JULY 16-31, 2023 Vol XXIX 8

THE 411 Prioritizing Minority Mental

Mental health matters! Mental friends, neighbors, and others in health includes our emotional, psychological, and social well-being. It affects how we think, feel, act, handle stress, re-language. late to others, and make choices.

out our lives. Mental health issues are common – more than 1 in 5 US adults live with a mental illtreatable and often preventable, environmental slights, snubs, but not everyone has access to or insults. They communicate the resources they need. People in some racial and ethnic minority groups face more challenges than others getting mental health care.

ant as physical health through-

Obstacles to Mental Health for • Racial and Ethnic Minority Groups

Therapy can play an important discrimination. role in supporting mental health. Many people from racial and ethnic minority groups have difficulty getting mental health o care.2 This can be due to many dential resources including the different reasons, such as cost or not having adequate health insurance coverage.2,3,4 It may also be challenging to find Mental health equity is the state communication activities are providers from one's racial or ethnic group..4 Stigma or negative ideas about mental health highest level of mental health care may also prevent people

nami orgimenta healthmor

WHAT'S

INSIDE

NATIONAL MINORITY

HEALTH MONTH

Celebrating the Life of

lames Armstrong

REST IN PEACE

(above)

from seeking services.4 Other things in our environment• can impact mental health and programming incorporates emotional well-being. For exam-perspectives, ideas, and deple, experiencing or witnessing cision-making from people racial discrimination or racial vi-from racial and ethnic minority olence5 can cause stress and ra- groups at all stages of program- sive communication outlets. cial trauma. Poverty (or having ming – from planning to evalualow income) may limit access to tion. mental health care. Poverty can •

to mental health issues.6 Working Together for Mental Health Equity

from racial and ethnic minority programs. groups can thrive. We all have a • role to play in promoting health or account for structural and equity.

Individuals can Learn about mental

- health.
- Learn about healthy ways to cope with stress and respond to loss. Engage in these and ethnic minority groups. practices, when possible.
- Share information on mental health, healthy coping

your community.

- Talk about mental health and use non-stigmatizing
- Learn about implicit Mental health is just as import- bias. Implicit biases are unintentional attitudes, behaviors, and actions that are in favor of or against one person or group.
- Learn about microaggressions. Microaggressions are ness.1 Mental health issues are everyday verbal, nonverbal, and negative messages to people because of their membership in a marginalized group. Microaggressions can be intentional or unintentional.
 - Make ongoing efforts to avoid implicit bias, microaggressions, and other forms of
 - If you need more support:
 - Access free and confi-988 Suicide & Crisis Lifeline. Get treatment from a mental health care provider. just opportunity to reach their and emotional well-being.

Ensure mental health

Consider the data on also cause stress and may lead mental health, as well as histor- nels. ical, social, and cultural factors impacting racial and ethnic minority groups, when develop-

- social determinants of health when designing mental health programs.
- nizations to fill gaps in expertise waiting rooms. and representation from racial
- Monitor and evaluate mental health programs for progress towards health equity



op best practices for reducing racism in programs and policies to improve mental health equity. States and communities can

Health educators and communi- ty-based mental health care, cators can:

We all have a role to play in mental health equity.

Ensure mental health educational materials and in which everyone has a fair and culturally and linguistically appropriate, inclusive, and respect-policies or create new policies ful. Follow the health equity principles for communication, Public health organizations can such as using plain language.

information to racial and ethnic remove stigmatizing policies. minority groups. This should include using culturally respon- and faith-based leaders to dis-

Verify and promote free and low-cost mental health . resources through diverse chan- decision-makers reflect the races Foundation.

Healthcare systems can

Everyone benefits when people ing organizational priorities and pression and other mental health ners to improve mental health Prioritize action on and/accessible mental health care

- Make efforts to recruit paign. mental healthcare providers that • reflect the race and ethnicity of mental health, access to care, the populations served.
- Provide cultural humil- skills, and resources with family, and elimination of racial dispari-ity training to mental healthcare ous threat to the public's health

Incorporate and devel- care services are culturally and linguistically appropriate.

