



Carisk Kaleidoscope

August 18, 2025 | V05 . Q03

5TH ANNIVERSARY

DIVERSITY COUNCIL MISSION STATEMENT

There are over 330 million people in the United States of America and everyone is diverse in their own way. At Carisk, we celebrate everyone's uniqueness.

Carisk Partners will be leaders by continuing to embrace the differences of its team members to expand its competitive edge; while promoting a diverse and inclusive environment through our commitment to education both internally and externally. We will leverage our unique capacity as change agents to strengthen our relationships with our Carisk team members, and with the communities and business partners we all serve.

Carisk Partners is proud of the diversity of its company's members, irrespective of genetic information, race, color, religion, age, sex, range of abilities, gender identity and expression, sexual orientation, marital status, national origin, or veteran's status.

We will strive to do well by doing good.



"I have always loved meeting new people from different backgrounds. It was always intriguing to me to hear someone else's "story". It is my strong belief that people and organizations make better decisions when they have diversity of thoughts. Each of us bring our life experiences into all we do. Everyone's life experiences generally created a perspective, whether consciously or unconsciously. Having a diverse workplace only strengthens the paths we choose to take."

—Joseph Berardo, Jr., Executive Chairman



ACKNOWLEDGMENTS

Welcome to our 5th anniversary edition. It seems like yesterday when we started this initiative. Nine of us, meeting remotely from four different states, and two time zones; during an unprecedented and challenging time. Our journey during the last five years has been exceptionally revealing, and educational.

The Council wishes the Carisk Family and their loved ones a fun filled summer. We are welcoming one new Council member, Alisha Gandhi.

Bob, presented Mount Postmore.

Diane facilitated, From the Desk of Joseph Berardo, Jr. Furthermore, she presented, Fueled by Family, Have You Heard? It's Universal, Older Americans Month, Post It, Words We Live By, and contributed towards our Resource Page.

Sunita, provided Health Alert.

It's been a pleasure having Bryn, Caroline, Charlie, and Faith, join us this summer. We wish them the best in all of their future endeavors.

Thank you CK planning committee (Ali, Bob, Diane, Lori H. & Sunita), and all Council members for your collaborations which include our serious conversations, light hearted banter, and participation in our Council meetings. See you in the fall.

Anabel

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I AM DIVERSITY, PLEASE INCLUDE ME

I'm present everywhere you go. We are each unique, and together we are magnificent. Without Diversity, life would be very boring. Depending on your lens I'm friend or foe. I'm a force to be reckoned with. Like the winds of change, I move quickly, and may catch you by surprise if you look the other way.

I'm present when two or more are together, If embraced, I can make what's good even better. I'm not limited to age, gender, religion, orientation, ethnicity or race. Oftentimes I'm invisible, and yet I'm everywhere. Don't exclude me due to a lack of knowledge. Welcome me like the recruit fresh out of college. Let me take my seat at the table, although I may be differently able.

My experience, my passion the authentic me can help add value for your company. Learn about me; improve my underrepresentation, I provide a competitive edge to your entire nation. I don't exclude anyone. I am strengthened by all. My name is Diversity and yes, I stand extremely tall. Acknowledge me, and keep me in the mix; together there's no challenge that we can't fix

I am your best hope towards true innovation, and to many, I reflect hope and inspiration. Your lives and companies will continue to change, the need for Diversity and Inclusion will also remain. Do all that you can to truly embrace me, and experience life's fullness totally. I'm the thought simmering behind the unfamiliar face, I'm the resourcefulness that helps your team win the chase.

I'm the solution that came from the eccentric question that was asked. I stand out in the crowd when I, Diversity, am allowed to be unmasked. I'm Diversity embrace me, and we'll journey far. I'm Diversity include me, and we will reach the shining star. Coupled with Inclusion our lights burn longer. Together we are smarter, better, and stronger. I am Diversity. Yes, that's me.



Charles Bennafield with Modifications from Anabel Rawlins 

MEMBERS OF THE DIVERSITY COUNCIL



LEADER OF THE DIVERSITY COUNCIL

Anabel Rawlins, FOUNDER

Provider Relations Specialist
Miami, FL

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."

– Maya Angelou



Jen Andrews

Executive Assistant
Remote

"The beauty of the world lies in the diversity of its people."

– Unknown



Nubia Aparicio

Human Resources Executive Administrator
Remote

"Diversity is being invited to the party. Inclusion is being asked to dance." – Verna Myers



Sally Balioni, FOUNDER

Senior Vice President of Sales, Amplified Intelligence
Wall, NJ

"You cannot change what you are, only what you do."



Natasha Charleston

Director of Behavioral Health Services
Miami, FL

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

– The Reverend Dr. Martin Luther King Jr.



Emillie De Castro

Executive Assistant
Miami, FL

"Diversity is not about how we differ. Diversity is about embracing one another's uniqueness." – Ola Joseph



Brian DeNichilo

Junior Data Scientist
Florham Park, NJ

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

– Nelson Mandela



Shannon Ehrola

Director, Brand Creative
Wall, NJ

"The beauty of the world lies in the diversity of its people."

