

# Health Disparities Task Force Meeting | MINUTES

September 21, 2023, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 68 ppl.
Type of meeting:	Weekly Health Disparities Task Force –	
Facilitator:	Bethsy Harrigan Office of Faith-Based and Community Engagement	

**Motivational Quote:** **(Bethsy Harrigan)** “No matter how bad things are and no matter how limiting things can be, we can always be creative.” — Luis J. Rodriguez

**(Bethsy Harrigan)**

- **Hispanic Heritage Month** - Hispanic Heritage Month (September 15 - October 15) is an annual celebration in the United States that honor’s the history, culture, and contributions of those whose ancestry can be traced to 20 countries and one territory — which includes Mexico, Central and South America, the Caribbean, and Spain. You may see, this annual celebration recognized as Latino Heritage Month, Latinx Heritage Month, or Latine Heritage Month. [Tennessee, United States Hispanic Heritage Month Events | Eventbrite](#)
- **International Day of Peace** - International Day of Peace has been observed around the world since September 21, 1981. This is where the UN Peace Bell is rung at the UN Headquarters of New York. Awareness campaigns, speeches and events are taking place in different countries regarding “World Peace.” The Peace Bell inscription states “Long Live Absolute World Peace”, yet of course, we’re living in a time of wars and rumors of wars, but the point of International Peace Day, is to promote steps toward that noble goal. This is done through the efforts of “peace education” especially amongst our children who’s being taught to be the “Future of Peace”.
- **World Alzheimer’s Day** - Today is World Alzheimer's Day, which is dedicated to raise awareness and challenge the stigma around Alzheimer's disease and dementia. Dementia is believed to be a common form of Alzheimer’s Disease, which is a brain disorder that seriously affect a person’s ability to carry out their daily activities. Below are Ten (10) Early Signs of Alzheimer’s and Dementia:
  - Memory loss that disrupts daily living.
  - Challenges in planning and solving problems.
  - Difficulty in completing familiar tasks.
  - Confusion with time and place.
  - Problems with speaking and writing.
  - Trouble understanding images and relationships.
  - Change in mood and personality.
  - Withdraw from work and social activities.

- Poor judgement.
- Misplace items and lose ability to retrace steps.

Although, there are no absolute answers to Alzhiemers prevention, research has shown that we can take action to reduce our risk of developing it which is:

- Physical activity
- Eat Health Meals
- Maintain Social Connections
- Keep up with Intellectual Activities
- Reduce Head Trauma such as:
  - Always wear your seatbelt
  - Wear a helmet when required such as riding a bike, playing sports.
  - Fall proof your home by minimizing clutter, remove loose rugs and address poor lighting.

If you would like to register Walk to End Alzheimer’s, please register [Here](#) and if you need any assistance Alzheimer’s Association have a 24/7 helpline 1.800.272.3900.

## TOPICS OF DISCUSSION

**Focus:** Introduction to Hispanic Spanish Lesson (Instant Spanish)

**Presenter:** Dr. Tamara Chavez-Lindell

**Summary:** The Health Disparities Task Force was given an introduction as well as an instant Spanish lesson, due to it being Hispanic Heritage Month. The question, “Why should we learn Spanish?” Well, the reason being is Spanish is the most spoken language in the world, there are 500M people speaking Spanish. The other reason is the Spanish language is growing in art, geography, historical references and even in the political arena. The Latino population is the fastest growing in the United States and Tennessee. There are many reasons to learn Spanish to reduce stress and anxiety on your clients and customers, improve communication and breakdown the many barriers the Latinos face daily and most importantly ensure appropriate cultural interaction with a friendly attitude and open mindset.

## TOPICS OF DISCUSSION

**Focus:** Spanish Heritage Month

**Presenter:** Dr. Ralph Alvarado, Commission of Tennessee Health Department

**Summary:** Dr. Alvarado, addressed the Health Disparities Task Force about the Spanish Heritage Month. He spoke about the pride, he and his family have due to their Hispanic background and him as an appointed official. Dr. Alvarado gave an encouraging word to all about being an American citizenship and how proud his dad was to receive his citizenship at the age of 44. He also stated how we don’t talk, nor do we hear the pride in being an American citizen anymore, but we need to get back to that and instill that same pride within our children and generations to come because they are the future to this land regardless of their background and the color of their skin. He stated we can be diverse and still work together for the good of one another and this country. Dr. Alvarado stated that if we as people concentrate on

our nationality or the color of our skin, it will hold us back from being whom we're meant to be and achieve everything we're set our minds to do. The challenges we face today is nothing compared to what our parents and ancestors faced, so we must get out there and put our hands to the plow, we can glance back to see how far we've come but never look back to view the negatives, keep your mind on the positives and move forward into a greater future for yourself, your family and those you influence along the way.

