

BFSA— The Voice

VOLUME 4_2

SEPTEMBER 2014

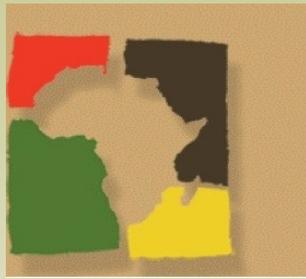
WHAT'S GOING ON?

Family, it's just about here. Just a few more weeks and we will be in the midst of a new beginning, the start of a new academic year. (It also happens to be a great month of birthdays...I'm just sayin') 😊

I appreciate each of you continuing to read the newsletter and the comments I've received about publishing it. Thank you. I sincerely believe it is a vehicle for us to stay connected and know that we really are here.

I recently attended the 30th Anniversary Awards Dinner of the Orange County Black Chamber. Our own University Advancement Office sponsored a table, and I was able to meet and greet some new faces to the family. **Gloria Crockett**, Senior Director of Development, Cancer Programs, UC Irvine Health; **Shaheen Husain**, Executive Director Corporate Relations, and Chief Strategy Officer, Centers of Excellence, at the Paul Merage School of Business and **Michelle Drame**, whom you can read more about in this month's "Spotlight". They were a pleasure to meet but surprised that we had a BFSA organization on the campus. After the initial excitement of discovery, it was decided they intend to be "actively engaged" in helping grow and sustain the family. It was a good evening indeed, and I look forward to working with them and sharing their contributions.

That said, I'll keep asking, how do you intend to spend this academic year? What is it we can do to help you become an active member of the BFSA? How can we spark the fire and get your wisdom, insight, and input on what you want to see happen around here for Black folks? I'm reminded, as we all have been, with the recent surge in deaths of African American folks around the country and the call for justice that surges through our own veins and that of the communities in which we live. I'm reminded that we cannot do anything about the past, and that it is easy to rise up in protest when these incidents happen. However, I also have to look through a lens that says that type of intervention, (waiting for something to happen before we act), has time and time again proven to be ineffective. So, what's the alternative? Great question, thanks for asking. I don't have the only answer, but it seems to me that if we become proactive community members, then we get to sit at the table when decisions are made and policies are discussed. Being city council members in our communities, or serving with Staff Assembly here on campus are just a couple of ways we can make a difference. I ask you to think about how you will spend this next year, one day at a time. There are a lot of things we do well here, but a lot of things we can get better at. We are only as good as the membership we make up. There are over 100 folks on the list serve. That's a lot of folk that can and do make a difference. Let's keep up the good work we do and get better at being all we are. There are simple ways to get started. The first way I would offer is to come to the **Fall Harvest** event upcoming on **October 3rd**. Come out and meet and greet members of the student, faculty and staff "family" that is UCI. Another way is to get involved with the **Kinship Group and Pride** programs which serves to connect student members of the community, with a faculty or staff person. These mentoring relationships can make an incredible difference in the lives of all of us. We need each other in order to be successful and, as you've heard me say, to be a visible and viable group on this campus. I hope to see many of you throughout the year. There are several new "family" members that have recently arrived, so if you know of someone, please share with them that we are here!



BLACK FACULTY AND STAFF ASSOCIATION

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"When you make a mistake, don't look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes are lessons of wisdom. The past cannot be changed. The future is in your hands."
Hugh White

Health and Wellness

Coronary Heart Disease (CHD)

What is CHD?

Like any muscle, the heart needs a constant supply of oxygen and nutrients that are carried to it by the blood in the coronary arteries. When the coronary arteries become narrowed or clogged and cannot supply enough blood to the heart, the result is CHD. If not enough oxygen-carrying blood reaches the heart, the heart may respond with a pain called angina. The pain is usually felt in the chest or sometimes in the left arm and shoulder. (However, the same inadequate blood supply may cause no symptoms, a condition called silent angina.)

When the blood supply is cut off completely, the result is a heart attack. The part of the heart that does not receive oxygen begins to die, and some of the heart muscle may be permanently damaged.

What causes CHD?

CHD is caused by a thickening of the inside walls of the coronary arteries. This thickening, called atherosclerosis, narrows the space through which blood can flow, decreasing and sometimes completely cutting off the supply of oxygen and nutrients to the heart.

Atherosclerosis usually occurs when a person has high levels of cholesterol, a fat-like substance, in the blood. Cholesterol and fat, circulating in the blood, build up on the walls of the arteries. This buildup narrows the arteries and can slow or block the flow of blood. When the level of cholesterol in the blood is high, there is a greater chance that it will be deposited onto the artery walls. This process begins in most people during childhood and the teenage years, and worsens as they get older.