– Unknown



Alisha Gandhi

Vice President, People and Culture
Miami, FL

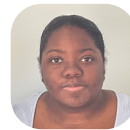
"We are all more effective, productive and innovative when we honor and value our own uniqueness while at the same time valuing and respecting the differences of others." – Leonora Billings-Harris



Peter Halas

Director of Operations
Wall, NJ

Diversity and inclusion were issues I never focused on because they were part of my every day life through sports and interactions with people of every race/ religion/creed etc. Now, as the proud parent of a daughter with Down Syndrome diversity and inclusion are at the fore of everything we do trying to find places for everyone to be accepted and valued as they are.



Nikia Harris

Arbitration Coordinator
Florham Park, NJ

"Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love." – Martin Luther King Jr.



Lori Height, FOUNDER

Senior Executive Assistant, Sales and Finance
Wall, NJ

Promoting a community of acceptance and belonging



Anne Lepre

Sales Executive
Wall, NJ

"In diversity there is beauty and there is strength" – Maya Angelou



Sunita Mathur, FOUNDER

Claim File Coordinator
Florham Park, NJ

"Our ability to reach unity in diversity will be the beauty and the test of our civilization." – Mahatma Gandhi



Diane Nicolo, FOUNDER

Vice President of Administration
Remote

"Every person is a new door to a different world"



Robert Post, FOUNDER

Senior Advisor
Florham Park, NJ

"We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams."

– Jimmy Carter



Michael Rydman, FOUNDER

Senior Vice President, Sales
Benicia, California

"All men are created equal" – Thomas Jefferson, 1776



Allen Spokane, FOUNDER

Chief Technology Officer/Chief Information Security Officer
Florham Park, NJ

"Nobody Wins Unless Everybody Wins" – Bruce Springsteen



Lori Terraciano

Staff Accountant
Florham Park, NJ

"We all live with the objective of being happy; our lives are all different and yet the same." – Anne Frank



David Vittoria, FOUNDER

Chief Behavioral Health Officer
Miami, FL

"Our diversity is the one thing we all have in common."



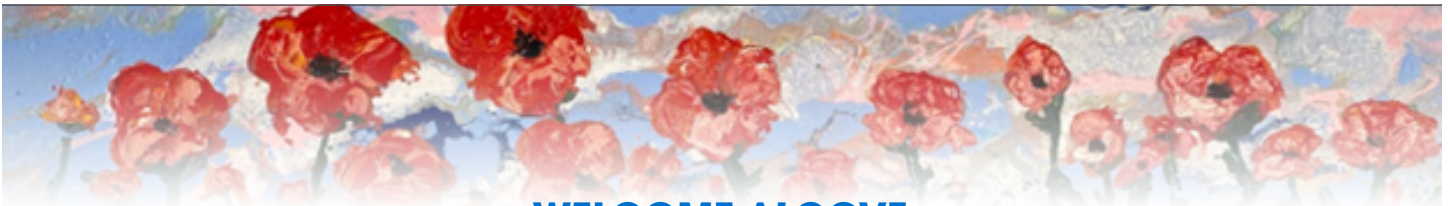
FROM THE DESK OF JOSEPH BERARDO, JR., EXECUTIVE CHAIRMAN

As we mark the 5th anniversary of the Carisk Diversity Council, I want to extend my heartfelt congratulations and gratitude to every member who has contributed to its mission and success. Your thoughtful and intentional approach to celebrating the rich diversity of our workforce—while respectfully steering clear of politics—has set a powerful and inclusive tone throughout our organization. You’ve created space for meaningful conversations, authentic storytelling, and shared understanding, and that’s something truly special.

What makes your efforts even more impressive is the way they reflect the very fabric of Carisk: a company made stronger by the unique backgrounds, experiences, and perspectives of our people. The broad participation we’ve seen across all departments and at every level of the organization is a testament to the Council’s impact. It’s clear that this is not just a leadership initiative—it’s a company-wide movement that everyone feels part of, and that speaks volumes about our culture.

At Carisk, we pride ourselves on being a true meritocracy—where achievement is recognized regardless of background, identity, or personal beliefs. The work of the Diversity Council has reinforced this principle, showing how a commitment to inclusion and unbiased excellence can go hand in hand. You’ve proven that celebrating what makes us different can unify us around what we all value: fairness, opportunity, and shared success.

Congratulations again, and thank you for all you do to make Carisk better every day. 🌐



WELCOME ALCOVE

We welcome our eighteen new team members who joined us in Q2, 2025, and wish each of you a successful journey.