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**Member Comments:** Announcements and Upcoming Events

- **East Tennessee Aging Symposium** – Friday, September 29, 2023, A Symposium for professionals and policymakers who want to enhance the state's capacity to support aging Tennesseans, their families, and caregivers.
  - **The Wolf River Conservancy** – Will be hosting their **3<sup>rd</sup> Annual Mental Health Awareness Day (FREE)** on Saturday, September 30, 2023, at 2630 Epping Way Drive, Memphis, TN between the hours of 10:30 am – 1:30 pm. Food vendors, educational resources from licensed counselors, firetrucks, music and more will be there.
  - **Opioid Abatement Community Funding /Community Grants Application Portal** - The Portal for applications opens September 1, 2023, at 12:00AM CDT and closes October 9, 2023, at 11:59 p.m. CDT. To access the application for the Opioid Abatement Council's Community Grants, please click on this link. To aid in successfully navigating the portal, Council staff have produced Instructional videos which you can watch on [which you can watch on YouTube at this link](#) at this link. We encourage all Proposers to watch the videos which are about 17 minutes total in length. There are 9 chapters covering the activities necessary to submit the application and each may be accessed independently. The Proposer Instructions document is a helpful guide for the Portal and [may be found at this link](#). This document is a companion to the instructional videos and highlights the important steps.
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**Resources mentioned during call:**

- SOCAT Referrals: [www.socacrosstn.org](http://www.socacrosstn.org) -Justin Owens - justin.owens@tnvoices.org – Ph. 615-418-6911
- If you need more information, please visit our website at [www.healthdisparitiestn.com](http://www.healthdisparitiestn.com)

**Chat Box – links / website / events:**

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**Next Meeting: Thursday, September 28, 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)**

[+1 629-209-4396, 641975577#](tel:+16292094396) United States, Nashville  
Phone Conference ID: 641 975 577#

SEPTEMBER IS NATIONAL RECOVERY MONTH

FOR INQUIRIES CONTACT:  
TAMARA ROBINSON  
(431)-675-8012  
TAMARA@SCHRA.US

# Maury County Recovery Fest

MUSIC - VENDORS - GAMES  
FOOD - PETTING ZOO - ACTIVITIES

AN EVENT FOR THE WHOLE FAMILY

JOIN US FOR AN AFTERNOON FULL OF FUN,  
AS WE END THE STIGMA SURROUNDING  
MENTAL HEALTH AND SUBSTANCE USE  
DISORDERS WHILE PROMOTING PREVENTION  
WITHIN OUR COMMUNITY.

RIVERWALK PARK  
102 RIVERSIDE DR.  
COLUMBIA, TN 38401

TIME  
**2-6 PM**

23 SEPTEMBER 2023 | FREE ENTRY

JOIN ST. LUKE CME CHURCH, MEHARRY MEDICAL COLLEGE AND NFL ALUMNI

# GEAR UP for Fall! HEALTH AND WELLNESS FAIR

Saturday, September 23 - 1pm to 4pm

St. Luke CME Church  
2008 Ed Temple Blvd. Nashville, TN 37208

Meet Former Tennessee Titans and Other NFL Greats  
Get Your Shingles Vaccine



Warren Moon  
Former All-Pro Quarterback, Houston Oilers  
TN Titans Ring of Honor, 9 Time Pro Bowler  
Member, Pro Football Hall of Fame



Brad Hopkins  
Former Tennessee Titans Tackle  
2 Time Pro Bowler



Derrick Mason  
Former Wide Receiver  
Tennessee Titans and Baltimore Ravens  
2 Time Pro Bowler



Al Smith  
NFL Alumni TN Chapter President  
Former Houston Oilers All-Pro LB



Rev. Daryl A. Ballard, II  
St. Luke CME Church



Dr. Donald J. Alcindor  
Assistant Professor, Meharry Medical  
Director of Research, TN CEAL Program



Kimberly Lamar, PhD, MPH, MS  
Assistant Commissioner, Division of Health  
Disparities Elimination  
Tennessee Department of Health

**Activities**  
Music | Food | Games | Health Screenings | NFLA Giveaways | Boosters and Vaccines



**TRANSFORMATION CHURCH**

7122 LEE HWY  
CHATTANOOGA, TN

9/30/23  
9 AM to 2 PM

To schedule your mammogram exam call  
**423-495-4040**

More information and forms available at  
[memorial.org/MELBCMmobile](http://memorial.org/MELBCMmobile)

All women should have a baseline screening between the ages 35 to 40, followed by annual screenings.

You must have your doctor's full name, driver's license, or state ID and insurance card.

No Insurance? No Problem! Screening mammograms are covered for eligible women year-round. Financial assistance for those who are under-insured.

No restrooms on the coach

CHI Memorial  
MaryEllen Locher Breast Center

