



National Hispanic Medical Association

## IMPORTANT ANNOUNCEMENTS



AMERICAN DAIRY  
ASSOCIATION NORTH  
EAST

Navigating changes at work, disruptions to daily routines and public health concerns can create a lot of stress. As we reach out to connect with family, friends and colleagues, let us, the health professionals at American Dairy Association North East help you de-stress, stay connected and informed by sharing helpful tips, resources and wellness practices. Together, we can reconnect with ourselves and one another.

### OUR DIETITIANS



Elisabeth Jalkiewicz  
RDN, LDN  
"Cuddling with my newborn"



LaChell Miller  
MS, RD, CC  
"Cooking"



Michelle Barber  
MA, RDN, CDN  
"Dancing with my kids"

#### WHAT IS YOUR FAVORITE WAY TO DE-STRESS?

**NATIONAL DAIRY COUNCIL (NDC):** We understand this is a challenging time, as many schools, universities, and professional meetings are transitioning from in-person education to virtual learning to prevent the spread of COVID-19. NDC provides FREE resources to support educators taking the leap into virtual learning.



#### WEBINARS:

- [A World Well Nourished: Dairy's Role in Health and Sustainable Food Systems](#)
- [Dairy DYK: Your Top Questions Answered](#)
- [Get Cultured on Fermented Dairy Foods](#)
- [Fat or Fiction: The Science of Whole Milk Dairy Foods Within Healthy Eating Patterns](#)
- [Diabetes and Dairy: Research, Recommendations and Real World](#)

**CURRICULUM  
RESOURCES**

NOW MORE THAN EVER,  
WE NEED TO KEEP OUR  
BRAINS ACTIVE!

American Dairy Association North East  
partnered with Youth Minds Inspired  
(YMI) to develop FREE online curricula  
for school classrooms!

**CLICK HERE**  
to access the free material!

**VIRTUAL  
FARM TOURS**

ACTIVITIES TO KEEP KIDS  
ENTERTAINED

At home with the kids and in need of  
activities to keep them entertained?  
Look no further because our Virtual  
Farm Tours will take you to the farm  
for a fun and educational experience!

**CLICK HERE**  
to access different tours!

**SELF-CARE**

FOR THE MIND,  
BODY AND SPIRIT

It's important to maintain a  
healthy, positive relationship  
with yourself, especially  
when you are overworked  
or overstressed. Self-care  
reduces anxiety, improves  
mood, boosts your  
confidence - and your  
immune system!

**CLICK HERE**  
for self-care resources!

## Healthcare Worker Response & Outcomes Registry

The Healthcare Worker Response & Outcomes (HERO) Registry invites you to share clinical and life experiences to understand the perspectives and problems you face on the COVID-19 pandemic frontlines. To register your voice in the Hero research Registry, please visit: <http://www.heroesresearch.org>

### The National Clinician Scholars Program (NCSP)



## Advancing Health and Health Care through Scholarship and Action



Growing out of four decades of the Robert Wood Johnson Foundation Clinical Scholars program, and in partnership with the VA Office of Academic Affiliations, the NCSP is a two-year, interprofessional fellowship that trains leaders who will address the problems we face in health and health care. Our Scholars are change agents who take on roles in academia, policy, health systems, and community organizations, creating and applying evidence to inform and improve health and healthcare delivery.

MDs and RNs with a doctoral degree (PhD or DNP) are eligible to apply.

**The application deadline is July 15, 2020. To learn more, visit [nationalcsp.org](http://nationalcsp.org).**



### Hoy Health HoyMEDS® Prescription Savings Card

The NHMA Foundation scholarship is designed to help outstanding Hispanic health professional students for exceptional academic performance, leadership and commitment to caring for Hispanic. As part of this Program, NHMA has partnered with Hoy Health, a Hispanic health technology company, to create a fundraising opportunity.

Hoy Health and NHMA developed the Prospanica HoyMEDS® Prescription Savings Card. The NHMA HoyMEDS® Prescription Savings Card helps you save money on your prescription medications. And every time you use the NHMA HoyMEDS® Prescription Savings Card, a portion of each transaction will be donated to NHMA Foundation Scholarship Program.

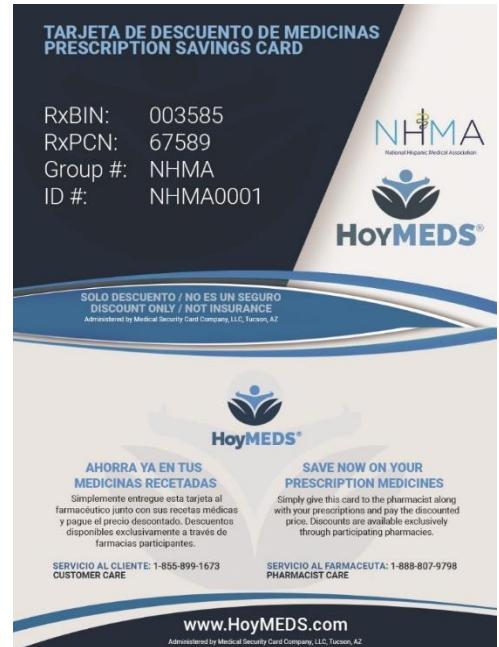
For this reason, we urge you to download this card to start saving and helping young Hispanic leaders.