- **Elaine Adkins**, Medical Scheduling Coordinator
- **Soralyz Alvarado**, WC Care Coordinator
- **Audreyauna Ankeny**, Dental Care Coordinator
- **Talianna Bell**, Sales Executive
- **Lisa Burris**, Care Coordinator
- **Veda Calhoun**, Collections Associate I
- **Brian Dahmer**, Clinical PR Liaison
- **Alisha Gandhi**, Vice President-People and Culture
- **Debra Glazier**, Staffing Associate/Staffing Coordinator
- **Stephanie Humphrey**, Care Coordinator Assistant
- **Karen Hurst**, Dental Care Coordinator
- **Susan Knipper**, Sales Director
- **Lydia Martin**, WC Care Coordinator
- **Tanya Palmer**, Clinical Quality Nurse
- **Jennifer Perez**, Billing Specialist
- **Antoinette Peterson**, Executive Assistant
- **Melissa Romero**, WC Care Coordinator
- **Carrie Yandle**, WC Care Coordinator

Congratulations, Elaine, Soralyz, Audreyauna, Talianna, Lisa, Veda, Brian, Alisha, Debra, Stephanie, Karen, Susan, Lydia, Tanya, Jennifer, Antoinette, Melissa, and Carrie, once again, WELCOME ABOARD from the entire Carisk Team. 🌐



THE TALK

Featuring topics on Diversity, Equality and Inclusion which trigger thought and conversation

The Digital Divide: What It Is, and What's Being Done to Close It

Investopedia

By Kiara Taylor | 10 min read | Updated January 29, 2025

Reviewed by Erika Rasure

What Is the Digital Divide?

The digital divide is the gap created by unequal access to modern telecommunications technology among different [demographic groups](#) and regions. This can include inequalities in access to computers, [smartphones](#), and the internet.

When the term “digital divide” was first used in the late 20th century, it described the gap between those with cellphone access and those without it. The term has since expanded to include the technical and financial ability to use available technology and access the internet. However, the meaning of the “digital divide” is constantly shifting with the development of technology.



Investopedia / Jiaqi Zhou

Understanding the Digital Divide

The digital divide describes the gap between people who have access to affordable, reliable internet service (and the skills and devices necessary to take advantage of that access) and those who lack it.

This is an issue within many countries, with rural populations much more likely to be cut off from digital technologies than city residents are. The divide also exists between men and women: In 2024, 70% of the global male population was using the internet, compared with 65% of the female population, a gap that has been narrowing over the past decade.

Beyond the gaps between developed and developing countries, rural and urban populations, and men and women, there are other types of digital divides:

- **The Access Divide:** This is the most visible digital divide. It refers to the socioeconomic differences among people and the impact on their ability to afford the devices necessary to get online. In developing countries, many people have limited access to technology and/or the internet and do not have the skills necessary to use it effectively.
- **The Use Divide:** This refers to the difference in the level of skills possessed by individuals. There is a [generation gap](#) when it comes to the skills necessary to use the internet. It is also affected by the quality of education that an individual receives. Younger, educated people tend to have more skills than older, less educated people.
- **The Quality-of-Use Gap:** This measure refers to the different ways that people use the internet and the fact that some people are far more able to get the information they need from it than others.

These gaps in connectivity and skills reflect existing differences in wealth and access to education, as well as gender discrimination. The digital divide also exacerbates these same differences by barring many people from the information necessary to break out of their current living situation.

Meanings of Digital Divide

The original “digital divide” was the gap created by unequal access to cell phones. Since then, the term has been adapted to other aspects of communications technology. There are also digital divides in:

- Inequalities in internet access for socioeconomic reasons
- Geographical differences in internet speed and access
- Unequal access to 4G/5G networks for mobile internet
- Unequal access to computers/mobile devices
- Gaps in digital literacy, due to generational and/or educational gaps

However, those statistics hide a great deal of variation within countries and regions. Large countries with ocean borders tend to have much better internet access, even when they are underdeveloped in other areas. This is why the International Telecommunication Union (ITU), the United Nations agency for information and communication technologies, started to provide statistics on landlocked developing countries and small island developing states based on aggregate statistics in the developing world.

Similarly, there are major disparities in internet access even within highly developed countries. Many rural Americans are still without adequate internet access, and still more lack the skills to take full advantage of the access they do have. According to recent studies, people living in urban areas globally have roughly twice the level of internet access in their homes compared with those who live in rural areas.

Some analysts fear that, instead of narrowing, the digital divide is getting wider. In addition, some business practices appear to be widening the gap even within developed nations: The ongoing debates about [net neutrality](#) and [versioning](#) can be seen as issues about equitable access to the digital world.

Consequences of the Digital Divide

Access to the internet used to be seen as a luxury, and disparities in digital access were seen in largely the same terms. However, there is now widespread consensus that technological discrimination is a form of social exclusion because it deprives certain citizens of essential resources for wealth development.

This is most visible when one looks at the balance of the world economy and particularly at the rapid growth in the number of jobs that require digital access and skills. In the U.S., for instance, nearly half of all jobs in STEM (science, technology, engineering, and math) are in computing. Lack of access to learning these skills is a barrier to these jobs and the income that comes with them.

