



MY SISTER'S KEEPER

Empowering women of color to have better health

Presenter: Shirley Fennell, RNC,BSN, MSHP, PHD Christian Counselling



Who We Are

- We are My Sister's Keeper
- Texas-based, health-focused virtual community for women of color
- Mission: To empower women of color to have better health through information-sharing and sister-bonding
- Under the auspices of Refuge III Church in Seguin, TX

MSK 2021 Committee Leaders



Our History



- Created by 4 women in North and South Texas
- First meeting on June 20, 2020
- In the midst of COVID-19 and social injustices
- Focus: Health disparities that impact women of color
- Target population: women because of the trickle-down effect
- Post-session survey responses included requests for more sessions
- Sessions held monthly
- 20 participants on average

What We Offer



- Free, 1-hour monthly sessions
- Zoom & phone accessible
- Topics selected by participants
- Guest speakers are experts of color

- Primarily serve Black, Latina, & Asian women
- BUT, we are inclusive
- Interactive Q&A
- Sessions are recorded

- Links to timely resources
- Resource library
- COVID-19 vaccine registration
- Step-by-step video tutorial for vaccine

MSK Highlights



My Sister's Keeper Presents

LIVING BEYOND LUPUS



Join Us!
09.12.2020
11 am - 12 pm CST



Patricia Solliday
Previous Ambassador for the
Lupus Foundation of Minnesota


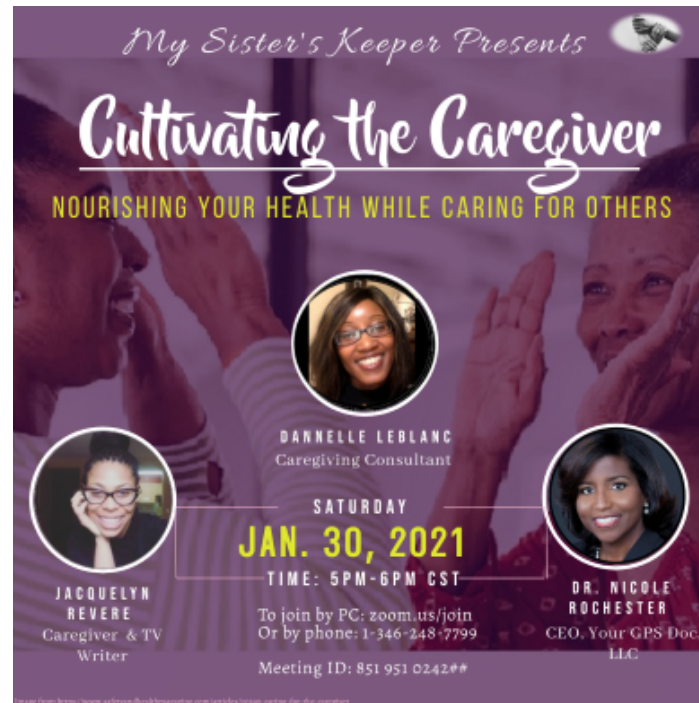
To join by PC: zoom.us/join Meeting ID: 851 951 0242
To dial by phone: 1-346-248-7799 Meeting ID: 851 951 0242##

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My Sister's Keeper Presents


Cultivating the Caregiver

NOURISHING YOUR HEALTH WHILE CARING FOR OTHERS




DANNELLE LEBLANC
Caregiving Consultant

SATURDAY
JAN. 30, 2021
TIME: 5PM-6PM CST



JACQUELYN REVERE
Caregiver & TV
Writer

To join by PC: zoom.us/join
Or by phone: 1-346-248-7799
Meeting ID: 851 951 0242##



DR. NICOLE ROCHESTER
CEO, Your GPS Doc.
LLC

Image from <https://www.gettyimages.com/photos/young-family>

My Sister's Keeper presents

Minding My Mental Health



Melodi Parker,
M.Ed., LPC-S, NCC
CEO, Mending Broken Pieces

WHEN: Sat., Nov. 21st
Time: 4:00 - 5:00 pm CST
Where: To join by PC, go to
zoom.us/join
Meeting ID: 851 951 0242

To join by phone:
Dial: 1 346 248 7799
Meeting ID: 851 951 0242##

My Sister's Keeper presents

Overcoming COVID: Part 2

Updates, vaccine info, & current guidelines



When: Saturday, January 23rd
Time: 1-2 pm CST
Where: To join by PC, go to
<https://us02web.zoom.us/j/8519510242>

To join by phone:
Dial 1 346 248 7799
Meeting ID: 851 951 0242#

Speaker: **Dr. Rochelle Cunningham**
Nephrologist & Internalist, Maryland

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What's Next



- Multiple barriers contribute to inadequate access to healthcare & info for African American (AA) women^{1,2}
- Providers underestimate the health needs of AA women³
- Race-related health inequalities lead to poor quality of care & poor health outcomes for AA women^{1,2}

- Community-Based project: Goal is to address this persisting & devastating issue
- Collaboration with UT Health San Antonio
- Information will be gathered to develop project plans, ongoing strategies, & solutions to promote equality in healthcare

“The difference between a broken community and a thriving one is the presence of women who are valued.”

- Michelle Obama

References

1. Agency for Healthcare Research and Quality. 2014 national healthcare quality and disparities report. Rockville, MD: Agency for Healthcare Research and Quality; 2015.
2. CDC Health disparities and inequalities report—United States, 2013. MMWR Suppl 2013;62(Suppl 3).
3. Why Going To The Doctor As A Black Person Is Hard” by Maryann Reid Contributor Diversity, Equity & Inclusion (<https://www.forbes.com/sites/maryannreid/2020/02/>)



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Thank you

Contact us: MyMSK2020@gmail.com

Like us on FB: <https://www.facebook.com/MSKofTexas>