

VOL XXX 3

MENTAL HEALTH AWARENESS MONTH

MAY 1-15, 2024

THE 411

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MENTAL HEALTH AWARENESS MONTH KICKS OFF
WITH AN URGENT REPORT ON BLACK MATERNAL
MENTAL HEALTH

As Mental Health Awareness Month is commemorated each May, this year, experts in the field are sounding the alarm about a leading cause of maternal mortality: maternal mental health. Earlier this year, a study published by JAMA Psychiatry found that 1 in 4 maternal deaths were caused by mental health issues, ranging from suicide to drug overdoses. This rate, according to CNN, is double the rate of maternal deaths caused by postpartum hemorrhage, the second leading cause. “The contribution of mental health conditions to the maternal morbidity and mortality crisis that we have in America is not widely recognized,” Dr. Katherine Wisner, associate chief of perinatal mental health at Children’s National Hospital and co-author of the evidence review, said in a news release, per CNN. “We need to bring this to the attention of the public and policymakers to demand action to address the mental health crisis that is contributing to the demise of mothers in America.”

postpartum depression.

The review, which looked at 30 recent studies and 15 historical references, found that women are at a higher risk for new mental health conditions during pregnancy and immediately following giving birth. A report cited in the review indicated that 14.5% experience an episode of depression during pregnancy, while an additional 14.5% may experience an episode in the first three months after giving birth. Despite the prevalence, Wisner noted that only 20% of women are screened for

The study notes how circumstances — including prenatal stress, financial stability, and immediate environment — have a leading impact on the outcome of pregnancy, all situations that can affect Black women at disproportionate rates. There is further evidence that this is an urgent concern for Black mothers. According to the [Centers for Disease Control and Prevention](#), while America continues to have the highest overall maternal mortality rate of any industrialized nation, Black women die 2.6 times higher than white women. The [Maternal Mental Health Leadership Alliance](#) reported that Black mothers are also twice as likely to experience maternal mental health conditions but are half as likely to receive treatment compared to white mothers. The organization also notes that roughly 40% of Black mothers experience maternal mental health conditions.

Speaking to [CNN](#) on Maternal Mental Health Day on May 1, Dr. Leana Wen, an emergency physician and adjunct associate professor at George Washington University, explained why addressing this issue is paramount.

Speaking to [CNN](#) on Maternal Mental Health Day on May 1, Dr. Leana Wen, an emergency physician and adjunct associate professor at George Washington University, explained why addressing this issue is paramount. “Mental health is an essential part of overall health. By itself, mental health influences well-being and has a major impact on the physical health of both the woman and her baby,” she said. From celebrity mothers like Halle Bailey, [who recently spoke up about postpartum depression](#), to [Elaine Welteroth and Serena Williams launching the birthFUND](#) to provide mothers with the funds to afford midwifery and doula services, there are many initiatives and advocates working to bring awareness and solve the issue. As the study makes clear, addressing maternal mental health is a crucial holistic step in addressing the wider Black maternal health crisis.

Congratulations
Morgan Price

Morgan Price has made history by becoming [the first athlete](#) from a Historically Black Colleges and Universities (HBCU) team to win a national collegiate championship in gymnastics.

Price [represented Fisk University](#) at the USA Gymnastics’ 2024 Women’s Collegiate National Championships in West Chester, Pennsylvania, on Friday. With an impressive all-around score of 39.225, Price secured the title and was announced as “the first USAG Collegiate National Champion from an HBCU” by USA Gymnastics.



May is Mental
Health Awareness
Month



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**Celebration Announcements
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Birthdays in May 2024

