

Health

.....Care



Dr. Christy Richardson

Dr. Christy Richardson is an endocrinologist in Bridgeton, Missouri and is affiliated with multiple hospitals in the area, including SSM DePaul Health Center and SSM St. Joseph Health Center. She received her medical degree from University of Missouri-Columbia School of Medicine and has been in practice for more than 20 years. Dr. Richardson accepts several types of health insurance. She is one of 5 doctors at SSM DePaul Health Center and one of 5 at SSM St. Joseph Health Center who specialize in Endocrinology, Diabetes & Metabolism.

Health Care - Two freighted words that, when combined into the current reality of healthcare, bear little to no resemblance to the words themselves. "The field concerned with the maintenance or restoration of the health of the body or mind" seldom maintains or restores "Health". The CDC predicts that the number of new diabetes cases each year will increase to 15 per 1,000 by 2050. The statistics for African-Americans are worse, with 18.7% of all African-Americans, 20 years of age or older, having diagnosed or undiagnosed diabetes, compared to 7.1% of non-Hispanic white Americans.

The expectation of **"Care"**, as we understand it, is often thwarted when "you don't see people like me" providing that care, says Dr. Christy Richardson, an Endocrinologist specializing in endocrinology, diabetes, metabolism and internal medicine, and Vice Chair of board directors for CWAH. But this brilliant, award-winning physician has restored my hope in

the possibility of change from the profit-driven, medical-industrial complex of today into one of real **"Health-Caring"**.

From the age of six, Dr. Richardson found it difficult to make sense of why or how illness affected the innocent, when she observed a young neighbor who was unable to move around due to physical limitation. Fast forward to high school, where she was given a required physical for sports participation, when she returned to that physician to get a signature on the form, she was charged, yet again. "It was as though they didn't care and were taking advantage of me," she said. "I noticed that the people providing the care didn't look like me."

At 13, while her father was in the military, she was diagnosed with fibrocystic breasts by a young, military physician, and given no understanding of cause, treatment, or care from a person who – once again -- didn't look like her. The career seed was firmly planted.

With a high aptitude in math and science, Dr. Richardson was encouraged

to pursue a career in medicine, but "I wasn't sure how to do it," she says. After considering a path in research, she eventually decided to pursue an M.D., and chose Endocrinology as a specialty. "It's the study of how hormones affect and govern the body's ability to function, and it helps in determining when those things are out of line and how to correct them."

"African-Americans are genetically different," she says. "From ancestry, there's a high incidence of hypertension. Stress in our communities is higher, so even when the socio-economic bridge is crossed, the stress level remains high."

"Racism is alive and well in Missouri and the entire U.S. Our biggest issues are lack of engagement and lack of appropriate access to healthy foods and education. We have plenty of liquor stores in our neighborhoods, but few, affordable places to purchase healthy foods."

Cont.-d pg2



Community Women Against Hardship



The 'establishment' allows those things to exist."

The education piece is what led to Dr. Richardson's initial involvement with CWAH, where she conducted a seminar on maintaining a healthy lifestyle. "Often, we have no awareness of needing exams or even knowing what we need to know. Bridging that gap is a challenge," she says.

Dr. Richardson advises 1) Try to improve your diet. Eat as healthy as you can. 2) Increase your amount of exercise. Keep moving and don't give up. If you sit all day, you're going to lose it. 3) Recognize and

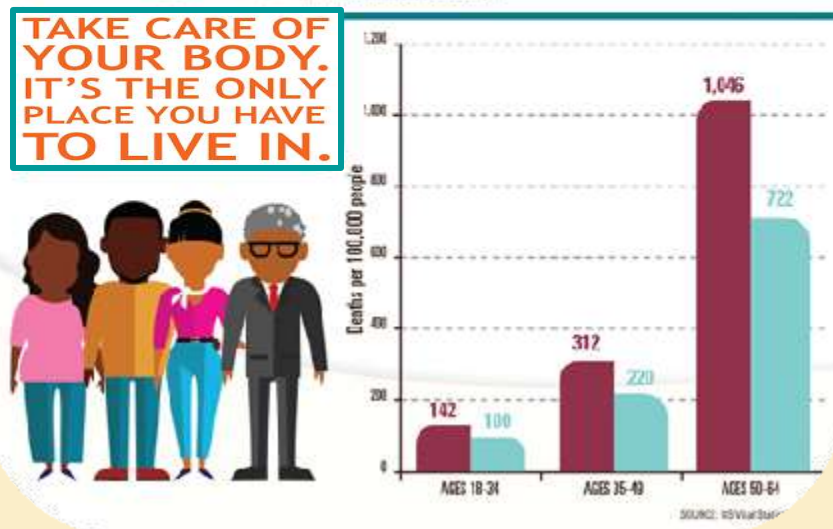
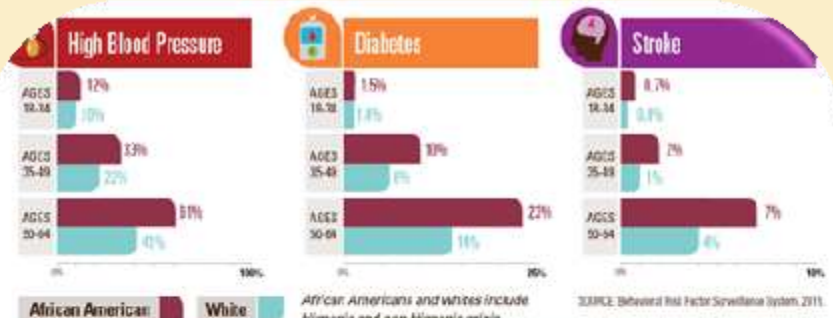
try to manage the stress in your life. It's central to your well-being. 4) Be your own advocate. Ask questions and get a clear understanding of the issues with your medical provider.