[\*\*Click here to download your FREE NHMA HoyMEDS® Prescription Savings Card\*\*](#)

With this Card you can save an average of 60 percent with potential savings of up to 80 percent, based on 2018 national program savings data on brand name and generic prescription medications for you and your entire household -- even pets! It even allows you to search for the lowest priced medications in your area, via the HoyMEDS® Drug Pricing Tool.

Simply show the downloaded card to the pharmacist, along with a valid prescription from a physician, and save instantly on costly medications. More than 65,000 pharmacies, including the major pharmacy chains, across the country and Puerto Rico accept this card.

For more information on the NHMA HoyMEDS® Prescription Savings Card, visit [www.nhmamd.org/HoyMEDS](http://www.nhmamd.org/HoyMEDS).



## Are you a healthcare worker who completed your training in another country?

[New American Economy](#) is looking for stories to help raise public awareness about legislation that would make it easier for foreign-trained healthcare professionals to get licensed and work in their desired fields.

Last May, California Congresswoman Lucille Roybal-Allard introduced the [PATH Act](#), which will help foreign-trained healthcare professionals find jobs in the United States that reflect their education, skills, and expertise. The legislation includes initiatives to provide counseling and training opportunities, and to educate employers on international credentials and training.

The bipartisan immigration-reform nonprofit New American Economy is working to raise awareness of the need for the PATH Act. They're collecting stories nationwide, but they're especially seeking people in Florida, Michigan, Nebraska, Ohio, and Pennsylvania who want to share their views:

- Was it hard to get back into your field once you arrived in the United States?
- Did you switch careers completely or work less than you'd like?
- What would you like Congress to know about your experience that could help others?

Please email Ben Whitford at [Ben@newamericaneconomy.org](mailto:Ben@newamericaneconomy.org). All messages will be treated as confidential.

## Health Equity Research Training Fellowship at Weill Cornell

# Weill Cornell Medicine

## Health Equity Research Training

Open to Under-represented in Medicine Internal Medicine, Pediatrics and Family Medicine physicians  
A program of the **General Internal Medicine/Hospital Scholars Research Fellowship**

### Mission

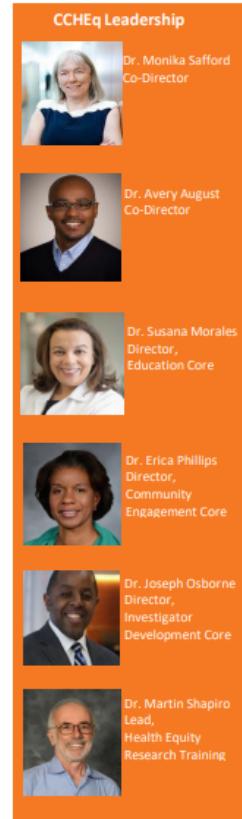
The mission of the Health Equity Research Training program of the General Internal Medicine/Hospital Scholars Research Fellowship is to train underrepresented minority physicians through a two-year research program led by [Dr. Martin Shapiro](#). This includes a mentored research training experience coupled with a weekly fellows' seminar. Fellows complete a rigorous curriculum in clinical epidemiology and health services research and will obtain a Masters in Sciences degree from the Weill Cornell Graduate School of Medical Sciences. Fellows in other tracks of the fellowship may pursue hospital medicine and global health interests, among other areas.

### Collaborative Partners and Resources

The Health Equity Research Training program is supported by the **Diversity Center of Excellence (COE)**, funded by the Health Resources Service Administration (HRSA) of the Health and Human Services (HHS). The ultimate goal of the COE program is to strengthen our national capacity to produce a quality healthcare workforce whose diversity is representative of the U.S. population.

### Cornell Center for Health Equity

The Cornell Center for Health Equity (CCHEq), a university-wide initiative, responds directly to community priorities by focusing on practical, relevant research and education topics to address health disparities and promote health equity. It is led by [Dr. Monika Safford](#) and [Dr. Avery August](#). On the Weill Cornell campus, Dr. Susana Morales leads the COE, part of the Education Core; Dr. Erica Phillips leads the Community Engagement Core; and Dr. Joseph Osborne leads the Investigator Development Core.



### Apply to the Health Equity Research Training program:

[centerforhealthequity.cornell.edu](http://centerforhealthequity.cornell.edu)

Candidates must possess an MD degree, must have completed their residency in Internal Medicine, Family Medicine, or Pediatrics at the time of the start of the fellowship, must be an under-represented minority (African American, Latino, Native Hawaiian/Pacific Islander, or American Indian/Alaska Native), and must be committed to pursuing a research career. Women are encouraged to apply.