- Expand communiincluding culturally responsive mental health services at low or • no cost for youth and adults.
- Evaluate policies for their differential impact on social determinants of health. When needed, modify these that ensure equitable access to resources for all people.
- Evaluate policies for
- reduce stigma.
- and ethnicities of the populations they serve.

Screen patients for de- CDC is collaborating with part- our anniversary. We're celebratconditions and refer patients to among racial and ethnic minori- equity into our public health ty groups by

Make mental health ed- culturally responsive resources foundational ingredient in our ucational materials available to to promote and strengthen the all patients during their appoint- emotional well-being of popula- CDC's Office of Health Equity Partner with other orga- ments, via patient portals, and in tions. Visit the How Right Now collaborated with the National health communications cam-

> Gathering data on demographics, and more.

Declaring racism a seriand taking actions to address

- Carrying out CORE, an agency-wide action plan that aims to to strengthen health equity across the nation, and improve diversity, equity, inclusion, accessibility, and belonging within our workforce.
- Ensuring equity principles guide planning around mental health programming.
- Raising awareness of health workers' mental health issues through the Health Worker Mental Health Initiative.
- Identifying policies and practices that connect children and families to mental health Take active steps to in- their potential to reinforce men- care. Visit Improving Access to the reach of mental healthtal health stigma and revise or Children's Mental Health Care.
 - Developing data Encourage community systems and tools that reach marginalized populations during cuss mental health issues to help crises. Visit Project REFOCUS, a CDC collaboration with How-Make efforts to ensure ard University, UCLA, and CDC

CDC's Office of Health Equity recognizes National Minority Mental Health Month as part of ing 35 years of "baking" health work. "Baking in" health equity Developing and sharing means that health equity is a

> Center for Chronic Disease Prevention and Health Promotion's Division of Population Health on this article.

An Evening of Smooth Jazz - Kirk Whalum Grammy Artist Kirk Whalum in Lansing Everett High School Welcomes An Evening of Smooth Jazz on July 28th

An Evening of Smooth Jazz is "an annual music experience in the community". Now in its eighteenth year, the event continues to bring so many people from different cultural backgrounds together to hear and experience music of legendary, regional, and local

This signature jazz series features saxophonist Kirk Whalum on stage at Lansing's Everett High School Auditorium on Friday July 28th. The event is produced by BMRW Promotions as part of their "music in the community series" which debuted in East Lansing at the Hannah Community Center in 2005, journeyed to East Lansing High School and Holt High School before arriving at Everett.

Ever since Whalum's emergence in the '80s, the saxman has been known as a smoothjazz giant—but his sound has never been bound by musical borders. His lissome

licks are just as likely to be underpinned by a pumping disco beat ("The Wave") as they are by a sultry R&B groove ("If Only for One Night"). And even if he'd never recorded a single note under his own name, he'd still be forever etched into the annals of music history for the soulfully bittersweet saxophone solo he contributed to Whitney Houston's 1992 blockbuster cover of Dolly Parton's "I Will Always Love You "We are excited to welcome this incredi-

ble instrumentalist, songwriter, educator, humanitarian and one of the nicest people in the music business, to Lansing". Said Charlie Wilson.

The ordained minister, Kirk has earned a Master of Art in Religion. He's also taken life experience from growing up 14 blocks from the Lorraine Motel where Rev. Martin Luther King, Jr. was killed and uses that spirit to do what he can to help his commu-

nity when his touring schedule allows. In many ways, from the path that Whalum has taken, it seems that he has been very intentional in studying what is in front of him and using it to chronicle the work and hope of Dr. King's dream--musically. The album, "Humanité - The Beloved Community". A daily fifteen-minute podcast called BIYE (Bible In Your Ear) where he invites listeners along as he reads through the Bible in a year.

