



ZEBRA HOOFBEATS

interprofessional diversity newsletter

March 2021 Edition

As we enter March, the COVID-19 pandemic continues to highlight the prevalence of anti-Asian racism. Attacks have been continuing to rise, and just in this past month, we saw one too many tragedies. [There have been 2800 first-hand reports of attacks and abuse against Asian Americans in the U.S. since the beginning of the 2020 pandemic.](#)

In Oakland, a 91-year-old Chinese elder was assaulted and pushed to the ground. In San Francisco, an 84-year-old Thai elder was shoved to the

ground and sustained injuries that ultimately resulted in his death. In San Jose, a 64-year-old Vietnamese grandmother was robbed in broad daylight. In NYC, a 61-year-old Filipino man was slashed in the face on the subway. In San Leandro, an elderly merchant was injured and robbed while attempting to go to the bank.

These are a few of the devastating attacks that have come to light since the beginning of the pandemic. [But individuals such as Vincent Chin are among a long line of Asian Americans killed over the years.](#) Many more incidents of harassment, discrimination, and violence may have gone unaccounted. Steps toward the right direction have included President Biden's executive memorandum "[condemning and combating racism, xenophobia, and intolerance against Asian Americans and Pacific Islanders.](#)" Many businesses, community partners, and volunteers have also come together to support victims and families affected by these incidents.

Things that we can all do now is continue to learn, recognize, and amplify issues of violence against these communities. We must unite and work to build cross-racial solidarity. Let us share our stories and build together. Support each other and local community organizations.

Here are some resources to learn more:

- [Stop the AAPI Hate](#): Launched in 2020 in response to the escalating xenophobia from the COVID-19 pandemic to track and respond to incidents
- [Act to Change](#): National public awareness campaign on bullying prevention among youth, including the AAPI community

As always, your mental health needs are important. If you are struggling and in need of guidance or support, reach out to University Health and Counseling Services. Additional resources are available at the bottom of

this newsletter.

By Shirley Yee

Statement from SNMA / LMSA

The CWRU chapters of SNMA/LMSA want to first condemn the alarming rise in the number of physical attacks on Asian Americans in this country. We want to bring attention to the fact that these attacks, especially those against the elderly, compound the harm that Asian American communities are already experiencing secondary to health, economic, and housing disparities. The disproportionate burden that COVID-19 has had people of color has also been felt by the Asian American community. We denounce racism, xenophobia, nativism, and stand with those that have been harmed by all forms of hate incidents. We call upon all members of the Case Community to actively resist these ill-informed, and racist perceptions on China, Chinese people, and all members of the Asian community.

If you're passionate about being an ally and an advocate for diversity and inclusion in America, we've included resources and ways to get involved below.

- [AAJC Resources for COVID-19](#)
 - [APALA Racial Justice Toolkit](#)
 - [The Racist Origins of US Policing](#)
 - [The Asian American Commission's Anti-Asian Hate Resources](#)
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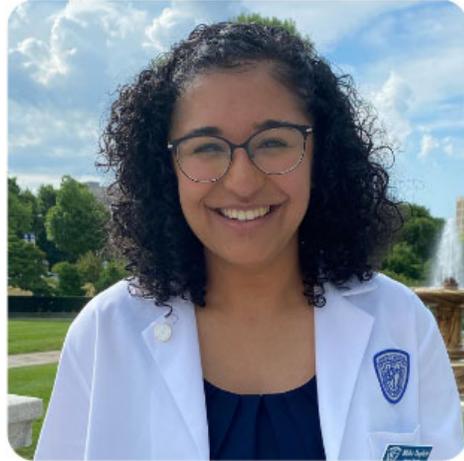


In This Issue

- New Writer: Meet Mihika
- Research Opportunity: Mental Health
- Highlighted Holidays
- Podcast Recommendations
- Mental Health Resources



welcome our new editors



Mihika Thapliyal

Hi everyone! My name is Mihika Thapliyal, and I am an M1 at CCLCM.

Before starting medical school, I attended Case Western Reserve University, and graduated with a BA in Cognitive Science and an MA in Bioethics and Medical Humanities.

In my free time, I love bouldering at Nosotros, baking (and eating) yummy creations, and listening to good podcasts. I am thrilled to join the Zebra Hoofbeats team.



Who Is Running the Project?

