



# BFSA— The Voice

VOLUME 3 ISSUE 2

AUGUST 2013



Greetings and salutations family. I sincerely hope your summer is going/has gone well and that you have taken some time to rest, relax, do what you like and rejuvenate. For these remaining few weeks, let me encourage you to take full advantage of the time which I realize can be challenging, if like many of us, we've worked

this entire summer in some capacity or another. Short of thinking about how fast the summer came and went, I know I sometimes start to think of the start of another academic year in just a few short weeks. think about what I want to accomplish for myself this year. In that same vain, I invite you to think about what you want to accomplish for yourself this year, but also, how can BFSA help you to be successful? I know your executive committee has had several discussions on what we'd like to do for the year to help all of us be better. One of the ideas we came up with is to provide professional development opportunities that will help folk remain competitive in what has been a changing work environment. We realize as people have left the university, that positions are not automatically being filled. In most cases, staff and faculty are being asked to do more with and for less. One of the ways we believe we can make a difference in managing these challenges is through providing support via workshops, seminars and certification events that will increase our knowledge and skill sets while also providing networking opportunities that would otherwise be unavailable through your department. However, in order for us to help you, we need to know how and what it is you'd like to see. Be on the look out for an electronic survey that is intended to help identify the areas you want us to pursue activities for yours and the organization's future and betterment.

I know sometimes I may repeat myself, but I believe that through repetition, the messages and information may eventually sink in and we can begin to take better care of ourselves. As you have seen, (I'm guessing), the Ghandian quote that says, "...be the change you seek", or more commonly from the late great Michael Jackson, "...I'm starting with the man in the mirror..." Enjoy the rest of the summer and know that each of you is a blessing to our students, and to one another

**Hotep, (peace and well being)**

G. Parham

**BLACK FACULTY AND  
STAFF ASSOCIATION**

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*...Life is just a mirror,  
and what you see out  
there, you must first  
see inside of you"*

Wally "Famous" Amos

## Health and Wellness

### Struggling to Get Your Zzs: Sleep Apnea

Untreated sleep apnea can have serious and life-shortening consequences

#### What Is Sleep Apnea?

The Greek word “apnea” literally means “without breath.” Sleep apnea is an involuntary cessation of breathing that occurs while the patient is asleep. There are three types of sleep apnea: obstructive, central and mixed. Of the three, obstructive sleep apnea, often called OSA for short, is the most common. Despite the difference in the root cause of each type, in all three, people with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night and often for a minute or longer. In most cases the sleeper is unaware of these breath stoppages because they don’t trigger a full awakening.

Left untreated, sleep apnea can have serious and life-shortening consequences: high blood pressure, heart disease, stroke, automobile accidents caused by falling asleep at the wheel, diabetes, depression and other ailments.

Sleep apnea is seen more frequently among men than among women, particularly African-American and Hispanic men. A major symptom is extremely loud snoring, sometimes so loud that bed partners find it intolerable. Other indications that sleep apnea may be present are obesity, persistent daytime sleepiness, bouts of awakening out of breath during the night and frequently waking in the morning with a dry mouth or a headache. But none of these symptoms is always present. Only a sleep study in a sleep laboratory or a home [sleep study](#) can show definitively that sleep apnea is present and how severe it is.

Obstructive sleep apnea is caused by a blockage of the airway, usually when the soft tissue in the rear of the throat collapses and closes during sleep. In central sleep apnea, the airway is not blocked but the brain fails to signal the muscles to breathe. Mixed sleep apnea, as the name implies, is a combination of the two. With each apnea event, the brain rouses the sleeper, usually only partially, to signal breathing to resume. As a result, the patient’s sleep is extremely fragmented and of poor quality.

Sleep apnea is very common, as common as type 2 diabetes. It affects more than 18 million Americans, according to the National Sleep Foundation. Risk factors include being male, overweight and over the age of 40, but sleep apnea can strike anyone at any age, even children. Yet still because of the lack of awareness by the public and health care professionals, the vast majority of sleep apnea patients remain undiagnosed and therefore untreated, despite the fact that this serious disorder can have significant consequences.

Untreated, sleep apnea can cause high blood pressure and other cardiovascular disease, memory problems, weight gain, impotence and headaches. Moreover, untreated sleep apnea may be responsible for job impairment and motor vehicle crashes. Fortunately, sleep apnea can be diagnosed and treated. Several [treatment options](#) exist, and research into additional options continues.

# August 2013

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 1st Friday's with the brothers of KAY <a href="#">Hyatt Summer Concert Series</a>	3
4	5	6	7	8	9 <a href="#">Hyatt Summer Concert Series</a>	10
11	12	13	14	15	16 <a href="#">Hyatt Summer Concert Series</a>  <a href="#">BNOG Dinner and a Movie</a>	17
18	19	20	21 General Member- ship Meeting	22	23 <a href="#">Hyatt Summer Concert Series</a>	24
25	26	27	28	29	30 <a href="#">Hyatt Summer Concert Series</a>	31

## Special Events:

For additional events or specific event information please click the link of the event or visit the calendar page on our website at <http://sites.uci.edu/bfsa/calendar/>. You can also find out more about what's happening around the OC community by clicking on the link below or visit our Community resources page.

<http://www.meetup.com/Black-In-Orange-County/events/73879372/>

## Where are they now?



**HELP!** This section is a place where we can highlight, brag about, share the successes of some outstanding alumni that have graced these halls and grounds. Business folks, Dr.'s, Lawyers, Teacher's, Administrators, Entertainer's, Homemakers, and the list goes on. The challenge is, I can only account for so many. So, if you know someone who graduated from here, check with them first, but we'd like to share what's going on with them in this space. If you graduated from UCI and now work here, this qualifies you to submit information sharing with us where you are now :), (other than the obvious). For alumni that do not work here, we are proud of them and would ask *you* in your contact with them to have them send all information to [gparham@uci.edu](mailto:gparham@uci.edu).

**THANKS**

# Campus and Community Resources

## Campus

Black Faculty and Staff Association: <http://sites.uci.edu/bfsa>

[http://www.facebook.com/uci.bfsa?ref=tn\\_tnmn](http://www.facebook.com/uci.bfsa?ref=tn_tnmn)

Cross Cultural Center; <http://www.ccc.uci.edu/>

Employee Assistance: <http://www.cascadecenters.com>

Ombudsman: <http://www.ombuds.uci.edu/>

Teaching, Learning, Technology Center: <http://www.tltc.uci.edu/>

Office of Equal Opportunity and Diversity: <http://www.oeod.uci.edu/>

## Community

NAACP: <http://naacp.org>

OC Black Chamber: <http://ocblackchamber.com>

100 Black Men of Orange County: <http://www.100bmoc.com>

THE Greenlining Institute [www.greenlining.org/academy](http://www.greenlining.org/academy)

National Coalition of 100 Black Women of Orange County

<http://www.nc100bwoc.org>

Christ Our Redeemer <http://www.corchurch.org/>

Black In OC [http://www.blackinoc.com/Home\\_Page.php](http://www.blackinoc.com/Home_Page.php)

The Black Market <http://www.theblackmarket.com/index.htm>

