



Multicultural
Health Institute

June, 2018
Volume 1, Issue 3
www.the-mhi.org



Multicultural Health Institute

The 2018 Giving Challenge

Thank you MHI Team for your great teamwork and hard work towards another successful Giving Partner Campaign. Thank you to all who generously donated to MHI during The Giving Challenge and beyond. It is your support that keeps us going and allows us to help meet MHI scholars educational and financial needs.



We came in at about the same as last year, despite a bigger and much more competitive field and lower match (up to \$100). We fortunately received a \$2000 special grant from Community Foundation of Sarasota and still await outcome of some of the other special prizes we may yet be eligible for. Special Shout Out to Joe Gallagher for lugger his equipment over and coming up with that [great video clip](#) to help with our messaging, a great start, with lots of other footage to collate for further efforts down the line. We look forward to his and our other scholars' continued assistance as we work on our webinar/training series and further develop a good relationship with Emerge and other younger tech savvy type groups.

Overall MHI final tally:

51 GIFTS	\$6,425 AMOUNT RAISED
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Total raised in the GPC \$11,394,878 with 74,682 total gifts.

Amazing generosity.

We are grateful and I thank you all for pitching in and helping us to continue to "do the right thing". Thank you to the Patterson Foundation for the matching funds.

Dr. Lisa Merritt

Ask Dr. Lisa

Every Second Tuesday 6pm -730pm
Free meal
Free medical and wellness information.
North Sarasota Library
2801 Newtown Blvd, Sarasota, FL
34234

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Special points of interest

- Nisha Hodge—MPH
- Lilee Izadi Scholarships
- Mental Health Facts
- Wear Orange Weekend

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The Multicultural
Health Institute
(MHI)



UPDATE - MHI Scholars



Nisha Hodge—Graduated with a Masters in Public Health from Jefferson University. Heading to Meharry Medical School in the Fall.

"I couldn't have done it without you, Dr. Merritt!!!"

May Events Recap

May 16th—Booker High School Senior Awards Night—MHI Scholar Lilee Izadi won a variety of scholarships to support her post-secondary educational endeavors

May 17th—MHI Scholar Lilee Izadi graduated from Booker High School with cords and medallions signifying-Student Government Association, Key Club, National Honor Society, College for Every Student, High Academic Honors, and Cambridge University's Advanced International Certificate of Education.

May 18th—MSK Town Hall—Dr. Merritt spoke as a panelist advocating for different muscular-skeletal resources in the town hall lecture/discussion.

Ally Druzwecki has come to intern with us at MHI and will be attending Florida State University London, England campus this Fall to major in business

Lilee Izadi will be attending Florida Southern College's Honors Program in the fall majoring in Biology on a full ride scholarship plus laptop and stipend.

McKensie Murray is currently attending Smith College and is going to be a sophomore this fall. She is double majoring in Biochemistry and Spanish.

"During my time at the Multicultural Health Institute, I spent time learning about health disparities in my county, participated in research in Sickle Cell Disease, and shadowed many physicians. My time at MHI instilled a drive to change the world by working with those in under-served communities. I am currently at Smith College majoring in biochemistry and Spanish in hopes to attend medical school where I will work to become a pediatric hematologist and cure Sickle Cell Disease. I participate in my House Council, the Community Health Organizers, and the Schacht Student Advisory Board. All of my extracurricular activities revolve around making a difference in the community I am in. I hope to travel to Nicaragua next January to help in one of the local medical clinics. If I did not spend time with Dr. Merritt, I would not have the confidence or motivation to be the leader and person I am today."

Valeria Valbuena MD: Currently a General Surgery Resident - PGY1 at the University of Michigan She hopes to be a Hepatobiliary/Transplant Surgeon.

Nhi Nguyen: a rising senior, majoring in Microbiology, at the University of Florida. Aspires to be a great physician assistant in the near future and thanks the Multicultural Health Institute (MHI) for inspiring me a long this journey

Amara Merritt has been accepted at Rhode Island School of Design and will be focusing on architectural and design engineering. She has been offered a total of \$138,350 in scholarships including \$20,000 from the Expect Miracles Foundation and \$3,000 from the Association for Study of African American Life and History (ASALAH).

Congratulations Lilee Izadi

Lilee Izadi, MHI Scholar, received an impressive 17 awards and scholarships totaling \$362,802 to continue her education at Florida's Southern College:



- * Florida PEO Scholarship
- * PEO Chapter BM FLPEOS Scholarship
- * Zeta Phi Beta Chapter Five Pearls of Excellence Scholarship
- * Teamsters Scholarship
- * Multicultural Health Institute Eleanor Ball Scholarship
- * Multicultural Health Institute Ringling Museum Hank Willis Thomas Essay Contest
- * Oaks Women's Club Scholarship
- * G. Duncan Finlay Sarasota Memorial Foundation Healthcare Careers Scholarship
- * Suncoast Credit Union Scholarship
- * Strive Award Scholarship
- * Gulf Coast Community Foundation Scholarship
- * Booker High School Foundation Patricia Bobeck Scholarship
- * University of Florida Presidential Scholarship
- * Xavier University of Louisiana Presidential Scholarship

Cornell J. Lee - MHI Scholar

Hi, my name is Cornell Lee and I am currently researching breast cancer at the University of Maryland. This fall, I am excited to return to Florida where I will begin my medical education at the UCF College of Medicine.

