

The DEI Committee meets the first Wednesday of every month via zoom

Click here:

Join Zoom Meeting
Meeting ID: 924 5820 8080
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One tap mobile

+16468769923,,92458208080# US (New York)

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Everyone from any of the ED job families are encouraged to attend the committee meetings.

Next Meeting:

September 7, 2022
8:00a-9:00 am

Please RSVP if you plan to attend:
lamontan@med.umich.edu

RESOURCES

OHEI
(Office of Health, Equity and Inclusion)

OIE
(Office of Inclusion and Equity)
to report concerns of harassment

School of Nursing DEI Program and

Events

Workplace Mental Health Conference (Virtual Event \$25 Fee; FREE for Students) Wednesday, August 17th at 1PM

Implicit BIAS Training: Building Toward Belonging

https://ohei.med.umich.edu/professional-development/implicit-bias-training

Contact Us
If you wish to submit an article, recipe or question

DEI MISSION AND VALUES

The Department of Emergency Medicine is committed to environment for that embraces the uniqueness of all people.

*We will provide outstanding and respectful service in all situations.

*We will own our interactions in a positive way.

* We will strengthen our diversity through education excellence and advancement of knowledge.



July 2022

NAMI Mental illness doesn't choose who is affected by it, but culture, race, gender or sexual orientation can affect access to treatment, support and quality of care for many. Let's change this. #MinorityMentalHealth

Mental health conditions do not discriminate based on race, color, gender or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. Bebe Moore Campbell National Minority Mental Health Awareness Month was established in 2008 to start changing this. Each year millions of Americans face the reality of living with a mental health condition. Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma and lower quality care. Please visit www.nami.org/mmh for more information as well as Blogs (Erasing Mental Health Stigma in the Black Community; Mental Health and Gender Dysphoria; Importance of Community in Indigenous Peoples' Healing; Finding my Voice in Therapy as a South Asian as well as many many more) and Personal Stories.

Learn more about National Minority Mental Health Awareness Month 1 IN 5 PEOPLE EXPERIENCE A MENTAL HEALTH CONDITION

Be sure to swing by AES and check out the DEI Board (pictured) that was created this month and completed by Renee Havey AES RN. A lot of thought and hard work goes in to this board each and every month. Way to go Renee, the board look fantastic!



Anonymous Story Submitted: Someone approached my fiancé and I and asked if we were twins (we don't look a like at all... one of us has brown hair and brown eyes and the other is blonde hair blue eyes). They then proceeded to ask if we were sisters, then friends. Well, we are good friends and we are also engaged and have been together for 8 years. So, yes I guess we are pretty good friends. Always remember to ask how people know each other and don't make assumptions about their relationship! It is awkward and not fun for anyone involved. A great way to ask patients is, "who is here supporting you today?" that way they respond with the relationship and avoid any embarrassment or uncomfortable situations on both sides!

Recipe submitted by Cindy Trafford: My grandparents came to Canada from Poland. They bought several acres in a small rural town in Ontario, built their own house, and raised 3 children (my mom, my aunt, and my uncle). My grandparents were fruit and vegetable farmer's. My grandfather (Gigi) would go to the market in Kitchener every Saturday to sell their produce. Besides English, my grandparents, my mom, my aunt, and my uncle spoke Ukrainian/Polish; especially when they wanted to talk privately and not let us "kids" know what they were talking about. My grandmother (Baba) was an amazing cook and everything she made was from scratch. This is one of my grandmother's recipes (although she never wrote anything down and it was always "a pinch of this, a pinch of that" type of cooking). This recipe takes time, and I know it is easier to buy Mrs. T's Pierogies from the grocery store, but fresh are so worth it!

Pedaheh (a.k.a. Pierogies)

- Ingredients:
- 9 or 10 medium potatoes
 - 1 lb block of medium cheddar cheese cubed
 - 3 cups flour
 - 1 cup water
 - 1 egg
 - pepper
 - salt
 - diced onions fried in butter

Potato and Cheese Filling:

Peel 9 or 10 medium potatoes and boil with 1 tsp. salt until thoroughly cooked. Drain potatoes. Cut cheese in cubes and place cubed cheese with drained potatoes, cover, and let the cheese melt before mashing. Mash potato and cheese mixture until free of lumps. Add pepper and salt to taste and set aside to cool.

Dough:

- 3 cups flour
- 1 cup water (lukewarm)
- 1 tbsp salt
- 1 egg

Combine ingredients and knead until dough is soft and smooth inside when cut with a knife. Use more water or flour if necessary. Cover and set aside to rest (20 minutes or so) while potato/cheese mixture is cooling.

Roll out dough (similar thickness to pie crust) on floured board using half of dough at a time (keep the other half of dough covered). You can cut out dough with circle cookie cutter or cut straight lines (like tic-tac-toe) making 2-inch squares in the dough. Place a teaspoon or so (depending on your dough size) in your shaped dough and pinch the edges closed. For square shaped dough, fold over corner to corner and pinch for a triangle shape. Bring a large pot of water to boil and drop in the pierogies. They need to boil about 6-10 minutes or until they float to the surface. Place boiled pierogies in a pan with fried onions and butter till the pierogies are slightly browned. Use your favorite topping (I use sour cream). Makes about 4 or 5 dozen



Recipes submitted by Eve Losman:

The Bonnassieux Vinaigrette – mother's family

- 1 part Dijon mustard – Maille is the family choice, Grey Poupon is a perfect substitute
 - 1 part vinegar – Sherry wine / Red wine is what we use
 - 3 parts Olive oil
- Salt and pepper to taste; minced garlic clove is an option and minced shallot is another

In a small bowl, mix the mustard, vinegar, and salt – then combined, drizzle in the oil – using a small whisk makes this very easy – you will see it emulsify and make a dense dressing – perfect for tomatoes, greens, cucumbers, steamed asparagus, grilled veggies, etc.

Left overs can be refrigerated; take out 30 minutes before use and whisk again.

The Bonnassieux Ratatouille

Take the bounty of August and September – chop and put in a big pot with a good glug of olive oil and salt to taste – cook.

- Tomatoes, zucchini, eggplant, onion, red/yellow peppers - - in near equal parts – roughly chopped (3/4-1 inch)
- You can put everything in the pot together on medium heat and just plan to stir every 10-15 minutes until cooked – a bit watery but delicious – serve with roast chicken and a big green salad.
- Or, you can sauté the onions until golden, add each veggie in succession with tomatoes going in last - - a broad based pot allows for evaporation - - the flavors are a bit more concentrated.
- My mother – likes this plain – I add thyme / herbs de Provence to the pot and serve with chopped basil on the side that people can add as they wish.

The left overs can be folded into eggs to make an omelet; added to a risotto, polenta, or pasta to make a chunky sauce.



Word of the Month

Definition:
ad·vo·cate [ad-və-kət, -kat]
NOUN
1: one that defends or maintains a cause
2: one that supports or promotes the interests of another
Ex. NAFA advocates exclusively for fixed annuities.

What is a Mental Health Advocate?
Mental health advocates are everyday people who share their stories and struggles to breakthrough stereotypes and stigmas of mental illness.
Ways to Advocate:
Fight (and vote!) for affordable mental health treatment options in your community.
Share your story.
Offer encouragement to those that are struggling.
Share supportive resources and hotlines.
Share information that breaks down stereotypes.
Create a safe space for others to share.
BlessingManifesting

Have a funny story you would like to share anonymously (or not)? How about an idea for the Newsletter? What about a family recipe (traditional or not)? Please feel free to email them to lamontan@med.umich.edu.