My name is Connie Cheng, and I am a second year PA student at CWRU. I am working on a mental health project.

I am a [Paul Ambrose Scholar](#), which means that I am a member of a public health and clinical professional leadership program. Last March 2020, prior to COVID-19 lockdown, I participated in a leadership symposium in San Antonio, Texas, where I met many bright, enthusiastic healthcare professional students

who share a similar passion in public health.

Who Should Apply?

I would like to see if any medical students are interested in helping out.

In order to maintain continuity in my Paul Ambrose project for the longer term (since I am graduating Aug 2021), I'd like to recruit a first year medical student to join me for this project. I already have a first year PA student, Amy Matia, working with me, so this will also be an interprofessional project.

What Is the Project?

My project will address one of the mental health objectives of the [Leading Health Indicators](#): increasing the proportion of PCP office visits where adults 19 years and older are screened for depression.

I would like to initiate a pilot program in hopes of officially establishing a peer-led support group at the Health Education Campus for healthcare professional students.

Originally, I planned on combining wellness events with support group meetings, making the experience more fun and less intimidating. However, now, I'll be conducting a survey using RedCap and distributing it to HEC students, organizing educational seminars, and facilitating peer-led support groups via Zoom--all with the support of [NAMI](#), University Health & Counseling Services, and local community experts.

The ultimate outcome is improving student health and wellness while also helping future providers develop communication skills to approach the topic of mental health in the community.

Why Does This Project Matter?

Each student at the HEC will see hundreds of thousands of patients in their career. We all want to help people but worry about saying the right thing or making situations worse. If we can get more providers to feel confident about addressing mental health issues with individuals, think about how much of a change we can make. Just being able to ask "Are you okay? I can help/I can refer to you to someone who can help" can make a huge difference.

To Apply

Please contact me via email cxc956@case.edu if you are interested in joining the team. I would greatly appreciate the help. We can discuss what exact role you'd like to play in this.

[**Contact Connie Cheng**](#)



Developmental Disabilities Awareness Month

By Shirley Yee

March became recognized as Developmental Disabilities Awareness Month in 1987.

Developmental disabilities are conditions due to a physical, learning, language, or behavior impairment. Approximately 1 in 6 between the ages of 3-17 years have a developmental disability like ADHD, autism spectrum disorder, intellectual or learning disability, or vision impairment/hearing loss.

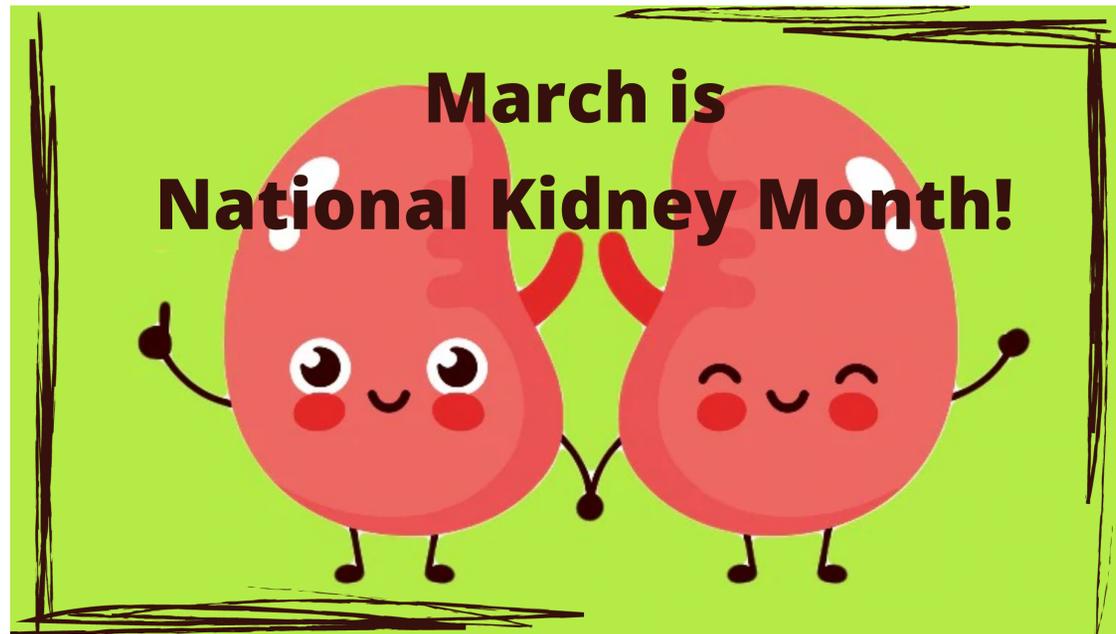
These circumstances may affect the daily life of individuals and usually persist throughout a lifetime. Factors including premature birth, low birthweight, multiple gestation, and infections during pregnancy are associated with an increased likelihood for developmental disabilities.