Introduced to the Multicultural Health Institute during my undergraduate education at the New College of Florida. It was through a course taught by Dr. Lisa Merritt on public health disparities and gender issues that I learned of MHI. My relationship with MHI over the past 3 years has been absolutely pivotal in shaping my values and priorities as an aspiring physician, scientist, and member of the community.

Through the opportunities it provides its students, and the countless achievements that follow, MHI proves that we are never too young, too inexperienced, or unqualified to be the ones to make a difference in the world around us.

MHI helped me and many others understand was how diversity in leadership affects which problems get attention. When you look at the leadership in our country, there is a lack of representation for many groups of people, so many issues often get overlooked or neglected because they do not negatively affect the people in charge of

making those decisions.

MHI responds to this problem by empowering youth to shift that imbalance in representation. It also teaches that the disparities in this country are issues everyone needs to focus on. To effect change today, you must engage the community. MHI does so much to actively support these ideas, it really changes the way you think and see things, both now and for the rest of your life. I am not only grateful for the existence of MHI and my experience with them, but I'm also excited to see in what ways I will work with them in the years to come. I think our future is bright, and decades from now when we all look back at the progress we've made as a society, the Multicultural Health Institute will undoubtedly be the ones who helped us get there.

-Cornell J. Lee



"MHI helped me and many others understand was how diversity in leadership affects which problems get attention" Cornell J. Lee, MHI Scholar

HealthCare Townhall - The Changing World of Medicare

On May 18th, Movement of Life, a Catalyst for Change, hosted a town hall event at the Light of the World International Church in Sarasota. The Panelist included Dr Lisa Merritt, Dr Tamara Huff, Dr. Joseph M. Neunder, Brad Estra and Lauren Denaro.

Dr. Merritt discussed the current Sarasota-Bradenton environment as it relates to Musculoskeletal Disparities, and access to care for African American and Hispanic women. While Dr Huff focused on taking care of your healthcare with Start Moving Start living.

Thanks to Pastor Lumpkin, The Light of the World Church and the 120 registered participants for making the day a huge success.

Thanks to our MHI volunteers Daja Austrie, Ally Druzwecki, and Jessica Twitmeyer
Thanks you Steve Ekes from Performance Therapy for donating a certificate for free massage.



Musculoskeletal Resources

Dr. Joseph Balen

Simple Relief Wellness Center

625 North Washington Blvd

Sarasota, FL 34236

941-363-9000

Frank G. Berlin, Sr. Branch YMCA

1075 S. Euclid Ave.

Sarasota, FL 34237

Lauran DeLagrange

941-955-8194 x122

ldelagrange@sarasotaymca.org

Evalyn Sadlier Jones Branch

8301 Potter Park Dr.

Sarasota, FL 34238

Aaron Taylor

Aquatics Director

941-922-9622 x1307

ataylor@sarasotaymca.org

Sarasota Memorial Hospital

Fitness

5880 Rand Blvd, Sarasota, FL

Phone: (941) 917-7000

www.smhfit.com

Steve Ekes, MPT

Performance Physical Therapy & Pain Center

1575 North Lockwood Ridge

Sarasota, FL 34237

(888) 528-6978

Carlos Diaz

Spine, Sport & Physical

Medicine Center

2030 Beeridge Road

Sarasota, FL 34239

941-845-0233

Silver Sneakers Program

935 N. Beneva Rd.

Sarasota, FL 34232

(941) 210-3247

Zumba program

Lena Porter

941-315-6868

[NIH](http://nih.gov)

Mental Health Awareness

Each year millions of Americans face the reality of living with a mental illness. During May, MHI raises awareness of mental health. We aim to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Why this cause is important: One in 5 Americans is affected by mental health conditions. Stigma is toxic to their mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness

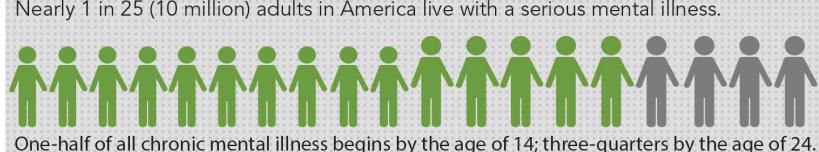


Mental Health Facts IN AMERICA

Fact: 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Prevalence of Mental Illness by Diagnosis