You don’t have to aspire to a career in tech to be affected by the digital divide. The impacts of the phenomenon reach many people, in several important ways:

- **Isolation:** The COVID-19 pandemic brought into sharp focus the isolation that people without internet access or skills can experience. This can have serious concomitant effects—from not being able to secure appointments for vaccinations to limiting individuals’ job prospects and affecting their mental health.
- **Barriers to Education:** As education is increasingly delivered online, those without the resources to access the internet, including schoolchildren limited to remote learning during the pandemic, can be cut off from opportunities to develop their skills. As a result, children may have educational gaps, and adults may miss out on job opportunities or be unable to gain the basic skills necessary to contribute to their community.
- **Worsening Gender Discrimination:** As noted above, the digital divide exacerbates many existing forms of discrimination. One of the most widespread is gender discrimination. Some women who lack equal access to the internet are unable to gain an education and/or access crucial information.

As the world becomes increasingly dependent on digital technologies, these consequences are likely to become more serious and widespread.

Bridging the Digital Divide

In recent years, [programs have been launched](#) that aim to combat particular aspects of the digital divide. Many of these are being coordinated at the highest level, including within the U.N.'s Sustainable Development Goal (SDG) 9, which allows individual countries to coordinate their activities toward ending digital discrimination.

Within the developed world, some analysts point to successful 20th-century programs that lifted millions of people out of poverty. One example is the [Rural Electrification Act](#) during the [Great Depression](#), which showed how the government can help provide technology to underserved areas that private companies don't consider profitable enough to include in their networks.

In addition, two programs have been launched in the past few years to address other aspects of the digital divide:

- **The Alliance for Affordable Internet (A4AI)** aims to reduce the cost of broadband internet in certain areas in the world.
- **Starlink** provides high-speed internet and global coverage at affordable prices via satellites it has launched into space.

Many countries now also run digital literacy programs aimed at teaching adults and children the skills necessary to combat the digital divide.

The Infrastructure Investment and Jobs Act

the [Infrastructure Investment and Jobs Act](#) also known as The Bipartisan Infrastructure Law was signed into law on November 15, 2021. It passed with bipartisan support in both the Senate and the House, the many-faceted bill takes aim at reducing the digital divide by providing \$65 billion to bring high-speed internet to rural areas of America.

Providers who accept the funds are required to offer a low-cost, affordable plan to consumers and display a broadband nutrition label, which will allow people to compare-shop for the best offer. It states that the [Federal Communications Commission \(FCC\)](#) must adopt rules prohibiting digital [redlining](#). It also creates a permanent new perk to help low-income households access the internet in the form of an affordable connectivity benefit, for which more than one-fourth of American households will be eligible.

Wrapped into the bill is the Digital Equity Act, originally proposed by Sen. Patty Murray (D-Wash.) in 2019 and co-sponsored by Sen. Rob Portman (R-Ohio), which establishes two federal grant programs "to promote digital equality nationwide." One program is run by state governments. It provides "state-by-state digital equity planning followed by implementation grants to qualifying programs." The other program creates a yearly national competitive grant program "to support digital equity projects undertaken by individual groups, coalitions, and/or communities of interest anywhere in the U.S."

When Did the Term "Digital Divide" Originate?

The term has been around since the late 20th century, when it labeled the difference between people with cellphones and those without them. Today, it refers to the difference between those who have internet access (as well as access to other forms of digital communication) and those who do not.

Who Is on What Side of the Digital Divide?


The digital divide exists in myriad ways, including between urban and rural areas, developed and developing countries, men and women, and even ocean-bordering and landlocked countries. In all of those cases, the former category is more connected than the latter.


What Is Being Done to Close the Digital Divide?

There are programs to alleviate the situation, both internationally and in the U.S. The former group includes the Alliance for Affordable Internet, which aims to lower the cost of broadband around the globe; One Laptop Per Child, which supplies low-cost laptops to children as well as programs to teach them digital skills; and Starlink, a for-profit enterprise that offers affordable access to high-speed internet around the world thanks to its dedicated space satellites.

U.S. action is exemplified by the bipartisan Infrastructure Investment and Jobs Act, a multifaceted piece of legislation that includes \$65 billion for programs that bring high-speed internet to the nation's rural areas.

The Bottom Line

The digital divide refers to the unequal access and usage of technology, particularly the internet, among different groups within society. This disparity often stems from factors like socioeconomic status, geography, education, and age, leading to limited opportunities for those without adequate digital resources to participate fully in the digital world and benefit from its opportunities. There are many legislative efforts to promote digital accessibility. 

 Digital divide is the issue.
Digital equity is the goal.
Digital inclusion is the work.

FUELED BY FAMILY

Fueled by family, he grew up to become a force for Black health

Story by Michael Merschel, American Heart Association News | 11 min read |

Dr. Herman Taylor Jr.'s resume has many of the things you'd expect from a career spent in the loftiest reaches of the medical field: Ivy League degrees. Awards from his peers. His name on hundreds of studies in prestigious medical journals.

