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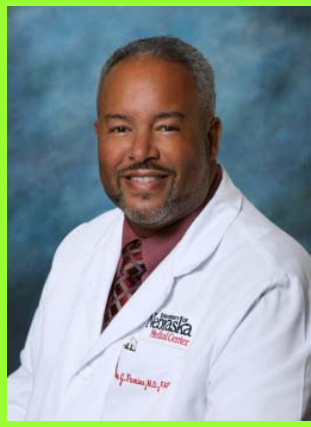
**Mar 2011
Issue #149**

Health Explorer Post 4

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Mental Health

Key UNMC Administrator, Dr. Rubens Pamies, Dies Unexpectedly Was Crusader For Helping People In Need and Reducing Health Disparities



A key University of Nebraska Medical Center administrator Rubens Pamies, M.D., died Saturday February 27th in the morning at his sister's home

expert on health disparities. He was there to help rescue Haiti from the devastation of the 2010 earthquake. He led the volunteer effort for UNMC and subsequently published a gut-wrenching book (Help and Hope for Haiti) on this tragedy.”

in Port-au-Prince, Haiti, of an apparent heart attack. Dr. Pamies, 52, has served as UNMC's vice chancellor of academic affairs and dean for graduate studies for more than eight years.

Dr. Maurer saluted Dr. Pamies for his work on numerous initiatives, including: Creating the first online pre-matriculation program for first-year medical student; Founding the Virginia-Nebraska Alliance to attract minorities to health professions; and Promoting diversity and interprofessional education with the support of a grant from the Robert Wood Johnson Foundation.

A native of Haiti, Dr. Pamies' death was a shock to UNMC Chancellor Harold M. Maurer, M.D., and his wife, Beverly. “It is a real tragedy,” Dr. Maurer said. “He had so much more to contribute to health care and the greater community world. He was a champion for great causes. He became a close and loyal friend and confidant. Beverly and I will miss him very much. It is a great loss to UNMC and humanity.

Two of Dr. Pamies' closest friends and mentors were David Satcher, M.D., Ph.D., former U.S. Surgeon General, and Louis (cont.) M.D., president emeritus of Morehouse School of Medicine in Atlanta and former secretary of the (cont) Human Services. Dr. Satcher combined with Dr. Pamies to co-author “Multicultural

“Rubens was a nationally renowned academic educator. He was an



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Sullivan, M.D., president emeritus of Morehouse School of Medicine in Atlanta and former secretary of the U.S. Department of Health and Human Services. Dr. Satcher combined with Dr. Pamies to co-author “Multicultural Medicine and Health Disparities,” the first book to take a comprehensive look at health care disparities.

Dr. Sullivan worked with Dr. Pamies on the Virginia-Nebraska Alliance, a unique program involving five Historically Black Colleges and Universities and a leading community college in Virginia along with UNMC and Virginia Commonwealth University. The alliance provides a multitude of academic and research opportunities for minority undergraduate students and faculty. “Rubens had a very strong commitment to addressing the health needs of the poor regardless of their race or ethnicity,” Dr. Sullivan said. “He worked tirelessly to accomplish that goal. He was a very strong person with a big heart full of compassion for others.”

Dr. Maurer said, “Rubens was a global player in education – in Washington D.C., as a member of the National Board of Medical Examiners, and in China, where he helped provide new educational exchanges for students and faculty.”

And ardent baseball fan and devoted Husker supporter, Dr. Pamies befriended many professional athletes over the years. One of his closest

friends was Jose Mesa, a relief pitcher for nine different major league teams. In 2007, working with Mesa’s foundation, Dr. Pamies was able to bring a five-year-old boy from the Dominican Republic to Children’s Hospital & Medical Center to undergo a life-saving heart operation. Locally, Dr. Pamies worked closely with Building Bright Futures to identify educational opportunities for low income children in Douglas and Sarpy County. In 2007, he was honored by Omaha’s new Gershom Empowerment Center with its inaugural award for his lifetime commitment to medicine and reducing health disparities.



