



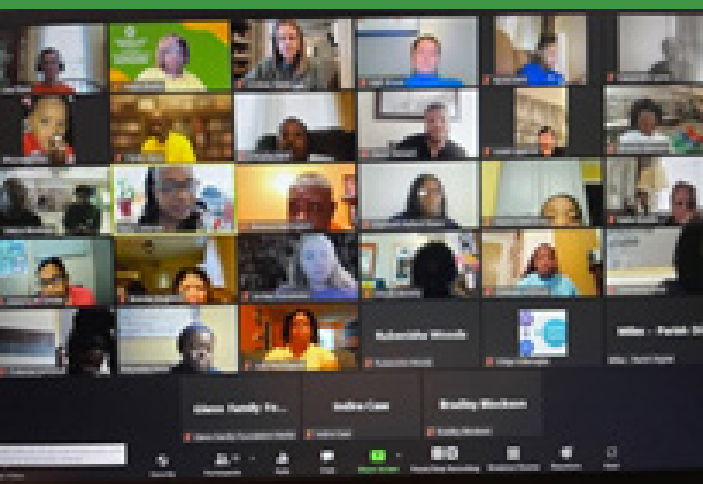
# NEWSLETTER



## From Our President

It was the desire of our late parents, Essie B. and William Earl Glenn, for their children to be good people, productive citizens, and to make meaningful contributions to society. We established The Essie B. and William Earl Glenn Foundation for Better Living (the Foundation) to honor them. The mission of the Foundation is to improve life outcomes for children, youth and families in the Mississippi Delta, by erasing health inequities, and working with like-minded community partners to advance the life chances of dispossessed families and communities. The essence of the Foundation is that we are a sibling-inspired, family-focused, community-based organization that's best characterized in the words of our mother's favorite song, "If I can help somebody as I travel on, then my living shall not be in vain." Through our efforts, we honor the legacy of our parents and hope that lives are touched in a meaningful way. We invite you to partner with us and donate to our efforts to uplift conditions in the Mississippi Delta for those in need. This then allows our light to shine not only in our community, but across Mississippi. Make your tax-deductible donation online at <https://glennfamilyfoundationms.org/donate>

*Clyde Edward Glenn, MD*

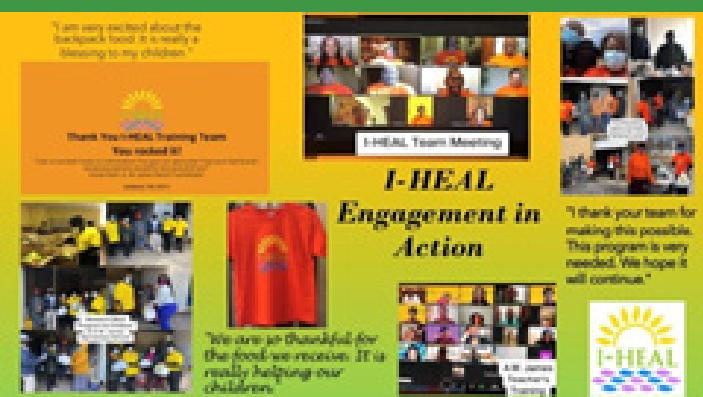


## Integrative Health Empowerment Awareness and Literacy (I-HEAL) Initiative

We embrace the words of Frederick Douglas, "It is easier to build strong children than to repair broken men." The Foundation launched the I-HEAL initiative to implement their trauma-informed health literacy efforts to reach out to and engage Delta communities. The goal is to meet parents where they are but not leave them there. Through the I-HEAL Parent Network, parents work with community health workers developing SMART goals and attend monthly support meetings through the I-HEAL Network. Meetings are held to serve as a support group and provide parents with timely information and useful resources that help to mitigate the burden of chronic disease

and trauma.

On August 14, a virtual professional development seminar was presented to the Inverness Elementary School. Along with Principal Brenda Singleton and her instructional team, participants engaged with various subject matter experts and received valuable information that is easily integrated in existing curriculum and teacher pacing guides. I-HEAL is a copyrighted curriculum that meets both National Common Core Standards, and Mississippi Department of Education State Standards. Like the I-HEAL Parent Network on Facebook at <https://www.facebook.com/IHEALCommunityNetowrk/>.