Ms. Angela Zamora celebrates her birthday on May 1st with family and friends.
Ms. Tabitha Brown celebrates her 45th birthday on May 1st, with her Sisters, new and old Friends. "I thank GOD for continuing to bless me and my family. Mr. Ron Vermillion celebrate his birthday on May 1st, missing his twin brother, the late Donnie V.; enjoying each other, as they've done since day one, "Together-Donnie and Ronnie V." with friends and family!
Ms. Arie Carroll had a "Happy Birthday" on May 1st, with friends and family. She says, "Enjoy the Arie experience... helping people to reach their full potential!"
Ms. Leigh Anne Coins celebrated, birthday 42, on May 1st, with friends saying, "Happy Birthday to Me!"
Ms. Rashonda Ali , on May 2nd, celebrated her 33rd birthday , with her family and friends. "We love you!!!"
Ms. Breanna DeMyers celebrates her 32nd birthday on May 2nd.
"Happy Birthday; we all love you!" Dad.
Ms. Andrea Dameron celebrates her 42nd birthday on May 2nd, with friends.
Ms. Danielle Castillo celebrates her 34th birthday on May 3rd with her husband Tori and her son Brendin.
Ms. Kathryn Spencer Dungy celebrates her birthday on May 3rd.
Ms. Maribel "Mari" Odilia Tyler celebrates her birthday on May 3rd, with her loving family.
Mr. Gerry Shakar celebrated his 42nd birthday on May 3rd, thanking GOD for another birthday!
Ms. Kenya Hattaway celebrates her 41st birthday on May 4th.
Mr. Bruce Sturgis-Ramsay celebrates his 59th birthday on May 4th.
Miss Cortana celebrates her 16th birthday on May 4th, with family and friends. "Happy Birthday Baby!" Love always, Mom
Mr. Caden Jones celebrates his 19th birthday on May 5th, with family and friends. His Mom says, "We love you very much!"
Ms. Janice Smith, in her remembrance, celebrated her birthday on May 5th.
Ms. Tammy Gonzales celebrates her birthday on May 5th.
Ms. Janice Hill celebrates her birthday on May 6th.
Ms. Shavontai Henry celebrates her birthday on May 6th.
Mrs. Kimberly Whitfield celebrates her 55th birthday on May 7th, with her loving husband and daughter.
Mr. Michael Thomas Jr. celebrates his birthday on May 7th.
Ms. Lillian Michelle Boles: to her remembrance on May 7th, we celebrate her 42 years of Life with us. She enjoyed the celebration of her life, with family and friends.
Ms. Karen Saddler celebrates her birthday May 7th, she said "thank you LORD for this day!"
Mr. Charles Andrews,deceased:we celebrates his 63 years on May 8th. GOD bless family and friends.
Mr. Rickey Jackson celebrates his 40th birthday on May 8th with family and friends.
Mrs. Jill Foorman turns 60 years young on May 8th, celebrating with her family and friends.
Mr. Ivan Civils, in his memory, we celebrate his birth on May 8th, with friends and family.
Master Daytin Allen Scott Wilson celebrates his 12th birthday on May 9th. Love Mom, Dad and your Grannies... Angie Cooper and Jennifer Wilson
Mrs. Deana Newman celebrates her birthday May 9th, with her loving husband, David, who says, "She is my rock and my life!"
Ms. Keisha Giles celebrates her 47th birthday on May 9th." Happy Birthday" from all her family and friends.
Ms. Ann (D. J. Ann) celebrates her birthday on May 9th, with family and friends.
Ms. Jessica Lynn Patterson celebrates her 31st birthday on May 9th. "Mommy loves and is very proud of you, my special young lady. Happy Birthday!
Ms. Jennifer Taylor celebrates her birthday on May 9th, exclaiming,
"Let's Party!"
Mr. David (Rabbit) Garcia celebrates his birthday on May 10th, with family and friends.
Mr. Carlton McConnell celebrates his birthday on May 10th.
Ms. Jazmine Patterson celebrates her 40th birthday on May 10th.
Ms. Clarissa McClain celebrates her 32nd birthday on May 11th, Happy Birthday! I will greet this day with love in my heart, God Bless; Mother, love you!!!
Mr. Barb Garcia celebrates her birthday on May 11th.
Mr. Blaine Buckingham celebrates his birthday on May 11th.
A'Tien Colbert enjoyed a birthday on May 11th.
Ms. Amber Shinn celebrates her birthday on May 11th. "Best day ever!"
Ms. Kristie Zimmerman celebrated her birth on May 11th.