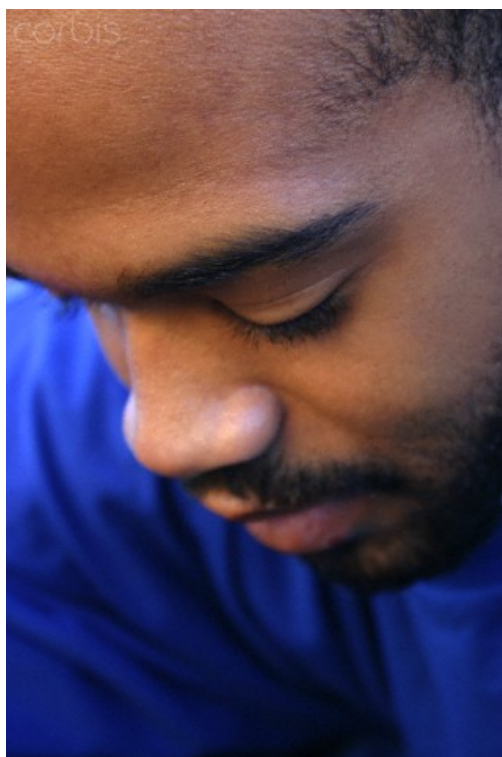
Dr. Pamies at Educare Center with UNMC Pediatric Dentist

The son of Haitian immigrants, Dr. Pamies moved to Queens, N.Y., at the age of six. He earned his undergraduate degree from St. John’s University in New York in 1981 and his medical degree from the State University of New York at Buffalo, School of Medicine, in 1986.

Dr. Pamies was involved in academic medicine for 22 years, working at the University of South Florida College of Medicine in Tampa from 1989 to 1992, at Case Western University School of Medicine in Cleveland from 1992 to 2000, and at Meharry Medical College in Nashville from 2000 to 2002.

He is survived by his sister, Linda Boucard, and her husband, Ben, of Haiti; sons, Ben, Michael, and Robert; and daughters, Christina and Rachel.

Mental Health In Black Communities (commentary **Tierre Cabbell**)



Recent studies have determined that black communities are currently involved in a major mental health crisis nationwide. Blacks represent more than 25% of the nation's mental health needs. Since 1980, suicide rates in black men have risen more than 200 percent. Depression in black women is 50 percent more than in white women. Many blacks feel that many behavioral and mental issues stem from environment or other outside sources, and don't want to come to realization of a mental health problem. Also, 25 percent of blacks in America are also uninsured, leaving them unable to seek mental health treatment. It is necessary for the black community to free the stigmas causing the mental health crisis, and the best way to do that is to connect ourselves.

www.twloha.com

You're not alone.

6% of Americans suffer
from some form of **depression**

That's 18 million people

Help is near.



Health Explorer Post

The Health Explorer Post meets every 1st and 3rd Tuesday from 5:30 PM to 7:00 at UNMC Baker's Place at 5050 Ames Ave. Post Advisors are Ira Combs, Jackie Hill and Wayne Houston. The focus of the Explorer Post is two-fold, career exploration and community service. They will be visiting the campus of UNMC in up coming weeks and have taken on the project of promoting the weekly clinics that are run by the university in North Omaha. They are currently making a public service announcement for the "Respect Clinic" which is a medical student

run STD screening and treatment clinic that is offered at Baker's Place every Monday from 5-7.



Pictured I-r Marissa Lewis-Vice President, Isaiah Lewis, Kaneesha Reed- President, Ariele Reed, Tre Lewis, front Antonio Negron

March NOAH Wordsearch

X	Z	H	R	Z	G	I	N	H	S	C	H	O	W	M
W	C	N	Z	S	S	E	R	T	S	I	I	Q	N	K
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MENTAL
COMMUNITY
HEALTH
STRESS
CRISIS
DEPRESSION
SUICIDE
YOUTH
STIGMA
BLACK



Research in the community
***Volunteers needed for
 arthritis study***

A research study is being conducted to learn about a possible association between oral health and the development of arthritis. We are looking for subjects to serve as controls, who have osteoarthritis (sometimes called degenerative arthritis), if you would like to help us. To be eligible, individuals must meet the following qualifications:

- ♦ Must be female
- ♦ Must be 19 years of age or older
- ♦ Must not suffer from any inflammatory arthritis condition

UNIVERSITY OF
Nebraska
 Medical Center

If you are interested in participating, you will be asked to have some blood drawn and answer questions about your health. You will be examined by a dentist and dental X-rays will be taken. Volunteers will receive compensation for their participation. For more information contact Debbie Bergman at 402-559-8846.