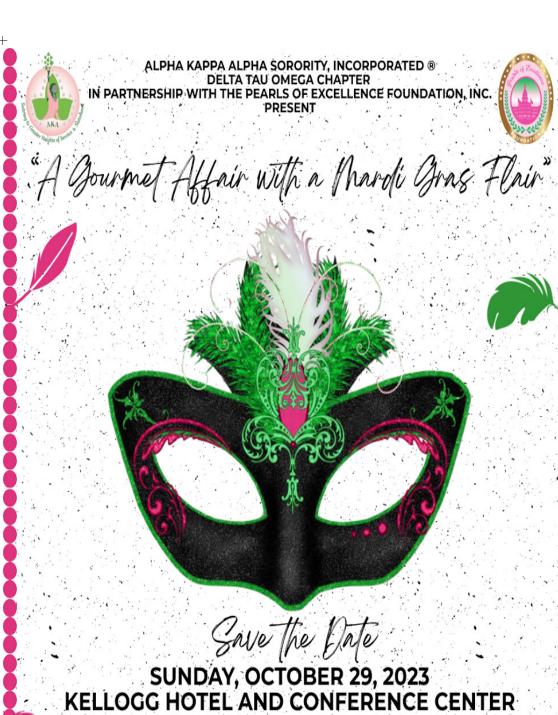
Whalum has received many awards and acknowledgments for his musical excellence including three Dove Award nominations, an NAACP Image Award, and a pair of Stellar Awards-Gospel music's highest honor. His first Grammy Award came in 2011 for Best Gospel Song ("It's What I Do" —featuring Lalah Hathaway alongside gifted songwriter, Jerry Peters). Kirk has also been honored with a Brass Note on the Memphis Walk of

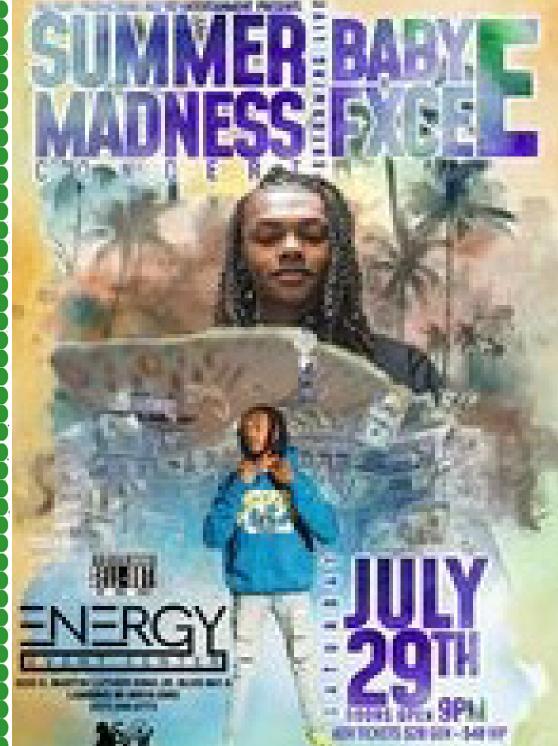
Fame and a Star on the Nashville Walk of Fame.

July 28th includes homegrown talent, too. Lansing's own 496 West will be back, with a few surprises and they won't be alone. They've invited a good friend and an incredible soul singer, Angela Davis to share the unmistakable vibe of An Evening of Smooth Jazz.

What to expect: An incredible evening with a global mix of jazz, funk, pop, and a sprinkling of harmony!

Come experience it up-close and personal, in the recently remodeled Everett High School, 3900 Stabler Street, Lansing MI 48910. For more information and tickets, visit www.bmrw promotions.com and the social media channels.





