

presents...



The B.E.E.T Newsletter

July 2025/ Vol 7

**NATIONAL
MINORITY
MENTAL
HEALTH
AWARENESS
MONTH**



*Minority Mental
Health Matters*



Did you know that Nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year? Mental health stigma is a negative or discriminatory attitude someone holds about mental health. It can keep us suffering in silence, so we need to talk about it. Talking about mental health in communities of color means uplifting cultural strengths, honoring healing traditions, and recognizing how resilience is shaped by lived experiences. There are 3 important ways you can show up for Minority Health Awareness Month:

- ◆ Take care of yourself.
- ◆ Take care of your community.
- ◆ Advocate for change.

IT IS OKAY NOT TO BE OKAY.... ASK FOR HELP

Crisis and Immediate Support Resources

- 988 Suicide & Crisis Lifeline provides 24/7, free, and confidential support for people in distress. They also offer prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. Phone: 988 (Spanish and English help available) TTY users: 1-800-799-4889 Website: 988lifeline.org Chat: 988lifeline.org/chat.
- Crisis Crisis Text Line is a free 24/7 text-enabled support program that provides crisis-related assistance. Text: HELLO to 741741 for English or AYUDA to 741741 for Spanish. Website: crisistextline.org.
- Blackline is a community resource to promote social justice in crisis interventions for BIPOC communities. This resource also provides people with an avenue to report harmful, physical, and inappropriate contact with police and vigilantes. Phone: 1-800-604-5841 Website: callblackline.com.



INTERESTING EYE FACTS

Of all the muscles in your body, the eye muscles are the fastest and most active.

The Eye can see over 10 million colors.

The eye sends images to the brain that are backwards and upside down.

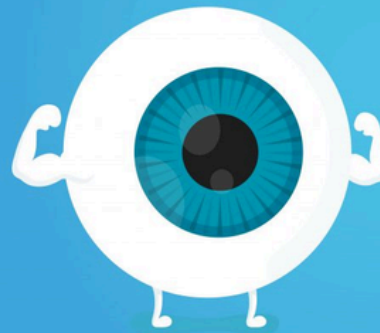
Each of your eye lashes last 5 months, then fall out. You blink over 15,000 times a day.

You have over 107 million cells in the eye that are sensitive to light.

The EYES have it!

You've heard that the eyes are the window to the soul—but did you know they're also a window to your health? When you make healthy lifestyle choices, like eating a balanced diet and staying physically active, you are also protecting your vision. In fact, there are several health conditions, like diabetes or high blood pressure, that can increase your risk of some eye diseases. Making healthy choices for your overall health can protect your eye health, too.

8 TIPS FOR EYE HEALTH



Foods that Support Healthy Vision

🥬 Vegetables

- Carrots – rich in beta-carotene (converts to vitamin A)
- Spinach, kale, collard greens – high in lutein and zeaxanthin (protect against cataracts and macular degeneration)
- Sweet potatoes – excellent source of beta-carotene
- Broccoli – provides lutein, zeaxanthin, and vitamin C
- Red bell peppers – among the best sources of vitamin C

🍊 Fruits

- Oranges, grapefruits, lemons – high in vitamin C
- Blueberries, blackberries, grapes – rich in antioxidants (anthocyanins) that support retina health
- Papayas, mangoes – good sources of vitamin A and C
- Avocados – contain lutein, zeaxanthin, and healthy fats

🐟 Protein-Rich Foods

- Salmon, sardines, mackerel, tuna – high in omega-3 fatty acids (support retina and reduce dry eye)
- Eggs – especially the yolk, which contains lutein, zeaxanthin, zinc, and vitamin A
- Nuts and seeds – like almonds, sunflower seeds, and chia seeds (rich in vitamin E and omega-3s)
- Liver – extremely high in vitamin A (but consume in moderation)

🌾 Whole Grains & Legumes

- Quinoa, brown rice, oats – lower glycemic index, better for long-term eye health
- Lentils, kidney beans, black-eyed peas – provide zinc and bioflavonoids

FIBROID AWARENESS EDUCATION



Fibroids Awareness: Prioritizing Women's Health

Uterine fibroids are non-cancerous tumors that develop in or around the uterus and affect an estimated 70–80% of women by the age of 50. Despite their prevalence, fibroids are often underdiagnosed or misunderstood, especially in communities with limited access to gynecological care. As a healthcare organization, raising awareness about fibroids is essential—not only to support our patients, but also to ensure that our staff is informed and prepared to recognize the signs and symptoms early.