1.1%

1 in 100 (2.4 million)
American adults live
with schizophrenia.¹

2.6%

2.6% (6.1 million)
of American adults live
with bipolar disorder.¹

6.9%

6.9% (16 million)
of American adults live
with major depression.¹

18.1%

18.1% (42 million)
of American adults live
with anxiety disorders.¹

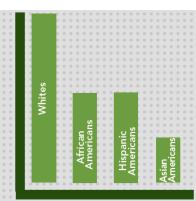
Treatment in America

60%

Nearly 60% of adults with a mental
illness didn't receive mental health
services in the previous year.⁴

50%

Nearly 50% of youth aged 8-15
didn't receive mental health services
in the previous year.¹



¹ This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

² Statistics provided by Department of Justice.

³ American Journal of Psychiatry and U.S. Surgeon General's Report, 1999.

⁴ Substance Abuse and Mental Health Services Administration

WEAR ORANGE WEEKEND STARTS JUNE 1

[FIND AN EVENT](#)



Before I became a director — before Empire, The Butler, and Monster's Ball, I became a survivor of gun violence when my father was shot and killed. I joined this movement because I know all too well what gun violence does to a person, to a family, and to a community. **And when more than 90 people are shot and killed by gun violence every day, and hundreds more injured, I know that our country is suffering from a gun violence epidemic.**

National Gun Violence Awareness Day and the start of Wear Orange Weekend —Join the hundreds of thousands of Americans who are honoring the lives of victims and survivors of gun violence at hundreds of events across the country. From rallies to BBQs, and everything in between, we're raising gun violence awareness coast to coast.

Orange is a color that is bold, that stands out, and that demands to be seen. It is the color of gun violence prevention because the millions of Americans fighting tirelessly for a country that's free from gun violence, ***demand to be seen and demand to see change.*** Wear Orange is a way for our elected leaders to see our power, but it can only succeed when we all come together. **That's why we need YOU with us.**

Lee Daniels
Executive Producer and Everytown Creative Council



[Click Here to Find an Event Near You](#)



Wear Orange Weekend starts on June 1st — National Gun Violence Awareness Day — where people all over the country will show their support for gun violence prevention online and on the ground in cities and states across the country.

Events will take place through the weekend, including rallies, marches, BBQs and more, planned by thousands of gun sense supporters like you!

<https://wearorange.org>



1000 Days Initiative

The Charles & Margery Barancik Foundation

An ongoing initiative to examine the first 1000 days of a child's life in order to improve it.

A Coalition of nonprofit, health care and government agencies dedicated to delivering babies safely into the world.

Shared Vision

We envision a healthy, vibrant community that supports mothers and babies through an integrated and coordinated system of care that enables and encourages children to achieve their potential.

Mission

Putting children on a trajectory of success.

Launch Event took place on April 25th
www.barancikfoundation.org

Doctors Hospital OF SARASOTA

Caregiver Support Groups

Every 3rd Monday Monthly

10:00a.m. - 11:30a.m.

Location: 5731 Bee Ridge Rd.
in the Hospital's Classroom

Check in at the Visitor's
Desk

No Registration Required and
ALL CAREGIVERS WELCOME

Delicious Light Breakfast Re-
freshments

FREE LUNCH & LEARN

FOR

VETERANS' CAREGIVERS AND VETERANS CARING FOR A LOVED ONE

Every 3rd WEDNESDAY MONTHLY

12:00-1:30P.M.

ARRIVE AT 11:45A.M.; CHECK IN IS REQUIRED AT JFCS

RSVP TO JULIE ASAP AND NO LATER THAN 3 DAYS BEFORE THE GROUP MEETS; SPACE IS LIMITED

EMAIL: caregivercomfort@aol.com; PHONE: 941-360-3580

JFCS OF THE SUNCOAST, INC. IS SPONSORING MY MONTHLY SUPPORT GROUP

2688 FRUITVILLE RD. , SARASOTA, FL, 34237

The Multicultural Health Institute (MHI) seeks to level the healthcare playing field by promoting, educating, and ensuring equal healthcare access and treatment for individuals and communities who are traditionally uninsured and receive a poor quality of care. We support programs that educate, identify, and test for diseases such as Cancer, Diabetes, Obesity, Stroke, Cardiovascular Disease, Infant Mortality, HIV/AIDS, and other health issues affecting under-represented communities across the United States which also help reduce the costs of healthcare.

<https://www.the-mhi.org/>

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Multicultural
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Troy Nichols Nexxlevel Singer/entertainer/leader, Marian Carpenter Ringling Museum Director Collections, Dr. Lisa, Vicki Oldham Newtown Alive, Jane and Paul Toliver recently relocated from Seattle fresh off the fascinating historical Newtown Trolley Tour May 15th.