Ms. Mary Alvarado celebrates her 40th birthday on May 12th,with friends and family.
Ms. Moét Rodriguez celebrates her birthday on May 14th, with friends.
Ms. Dawn Correa celebrates her 39th birthday on May 14th, with her husband, Robert and their son; preparing for their anniversary on May 17th.
Master Carter Lamb celebrates his 15th birthday on May 15th. "Happy birthday little man, Mommy loves you!" Ashley Lamb
Ms. Madison Jones celebrates her birthday on May 15th.
Mr. Ricky Vasquez celebrates his 41st birthday on May 15th, with his loving wife by his side.
Mr. Mike "Dog" Ranshaw celebrates his 48th birthday on May 15th, with family and friends.
Ms. Samatra Denson celebrates her 47th birthday on May 16th. She says, "I'm loving life!"
Ms. Sha Taraywe McKinley celebrates her 32nd birthday on May 18th.
Mr. Kurt Brumbaugh celebrates his 50th birthday on May 18th.
Ms. Jina Cashey celebrates her 47th birthday on May 18th. "Happy Birthday" from Joyce.
Mr. Kris Pratt celebrates his birthday on May 19th. He says "I thank GOD and myself for being so awesome!"
Ms. Aaliyah Miller celebrates her 18th birthday on May 19th, with family and friends.
Mr. Nigel Moore enjoys his birthday on May 19th.
Ms. Gwendolyn Gail Rouse celebrates her birthday on May 19th!
Ms. Nancy Berry-Beck celebrates her birthday on May 19th.
Mr. Ray Lopez celebrates his 72nd birthday May 19th.
Happy Birthday Ray
Mr. Drevaughn Croskey celebrates his 29th birthday May 19th. "My beloved son" Love momma
Mr. Isaac Verser celebrates his birthday on May 20th, with family and friends.
Mr. Carl R. Herring celebrates his birthday on May 21st, with his loving family.
Mr. Jay A. Townsley Sr. with wife and family, celebrates his birthday on May 21st.
Mr. AJ Brown celebrates his birthday May 21st, "Happy birthday" from your brother and your favorite sister in law.
Ms. Brianna and Ms. Brooklyn Aguilar celebrate their 24th birthday on May 22nd , with family and friends.
Ms. Angela Redemsky celebrates her birthday on May 22nd, with family and friends.
Ms. Celia Henderson celebrates her birthday on May 23rd.
Ms. Tara Moore will celebrate her birthday on May 23rd.
Mr. James "Jet" Davis celebrates his birthday on May 23rd.
Ms. Rose Henderson celebrates her birthday on May 23rd.
Ms. Laraine Walton celebrated her birthday on May 23rd.
Mr. Robert Brown Sr., deceased, was born on May 23rd. A great Dad who taught me the value of our Mother, who taught us to LOVE, thus learning how to LIVE .
Mr. Melvin S. McWilliams celebrates his birthday on May 24th.
Mr. Cullen Dubose II, in memory we celebrate his birth on May 25th.
Mr. Barry Williams celebrates his birth on May 26th.
Mrs. Yvonne Young McConnell celebrates her birthday on May 26th.
Mr. Blake Buckingham celebrates his birthday on May 26th.
Mr. Claude Browne (deceased) we celebrate his birth on May 27th.
Master Rolando R. Ruiz III celebrates his 15th birthday on May 28th, with family and friends. "Mom- Cece, Dad- Rolando Jr. and Nana love you very much!"
Greer Dodd celebrates a birthday on May 28th.
Mr. André Collins-Riddle celebrates his birthday on May 29th.
Mr. John Wallick II celebrates his birthday on May 31st.
Master Jacob Thomas Brown celebrates his 14th birthday in May with family and friends. "Happy birthday Little Man!!!" Love, Mommy and Daddy!!!

***Anniversaries**
Mr. Johnathon Short and Mrs. Megan Adrienne Short were married on May 2nd, 2011, celebrating 13 beautiful years together!
Mr. David and Mrs. Deana Newman will celebrate their 15th wedding anniversary on May 27th.

Announcements
Face book Page: MrParty, The Ambassador of Celebration
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BE STILL, AND YOUR SOUL WILL SPEAK

⁵⁰ When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. ⁵¹ While he was blessing them, he left them and was taken up into heaven. ⁵² Then they worshiped him and returned to Jerusalem with great joy. Luke 24:50-52



Have you seen the picture of Mahalia? gives us more information about Mehalia's life than maybe well known. When I visited Chicago shortly after she died, I had the privilege of seeing the little green-colored home she once lived in.

Close to the end of the movie, she and the young man who portrayed Dr. Martin Luther King, Jr., were conversing when Dr. King said, "I don't rightly know where home is anymore." He seemed to be concerned about his death and said, "If I go before you go Mahalia, please sing my favorite song at my funeral. Will you sing it for me now?" Of course, the woman who portrayed Mahalia belted out in her beautiful voice, "Precious Lord take my hand, lead me on, let me stand; I'm tired, I am weak, I am worn. Through the storm through the night, lead me on through the night. Take my hand, precious Lord, and lead me home."

Have you ever pondered, "Where truly is home?" It's not merely the place where I reside and pay my mortgage. It's not the neighborhood in Columbus on Leonard Avenue where I grew up. It's not even the cemetery where I've purchased my crypt. No, no! Home is my eternal dwelling with God.