RESPECT STD Clinic

Location: Baker Place Clinic, 5050 Ames Ave, Omaha, NE 68104
 (in the Northwest corner of Baker's Place strip mall)

Time: Mondays 5:30-7 PM

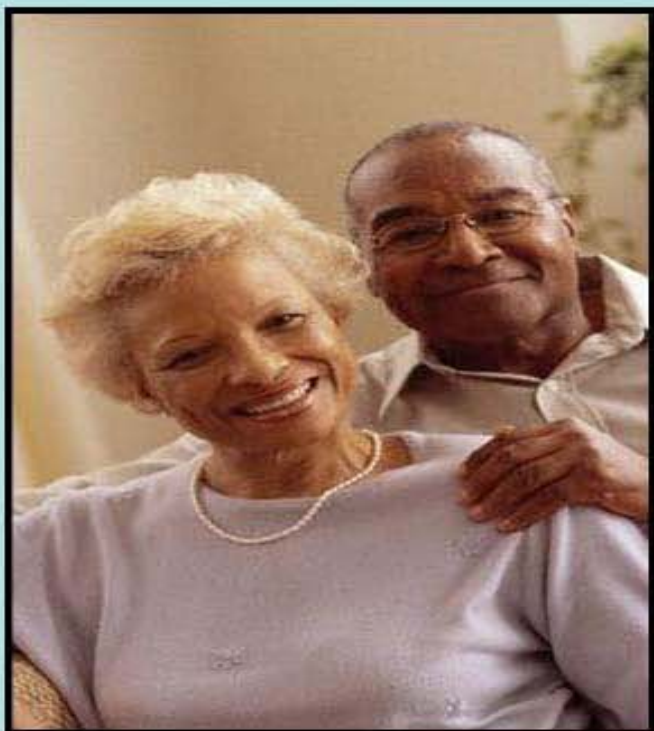
Call (402) 595-2280 call for an appointment

Walk-ins Welcome!

Cost: \$15, No Insurance Needed!

Fee waivers available, you won't be turned away because you can't pay!

Testing, education, and treatment (medicine) for chlamydia, gonorrhea, HIV, herpes, syphilis, and trichomonas included for \$15.



Bone Density
Body Mass Index
Nutrition Counseling
Mental Health Counseling
PSA
Breast Exams
Colon Cancer
Hearing Test



*Activities
for the
Kids!!*



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Saturday**

Omaha

441

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Family Health and Wellness Association, Inc

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North High School

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More Information

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www.bfhwa.com

*A Healthy Family
Is The Heart of
OUR Community*



“Giving voice to what you’re feeling
is part of the healing.”

- Susan L. Taylor

Editor-In-Chief Emeritus, Essence Magazine

It's time for us to stand up and confront the issue of mental health problems in our community. Go to storiesthatheal.samhsa.gov for more information about mental health problems, and to hear the rest of Susan's story.

The Turner Family
Grand Rapids, MI



Diabetes

runs in our family, so we are at risk.

That is why we are taking steps now to prevent it.

If you have a mother, father, brother or sister with type 2 diabetes, you are at risk. But there is good news — you can prevent or delay type 2 diabetes! Order a free booklet, *Your GAME PLAN to Prevent Type 2 Diabetes*, from the National Diabetes Education Program to learn more.

For more information, visit www.YourDiabetesInfo.org
or call **1-888-693-NDEP** (6337); TTY: 1-866-569-1162.

HHS' NDEP is jointly sponsored by NIH and CDC
with the support of more than 200 partner organizations.

Call 559-3813 for free
screening and counsel-
ing on Type 2 diabetes



Dealing With Stress

Stress is something that affects us all at many different times in our lives. Maybe you're a teen getting ready to graduate this spring and go on to college. Worries about passing your final classes, or college finances will surely stress you out.

Or as an adult that has a very important presentation coming up, planning on getting married, or going through a divorce.

Moving into a new home, Christmas shopping, and dealing with the death of a family member are some different situations that cause stress.

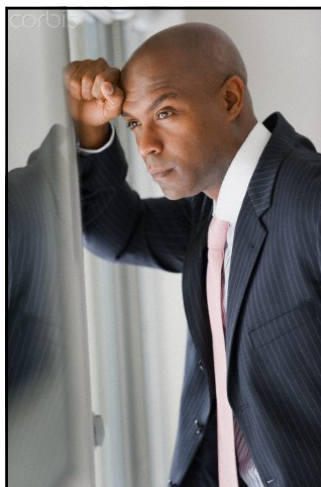
The best ways to deal with general stress are:

Simply think

Think to yourself on how to control the situation, and keep it from taking control over you. The best thing is to always make sure your thoughts are optimistic.

Set goals for yourself

When a deadline or some sort of event is upcoming, you may seem to worry about it a great deal. Plan out thoroughly how you will meet your deadline



Sleep

Sleeping while going through a period of stress helps to rest your mind and help keep stress levels down. Stress is a common cause of insomnia, and a simple way for you to get to sleep is simply by being comfortable. Take a hot bath before bed, and you should be able to sleep your stress right off.