Fibroids can range in size and number, and while some women experience no symptoms, others suffer from heavy menstrual bleeding, pelvic pain, frequent urination, and reproductive complications. These symptoms can significantly impact a woman's quality of life, yet many delay seeking care due to stigma or lack of awareness. Early detection and patient education are key to managing fibroids effectively and preventing long-term complications. Fibroids are typically diagnosed through pelvic exams, ultrasounds, or MRIs. Treatment varies and can include:

- Medication (hormonal therapy, pain relief)
- Non-invasive procedures (e.g., MRI-guided focused ultrasound)
- Minimally invasive surgery (e.g., laparoscopic myomectomy)
- Hysterectomy (in severe cases)

BCHN is committed to promoting women's health through comprehensive care, education, and support services. We encourage all employees and healthcare professionals to familiarize themselves with fibroid-related conditions and to engage patients in open, compassionate conversations. Creating a supportive environment where patients feel empowered to speak up about menstrual health is critical in improving outcomes.

Fibroids Awareness is not just a campaign—it's a call to action. Whether you are a provider, support staff, or patient, staying informed can make a meaningful difference. Let's work together to ensure every woman has access to the knowledge and care she needs to live a healthy, empowered life.

Who is Affected?

Did you know fibroids can affect any woman, but they are most commonly diagnosed in women aged 30 to 50? African-American women are more likely to develop fibroids, tend to experience them at a younger age, and often have more severe symptoms.



CAUSES AND RISK FACTORS:

- Hormonal imbalances (especially estrogen and progesterone)
- Family history of fibroids
- Obesity
- Diet and lifestyle factors



Breaking the Silence

You are not alone. Fibroids can have a profound impact on a woman's daily life, mental health, relationships, and fertility. Creating space for open conversations, encouraging regular medical checkups, and advocating for access to care are key parts of fibroid awareness.



RECIPES



🌮 Quick & Healthy Taco Soup

Ingredients (Serves ~6):

- 1½ lb ground beef (or turkey)
- 1 medium onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 2 cups crushed tomatoes (or diced)
- 1 can black beans, drained & rinsed
- 1 can kidney beans, drained & rinsed
- 1 can corn, drained
- 4 cups beef (or chicken/vegetable) broth
- 2-3 tbsp taco seasoning
- Olive oil, salt & pepper to taste

Optional toppings: avocado, shredded cheese, sour cream, chopped cilantro

Directions:

1. Sauté onion and bell pepper in olive oil over medium heat until soft.
2. Add garlic and ground meat; cook until browned. Season with salt, pepper, and taco seasoning.
3. Pour in crushed tomatoes (or diced), beans, corn, and broth.
4. Simmer for ~15 minutes, stirring occasionally until flavors meld.
5. Serve with your favorite toppings.

Source: <https://downshiftology.com/recipes/taco-soup/>

Nutrition (per serving=1 bowl):
 Calories: 476 kcal
 Carbohydrates: 58 g
 Protein: 36 g
 Total Fat: 11 g
 Saturated Fat: 4 g
 Polyunsaturated: 1 g
 Monounsaturated: 4 g
 Trans Fat: 1 g
 Cholesterol: 59 mg
 Sodium: 448 mg
 Potassium: 1,285 mg
 Fiber: 16 g
 Sugar: 5 g
 Vitamin A: 260 IU
 Vitamin C: 34 mg
 Calcium: 96 mg
 Iron: 8 mg

🍉 Sliced Watermelon with Himalayan Salt

Ingredients (Serves 8-10):

- 1 ripe watermelon
- Himalayan pink salt (just a pinch)

Directions:

1. Slice the watermelon into wedges or cubes.
2. Lightly sprinkle with Himalayan pink salt.
3. Serve chilled and enjoy the sweet-salty contrast!

💡 Himalayan salt adds a subtle mineral kick that enhances the natural flavor of watermelon.

Nutrition (per 1 cup serving)
 Calories: 46 kcal
 Carbohydrates: 11.5 g
 Sugars: 9.4 g
 Protein: 0.9 g
 Fat: 0.2 g
 Sodium: ~370 mg
 Potassium: ~170 mg
 Vitamin C: ~12 mg
 Vitamin A: ~865 IU

🍉 Cucumber Mint Lemonade

Ingredients (makes 2 servings):

- 1 cup cold water
- ½ cucumber, sliced
- Juice of 1 lemon
- 4-5 fresh mint leaves
- 1 tsp honey or agave (optional)

Directions:

1. Muddle cucumber and mint in a glass or shaker.
2. Add lemon juice, water, and sweetener.
3. Stir or shake well.
4. Serve over ice.

Nutrition (per 8 oz.)
 Calories: 18 kcal
 Carbohydrates: 5 g
 Sugars: 4 g (from lemon + optional honey)
 Fiber: 0.3 g
 Protein: 0.2 g
 Fat: 0 g
 Vitamin C: ~19 mg
 Sodium: 2 mg
 Potassium: 90 mg



🍷 Mediterranean Flatbread

Ingredients (Serves 4):

- 2 pre-made flatbreads
- ¼ cup extra-virgin olive oil
- 3 garlic cloves, finely chopped
- 2 cups cherry tomatoes, halved
- ½ cup Kalamata olives, sliced
- ½ red onion, thinly sliced
- ⅓ cup sliced pepperoncini
- 3 Tbsp crumbled feta cheese (or more to taste)
- Fresh oregano, chopped (optional garnish)

Directions

1. Preheat oven to 425 °F (220 °C).
2. Mix olive oil and garlic; brush over flatbreads.
3. In a bowl, toss tomatoes, olives, onion, pepperoncini with remaining garlic-oil.
4. Spoon mixture evenly over flatbreads, sprinkle on feta.
5. Bake on a sheet pan until edges turn golden, about 12-15 minutes.
6. Garnish with chopped oregano if desired and serve warm.