As future healthcare professionals or caregivers, it is important for us to identify factors that influence the risk of developmental disabilities and improve identification of delays to provide earlier support. Additionally, we must analyze demographic and socioeconomic factors as well as any disparities that may exist.

March is the month to raise awareness about and actively practice inclusion of those with developmental disabilities. We should recognize potential challenges that people with disabilities may face in their communities, and celebrate the over 6 million individuals in the United States that have a developmental disability.

All individuals, regardless of disability, deserve to lead full, active lives within their community. We encourage everyone to recognize and continue to push for equal rights for persons with developmental disabilities. Persons with developmental disabilities should be able to have the opportunity to obtain meaningful work at a competitive wage, have access to health care, and challenge any civil rights violations that they face.

If you are interested in learning more information and read the perspectives of those with disabilities, I encourage you to look through the many incredible stories and videos from the [Ohio Developmental Disabilities Council website](#).



National Kidney Month

By Erica Chambers

Many of us know that hypertension is called the Silent Killer, but did you know that chronic kidney disease is also a Silent Killer? The disease often goes unnoticed until the symptoms appear. At that point you may be at risk for serious complications, including kidney failure. That condition would make your life extremely miserable. So, understandably, prevention is vital and just plain smart. This is one of the main reasons the National Kidney Foundation exists.

National Kidney Month, in March each year, was established by the National Kidney Foundation as a way to raise awareness about chronic kidney disease (CKD).

According to the Centers for Disease Control and Prevention, CKD is a condition

in which the kidneys are damaged or cannot filter blood as well as healthy kidneys. Excess fluid and waste products from the blood persist in the body and can cause other health problems because of this damage or defect in filtration.

CKD affects 37 million people in the United States. That means about 1 in every 7 persons in your community have the disease.

Did you know this is also important to the field of dentistry? According to a study published in the Journal of Clinical Periodontology, people with kidney disease are more likely to have oral health problems such as periodontal (gum) disease than those with no kidney issues. This is because someone with kidney disease is more susceptible to infection because of their weakened immune system. Bone loss in the jaw can occur in those with kidney disease. In fact, dentists should closely monitor their CKD patients to avoid accidentally injuring them, especially during dental surgery.

CKD is progressive and currently has no cure. However, CKD is preventable and, in most cases, the disease is manageable. This is why bringing awareness to this condition is so important. Adopting a healthy lifestyle can help you manage and slow the progression of CKD and its complications.

Here are 4 ways you can aim to keep your kidneys healthy:

1. See your physician regularly for a check-up and to get tested.
2. Employ healthy eating habits by limiting processed foods which are often high in salt and fat.
3. Exercise regularly by aiming to get in at least 30 minutes of activity a day.

4. Reduce your use of over-the-counter pain medicines, such as NSAIDs (nonsteroidal anti-inflammatory drugs). For example, Aleve, Motrin, Advil, etc.

When should you check with your physician to make sure you are not developing kidney failure?

1. You are more tired than usual, have less energy or are having trouble concentrating.
2. You are having trouble sleeping.
3. You have dry and itchy skin.
4. You feel the need to urinate more often, or see blood in your urine, or your urine is foamy.
5. You are experiencing persistent puffiness around your eyes.
6. Your ankles and feet are swollen.
7. You have poor appetite.
8. Your muscles are cramping.

To learn more about kidney disease and other ways you can keep your kidneys healthy, visit [The National Kidney Foundation](#).



March 8 - International Women's Day

by Penelope Halkiadakis

This year, it's especially important to celebrate women's achievements – not only because we're all in need of some good news, but because there is plenty of cause for hope. Here are some things that happened this year that prove change is always possible - even during a pandemic.