Physical Activity and Exercise

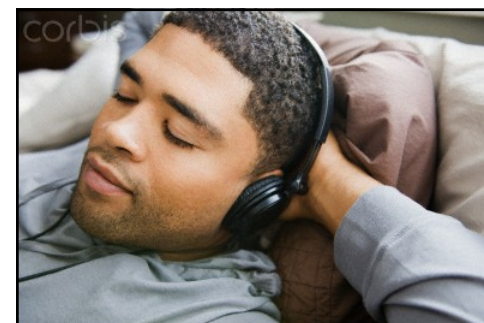
Exercising will help decrease the stress hormones in your body, and increase endorphins (the feel good chemicals in the brain), and help you feel more energized.

Any type of physical activity will help distract you from whatever it is by keeping you stressed, as you will draw full attention to whatever it is that you are doing.



Listen to music

Laying back and listening to music is an effective way to relieve stress. Different types of music work for a person's mood in a certain stressful situation.



Free Screening Clinic
Wednesday 5:00-7:00 PM
5050 Ames Ave.

Call 559-3813 for Quick and Confidential Screening for:

<u>Men</u>	<u>All</u>
-Prostate Exam	Hypertension
<u>Women</u>	Diabetes
-Clinical Breast Exam	Cholesterol
-Pap Smear	HIV

Lydia Caesar's Story

My name is Lydia Caesar. I am a singer and a recording artist. And that's my passion, that's what I love to do.

Depression is unheard of in the church. You can't be saved. You can't love the Lord and be depressed. That's not right. Something's wrong there. That's the stigma. And so many people in church are suffering. That's a fact.

The Bible tells us it rains on the just and the unjust. So we're supposed to experience normal emotions like everyone else. Weeping only indoors for a night but joy comes in the morning. Those scriptures wouldn't exist if we aren't supposed to experience pain as well. And it's more of a façade that because we go to church, because we love the Lord, we shouldn't be sad. Nothing should be wrong with us. Everything should be okay all the time. God is good all the time. All the time, God is good.

I personally know people in my church, people who I'm close to ... that they're humans, so they suffer. They suffer from depression, they experience pain, just like everyone else. And what better place to talk about it, than in the house of God.

Four years ago I went through something that was very difficult for me. I got pregnant. And I'm young now, so I was a lot younger then. I was 19. And I was very afraid. Like deathly afraid. Here I am, a young girl. First of all, being 19, unmarried and pregnant is bad enough. Being 19, unmarried and a Pastor's daughter and pregnant, is not good.

So, I was faced with a very big challenge at a young age. And it was very difficult for me. I didn't want to tell my parents. I really didn't want to tell anybody. And I didn't.

I had never ever experienced a panic attack before. I couldn't breathe. I was gasping for air. And it felt like my throat had closed. And it was a teeny tiny hole and I was trying desperately to get the air out. And I dropped the

phone because I didn't know what was happening to me.

I shut down. And it was a very difficult time for me. Eventually of course, I told my parents. And it was hard. I disappointed them and I let them down. So I knew that I had upset them, and I knew that I had let them down. And I felt that I had let the church down. And that's not a burden that any young person should have to carry, at all. But I carried it. Alone. Alone, please, alone. Once I reached out to my sister, it got a little better. Once I told my mother, it got a little better. The

more I talked about it, I felt it coming off. And I decided to make a really big decision. I didn't want to be the pregnant Pastor's daughter that everyone whispers about. So I decided to make a public announcement. Stand in front of the church and tell my story.

And I did that. And the way I know that this is something that needs to take place in church is because of the tears that I saw in the congregation. The faces. People stood up. People applauded me. People came up to me afterwards and told me ... that was me! People who I had no idea. They seemed so holy and so perfect. Their kids who I'm friends with were born out of wedlock. They were pregnant and young also. And I didn't know that.

And everyone's story just came, overflowing. And it was such an experience for me. It really changed my life because I was young and it showed me that everyone, every single face in that congregation that I saw every Sunday that seemed to have it all together, had something. Something was plaguing them. Some kind of pain. Some kind of silent suffering that it took for me to say something.

Young women, young girls can now say, you know what, Lydia could do this, I can do it. Lydia could speak about this, I can speak about it. And that's not to say that I'm an advocate for getting pregnant when you are a teenager. No. But things happen in life. And if you're strong enough to just open your mouth. That's all it takes. And I think that's the way, that's one of the ways, that we can start this awareness throughout churches is to stand up and say it.



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of your
health
and your **life**

Get Tested *for HIV*

More than 1 million
Americans are now
living with HIV.

Over 250,000 of
them don't know it.

Could you be one of them?

By finding out early if you are HIV positive, you can begin treatments now that can help you stay healthy. Free and confidential or anonymous HIV tests are available. To find an HIV testing site near you, go to www.hivtest.org, call **800-232-4636**, or send a text message with your zip code to **"KNOWIT" (566948)**.