## Did You KNOW?

The Glenn Foundation promotes better living, with free services in multiple ways. We invite communities throughout the Delta to join us on Friday, October 22, 2021, from 9:00 a.m. – 1:00 p.m. at Cleveland Central Middle School, 601 Lucy Seaberry Blvd., Cleveland, MS 38732 for:



FLU SHOTS



COVID TESTING AND VACCINES



FOOD DISTRIBUTION TO FAMILIES



HEALTH & WELLNESS EVENTS to link participants with health care services



# Adverse Childhood Experiences (ACEs) Awareness Foundation Works to Combat Trauma

2nd Annual virtual ACEs Trauma Awareness Symposium  
Healthy Development in the Face of Trauma

### OUR SPEAKERS

 <b>Clyde Glenn, M.D.</b> President, Glenn Family Foundation Mississippi Rehoboth Psychiatric Services, LLC	 <b>Patrice A. Harris, M.D.</b> Immediate Past President American Medical Association (AMA)	 <b>Lisa Coen, Esquire</b> Senior Director Vaccines Public Affairs Pfizer Pharmaceuticals, Inc.
 <b>Mary D. Coleman, Ph.D.</b> Senior Vice President and Chief Operating Officer at Economic Mobility Pathways	 <b>Claire Babineaux-Fontenot, Esquire</b> President, Feeding America, Inc.	 <b>Grayson Norquist, MD, MSPH</b> Vice-Chair Department of Psychiatry and Behavioral Sciences Emory University School of Medicine
 <b>Phillip Baiden, Ph.D.</b> Assistant Professor The University of Texas at Arlington School of Social Work	 <b>Candace LaShell Bidley, LCSW</b> BSW Field Director/Clinical Assistant Professor at Jackson State University in the School of Social Work	 <b>Jacqueline Loggins, Ph.D.</b> Professor, School of Social Work Jackson State University
 <b>Phyllis Ottley, Ph.D.</b> Associate Chief of Programs Center for Disease Control (CDC) National Center for Injury Prevention and Control Division of Violence Prevention	 <b>Shonta Chambers, MSW</b> Patient Advocate Foundation Executive Vice President-Health Equity and Community Engagement	

**JOIN US 6.21.21**

The term adverse childhood experiences (ACEs) refers to mental stress often brought on by life's events. Stress within itself is not bad. However, constant exposure to the wrong kind of stress over one's lifetime, if not mitigated, can lead to debilitating health conditions such as hypertension, diabetes, cancer, arthritis, other health-related issues, and even death. This type of stress is referred to as toxic stress or trauma. To connect the dots, trauma is untimely loss, and unexpected life changes, on many levels.

The Foundation established the ACEs Awareness Foundation with one over-arching goal: to help increase community awareness of adverse childhood experiences that lead to trauma. The experience with trauma can begin early on with children and have lasting implications that reach into adulthood. It is very critical that we grow a community of individuals who are informed and can show compassion and sensitivity.

On June 21, the Foundation hosted its second annual virtual conference that brought together diverse speakers within the fields of healthcare, education, government, social work, as well as leaders in business with the goal of learning how to target and lessen the effects of childhood trauma. For more information about this groundbreaking work, go to <https://acesawareness-foundationms.org>.

## Healthy Eating for Better Living

Healthy eating is one way to strive for better living. And who doesn't enjoy a tasty, fresh tomato? Pair it with a crisp cucumber and succulent onions, and an easy salad can be prepared in advance, making a great addition to any meal.