POETREE N MOTION



TIMING IS OF THE ESSENCE



Open our minds, Open our

It is time to dislodge these Institutionally designed Systemic racist and unjust policies Embedded as yet the law of the land

It is time to have a seat at the table Where only old white men

gather to Decide our fate and future... Let's be in the room, speaking Truth for them to hear It is time to have a change of

narrative... A change in how we see the truth

A change in how we hear the truth

A change in how we feel the truth

A change in how we tell the truth A change in how we walk the

TRUE path It is time to plant and cultivate The idea of Equity for all The idea of acknowledgment The idea of reconciliation The idea of strength in diver-

The idea of equality It is time the WHOLE of history gets an Intentional re-write...for our

history is America's History...we want precise delineation

Our history is indelibly intertwined

Our contributions...coerced or not Browbeaten or not....Blud-

geoned or not Bulldozed or not....Are integral parts of this nation's success It is time to use CRT to dismantle the southern whitewashed

"Glorious time" of that vicious and horrendous time of Slavery

It is time to debunk the myths and distorted facts Developed by sinister forces... religious Bigots and racists These were to reinforce repression, dehumanize and suppress It is time to set the record straight...

It is time to place markers, monuments and Flags to commemorate and

memorialize my people It is time to provide historical data of the extensive Contributions made by my people

It is time to tell...

The good, The bad, and The ugly! The blood drenched horrors The deep dark hatred The hard truths of yesteryear... Time is of the essence It is time for us to stand up, speak up and open up!

hearts, Open our mouths! Open up to pay tribute to the ancestors Acknowledging their sacrifices of yesterday So that we might move forward today We extend gratitude to those... Who dreamed before us Who died before and for us... Making it possible for us to aspire life, liberty And the pursuit of happiness Yet, In spite of it ALL... I am proud to say...we have made progress In spite of the TRAUMA In spite of the demeaning The FEAR tactics of... Beatings Burnings **Bombings Castrations** Chains Draggings Mobs Lynchings Separations Shootings Slashings We struggled through those racist injustices Which tried to relegate us to

the lowest station of life Yet, our ancestors held fast and purged through the past So we might survive to position ourselves in the present To pursue possibilities of the future Time is of the essence!!

It is time! For transformation Of this Nation Time to Rise higher Time to reach further Time to live up to its creed Time to build on the glimmer of hope

justice Time to heal this brotherly

Time to straighten the arc of

Time for restoration

It is time:

To eliminate the gridlocks To amend the constitution To be a full human being... Not just 3/5. To foster brotherly love... In our mind... In our heart...in our actions It is time: To get the True God... the Creator back:

Into our lives, our purpose for Into our schools and education Into our marriages...at the dinner table Into our finances

Into our living room! Into the board room On the congressional board On the Supreme Court Bench In the Oval Office...into the world

Time to swell that thin sliver Of justice into a broadband network of love For "Timing is truly of the essence"



CONNECTED SOUL II SOUL: WORDS OF HOPE AND HEALING 08302021

Pastor/Chaplain Pamelajune (Pj) Anderson, DMin. Lt. Commander (RET) US Navy Chaplain Corps **Certified Peer Support Specialist**



BE STILL AND YOUR SOUL WILL SPEAK

"For everything that happens in life—there is a season, a right time for everything under heaven." **Ecclesiastes 3:1 The VOICE**



Dear God, Creator of Heaven and Earth. The other night, I felt compelled to speak live on Facebook to my fellow Veterans and the families of my fellow thirteen fellow service members killed by the Islamic State-Khorasan terrorist.

I suggested that the Psalmist would have us invite the Lord's rod of comfort and staff of guidance as you navigate through, and the operative word is through, your grief and pain.

I further suggested that "you may feel as though your world is rashing in and crushing on your heart of flesh. You may feel abandon by

God, or you may no longer believe in God. However, I want to assure you that war and casualties of war are not God's plan or will for humanity. God's will and intent are for you to BE at peace in the middle of the world's craziness and amid life's storms.

My fellow Veterans and I are familiar with death and acquainted with sorrows that only time and faith can heal. During my 15 years in the US Navy Chaplain Corps, my duty was to inform families about their loved ones killed in action. Hearing the news of the thirteen killed is no less traumatic today than when I began. Yet, we volunteer to serve, knowing that we put our lives on the line.

I will be praying for you and invite you to pray for yourself. You are angry, sad, in denial, and, perhaps, asking 'why my husband, wife, son, daughter, sister, brother, friend?' God will not avenge anger for anger, disappointment for disappointment, denial for denial. God intimately knows about grief and sorrow. God feels what you feel. God is within you and has dispatched the Angels of Mercy and Wisdom to comfort and support you, especially now. You may feel too numb to speak. God hears your silent prayers.

