

Health Disparities Advisory Meeting | MINUTES

November 2, 2023, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 80 ppl.
Type of meeting:	Weekly Health Disparities Task Force –	
Facilitator:	Bethsy Harrigan Office of Faith-Based and Community Engagement	

Motivational Quote: (Bethsy Harrigan) “Let us walk softly on the earth with all living beings great and small. Remembering as we go that one God, kind and wise created all”. – Native American Proverb

(Bethsy Harrigan)

- **National Native American Heritage Month** November is federally recognized as National Native American Heritage Month (NNAHM), it’s an opportunity to come together to honor and celebrate the culture, traditions, history, and contributions of American Indians and Alaskan Natives. NNAHM also helps us become more educated about Native Americans which will increase our knowledge of the unique challenges faced by this population, and provide better understanding of the historical trauma of colonization and genocide which has impacted Native people. This will also reduce the misconceptions and ignorance can lead to the spread of misinformed “celebrations” — especially surrounding the heritage month and Thanksgiving holiday.

The Federal Register also recognizes 573 separate tribal entities living in the United States today. In Tennessee, names used today still speak to the lasting influence of native communities such as: Etowah, Chattanooga, Hiwassee, and Tullahoma, just to name a few. The land upon which the University of Tennessee-Knoxville is built is part of the traditional territory of the Tsalagi peoples (now Eastern Band of Cherokee Indians and a few other Cherokee communities), such as Tsoyahá peoples (Yuchi, Muscogee Creek), and Shawnee people.

The Native American Heritage Day is to be celebrated on Friday, November 24, 2023, but where, time and location is TBD. If you need further information or details, please go to the Native American Indian Association of Tennessee website at <https://naiatn.org/>.

- **Movember** is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate and testicular cancer, heart disease and even men committing suicide. Our fathers, sons, brothers, uncles, and friends are facing a health crisis, yet it’s rarely talked about. Men are dying too young, and we cannot afford to stay silent! The goal of Movember is to "change the face of men's health, by encouraging men to get involved, get help and get healthy. Movember aims to encourage and increase early cancer detection, diagnosis, effective treatments, and ultimately reduce the number of preventable deaths with annual check-ups along with men learning their family history of cancer, mental health, heart disease, diabetes, and hypertension, so ALL men can come to adopt a healthier lifestyle for themselves and teach the upcoming generation

in their families. If you would like more information regarding Movember the link will be in the chat <https://us.movember.com/?home>.

- **International Stress Awareness Week** was created in 2018 to raise awareness about stress prevention, following the establishment of Stress Awareness Day in 1998. International Stress Awareness Week has developed as a major annual event focusing on stress management. Stress is a common experience that can be caused by various factors such as work, relationships, and health. Here are some tips that can help you manage stress:
 - Stay Hydrated
 - Get Plenty of Rest
 - Exercise Regularly
 - Always Laugh
 - Read Good Books
 - Stay Connected w/Family & Friends
 - Seek Emotional Support

TOPICS OF DISCUSSION

Focus: TN Voices Support Services from Firsthand Experiences Connecting Forward

Presenter: Megan Galloway, M. Ed., Certified Family Support Specialist

Summary: This discussion was about TN Voices which is a mental health advocacy organization and Connecting Forward which serves as a grant program in partnership with Tennessee Voices nonprofit organization. Connecting Forward basically connect families to resources and move them forward to their goals. Connecting Forward operates in five (5) primary areas of support which is mental health, workforce development, education advocacy, family support and family planning, they also provide support in the areas of housing, food, clothing, and substance abuse recovery.

Connecting Forward, serves 28 counties and their goal is to help low-income families to achieve economic independence and family stability through collaboration with non-profit organizations. Connecting Forward grant program is also different because they use a shared partner portal, where all partners work together in one shared database which keeps the communication from breaking down, while assisting families in need. The other reason is referrals and weekly case management is also shared and seen for all involved.

As for eligibility, folks will need to be TN Resident, U.S. Citizen, a child in the home (foster or non-relative), and the family must meet the following criteria:

- Eligible for TennCare, SNAP
- Unemployed
- Eligible for Public Housing or Homeless
- Eligible for Free or Reduced Lunch

If you need a more information or referral form, please contact Ms. Jan Wood, Program Manager by email at connectingforward@tnvoices.org or call by phone at 615.924.7321.

Member Comments: Announcements and Upcoming Events

- Medicare Open Enrollment ends December 7, 2023, with coverage changes taking effect January 1, 2024. During this time, people with Medicare can compare coverage options, like Traditional Medicare and Medicare Advantage, and choose health and drug plans for 2024. Medicare Advantage and Part D plan costs and covered benefits can change from year to year, so people with Medicare should look at their coverage choices and decide on the options that best meet their health needs.

Here are four ways people with Medicare can compare plans and look at savings options:

1. Go to [Medicare.gov](https://www.medicare.gov) to learn the difference between Traditional Medicare and Medicare Advantage, and do side-by-side comparisons of costs and coverage for Medicare Advantage and prescription drug plans.
 2. Call 1-800-MEDICARE. Help is available 24 hours a day, including weekends.
 3. Access personalized health insurance counseling at no cost, available from State Health Insurance Assistance Programs (SHIP). Visit shiphelp.org or call 1-800-MEDICARE for each SHIP's phone number. Many SHIPs also offer virtual counseling.
 4. Check eligibility for the Medicare Savings Programs and the Part D Low-Income Subsidy Program. If you have limited income and resources, you could qualify for Medicare Savings Programs, run by your state Medicaid program, or for the Part D Low-Income Subsidy Program. These programs could help save you money on health and prescription drug costs and could reduce your Part B premium and/or Part D premium to \$0. For more information, contact your [state Medicaid program](#) or call 1-800-MEDICARE and ask about Medicare Savings Programs. To learn more about the Part D Low-Income Subsidy Program, visit: [Medicare.gov/extrahelp](https://www.medicare.gov/extrahelp) or call or call 1-800-MEDICARE (1-800-633-4227).
- The Maternal Mortality Review 2023 Legislative report has been published and can be found: [MMR-Report-2023.pdf \(tn.gov\)](#)
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Resources mentioned during call:

- Saturday, November 04, 2023, starting 9AM-12PM, the Vaccinate Flu and Covid-19 Shot in Conexion Americas will be held at 2195 Nolensville Pike, Nashville, TN 37211
- Alzheimer's Caregiver Conference held on November 8th & 9th 2023, at the Scarritt Bennett Building near Vanderbilt in Nashville, TN.
- If you need more information, please visit our website at www.healthdisparitiestn.com

Chat Box – links / website / events:

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 - CDC - Hispanic or Latino People and Type 2 Diabetes link attached <https://www.cdc.gov/diabetes/library/features/hispanic-diabetes.html>
 - CMS – Diabetes Prevention Programs Equity Tailored Resources link attached <https://www.cms.gov/files/document/culturally-and-linguistically-tailored-type-2-diabetes-prevention-resource.pdf>
 - If you need more information, please visit our website at www.healthdisparitiestn.com
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Next Meeting: Thursday, November 9, 2023, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

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Phone Conference ID: 641 975 577#