mrs. Berryhill feels that through training and support, the women of her church can be on the front lines of helping build stronger families. Learn more about Mrs. Berryhill and the First Zion Baptist Church by visiting their website at www.firstzionbaptistchurch.net.

Student Highlight: *Brittini Frederiksen*

I am in my second semester part of the Master's International Program studying Global Maternal and Child Health at the Tulane School of Public Health. In December, I plan to leave for the Peace Corps and would love to be assigned to a country in Latin America. I hope to use the knowledge I obtain while receiving my MPH to improve health outcomes in these developing countries.

I've been working on the Creating Community Connections Project at MAC since September and have enjoyed the opportunity to work on a student-led project with colleagues who have become close friends. In the past six months we have focused on the qualitative analysis portion of the project by conducting key informant interviews and focus groups. I really enjoy qualitative research and analysis and feel fortunate for this opportunity to improve my skills.

My work on the project has been focused on the Tremé neighborhood and I have enjoyed getting to

know a community that is in such close proximity to the downtown campus.

I feel privileged to have had the opportunity to interview Antoinette K-Doe, a resident of Tremé and well-known widow of rhythm & blues singer Ernie K-Doe. We had recently held a focus group with elders of the Tremé community at the Mother-in-Law Lounge, which Antoinette had transformed into a shrine for her late husband. Antoinette died after suffering a massive heart attack on Mardi Gras Day, her favorite holiday. I will always be thankful for the wonderful insight Antoinette gave us on both the Tremé community and life.



A Tribute



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MAC had the pleasure of working with Miss Antoinette K-Doe last fall. To us and many others she will always be remembered as a committed and passionate community leader. May her legacy live on for years to come.

"Learning about the rich cultural heritage of Tremé through members of the community has eased my transition in moving to New Orleans by eliminating my fear of the unknown."

Getting to Know You(th)

Before Katrina, MAC had several youth oriented programs that encouraged knowledge and self-respect as pillars of good health. MAC knows that educating young people on how to make healthy choices has great potential to help them live long and healthy lives. Our partnership with the North Rampart Community Center (NRCC) is helping us reconnect with the youth of New Orleans, particularly those in the Tremé area. NRCC is a fun and engaging place where more than 200 children and young adults go for after school and summer camp programs. The Center offers services to 31 different schools in the area. Coach Jeffery Parker and Deaconess Joanne Finley stress the importance of creating a stable place where kids can laugh, learn and socialize with other kids from their neighborhood and beyond.

Brittni Frederiksen and Ashley Martin, two MAC student workers, are designing a peer health education program for the high school students who attend the after school program at NRCC. The



program will focus on self-confidence, communication and education to cover topics from conflict resolution and reproductive health to healthy relationships and drug and alcohol use. MAC is thankful for the opportunity to work with NRCC and the inspiring group of young people who attend the programs there. You can learn more about NRCC from their website at www.northrampartcommunity.com.

Get Involved with NWHW

There are many ways you can get your community involved in National Women's Health Week. Here are some ideas:

- Host a **speaker series** at a hot spot in your community like a coffee shop or library. Invite local specialists like nurses, nutritionists or even a yoga teacher to give a lecture or demonstration on staying healthy.
- Sponsor a **community walk**. Like the Crescent City Classic or breast cancer walks, you can gather your neighbors and walk the streets for women's health.
- Hold a women's health **luncheon or potluck**. Pass out health information to the women of your community during a meal at your home, work, church or local restaurant.
- Host a **Mother's Day pampering event** honoring mothers and their daughters. Get your girls together for a day of do-it-yourself facials, manicures and pedicures while you share your own tips on staying healthy in body, mind and spirit.

If you are planning an event, MAC is here to help! Call us or send an email, our contact information is on page 4.

8 CoWHAs trained at First Zion Baptist Church



On February 6 and 7, MAC staff joined the women of First Zion Baptist Church for a training for Community Women's Health

Advocates (CoWHAs). Eight church members participated in the event that started on Friday evening and finished on Saturday afternoon. Like all MAC events we were striving to make the training fun, interactive and informative. According to the participants, we had some success. This training was the fourth that the

Center has conducted as part of the STAND program, which seeks to address stress and depression in the community.

Especially after the 2005 hurricanes, the MAC saw the need to help women in the community to rebuild the social networks and support systems that had been disrupted. The training allows the participants to learn more about how they can support women in their communities in group or one-on-one sessions. For more information about hosting the training, please contact the MAC staff.

"I'm excited to practice this more in my day to day relationships"
~training participant



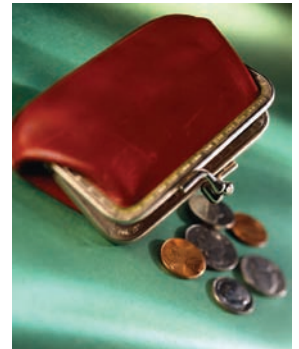
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To request copies or learn more about what you have read, contact the editor, Melissa Lovell, at 504-988-4636 or mlovell@tulane.edu.

Investing in Health in a Sick Economy

Eating well, exercising and getting regular check-ups are important parts of staying healthy, but they can also be costly. Studies show that while junk foods and fast foods give you lots of calories for your dollar, these calories don't come with a lot of nutrients. Joining a gym may increase your motivation to get the recommended 30 minutes of daily exercise. In a struggling economy, though, joining a gym would be a real luxury. As our money belts tighten, we may even be tempted to skimp on medications or doctors visits for check-ups. All these factors add up to a tough question: How can I be healthy when the economy is sick?

There are some important steps you can take to protect one of your most valuable assets—your health—without breaking your budget. Eating well on a budget is possible; it just takes some extra planning. Make a meal plan to get the most out of the foods that you buy. For example, by taking time to cook meals from scratch, like using dried instead of canned beans, you save money, avoid unnecessary additives and get loads of important nutrients. When it comes to working out there are many ways to get your heart rate up and to work your muscles right at home. Team up with a friend to go walking, dance around your living room, or use the stairs (instead of a stair climbing machine!). To avoid neglecting your recommended health screenings and check-ups, do your research. Learn what tests are important for your age and check out this website: www.nolafreehealthcare.com to find low- and no-cost health care options.



It is important to think of your health as an investment. Taking care of yourself and your family's health now means fewer expenses in the future.

Cooking for Good Health: *Featured Chef, Shokufeh Ramirez*

Strawberry Oat Muffins

With strawberry season upon us, here is a healthy, portable breakfast or snack. Defrosted frozen strawberries or another fruit may be substituted for fresh strawberries.

- 1 cup rolled oats
- 1 cup plain yogurt
- 1 cup flour (1/2 all-purpose, 1/2 whole wheat)
- 2 tsp baking powder
- 1-1/2 cups chopped strawberries
- Zest and juice of 1/2 lemon
- 1 egg
- 1 mashed ripe banana
- 1/4 cup vegetable oil
- 1/2 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1/2 teaspoon cinnamon



1. Preheat oven to 400 degrees F. Grease 12 muffin cups (or 24 mini cups).
2. In a large bowl, combine oats and yogurt. Let stand for 10 min.
3. In a small bowl, combine flour(s) and baking powder.
4. In another small bowl, combine the chopped strawberries with lemon zest and juice.
5. Into the oats and yogurt mixture, stir a) the remaining ingredients, b) the strawberry mixture, and finally, the c) flour mixture.
6. Spoon batter into muffin cups.
7. Bake for 15-20 min, or until a toothpick inserted into the center comes out clean.

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