I am also lighting a candle to honor you and your loved ones who've made the ultimate sacrifice. I pray you are blessed by these words of Healing and Hope."





Celebration

Announcements

Mr. Party, The Ambassador of

Birthdays in JULY 2023

Mr. Willie Horrice is celebrating his 10th birthday on July 3rd. He is a loveable child who like to play, loving Life and people. "Willie, You have brought me so much Joy; Mommy loves You: keep on being You!!!
Mrs. Deborah D. Chetester celebrates her birth on July 5.
Ms. Jackie Wilkerson enjoyed her birthday on July 5th.
Ms. Allique DeMyers celebrated her birthday on July 7th.
Mr. Chad Foster enjoys his 55nth birthday on July 7th.
Ms. Latesha Clemons, celebrating her 49th birthday on July 8th.

8th. Ms. Nicole Borrego celebrated her 45th birthday on July

Ms. Nicole Borrego celebrated her 45th birthday on July 8th.
Ms. Nicole Borrego celebrated her 45th birthday on July 9th.
Mr. Anhrion Frazier enjoyed his 75th birthday on July 10th.
Mr. Marcus Jefferson celebrated his birthday on July 10th.
Mr. Marcus Jefferson celebrated his birthday on July 10th.
Miss. Savannah Flowers, born, July 13th, celebrates her 10th birthday with her Mom, Dad, famlly and friends.
Ms. Refree Freeman enjoyed her birthday on July 11th.
Mr. Charles Moore enjoyed his birthday on July 12th.
Ms. Danie Jackson celebrated her birthday July 12th.
Ms. Danie Jackson celebrated her birthday July 12th.
Ms. Alexis Evans celebrated her birthday July 12th, with Jori, Chris, Momma D. Stacey and our loving DJ Becky.
Live life to the fullest and sing your heart out; love you all!!!
Ms. Sharika J. Smith celebrates her 40th birthday on July 13th.
She says, "Happy Birthday to Me!"
Mr. Alixandru Garza celebrates his 19th birthday on July 13th.
She says, "Happy Birthday, to my baby from your Mommy; Ilove forever!"
Mr. Fred Ortiz celebrated his 67th birthday on July 13th.
Ms. Bethany (Big Dinner) Dayis will celebrate her birthday on July 13th, with family and friends.
Miss Alexianna – Jaesse Murray celebrates her 13th birthday on July 14th.
Mr. Keith DeMyers celebrates his birthday on July 14th.
Mr. Keith DeMyers celebrates his birthday on July 14th.
Mr. Steven Dickens celebrates his birthday on July 16th.
Ms. Elea L. Barrep, celebrates her birthday on July 17th, with family and friends.
Ms. Llnda Ortiz celebrates her birthday on July 17th, with family and friends.
Ms. Linda Ortiz celebrates her birthday on July 17th, with family and friends.
Ms. Linda Ortiz celebrates her birthday on July 17th, with family and friends.
Ms. Linda Ortiz celebrates her birthday on July 18th.
Mr. Seevan Diversion of the province of the provin

Ms. Monta Nichols celebrates her birthday on July 22nd.
Ms. Cynthia Yarrell celebrates her birthday on July 22nd.
Ms. Saundra Dixon celebrates her day of birth on July 22nd.
Ms. Andrea Quintero, born July 26th, celebrates her 37th
birthday, with family and friends.
Mrs. Emma J. Jackson celebrates her birthday on July 24th.
Mr. Jerrell Richards celebrates his 37th birthday on July
25th.