Argentina's Green Wave swept to victory

After years of tireless campaigning by activists, abortion was finally legalized in Argentina in December 2020. It is now legal in Argentina to have an abortion up to fourteen weeks, and at later stages in cases of rape or health risks. This law will save lives – for the past 30 years, unsafe abortions have been the leading cause of maternal death in Argentina.

Rape laws were reformed

In December 2020, after years of campaigning by women's rights and survivors' groups, the Danish parliament passed legislation defining sex without consent as rape. Like most European countries, Denmark previously had antiquated laws which recognized rape only if there was physical violence, threat or coercion.

Women's rights activists were released

In February 2021, Loujain al-Hathloul, one of Saudi Arabia's most prominent women's rights activists, was released from prison after almost three years. Loujain was instrumental in overturning the ban on women driving, but by the time the law changes she was in prison for challenging male guardianship laws.

Protests against gender-based violence were louder than ever

During lockdowns, rates of domestic violence soared worldwide. The pandemic has shone a light on the scale of the problem and prompted activists worldwide to take a stand. In 2020, we saw countless examples of women raising their voices to demand better protection from violence.

In Namibia, protesters brought the capital to a standstill when they took to the streets protesting sexual violence and femicide. In Turkey and Ukraine there were large protests urging government support for the Istanbul Convention (the regional treaty on violence against women and domestic violence), while millions of women across South America went on strike in March in protest against violence and inequality.



March 11 - National Funeral Director and Mortician Recognition Day

by Shirley Yee

Did you know that March 11th is National Funeral Director and Recognition Day?

It was created in 2008 to recognize the very important work of funeral professionals and brings awareness to the nature of funeral services. The amount of support that funeral professionals bring to families before, during, and after a funeral service sometimes goes unacknowledged.

After a patient passes away, what happens next for families and loved ones? Death and funerals may not be common topics of discussion, and many people may not know what to do when they first call a funeral home.

Funeral directors and morticians are the guides planning every step of a funeral to commemorate the death of loved ones. These hardworking individuals must have an inner strength guide and help families through the hardest time of their lives, and may deal with extreme emotions of families. Funeral directors provide compassion and immense support to families at all times and work towards accommodating special requests. They coordinate with donor agencies, casket companies, churches, printing companies, florists, and providers like us.

The funeral services profession is something that I have learned more about this month in which I express gratitude and appreciation. Thank you to the

professionals who take into consideration every need during the toughest time in a family's life.



March 27 - Passover Begins

by Jewish Medical Student Association Co-Leaders Michael Foster and Julia Feinstein

Every year on Passover, we end the Seder, the traditional meal saying "Next year in Jerusalem."

This statement is a symbol of the solidarity of the Jewish people who, as a result of many forces and much suffering, have been spread far and wide

across the world in what is known as the Diaspora. The story of Passover is one such story of Jews suffering. During Passover, we remember that the Jewish people were once slaves in Egypt before Moses, with the help of G-d and the 10 plagues, helped the Jewish people to be freed from Pharaoh and cross the Red Sea at the start of their 40 year journey back to Israel. Indeed, the phrase Passover recalls the 10th plague, the killing of the first born of every family, except the Jews who were “passed over.”

The Seder comes from the Hebrew word for order and is a structured dinner where families and friends gather to recount how we were once slaves in Egypt, paired with foods carrying symbolic meaning, such as the bitter herbs recalling the bitterness of slavery. We even recline, a sign of luxury, to remind us that we are free. Importantly, starting at the Seder and for the next eight days, Jews do not eat leavened bread, as in their rush to leave Egypt before Pharaoh changed his mind, the bread being cooked did not have time to rise. Instead, we eat matzah, which is like a giant cracker.

Last year, as many Seders were held virtually, instead of saying “Next year in Jerusalem” we said “Next year in person.” As we approach yet another year of virtual seders and another year where incidents of anti-Semitism have continued to increase, the line has a still renewed sense of purpose and pride for the Jewish people.

As this year’s co-leaders of the Jewish Medical Student Association, Mike Foster and Julia Feinstein also wanted to both share what the holiday means personally to us:





Mike Foster

Even though my background is limited in its religiosity, Passover has always been the most significant holiday for me personally. Growing up in the Deep South and not fully assimilating into my hometown's small Jewish community, I often felt severed from my heritage.