- 2 large tomatoes, chopped
- 1 cucumber, sliced into rounds
- ¼ cup sliced red onion
- 1 tablespoon vinegar
- 2 tablespoons olive oil
- ¼ teaspoon coarse sea salt
- Black pepper to taste

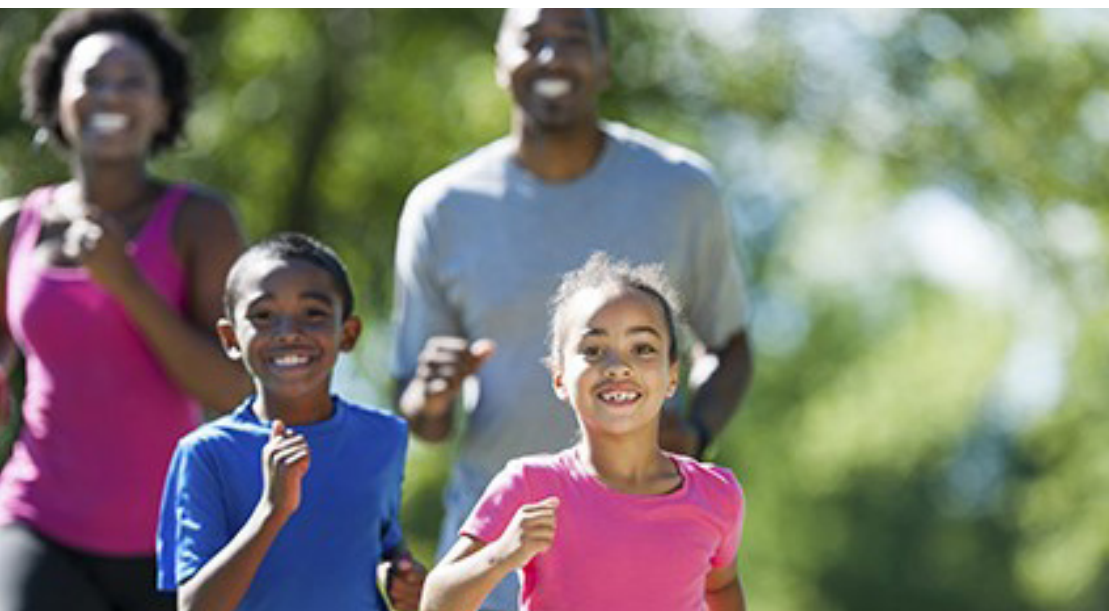
Toss vegetables into a large bowl and coat with olive oil and vinegar. Sprinkle with salt and pepper and serve.



## Healthy Habits for Better Living

For families to have better living, there must be alignment of mind, body and spirit. It has been said that there are more than 101 habits for better living, and here are a few of them

1. Wake up early in the morning.
2. Make your bed.
3. Drink lots of water throughout the day.
4. Exercise three to five times per week.
5. Don't worry about things you cannot control.
6. Listen more than you speak.
7. Spend quality time with loved ones.
8. Don't eat two hours before bedtime.
9. Pray.
10. Plan and eat healthy meals.



# JOIN THE FIGHT AGAINST COVID

Getting back to Normal  
Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.	Wear a mask.
Stay 6 feet from others, and avoid crowds.	Wash hands often.

[www.cdc.gov/coronavirus/vaccines](http://www.cdc.gov/coronavirus/vaccines)

## Upcoming Events

GLENN FAMILY FOUNDATION PRESENTS  
*Annual*  
**HEALTH, WELLNESS, & SAFETY**  
TAILGATE MOBILE DRIVE

**Friday, October 22, 2021**  
9:00 a.m. – 1:00 p.m.

**FREE to the public**

- Food Boxes, Fresh Fruits, & Vegetables
- Flu Shots
- COVID-19 Test
- COVID-19 Vaccines
- Face Mask
- Blood and Diabetes Checks
- Rental Assistance Information
- Much, Much, More!

**Cleveland Central Middle School**  
601 Lucy Seaberry Blvd., Cleveland, MS. 38732

GET COVID-19 TEST & YOUR NAME IS ENTERED TO WIN A TV

**PARTNERS**  
Eric B. & William Earl Glenn Foundation for Better Living  
City of Cleveland  
MetroHealth  
Rehoboth Psychiatric Services  
Tri-County Pulmonary and Sleep Clinic  
UMMC School of Medicine & School of Nursing  
Widener University  
Let Hear's Brief, MS Chapter of The Links, Inc.  
Hollywood Black Education Resource Center  
Mississippi State University Agricultural Department & School of Nursing

## FOLLOW US ON SOCIAL MEDIA