25th . Ms. Dede Apnis celebrates her birthday on July 25th, with

Ms. Dede Annis celebrates her birthday on July 25th, with family and friends.
Mr. Robert Lopez celebrates his birthday on July 25th with tamily and friends.
Ms. Krystal Dixon celebrates her birthday on July 25th.
Mr. Alfred E. Huguely celebrates his birthday on July 26th.
GOD BE PRAISED!!!
Ms. Pamela Martin celebrates her 44th birthday on July 27th, with family and friends.
Ms. Stephanie J. Parker, E-5, Petty Officer 2nd Class; U.S. Navy celebrates her 59th birthday on July 26th. "We're proud of you!"
Ms. Grace Majors celebrates her birthday on July 27th.
Ms. Rhonda Couthen celebrates her birthday on July 27th.
Ms. Rhonda Couthen celebrates her birthday on July 27th.
Ms. Helen Love enjoys her birthday on July 27th.
Ms. Helen Love enjoys her birthday on July 27th, with family and friends.
Ms. Mattie Bradley celebrates her birthday on July 28th.
Ms. Storm and Ms. Stormy Armstrong celebrate their birthday on July 28th.
Ms. Storm and Ms. Stormy Armstrong celebrate their birthday on July 28th.
Ms. Yvonne Ragland celebrates her birthday on July 30th.
Mr. Elijah Bermudez celebrates her birthday on July 31st, with family and friends.
Ms. Roszene DeMyers celebrates her birthday on July 31st, with family and friends.

*Anniversaries

Mr. & Mrs. Randy and Stacy Ebright celebrated their wedding anniversary on July 11th, "Eighteen wonderful years together"! Mr. Party matchmaking.
Mr. Kris Graham and Mrs. Gerri Graham celebrated 25 beautiful years together...

*Announcements

Face book Page: www.facebook.com/mrparty1985
 Celebration Gram - A Class Act: Have your special message delivered by Mr.
 Party for that special someone or special occasion! Call: 517-391-4849 or Email: mrpartycserv@aol.

com Please send the information about you, your family or friends celebrating the Events of Life: Celebration Announcements







Chris Swope

Lansing City Clerk For Immediate Release Media Contact: July 20, 2023

Chris Swope

(517) 230-1566

Voter Registration and City Primary Early Voting Now Available Only at the City Clerk's Offices starting July 25th

Lansing – Starting July 25th and continuing through Election Day, voters who still need to register to vote, or update their voter registration, must register in-person at their local clerk's office. Proof of residency must be provided at the time of registration to be eligible to vote in the August 8th City Primary Election. Newly registered voters can choose to receive an absentee ballot and vote at the Clerk's office, or they can get a receipt and vote in their new precinct on Election Day.

Early voting is still available to all voters using the absentee ballot process. The Lansing City Clerk's Election Unit, located at 2500 S. Washington Ave., offers free parking, a 24-hour secure drop box, and is conveniently located on CATA's Route #2. The Election Unit's Early voting hours are:

8 am - 5 pmMonday – Friday Wednesday 8 am - 7 pm11 am - 4Saturday, Aug 5th Sunday, August 6th 11 am - 4pm LAST DAY,

8 am - 4 pmAugust 7th (due to

Early voting is also available at our City Hall Of-

state law)

fice, located on the 9th floor of City Hall at 124 W. Michigan Ave. from 8 am – 5pm Monday through Friday.

There are two exceptions in Michigan election law that restrict early voting. The first is, absentee ballots cannot be issued after 4pm the day before the election, except in an emergency situation. The second is, on Election Day, absentee ballots can only be issued to people registering to vote.

As we get closer to Election Day, early voting is an excellent option with expanded hours on Wednesday evenings and the last weekend before

MAKE A DIAMETER OF THE PLAN OF

ote at Home

- Return your ballot to one of our locations listed below OR
- **Use one of our 14 Drop Boxes for fastest Ballot Return!**
- Post Office does not recommend mailing your absentee ballot after July 31

2500 S Wash Ave or City Hall - 124 W Mich Ave, 9th Floor - 8 am to 5 pm M-F, until Mon Aug 7 at 4pm

Weekend Hours at 2500 S Wash. 11 am - 4 pm Sat Aug 5 and Sun Aug 6

Polls Open 7 am - 8 pm. Visit LansingVotes.gov to find your polling location.