Passover serves as a yearly reminder of the struggles and triumphs that define the Jewish narrative, allowing me to recharge my Jewish identity. It is a sacred time that empowers me to pause and reflect on the generations of sacrifice that my ancestors have made to bring me to where I am today.

While I have many treasured memories from Passover, a favorite is the

seder I hosted for my college roommates, who were open, eager, and curious to learn more about my heritage.



Julia Feinstein

Many of my fondest childhood memories are from Passover, the only time of the year other than Thanksgiving where my whole extended family

would come together from Boston and New York at my grandma's house. I loved being with all of my cousins, aunts, and uncles reciting proudly the prayers and songs I had learned in Hebrew school.

After my grandma passed away when I was in 5th grade and we no longer celebrated together at her house, I yearned for that same sense of community that I felt defined the holiday. It was only in college that I felt that again through my involvement in Hillel where Jews from across campus would come together in our building (and truly embrace the four cups of wine built into the seder).

This year, although we are still in the pandemic, I hope to continue to create memories with the Jewish community I have built and wish to continue to build.

Read. Watch. Listen





SHORT STUFF

A STUFF YOU SHOULD KNOW
PODCAST

Alyssa's Podcast of the Month: Short Stuff: What is Latinx Anyways

by Alyssa Cornejo

What is the term "Latinx?" I was presented this question by a family friend last month when I was describing my previous Zebra Hoofbeats article. I began to

explain that it is a term for people of Latin-American origin or descent, and the "x" is used so that the word is not gendered as it is in "Latina" or "Latino."

"Is it incorrect to say Hispanic?" asked my family friend. I was unsure how to respond, I personally don't find it offensive, but I know some in the Latinx community that do. I did not know how to articulate why this preferential change in language had occurred and sought out an answer. I found Short Stuff: What is Latinx Anyways? a brief 13-minute podcast by Stuff You Should Know that had an encompassing explanation.

The podcast explains terms used to describe the Latinx community, such as "Chicano" or "Hispanic," have gone in and out of favor depending on geographic location and when in history it was being used. An individual might prefer to be referenced by their place of origin, such as Mexican, or Cuban or may prefer a term such as Hispanic. Latinx acts as a bridge between all of these different preferences and unites the community. It is important to remember that all of these words are categorizing whole groups of people; one must take individual preferences into account.



Mihika's Podcast of the Month: Serial Season 3

by Mihika Thapliyal

If you are interested in learning more about Cleveland's complicated relationship with a broken criminal justice system, Serial Season 3 provides an extraordinary look into this morally challenging social issue. You might have heard of Serial before. Its creators have truly revolutionized the world of podcasting with thorough coverage of complex stories. Season 3 takes place in a Cuyahoga County courthouse, following various stories of people who were failed by the criminal justice system. The podcast takes one step further and paints a detailed picture of the convoluted incentive structures within the jail system, and describes the divide between the East Cleveland community and

the police. This latest season of Serial is a must-listen for Cleveland residents new and old.



Penelope's Podcast of the Month: David Versus Goliath

by Penelope Halkiadakis

[Here](#) is a story from the new La Brega podcast (a co-production of WNYC and Futuro Studios) about the time the Puerto Rican men's basketball team beat the U.S. Dream Team in the 2004 Olympic Games in Athens against all odds. Puerto Rico is a U.S. Commonwealth (or, if you'd rather, a colony...) but it managed to own the U.S. that night. The joy is still palpable - and this podcast

will definitely catch you laughing.

La Brega was created by a collective of Puerto Rican journalists, producers, musicians, and artists from the island and diaspora; hosted by On the Media's Alana Casanova-Burgess.

Mental Health Resources.

[Frontline Fatigue](#)

[Asian Mental Health Collective](#)

[Melanin and Mental Health](#)

[Depressed While Black](#)

[Heads Up Men](#)

Mental Health Blogs:

[The Mighty](#)

[The OCD Stories](#)

[Love and Life Toolbox](#)

University Health and Counseling Services

[Support Groups and Services](#)

[Group Therapy](#)

[Mindfulness Hour](#)

[Guided Relaxation Exercises](#)

Yoga Breathing Exercises:

[Ujjayi](#)

[Kapalabhati](#)

[Nadi Shodhan Pranayama](#)

[Sitali](#)

[Simhasana](#)

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