

ANGEL Network

African American Women Nurturing and Giving Each Other Life

A Chapter of Greater Stark County

November 2012

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Help is Needed!

If you have any suggestions for articles for the quarterly *ANGEL Network* newsletter, contact Linda Stevens-Butts at 330-452-6906 or email stevensL7@aol.com. Articles for the next newsletter are due by January 1, 2012.

E-Newsletter Available

Want to receive the ANGEL newsletter electronically? Submit your email address to becky.bondoni@cantonmercy.org. Help us conserve our natural resources and reduce printing and mailing costs.

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OCTOBER

Breast Cancer Awareness Month

Breast cancer is the most commonly diagnosed cancer among African American women. The overall incidence rate of breast cancer is 10 percent lower in African American women than in white women. Among younger women (under age 45), however, the incidence rate of breast cancer is higher in African Americans than in whites. Breast cancer incidence rates increased rapidly among African American women during the 1980s, largely due to the increased detection as the use of mammography screening increased. Incidence rates stabilized among African American women age 50 and older during 1955-2005, while rates decreased by 0.7 percent per year among women under age 50 from 1991-2005.



At this time, there is no guaranteed way to prevent breast cancer, which is why regular mammograms are so important. A woman's best overall preventive health strategy is to reduce her known risk factors as much as possible by avoiding weight gain and obesity, engaging in regular physical activity, and minimizing alcohol intake. Women should consider the increased risk of breast cancer associated with menopausal hormone therapy (MHT) use when evaluating treatment options for menopausal symptoms. Check with your medical provider for more information.

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Breast Cancer Awareness Month

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Risk Factors:

- Age
- Hyperplasia
- Certain benign breast conditions
- Recent oral contraceptive use
- Using post-menopausal hormone therapy
- Personal history of breast cancer
- Family history of breast cancer-genetics
- A long lifetime exposure to estrogen
- Not having children, or having a first child after 30
- Radiation exposure
- Being over weight
- Lack of exercise
- Drinking alcohol

Guidelines for Early Detection

MAMMOGRAM

Women 40 years and older should have a screening mammogram every year. If your mother or sister has had breast cancer, you MAY need to get a mammogram earlier and more frequently.

CLINICAL BREAST EXAM

Women between 20 and 39 years old should have a clinical breast exam by a health care professional at least every three years. Women ages 40 and older should have a clinical breast exam every year.

MONTHLY BREAST SELF-EXAM (BSE)

Women 20 years and older should do a monthly breast self-exam.

Resource: Sisters Network, Inc., www.sistersnetworkinc.org

October is National Domestic Abuse Awareness Month

An act of domestic abuse occurs every 12 seconds in the U.S. According to the former Attorney General Janet Reno, “Too many American women live in fear of the very people upon whom they depend for love and affection. Instead of providing refuge, the walls of many homes serve as prison bars.”

What is Domestic Abuse?

Domestic abuse or “battering” is a pattern of abuse by one partner against the other, for the purpose of maintaining power and control. Domestic abuse often includes (but NOT ALWAYS) physical abuse. Forms of domestic abuse can include:

- Physical abuse
- Sexual abuse
- Verbal abuse
- Threats and intimidation
- Isolation or restriction from friends, family and other support systems
- Destruction of property
- Financial exploitation
- Jealousy and possessiveness
- Stalking or monitoring of behavior

Facts About Domestic Abuse

Adult domestic violence is one of the more serious public health and criminal justice issues facing women today. Most victims of domestic violence are women. Between 91-95 percent of all documented domestic violence cases are women being abused by male partners. About one to two percent is physical abuse of men by their female partners, and three to eight percent of the total number of reported domestic violence cases involve same-sex relationship abuse.

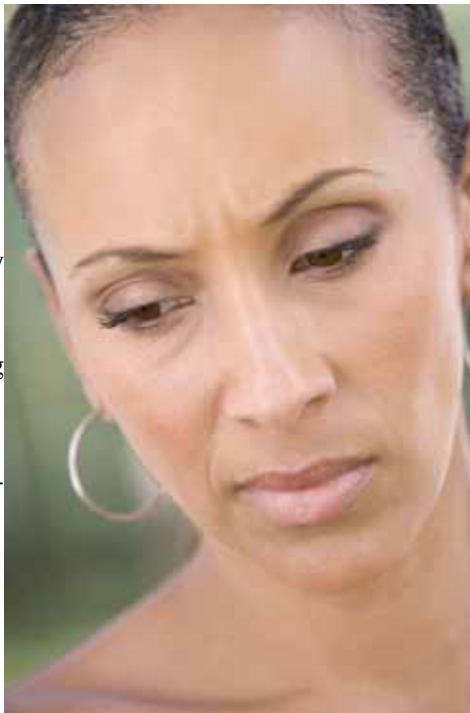
Every woman is at risk for becoming a victim of domestic violence. Domestic violence has no regard for socio-economic status, race, ethnicity, religion, employment status, physical ability, age, education, marital status or sexual orientation. In fact being FEMALE is the only significant risk factor for being a victim of domestic violence.