Taylor has touched lives around the world as a cardiologist and through projects such as the Jackson Heart Study, the largest single-site study of Black people's heart health ever undertaken. He spent Super Bowl weekend in New Orleans meeting with former NFL players and their families as part of his work with the Football Players Health Study at Harvard University.

And as an endowed professor and the director of the Cardiovascular Research Institute at the Morehouse School of Medicine in Atlanta, Taylor also is leading efforts to rethink views on Black Americans' health by understanding not just the adversities they've faced but how they managed to overcome.

He embodies such strength himself. He credits his upbringing for getting him through an era of turmoil and for instilling a drive to help others. To understand how Taylor has accomplished so much, you have to understand where he came from.

Rooted in steel

Taylor grew up around Birmingham, Alabama, near the town of Bessemer. It was steel working, coal-and iron ore-mining country. "All the men in my family were affiliated with that industry in one way or another," he said.

It also was strictly segregated. "In the earliest part of my life, there were still 'colored' and 'white' designated water fountains," Taylor said. "I remember seeing that in the supermarket."

By 1963, Birmingham was the epicenter of the Civil Rights Movement. Martin Luther King Jr. was locked up in the



Dr. Herman Taylor Jr. is an endowed professor and director of the Cardiovascular Research Institute at the Morehouse School of Medicine in Atlanta. © (Photo courtesy of KreativTouch Group)

city jail. Children were attacked by police dogs, blasted with fire hoses and jailed during anti-segregation protests. Taylor was in fourth grade when four girls were killed in a blast at Birmingham's 16th Street Baptist Church.

"We had, essentially, terrorist bombings of Black homes," Taylor said. His family knew some of those who were attacked. "And as a child a few years younger than some of the kids who were actually jailed, it was disturbing to think that could happen – that a whole bunch of kids could be marched off to jail because they were protesting some of the conditions that were easy for anybody to see."

Things got personal. A rock was thrown through a picture window of his family's home. Taylor was detained by law enforcement as he and some friends left church in their Boy Scout uniforms.

He calls such experiences "a crucible" that helped forge him into "a little bit of a crusader."

"It was easy to see that there was a big need out there – that people had strong antipathies towards us and weird prejudices against us," he said.

Taylor acknowledges feeling "fully aware and frightened" about what was going on. But thanks to his family, he also felt safe.

The power of family

An only child, Taylor had "a very, very good family life. The extended family was incredible. I had six aunts and uncles on one side. I had eight on the other. And all those cousins, right? And that was your cushion, your buffer against a lot of the turbulence."

His mother, Earnestine, was a teacher, and his father, Herman Sr., a union leader. Taylor said they instilled in him the idea that "we're every bit as good as anybody you've ever known, and this is an important message for you to carry forth."

Taylor embraced that idea, and it manifested in success at school. He was one of about 20 Black students in an integrated Catholic high school of 300. That success helped Taylor and his Black classmates show their white classmates that they were academic equals. "We were just separated for some crazy reasons."

His work paid off when it was time to choose a college.

Taylor's father had wanted him to attend the University of Alabama in Tuscaloosa. "My dad had been insisting for a while that since, as he put it, we had to pry (Alabama Gov.) George Wallace out of the schoolhouse door to allow Black admission, that that was clearly where I needed to go."

But when the future doctor watched a broadcast where journalist Barbara Walters interviewed a young Black man who attended Princeton University and how impressed she was, Taylor decided that was where he wanted to be.

His grandmother had helped nudge him toward studying medicine. A summer research experience at Cornell Medical School later led him to focus not only on cardiology but also disparities.

Two important lessons from the Cornell experience stuck with Taylor. First, "one-on-one care was critically absent for vast numbers of African Americans and other poor people in the United States," he said. But to him, "it was also very, very clear that one-on-one interactions were not going to solve the problem. Ultimately, he realized, "we had to take action at a higher level."

It's another decision that had roots in his family life.

Seeing the bigger community

Taylor saw his mother as "utterly devoted to the students and in their progress," he said. Many of his father's colleagues dealt with health issues related to work. His father testified about work conditions the men had endured, and the Taylor home became a place where workers, many of them illiterate, could get help filling out forms to receive money from legal settlements. "Sometimes, the front room of the house would be crowded with men waiting to see him."

The lesson Taylor took from his parents' examples was "this idea that part of the rent you pay for living here is

service,” he said. “And looking at health disparities, when I became aware of the magnitude and the tragedy of them,” became his focus.

He was able to take action after graduating from Harvard Medical School in 1980. As part of the National Health Service Corps, he was assigned to Miami’s Liberty City neighborhood, a historically Black area that was also home to people from the Caribbean. Taylor worked not only on providing medical care but also on promoting voter registration.

“It is a part of securing your health to have a voice,” he said, because voting affects health in many ways, including “how good your sanitation is, or where they’re burning trash, or where the highways go.”