Source: <https://www.allrecipes.com/mediterranean-flatbread-recipe-11730877>

Nutrition (per serving=½ flatbread):
 Calories: 373 kcal
 Total Fat: 20 g (Saturated Fat: 4 g)
 Carbohydrates: 42 g (Dietary Fiber: 3 g, Sugars: 4 g)
 Protein: 8 g
 Cholesterol: 6 mg
 Sodium: 646 mg
 Vitamin C: 19 mg
 Calcium: 117 mg
 Iron: 3 mg
 Potassium: 308 mg

🥗 Eyesight Salad

Ingredients (makes 2 servings)

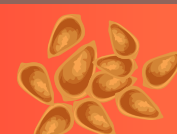
- 3 medium carrots, peeled and grated
- 3-4 kale leaves, washed and thinly sliced
- 1 cup chopped parsley
- 2 fresh turmeric roots, finely grated
- Juice of ½ lemon
- 2-3 Tbsp kimchi juice
- 1 Tbsp pumpkin seeds
- 1 Tbsp flaxseeds
- ¼ cup avocado (or olive) oil
- Handful of cashews or walnuts (optional)
- Salt and pepper, to taste

Directions

1. Grate the carrots and place in a bowl.
2. Mix in the chopped parsley.
3. Add the sliced kale.
4. Grate in the turmeric.
5. Stir in pumpkin seeds and flaxseeds.
6. Optionally add cashews or walnuts.
7. Drizzle with oil and kimchi juice.
8. Squeeze in lemon juice.
9. Season with salt and pepper.
10. Toss well until everything's coated.
11. Serve immediately or chill (keeps for up to 2 days)

Source: <https://tanjalindernnutrition.com/the-eyesight-salad/>

Nutrition (per 1 1/2 cup serving)
 Calories: 255 kcal
 Carbohydrates: 16.0 g
 Sugars: 6.2 g
 Fiber: 4.5 g
 Protein: 6.1 g
 Total Fat: 19.0 g
 Saturated Fat: 2.0 g
 Omega-3 (ALA): 1.5 g
 Vitamin A: 9,200 IU
 Vitamin C: 45 mg
 Iron: 2.1 mg
 Zinc: 1.4 mg
 Sodium: 250 mg (approx.)



Writing for Wellness



Scan the QR code for
the July playlist!



Write about a moment when your vision sharpened — not just your eyesight, but your inner clarity.

- Where were you?
- What suddenly came into focus?
- What did you finally see — in yourself, in someone else, or in the world?
- How did that moment change the direction you were heading?



Let the memory blur and sharpen again. Let it guide you to what you need to see now.



JULY BIRTHDAYS

Melba Donadelle July 11th
Donnette Junior July 21st
Christine Jackson July 26th
Tritobia Dadson July 28th



BRONX EVENTS & ACTIVITIES

Boogie Down Grind – Open Mic Wednesdays

Date: Wednesday, July 30, 6:00 PM – 10:00 PM

Location: 868 Hunts Point Ave, Bronx

Details: Local open mic night with spoken word, music, and coffee.

Info: <https://boogiedowngrind.com/events>

Bronx Summer Concert Series

Date: Every Sunday through August 31, 12:00 PM – 5:00 PM

Location: Various Bronx parks (e.g., Orchard Beach, Fordham Plaza, Bronx Park East)

Details: Free outdoor concerts hosted by the Bronx Borough President and Bronx Tourism Council.

Info: <https://bronxboropres.nyc.gov/event/bronx-summer-concert-series-2/>

Saturdays on the Sound – Soundview Park

Date: Saturday, July 26, 10:00 AM – 1:00 PM

Location: Soundview Park, Bronx

Details: Volunteer event for ecological restoration and park care.

Info: <https://www.bronxisblooming.org/upcoming-events>

Family Time: Art-Making at the Bronx Museum

Date: Saturday, July 26, 1:00 PM – 3:00 PM

Location: Bronx Museum of the Arts

Details: Free drop-in art activities for families and children.

Info: <https://bronxmuseum.org/events/>

Federal Holidays in July

Independence Day

July 4th

Independence Day marks the adoption of the Declaration of Independence in 1776, when the 13 American colonies declared their freedom from British rule.



LIFESTYLE

Not all pain is visible.

Not all vision loss is sudden.

Not all stress looks loud.

The body keeps score.
Stay tuned.



B.E.E.T members

Tritobia Dadson
Paulette Spencer
Pedro Gonzalez
Winsome Ramsey
Margery Hannah
Neville Jemmott
Tarika James, M.D.