Batterers use emotional, psychological, economic and physical abuse as ways of controlling their victims. Abuse is NOT caused by stress, anger, or alcohol or other drug involvement. Many people find it difficult to understand why people batter their partners. This may be why, when we hear excuses like, “He had a bad day. She lost her temper,” or “He was drunk and out of control,” we often accept them as viable reasons why the attack occurred. But battering has more to do with the batterer’s attitudes, beliefs, and relationships to others than it has to do with these common excuses. Some men believe that they have the right to control their spouses/partners, and to enforce their will on those around them, particularly females. These men believe that it is the man’s duty to control his wife/partner regardless of the methods used. Some men even believe that women “need” to be “disciplined.” These beliefs and attitudes, coupled with some in our society’s tolerance of domestic violence, makes it one of the most difficult problems for our society to overcome.

Domestic Violence Project, Inc. (DVPI) of Stark County is a private, non-profit organization established in 1978 committed to providing a strong comprehensive safety net for the families in our community. DVPI clients are welcomed by a caring and compassionate staff offering supportive services necessary to establish an abuse-free lifestyle.

The agency's comprehensive programming serves to address many client needs and services including:

- A 24-hour confidential hot-line: 330-453.SAFE (7233)
- Emergency shelter in Canton and Massillon for up to 40 individuals
- Prevention and educational services
- Support and legal advocacy
- Renew Counseling and Recovery Center
- On-going and special topic support



Breaking the cycle of domestic violence begins with awareness and prevention. Currently, DVPI provides prevention education in schools, outreach, literature distribution, public awareness speakers and sensitivity training for a variety of community partners touching more than 15,000 individuals during 2011.

DVPI's two 24-hour emergency shelters offer a safe refuge for victims of domestic violence and their children, while healing can begin and hope can be restored.

Did you know? Locally . . .

- The hotline received 4,000 calls last year and offered guidance for safety planning, crisis counseling and information – the lifeline people needed.
- Annually, about 300 women and children reside in the shelters, which offer a safe, dignified refuge.
- The prevention education staff works in the schools and community. They teach Life Skills – an evidence-based curriculum – focusing on healthy life skills as an alternative to risky or violent behaviors. The staff also teaches healthy relationships and safe dating to junior and senior high school students.
- Renew counseling staff is licensed, clinical therapists who serve 500 people annually. The therapists treat root causes, which greatly enhance the client's understanding of their situation. The art therapist works closely with children healing from domestic violence trauma.
- Renew is certified to provide alcohol and drug treatment, even without disclosed domestic violence.
- Court advocacy is another critical service that is provided with staff in both Canton and Massillon Courts. About 1,300 individuals were served in the courts each year.

Resource: www.downstate.edu • www.domesticviolenceproj.org

Upcoming Events & Dates to Remember

Please mark your calendars!

2012-2013 ANGEL Network Meeting Dates:

Mercy Hall Auditorium

November 19, 2012

5:30 p.m.

February 18, 2013

5:30 p.m.

May 20, 2013

5:30 p.m.

August 19, 2013

5:30 p.m.

November 18, 2013

5:30 p.m.

Welcome to Our New Angels



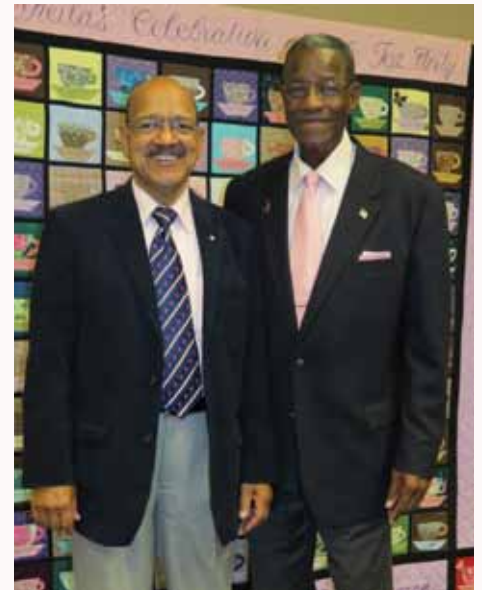
Coraetta Patterson, Lori Murray, Theresa Brewer



Faith in Pink

On Saturday, Oct. 13, approximately 100 individuals attended Mercy ANGEL Network's third annual "Faith in Pink" program and luncheon at Mercy Medical Center. Guest speaker Russell L. Ramey, M.D., F.A.C.S., general surgeon, focused on the importance of his faith on his professional life. A panel of breast cancer survivors, Gerry Radcliffe, Helynn Terrell, Vickie Hogan, and Lori Murray, shared their individual stories of their journey and how their faith, family and friends helped through their healing process

A silent auction was held for gift baskets donated by Gethsemane Baptist Church; Union Baptist Church-Health & Wellness; Gerald and Linda Butts; Everett and Jonnie Jackson; and Eleanor Dufont. Thanks to proceeds from the silent auction and additional contributions, over \$200 was donated to Susan G. Komen Northeast Ohio Race for the Cure. A heartfelt thank you to all who donated!



