This week’s recommended Health and Wellness Activity:

5-Minute Stretch in Bed

The following articles may be of interest to you:

How Tidying Your Home Can Clear Your Mind
www.housecleaning.net

Workaholic academics need to stop taking pride in their burnout
www.time.com/health

Try This Now: Add a “Fake Commute” to Your Daily Routine
https://www.theguardian.com/

Health Disparities:

Death in the prime of life: Covid-19 proves especially lethal to younger Latinos
www.nationalgeographic.com

Anyone in Oklahoma can now get the Covid-19 vaccine, thanks to several Native tribes
https://www.eabcnews.com

Taking COVID-19 Disparities to Task
https://bostonherald.com
MFP/ANA 2021 Virtual Intensive Winter Institute Opening Ceremony Highlights!

Announcements/ Upcoming Virtual Events

At nearly 170 registrants, the 2021 MFP Virtual Institute Winter Institute (VIWI) is the largest yet! More than 28 Fellows, alumni, National Advisory Committee members, mentors and guests logged in for the VIWI opening ceremony last evening, March 28. Dr. Bridgette Brauner, Chair of the MFP National Advisory Committee, served as the evening moderator. She opened the ceremony by welcoming attendees and pausing to acknowledge the MFP/ANA stand on the recent vite attacks against our Asian and Asian American communities. She also acknowledged the attendance of Dr. Nina Sheth, SAMSHA MFP Project Office; Dr. Martha Dawson, President, National Black Nurses Association (NBNA); Dr. Millivent Gorham, Executive Director, NBNA and Dr. Adrianna Nava, President, National Association of Hispanic Nurses (NAHN). ANA President Dr. Ernest Grant commended Nurses for their work and resilience around COVID-19; the importance of providing communities of color with ongoing facts about the COVID-19 vaccine; the disparate impact of COVID-19 on communities of color; ANA’s Commission on Racism in Nursing and a brief overview of his Presidential goal of diversifying the nursing profession. Dr. Lorrette Jemmott’s inspiring keynote address around Who Are We To Them During This Social Unjust Time As We Strive to Promote Health Equity? and interactive Q&A session received a lot of positive feedback. Fellows also had an opportunity to meet with their mentors and learn more about the automation of the MFP formal mentoring program from Dr. Frieda Outlaw, ANA’s academic program consultant, who administers the mentoring program. Dr. Katie Boston-Lorry, ANA’s Director of Nursing Programs, led a dialogue around ANA’s Commission on Racism in Nursing. If you missed this content, during the opening ceremony, you don’t want to miss the next two days when we dive a little deeper into the agenda with a great line up of speakers around Leadership, Behavioral Health Policy and Professional Development. Visit the MFP VIWI webpage for a schedule of the next two days events.

https://emfp.org/library/continuing-education/mfp-2021-virtual-intensive-winter-institute

Congratulations to MFP/ANA alumna Cynthia Taylor Greywolf, PhD, DNP, PHNMP-EC, APRN, on her recent acceptance into the University of Texas at Austin as a Provost’s Early Career Fellow.

MFP alumna Dr. Donna Grandbois will discuss the health and well-being held by indigenous people next Monday, March 29, 2021 at 3:00pm/CST. Access the link below for more information and to register.

https://www.facebook.com/NDUUMPH/posts/4282186001808705
CALL FOR APPLICATIONS!

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

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.

Lost an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters.
Please email mfp@ana.org for an accessible copy of this e-Newsletter.

Stay connected! Follow us on social media.

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