CHRIS SWOPE LANSING CITY CLERK

Lansing Votes.gov (517) 483-4131

the election at our South Washington Election Unit." said Lansing City Clerk Chris Swope All absentee ballots must be received by 8pm on Election Day. Voters returning their ballots by US Mail are advised to get them in the mail no later than Monday, July 31st per the USPS. Voters may also return their ballot to any City of Lansing Ballot Drop Box or either of the City Clerk's Offices by 8pm on Election Day. Secure drop boxes are available within 1.5 miles of any Lansing resident. To find the closest location, visit lansingvotes.com or call the Clerk's Office at (517) 483-4131.

For the City Primary, on August 8th, the field for the First Ward City Council seat will be narrowed by voters to two candidates. Additionally, all voters will be able to cast their ballot on the AT-Large City Council members with four candidates from that race moving on to the November general election.

For answers to questions and resources vist our website lansingvotes.gov, where Lansing City Voters may:

- Request an absentee ballot to be mailed to their home
- Check on the status of their absentee applications
- View the list of candidates with their contact information
- Find information on military and overseas voting; and more!





COME LISTEN TO OUR INSPIRING PERFORMER

WED **AUG 2** > limited seating

KICKOFF CONCERT featuring

Anthony Stanco Quintet

Randy Napoleon • Rodney Whitaker • Joe Farnsworth • Xavier Davis 8:00 pm | **UrbanBeat**, 1213 Turner

THURS **AUG 3** > limited seating

BENEFIT CONCERT

for Lawrence 'Lo' Leathers Foundation featuring

Tom Duffield • Ruben Stump Trio The Ashton Moore Organization 5-8-9:30 pm | **UrbanBeat**, 1213 Turner

FRI AUG 4

Ammy Amorette Quartet Caleb Robinson Tom Duffield • Clique Vocals Faith Quashie Quartet School of Rock Max Gage Trio

SAT AUG 5

James Carter Quartet with special guest Lady Champagne

Michael Dease & Friends

T-Bone Paxton & The Old Town Stompers Lansing Big Band Clique Vocals Max Gage Trio Anthony Taylor Quartet School of Rock JAMM Scholarship Band and more...

KidzBeat > Children's Ballet Theatre & Power Dance Instrument Petting Zoo • Greater Lansing Ballet Company and Academy of Dance

VIMEO LIVESTREAM

Portions of the festival will be livestreamed at



https://bit.ly/jazzfestlivestream2023



BUY TICKETS NOW

bit.ly/MIJazzFest23 or pick up at **UrbanBeat** 1213 Turner St. Lansing

azzrest 2023·MICHIGAN



Wed AUG 2 · Thur AUG 3 · Fri AUG 4 · Sat AUG 5

On Turner St at Cesar Chavez St in **OLD TOWN**, Lansing

Multiple Stages • Social District • Beverages • KidzBeat

517 371 4600 • 1210 Turner St. Lansing MI 48906 • micharts.org



WELCOME BACK! We are so pleased to welcome JazzFest Michigan back to the streets of Old Town, Lansing. With over 30 unique performances, we have a terrific line-up of artists, including several Grammy award winners. There will be something for everyone - even the kids! Enjoy a weekend of energy, excitement, music and coming together again as a community, where we can reconnect with old friends and make new ones.

TICKETS

WED AUG 2 Kickoff Concert \$20

THUR AUG 3 **Benefit Concert \$35**

FRI AUG 4 · SAT AUG 5 River, Turner & UrbanBeat Stages General admission \$15* **Premiere seating \$25***

*good for both days

CALL FOR VOLUNTEERS JazzFest relies on the efforts of people just like you. Please join us as a volunteer. In addition to free admission, you'll meet some great people, get a cool Festival t-shirt, and know you've played an important role in your community. We also need folks for set-up and tear-down, before and after. Visit MichArts.org/volunteer to sign up! Looking forward to hearing from you.















SILVER















WLNS BRONZE OZONE'S 3REWHOUSE MessageMakers & LAFONTAINE GRANTS MICHIGAL ARTS & CULTURE