Years later, he’d bring a similarly broad perspective to the project he’s best known for: the Jackson Heart Study, for which he became founding director in 1998.

The path to Jackson

Before he was named to that position, Taylor was working as a cardiologist at the University of Alabama at Birmingham, which is where he met the “love of his life,” Dr. Jasmine Taylor, who is now an associate professor of psychiatry and behavioral sciences at the Morehouse School of Medicine.

She recalls the discussions about whether he should take the Jackson position. In Birmingham, she said, he could have helped people while maintaining a potentially lucrative private cardiology practice. In reasoning out his decision, she said he told her, “Yes, that would make a difference – one patient at a time.” But he also told her, “I really want to look at this idea of creating the science that helps a lot of people all at once.”

He’s a man of science who’s also driven by faith, Jasmine said. “He believes, and I agree with him, that we are here to do good things for others.”

Under Taylor’s leadership, the [Jackson Heart Study](#) grew to include more than 5,300 participants who live in and around Jackson, Mississippi. It has led to important findings related to the genetics of heart disease, links between discrimination and high blood pressure, the significance of social factors in heart health and more.

From a research standpoint, by focusing on a Black population, the study provides valuable data on a group of people ignored in earlier cardiovascular research, such as the famous Framingham Heart Study, where more than 98% of the participants were white. “I’m very proud of what we created in terms of the repository of critical information on Black health,” Taylor said.

And in the same way the Framingham study benefited more than just the people it studied, he said, the Jackson data has the potential to help all people.

But the study wasn’t just an observation, Taylor said. It was a “transgenerational intervention” to build community and promote health. The study ended up connecting not only researchers and participants but also churches, government entities, nonprofit groups and multiple educational institutions.

And it has done more than just record participants’ health data. It has worked to support Black health care professionals, because diversity among physicians and researchers can directly benefit Black people’s health. To make it work, Taylor and others had to find a way to build trust among people taking part, some of whom had been maltreated by a racist medical system in the past.

Taylor said he’s also proud of how the study “helped stimulate a higher level of health activism in the community. The real secret sauce of the Jackson success is the community,” the people who enrolled as well as their children, who see the study as “a positive element in the community life, and sometimes an inspiration to do better.”

Near the end of his 15 years in Jackson, Taylor said, the [Football Players Health Study](#) at Harvard called on him because they, too, needed to build «the same spirit of community involvement» into their effort. Football players, he said, had a lot of the same concerns of privacy and trust that people around Jackson had. Since its launch in 2014, the Harvard study has had several significant findings about former players’ risks for heart and brain health.

How he does it

Taylor builds trust and a spirit of community, in part, by listening for “unexpected sources of genius,” he said.

“By unexpected, I mean it doesn’t necessarily come from the individuals with all the initials behind their names, or the most senior, or the ones with perfect grammar and elocution,” he said. “I have been humbled by insights coming from students, elderly patients in hospital beds, people who just showed up at my office door with a complaint, and others.

“There’s so much power in the collective,” Taylor said. If he’s the smartest guy in the room, “then I am clearly in the wrong room – it’s not big enough.”

It’s another skill he learned from his parents, who taught him to lead with trust and honesty while also being “wise in the ways of the world,” he said.

“My father would give you his last dime if he thought you needed it more than he did, but he was also stern in the face of unfairness,” Taylor said. “Mom could be as sweet as Southern tea but was savvy and knew how to get things done.”

His wife has seen him put those skills to work. They’ve been married since 1991, raised three children together and have collaborated professionally.

Jasmine Taylor has watched him in meetings. “He doesn’t speak first,” she said. “He’ll let everyone say what they need to say. He listens, he takes it in, and then he speaks.” He doesn’t act as if he has all the answers. “He doesn’t operate in a hierarchy, and I think that’s how he’s able to get so much done, because I think people feel safe that they can really put their ideas out there, and then they do great things together.”

Dr. Ernest Carter, director of health research and innovation at the Kennedy Krieger Institute in Baltimore, also has spent years seeing Taylor’s gifts in action.

Carter, who also is an assistant professor of pediatrics at Johns Hopkins School of Medicine, has been friends with Taylor since they were roommates at Harvard Medical School in 1976. Taylor, he said, has not only the intellect necessary to run a huge study like the one in Jackson but the charisma as well.

“Herman has a presence when he talks,” Carter said. He’s full of humor. He knows how to navigate political situations and how to relate to different people.

Carter said those abilities are rooted in Taylor’s experiences growing up.

“It was this incredible sense of community,” said Carter, who grew up in a similar small-town environment in Tennessee, “as if everybody was your mother and father.” People would come over to your house, visit with the family, want to know how you were doing and be interested in what you wanted to do in life.

“And that starts to drive you into whatever you’re going to do,” Carter said. And when you step out into the broader world, “you translate your sense of community to everybody. And then you try to figure out, ‘How do we help the entire world?’”

It’s a form of resilience, Carter said.