We are within the fifty days between the Jewish festivals of First Fruits, Unleavened Bread, and Passover. Close enough to Christ's Ascension to be in awe of the death, burial and resurrection to show grief and victory, and far enough away from Pentecost as we know it today to be preparing for the last Jewish Festival before the Fall Festivals begin.

In the West, we often think of Pentecost as the day the Church Age began, and the Holy Spirit joined the 120 that were gathered in the Upper Room and in one accord. Do we also see it as the day the Holy Spirit came to the earth until the Rapture?

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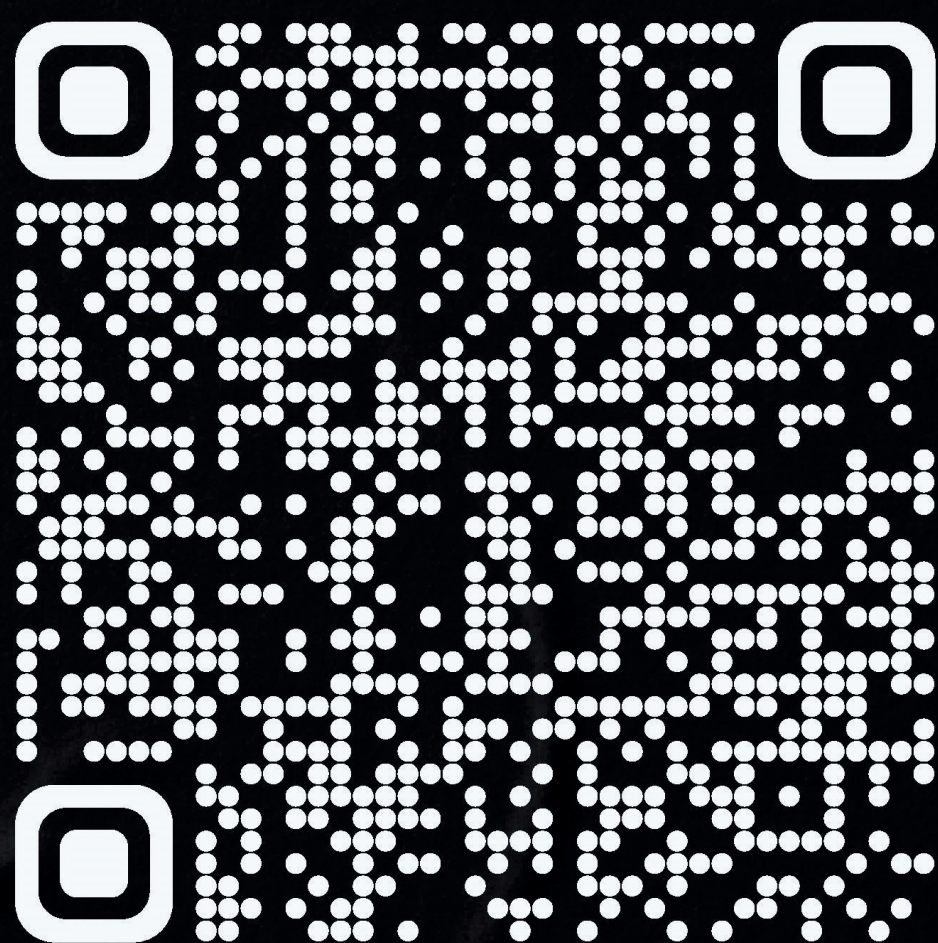
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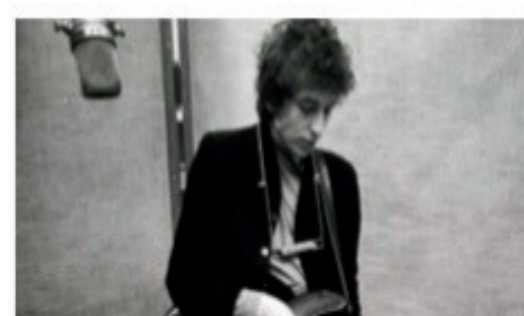
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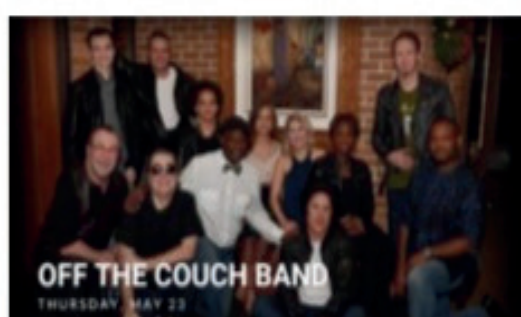
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