

# Health and Wellness Activity COVID-19 Resources

July 24, 2020

Everyday is a new beginning.  
Take a deep breath, smile and start again.

This week's recommended Health and Wellness Activity:

## **Three Minute Meditation**



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Suggested meditation read:

## **Are You Excited or Scared?**

BY MADISYN TAYLOR

[Read more](#)

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## What's Your Self Love Language?



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The following articles may be of interest to you:

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5 reasons why you're probably procrastinating more right now

[Read more](#)

6 reasons we get so tired when working from home

[Read more](#)

## Life-Changing Podcasts, Books and Films That Are Helping Us Cope in 2020

[Read more](#)

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### COVID-19 Racial/Ethnic Disparities:

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## COVID-19 Racial Data Tracker

[Read more](#)

## African-Americans Have a Higher Propensity for Death from COVID-19: Rationale and Causation

Co-authored by MFP Alumna Dr. Ora Strickland

[Read more](#)

## Black Families Were Hit Hard by the Pandemic. The Effects on Children May Be Lasting.

[Read more](#)

## In another Covid-19 disparity, Black and Hispanic Americans are dying at younger ages than white Americans

[Read more](#)

Wisconsin's tribes have weathered COVID-19 better than tribes in other states. How did they do it?

[Read more](#)

Report shows major effects of COVID-19 on Asian American labor force

[Read more](#)

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**In light of the recent passing of Civil Rights Icon John Lewis**



**Congressman John Robert Lewis**  
**Statesman, Humanitarian, Fighter for Justice for All**  
**February 21, 1940 - July 17, 2020**



Congressman John Lewis being presented with the 2018 Movement is Life Vanguard Award for his leadership in health equity by members of the Movement is Life Steering Committee.

Photo credit: Movement is Life

We've known that this day was coming, we just hoped it would not be so soon.

For nearly 60 years, John Lewis' name has been associated with every major social justice movement in this country – civil rights, criminal justice reform and the issue that brought Movement is Life and John Lewis together – the elimination of health disparities due to race, ethnicity, gender or geography.

For the past 2 ½ years, Movement is Life has had the honor and privilege to work with Congressman John Lewis on legislation aimed at eliminating health disparities – The Equality in Medicare and Medicaid Treatment Act.

It should not go unnoticed that on July 9th, Congressman John Lewis introduced four bills - the last bills he would ever introduce in the United States House of Representatives. He directed his staff to introduce these bills because he knew that his time on earth was coming to a close and he wanted people to know what he cared about as he was preparing to reunite with his Civil Rights Band of Brothers - Dr. Martin Luther King, Jr., Whitney Young, A. Phillip Randolph, James Farmer and Roy Wilkins – the other five who, with John Lewis, became known as the “Big Six” of the Civil Rights Movement.

One of those bills – H.R. 7546 – was a health disparities bill: The Minority Community Public Health Emergency Response Act of 2020. Title I of the bill creates a new Public Health Emergency Fund to ensure that minority and medically underserved communities have meaningful and immediate access to public health interventions and medically necessary health care services during the COVID–19 pandemic. Title II of the bill incorporates the legislation Congressman Lewis worked on with Movement is Life – the Equality in Medicare and Medicaid Treatment Act.

John Lewis put his name and stature behind the Equality in Medicare and Medicaid Treatment Act because he was concerned that a lifetime spent working to improve access to care and the elimination of health disparities due to race, ethnicity, gender and geography, could be lost if no one raised concerns about how new “innovative” Medicare and Medicaid payments models could impact who gets care, what type of care and whether disadvantaged patients get care at all.

America has lost a hero. Be we have not lost his message of hope, respect, love, tolerance and “good trouble.” We must redouble our efforts to speak out on behalf of those who are marginalized, overlooked or ignored. We must eliminate health disparities. Let us honor the memory of John Lewis by making his vision a reality.

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Join us next Thursday, July 30, 2020 at 7:00pm/EDT for the MFP/ANA Watch Party to view *ANA COVID-19 Webinar Series: How You Can Have a Direct Impact on Reducing The Devastating Racial Disparities of COVID-19.*

**Visit the link below to register.**

<https://zoom.us/meeting/register>



**WATCH PARTY**

**ANA COVID-19 Webinar Series:**  
How You Can Have a Direct Impact on Reducing The Devastating Racial Disparities of COVID-19

**TIME:** 7PM - 9PM (ET)  
**DATE:** THURSDAY, JULY 30, 2020  
**LINK:** EMFP.ORG/NEWS/CALENDAR

 **Hosted by:**   
**Featuring:** 

Bridgette M. Brawner  
PhD, MDiv, APRN

Tanya R. Sorrell  
PhD, PMHNP-BC

**STOP COVID-19 XENOPHOBIA**

**CLICK HERE TO REPORT  
ASIAN AMERICAN HATE  
CRIMES DUE TO COVID-19  
MISINFORMATION.**

**SAMHSA.GOV**

The Substance and Mental Health Services Administration (SAMHSA) website, SAMHSA.GOV, provides COVID-19 guidance and resources to assist individuals, providers, communities and states across the country. The website is updated daily.

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- Yes  
 No

How likely are you to share one or more of the resources provided with a colleague?

- Likely  
 Not likely

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