Resilience is not exclusive to Black people, he emphasized, and not every Black person finds a way to overcome. But resilience explains how people can rise above oppressive situations such as those he and Herman grew up in.

“That’s what Herman and I both know,” Carter said. “We both know that if we want to improve health outcomes, we’ve got to get people to become resilient. And becoming resilient means that they need to understand more about how to keep themselves healthy.”

Carter said that resilience is a key part of his friend’s personal success story. It’s founded, he said, in family and community of the past, but also in what Herman has built now – what Carter calls a “circle of love” of family and friends. “I mean, that’s what keeps everybody resilient – not just Black people.”

Resilience is also a main focus of Taylor’s current work.

Understanding resilience

Taylor has been at Morehouse since 2014. “One of the first things I wanted to do had to do with looking at the notion of Black resilience,” he said.

Ask an audience about the general state of Black health, he said, and “the honest answer that you get back is, ‘It’s bad.’”

But there is another side to that story, he said, “the side of Black health, Black longevity, Black thriving happening despite the tremendous adversities that African Americans as a people have faced for a very long time.”

It is, he said, “a truly amazing story, and perhaps if we look at it a slightly different way, the most scientifically intriguing side of Black health is the uplifting message for Black people that, despite it all, people have overcome.”

That’s “a very heroic story in many instances,” he said. Understanding its biological and other underpinnings “could lead not only to a better, clearer and balanced understanding of the Black experience,” but to new approaches to treatment for everybody.

Jasmine, who has worked with her husband on understanding resilience, said that part of his own resilience is how he’s developed ways to make a difference. “The whole idea of studying resilience is because he also wants to foster agency in a people that is constantly told that something’s wrong.”

Resilience is something Taylor said he aspires to. To him, it involves trying to balance professional success while sustaining “health, happiness and your humanity.”

“There is a form of ‘resilience’ that can look good on the outside, but all the while you’re paying a price inside – like the legendary John Henry, who overcame the tremendous challenge of outracing a steam-powered steel-driving machine but died on the spot after overcoming the obstacle. Black people, and others, too often overcome adversity but are casualties of the struggle in terms of health, happiness and joy.”

But he sees the study of resilience as a way to help everybody.

“Black resilience is human resilience,” Taylor said, and understanding their methods of success, “despite all of that adversity, could very well lead to some new universal truths.”



American Heart Association president Dr. Keith Churchwell presented Dr. Herman Taylor Jr. (right) with the AHA's Clinical Research Prize at its Scientific Sessions conference in Chicago in November 2024

MAKE YOUR HEALTH

A PRIORITY

HEALTH ALERT

How patients and providers can support black maternal health



| 5 min read |

In the United States, maternal mortality rates are higher than in any other developed country. Women die each year during or after giving birth due to pregnancy complications or other factors. These rates are higher for Black women and underscore the importance of [Black maternal health](#) — especially because more than 70% of pregnancy-related deaths are preventable.

“Black maternal health is understanding that there are social determinants of race and racism that impact how we access and receive care,” explains [Susan Lashley, MD](#), a [maternal-fetal medicine](#) specialist at Atlantic Health System. Dr. Lashley specializes in helping women through complicated or [high-risk pregnancies](#).

She offers some ways that patients and providers can work together to improve Black maternal health.



Provider access and building trust

The best first step for a pregnant person is starting prenatal care early and finding a provider to help you through your pregnancy. Receiving prenatal care late in pregnancy can increase the risk of pregnancy complications.

Sometimes, patients avoid accessing care because they are uninsured or underinsured. Dr. Lashley wants patients to know there are resources, including [financial assistance and charity care](#) to help. Your local hospital can provide more information. The important part is getting prenatal care.

On the provider side, Dr. Lashley encourages providers to build trust with patients by listening, addressing any concerns and asking more questions. Providers should be open to learning what the patient expects for their birth experience and what social determinants can impact their outcome.

“We need to ask: Do you have any stressors at home? What is your occupation and does that impact your well-being? Do you have any transportation or childcare issues? Is there food insecurity? Often, patients are misjudged for their circumstances. We may think a patient is noncompliant when really, they just can’t easily get to an appointment.”

Health status and risk for pregnancy complications

In addition to getting care early and [choosing a pregnancy provider](#), it’s important for patients to understand their current health status and what that means for their pregnancy. Patients should share a complete medical and family history with their provider.

Black people giving birth have a higher risk of pregnancy complications — such as postpartum hemorrhage (bleeding), preeclampsia, preterm labor and lower birthweight babies — regardless of education and income. Age, both younger and older pregnancies, and underlying medical conditions can increase the risk.

“If you already have hypertension, you’re at a higher risk for preeclampsia,” shares Dr. Lashley. “But a mom may not know she has high blood pressure because the last time she went to the doctor was a few years ago.”

Though over half of pregnancies are unplanned, providers in almost every field can discuss the potential of pregnancy with patients who can give birth and its impact on their underlying disease. Pre-conceptual consultations with a maternal-fetal medicine specialist offer another way for moms with preexisting health conditions to know health risks before they get pregnant.