#### Application Requirements

1. Personal Statement outlining your research interest, experience in or commitment to research in health equity, and career objectives
2. Curriculum Vitae

#### Application Deadline

The deadline is rolling, however early applications are strongly encouraged. [Apply Here.](#)  
[bit.ly/HEfellowship20](http://bit.ly/HEfellowship20)



Dr. Christopher Gonzalez  
Inaugural Health Equity  
Fellow

Cornell Center  
for Health Equity

Weill Cornell Medicine  
General Internal Medicine

Weill Cornell Medicine  
Diversity Center  
of Excellence

## Free E-Learning Program on Cultural Competency for Behavioral Health Professionals

The HHS Office of Minority Health (OMH) announced a new, free and accredited e-learning program: Improving Cultural Competency for Behavioral Health Professionals. The program, available via OMH's Think Cultural Health website, is designed to develop behavioral health providers' knowledge and skills related to culturally and linguistically appropriate services (CLAS).

This online program is a practical tool for behavioral health professionals who want to gain skills and knowledge about culture and diversity, which could be applied daily to better serve your clients. The tool is particularly timely for professionals working to address the opioid epidemic among racial and ethnic populations, which have low treatment rates and some of the highest rates of opioid misuse and overdose.

OMH encourages all certified counselors, nurses, psychiatrists, psychologists and social workers to take this program and earn up to five continuing education credits at no cost.

The program's 4 courses cover:

- Connections between culture and behavioral health
- The impact of cultural identity on interactions with clients
- Ways to engage, assess and treat clients from diverse backgrounds

[Click Here](#) to learn more about the program.

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## Get Cultured on Fermented Dairy Foods

Perhaps it is a combination of their unique taste profile, artisanal aura, and health benefits that has secured fermented foods a top spot with trend spotters across the globe. Join National Dairy Council (NDC) for a FREE CEU/CEC webinar on fermented dairy foods.

Chris Cifelli, PhD and VP of Nutrition Research at NDC and Andrew Dole MS, RDN, CSSD, CEC, USAT I and owner of BodyFuelSPN will explain the nuances between fermented foods and probiotics. They also will discuss emerging evidence on the link between yogurt and reduced inflammation and explore how the unique matrix of fermented dairy foods may be associated with reduced risk of some chronic diseases.

Register <http://bit.ly/2ZeLU4r>.

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## *SOAR en línea*



There is now a training resource available to the National Hispanic Medical Association network. The HHS SOAR training program is administered by the Administration for Children and Families' (ACF) Office on Trafficking in Persons (OTIP), in partnership with the Office on Women's Health (OWH), through the National Human Trafficking Training and Technical Assistance Center. Access the CME/CM training course, visit <https://www.acf.hhs.gov/otip/training/soar-to-health-and-wellness-training/soar-online>.

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## NBCUniversal Telemundo Enterprise's New #LatinoStrong, Unidos Contra el Odio, Initiative

NBCUniversal Telemundo Enterprises [announced](#) the launch of #LatinoStrong, Unidos Contra el Odio, an initiative dedicated to supporting the Hispanic community in the U.S. following the recent tragedies that occurred in El Paso, Texas and Dayton, Ohio.

Under El Poder En Ti, Telemundo's corporate social responsibility program, the network will implement #LatinoStrong, Unidos Contra el Odio, across the network and multiple digital platforms to offer the resources to help Hispanics feel secure and safe in their communities.

“As the Spanish-language network in the U.S. representing 60 million Latinos, it is our responsibility and commitment to U.S Hispanics to provide support during these difficult times,” said Christina Kolbjornsen, Senior Vice President of Corporate and External Affairs. “Telemundo launched #LatinoStrong, Unidos Contra el Odio, to offer resources for our community to learn how to identify hate crimes and how to report them. We stand with all communities in promoting unity and eradicating acts of violence.”

Through [Telemundo.com/latinostrong](#), the company will provide a comprehensive online destination for viewers to access information and links to non-profit organizations. The initiative will also feature Profiles of Courage to continue to share the stories and contributions of Hispanics across the country.

Telemundo has partnered with the (ADL) Anti-Defamation League as well as the following world-renowned non-profit organizations who launched “Communities Against Hate” (CAH):

- The Leadership Conference Education Fund
- Lawyers’ Committee for Civil Rights Under Law

CAH is a national initiative to document stories and respond to incidents of violence, threats, and property damage motivated by hate around the United States. CAH provides a safe place for survivors and witnesses to share stories of hate and access legal resources and social services to meet their needs. Contact CAH via its online database and telephone hotline (1-844-9-NO-HATE).

To learn more and get engaged, visit <http://www.telemundo.com/latinostrong> and follow the hashtag #LatinoStrong. Connect with Telemundo on Facebook and Twitter, or visit [telemundo.com](#) and YouTube.

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