In addition to high blood cholesterol, high blood pressure and smoking also contribute to CHD. On the average, each of these doubles your chance of developing heart disease. Therefore, a person who has all three risk factors is eight times more likely to develop heart disease than someone who has none. Obesity and physical inactivity are other factors that can lead to CHD. Overweight increases the likelihood of developing high blood cholesterol and high blood pressure, and physical inactivity increases the risk of heart attack. Regular exercise, good nutrition, and smoking cessation are key to controlling the risk factors for CHD.

Although major advances in therapy of CHD have occurred in recent years, few data are available on the clinical value, effectiveness and efficacy of newer therapeutic modalities in Blacks. Therapeutic approaches to CHD have been based on data obtained primarily in white male populations. Blacks, especially women are at greater CHD risk. Therapeutic algorithms focused primarily on the relief of chest pain have been refined in majority populations, but other algorithms may be more efficacious in populations with higher prevalence of hypertension, diabetes and differing clinical presentations. Although information regarding the interactions of LVL, hypertension and CHD has increased, there are few data in Blacks



SPOTLIGHT : *Michelle Drame*



Michelle Dramé has been appointed Director of Development for the School of Education at UCI following a national search.

Dramé brings nearly 14 years of experience in public and private cause fundraising to her newly appointed position. She most recently served as Executive Director of Development and Senior Major Gifts Officer at William Paterson University, where she fundraised for all Colleges and campus-wide initiatives. In addition, she led her Development Office team by implementing new strategies, procedures, and policies that resulted in nearly a 90% success rate in writing grant proposals and gifts. Under her direct supervision overall giving was increased by nearly 70% in less than three years.

Prior to that, Dramé served as the Coordinator of Alumni Relations at East Stroudsburg University in Pennsylvania, and created highly strategic plans that re-engaged alumni to campus and increased giving by 15% in a short period of time. She was later promoted to Director of Corporate, Foundation, and Community Relations and served as a Major Gifts Officer where she was key in implementing a wide-range of institutional development plans culminating in significant record-breaking and historic increases in financial support for the university. This support included assisting in securing the largest first-time multi-million dollar alumni gift, successful first-time corporation and foundation grants, and student scholarships, and leading a highly successful paid internship program for students at leading corporations, as well as securing major private philanthropic and corporate gifts during a five-year capital campaign that produced over 30 high-end donor naming opportunities and the completion of a new 124,000 square feet science and technology center.

Prior to becoming a fundraiser, Dramé spent more than 10 years in the television production industry, including nine years as Production Supervisor for “The Price is Right”, for which she won an Emmy Award. In addition, Dramé has received an Emmy Award nomination for her work on a WNBC-NY television network documentary. She enjoys spending time with her family, reading about history of any genre, and competing in 5K races to help raise scholarship funds for high school students entering college.

Dramé earned a Master’s Degree in Education with a focus in History from East Stroudsburg University, where she also taught Business Television Studio Production as an adjunct professor. She is a graduate of Montclair State University in New Jersey with a Bachelor’s Degree in English. Dramé has studied English Literature and Journalism at Wroxton College in Oxfordshire, England, where she apprenticed for the *Banbury Guardian* as a newspaper writer.

Dramé is a member of the Honor Society, the Council for the Advancement and Support of Education (CASE), and the Association of Fundraising Professionals (AFP). She is fluent in Spanish and French, and has lived and traveled in Europe and Africa

In her own words: “I am honored to be a part of Dean Deborah Vandell’s team of professionals in the School of Education. I understand the value of getting a good education and the need for continuous funding streams that support the needs of all aspiring students and faculty. My goal is to connect with those who have the inclination and capacity to support the University’s mission, strategic goals, and programs, to help continue to provide a high quality education to our students and offer ways for faculty to further conduct cutting-edge research that affects transformational change. Supporting these university initiatives will no doubt have far-reaching positive implications on the future of our society and global community”.

September 2014

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4	5 <i><u>Hyatt Summer Series</u></i>	6 <i><u>BB Jazz Festival</u></i>
7 <i><u>BB Jazz Festival</u></i>	8	9	10	11	12 <i><u>Hyatt Summer Series</u></i>	13
14	15	16	17 <i>BFSA General Mem- bership Mtg. 12pm</i>	18	19 <i><u>Hyatt Summer Series</u></i>	20
21	22	23	24	25	26 <i><u>Hyatt Summer Series</u></i>	27
28	29	30				

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 links below or visit our Community resources page.

<http://www.100bmoc.org/events/>

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

Campus and Community Resources

Campus

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

http://www.facebook.com/uci.bfsa?ref=tn_tnmn

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

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

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

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

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

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

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

Educational Opportunities - <http://www.MastersDegreeOnline.org/Scholarships/>