If it were possible, I'd improve America's healthcare situation in one fell swoop by cloning Dr. Richardson. And while I'd make enough iteration to insure top-level medical care for all, I'd selfishly send the original – or at least the first copy – down here to Nashville and become her first patient. Dr. Richardson, my hat is off to you as an

example of what real **Health...Care** should and can be!

Dr. Christy Richardson completed her undergraduate degree at UMKC, her medical degree at the University of Missouri in Columbia, and her training and her fellowship at Emory University in Atlanta. She has over 20 years of experience in Endocrinology.

By: Gwen Swan



The Silhouette Self- Portrait Project

CWAH young artist created a representation of identity in terms of their self-image through a silhouette portrait that incorporated elements of personal identity. The young artist were actively involved in selecting the media, techniques, subject matter and process for creating expressive artworks, to describe and critique their own work creations and the creation of others. The young artist demonstrated behavior appropriate for observing the particular context and style of the artwork being viewed while discussing their opinions with peers in a supportive and constructive way.

Silhouette self-portraits exploring the question, "Who Am I" was the theme throughout the process. They first learned what a self-portrait is, as well as what's silhouette?

Students learned how to capture silhouettes using a Digital Single Lens Reflex Camera (DSLR). By seeing how to use angle and light, leverage setting using the DSLR camera and editing the image.

Art instructor Lois Ingrum demonstrated shooting techniques for several kinds of silhouette scenarios from people to table top items. She helped the young artist explore the lighting

conditions that work best for silhouettes, and revealed several examples.

The final part of the project was to have the young artist to express themselves using the word of their choosing. The words would create their own narrative to describe themselves. This form involves arts-based activities that authentically address the interest of students, their culture, and their community.

Working with self-portraits allows students to reflect on who they are and what is important to them as individuals.



Ready To Work To Make That Move?

- Reduce your rent, repair your credit, and save for the purchase of your own home
- CWAH's Two Year Transitional Housing Program can help you do just that
- One unit available - Lower Level \$350/month (2 bedrooms)



Do you qualify?

*****Low To Moderate Income Families*****

- Must have been working at least two years, same job (will verify)
- Credit score of at least 600 (will verify/can be flexible)
- Must attend Financial Fitness Classes and Home Ownership Workshops to improve your credit
- Should be at least 2 years since you have been through a foreclosure, or filed Chapter 7 or 13

If you meet ALL of these requirements, please call CWAH for an application or download the application at www.cwah.org and mail to:

CWAH , Transitional Housing
3963 West Belle PL
St. Louis, MO 63108

14th Annual Walk Athon & Health Fair

A GREAT DAY FOR A
WALK IN THE PARK
FITNESS & FUN

SATURDAY

MAY 19, 2018

TOWER GROVE PARK



2018 Walk Committee: Front Row; Cynthia Clay, Joan Montague, Dr. Christy Richardson, Gloria Taylor, Back Row, Mavis Merritt, Tracy Baker, Dr. Pamela Jackson, Deborah Phelps, Robin Boyce, Kelly Ward

CWAH Vision

To be a respected national model for helping families become self sufficient

Helping children achieve success begins with helping parents become successful. Community Women Against Hardship's Parent Opportunity Program helps low to moderate income families gain success in the most important ways that support children: achieving economic and personal stability, improving their standard of living, and becoming better parents and strong, stable community members.

Participants identify, set and ultimately meet goals through engaging in our educational and developmental classes which focus on interpersonal and family relationships, education, job readiness, entrepreneurship, personal fitness and nutrition, and mental health. Our approach - focusing on quality and not quantity - ensures greater success and results in improved self-efficacy, parenting skills, community involvement and initiative in the lives of women and men, who then positively impact families and the larger community.



Click below for registration form

[..\2018 - Walk\2018 Walk Brochure.pdf](#)

Community Women Against Hardship	
Donation Card	
Name:	
Address:	
City, State, Zip	
Contact Phone #	
Email Address	
PLEASE USE MY DONATION FOR THE FOLLOWING:	
GENERAL DONATIONS (All Programs & Services)	\$ _____
YOUTH ENRICHMENT PROGRAMS: (Music, Fine Arts, Youth Entrepreneurship Classes)	\$ _____
Walk Registration: T- Shirt Size S M L XL XXL	\$ _____
PLEASE REMOVE MY NAME FROM YOUR MAILING LIST ()	