Did You Know?

National Institute on Aging

Plan for the Future

No one ever plans to be sick or disabled. Yet, it's just this kind of planning that can make all the difference in an emergency.

Legal Documents

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. Many of these documents have names that sound alike, so make sure you are getting the documents you want. Also, state laws do vary, so find out about the rules, requirements, and forms used in your state.

- Wills and trusts let you name the person you want your money and property to go to after you die.
- Advance directives let you make arrangements for your care if you become sick.

There are two ways to do this:

- A living will gives you a say in your health care if you are too sick to make your wishes known. In a living will, you can state what kind of care you do or don't want. This can make it easier for family members to make tough health care decisions for you.
- A durable power of attorney for health care lets you name the person you want to make medical decisions for you if you can't make them yourself. Make sure the person you name is willing to make those decisions for you.

For legal matters, there are two ways to give someone you trust the power to act in your place:

- A durable power of attorney allows you to name someone to act on your behalf for any legal task. It stays in place if you become unable to make your own decisions.
- A general power of attorney also lets you give someone else the authority to act on your behalf, but this power will end if you are unable to make your own decisions.

What Exactly is an "Important Paper?"

The answer to this question may be different for every family. The following lists can help you. Remember, this is a starting place. You may have other information to add. For example, if you have a pet, you will want to include the name and address of your vet.

Personal Records

- Full legal name
- Social Security Name
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children
- Location of birth and death certificates and certificates of marriage, divorce, citizenship, and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts
- Memberships in groups and awards received
- Names and phone numbers of close friends, relatives, and lawyer or financial advisor
- Medications taken regularly
- Location of living will

Financial Records

- Sources of income and assets (retirement funds, IRAs, 401 (k)s, interest, etc.)
- Social Security and Medicare information
- Insurance information (life, health, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbrokers' names and phone numbers
- Copy of most recent income tax return
- Location of most up-to-date will with and original signature
- Liabilities, including property tax—what is owed, to whom, when payments are due
- Mortgages and debts—how and when paid
- Location of original deed of trust for home and car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

Resources

You may want to talk to your lawyer about setting up a general power of attorney, durable power of attorney, joint account, trust, or advance directive. Be sure to ask about the fees before you make an appointment. You should be able to find a directory of local lawyers at your library or you can contact your local bar association for lawyers in your area. An informed family member may be able to help you manage some of these issues.

Resource: National Institute of Aging Information Center www.nia.nih.gov

Mercy News

Mercy Primary Care at St. Paul Square Opens

After a recent blessing and dedication service and public open house, Mercy Primary Care at St. Paul Square is scheduled to open November 12. Located at 1459 Superior Ave. in northeast Canton, the medical home will provide primary care and dental services to a medically underserved area. In addition, Community Services of Stark County, Inc. will offer behavioral health services.

Canton's northeast area provides residency to over one fourth of the city's population, yet previously had no health care providers. Mercy ANGELS helped tour guests during the public open house.



Sister Carolyn Capuano, HM, vice president of Mission & Ministry at Mercy Medical Center, and Msgr. Robert Siffrin, vicar general, Diocese of Youngstown, lead a procession from the blessing and dedication service to Mercy Primary Care at St. Paul Square to bless the building and grounds with Holy Water.

Heart Center Receives 50 Top Heart Hospitals Award for the Sixth Time

Congratulations Mercy Heart Center for being nationally recognized for the sixth time by **Truven Health Analytics** (formerly Thomson Reuters) as a 50 Top Cardiovascular Hospital. The winners were recently announced in *Modern Healthcare* magazine.

This recognition is proof of the outstanding efforts put forth by the physicians and staff of Mercy Heart Center and is one more award to add to their outstanding achievements. Mercy is the only Stark County hospital to earn the distinction this year.



THE ANGEL NETWORK

The **ANGEL Network** mission is to reduce the number of deaths within the African American female population by offering early detection programs, access to screening, and empowering African American women on breast health practices so that they will take an active part in their own health care.

All women are at risk for breast cancer.

But statistics show that although there is a lower incidence of breast cancer in African American women, there is a much higher mortality rate as compared to women of other races.

What is an ANGEL?

- One Voice At A Time – Women raising awareness in our community about the **ANGEL Network** and Susan G. Komen Breast Cancer Foundation and Northeast Ohio Race for the Cure.
- Certified breast health advocates provide education and guidelines on good breast health to women of all ages, but especially those 40 and older. **ANGELS** are breast health advocates teaching instructional breast exams to fellow women.
- **ANGELS** help women navigate the health care system so they have easy access to mammograms, breast exams and pelvic exams.
- **ANGELS** identify fellow women who need breast exams, mammograms, transportation and sometimes just a comforting and understanding ear.
- **ANGELS** help with the **ANGEL** education booth at health fairs and community events.