Patient advocacy and sharing concerns

Dr. Lashley says that patients must advocate for themselves because they know their body best. If you have a concern, make sure your provider knows why.

Pregnancy complications can look like regular pregnancy symptoms, but that doesn’t mean they aren’t a concern. Be extra mindful of symptoms that intensify, don’t go away or change over time.

“If you had morning sickness in the first trimester that resolves, and now, at 32 weeks, you’re sick again, that’s not normal,” explains Dr. Lashley. “Or if you had heartburn and took Tums, but now you’re eating a whole bottle, that’s not normal.”

Speak up, so your provider can help. If you feel like they aren’t listening, make your concerns known. Many patients benefit from having a [doula](#) to ensure their voice is heard. You can also bring your partner to appointments for extra support.

The importance of mental health

We often focus on the physical symptoms of pregnancy, but mental health is important, too.


Depression, [postpartum depression](#), anxiety, death by suicide and other mental health conditions impact Black mothers every day. The stigma often prevents people from talking about what they’re feeling and getting the treatment they need.

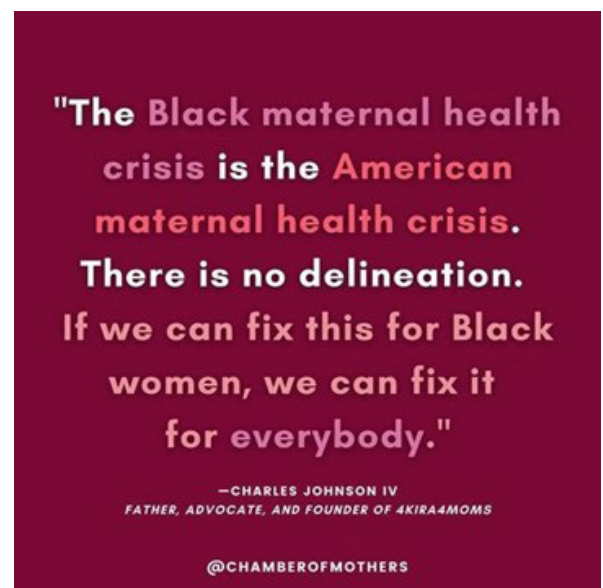
“Provider bias can also get in the way,” says Dr. Lashley. “A provider may say, ‘Oh she’s angry,’ when really, she has bipolar depression, and that’s how she presents.”

Continued care after pregnancy

Among maternal mortality rates, 50% of moms die up to a year after they deliver. It can be easy to neglect your own care as you take care of your baby. But if you’re not feeling well during the postpartum period, you need to get evaluated.

Watch for shortness of breath, chest pain, heavy bleeding, swollen legs, a high temperature or bad headaches. These symptoms may be signs of postpartum preeclampsia, cardiomyopathy or other illnesses. Ultimately, pregnancy isn’t the end of a health journey — it’s the start.

“Pregnancy is a stress test,” explains Dr. Lashley. “It uncovers things that people are at risk for later in life. If you have preeclampsia, you have a higher chance of hypertension, stroke and diabetes in the future. So, we’re not only looking at your risks in the first year after pregnancy, but long after. And we want patients to stay healthy and have healthy families.” 



Diversity Poster



Collaboration

STRENGTH IN DIVERSITY



JEWISH AMERICAN HERITAGE MONTH

May, 2025

May serves as a time to celebrate the contributions and experiences of Jewish Americans throughout our nation's history. It was federally recognized in 2006, thanks to the advocacy efforts of Jewish American leaders.


Our honoree, Dr. Harold Varmus, was born on December 18, 1939, to Beatrice, a social service worker, and Frank Varmus, a physician, both [Jewish](#) of Eastern European descent, in Oceanside, New York.

He was a co-recipient (along with [J. Michael Bishop](#)) of the 1989 Nobel Prize in Physiology or Medicine for his groundbreaking discovery of the cellular origin of [retroviral oncogenes](#); significantly advancing targeted therapies, which continue to shape modern oncology. This discovery revealed that cancer-causing genes (oncogenes) in viruses originate from normal cellular genes, called [proto-oncogenes](#), which play a crucial role in regulating cell growth and division.

Their work laid the foundation for understanding how these genes can become mutated and contribute to the development of cancer. He was also the director of the [National Institutes of Health](#) from 1993 to 1999, president and CEO of [Memorial Sloan-Kettering Cancer Center](#) in New York City from 2000 to 2010, and the 14th Director of the [National Cancer Institute](#) from 2010 to 2015.



Dr. Harold Varmus

Dr. Varmus has been married since 1969 to Constance Louise Casey, a journalist and science writer. They live on Manhattan's Upper West Side and have two sons: Jacob, a jazz trumpet player and composer who lives in Queens, and Christopher, a social worker who lives in Brooklyn. Varmus and Jacob have performed a series of lecture-concerts entitled "Genes and Jazz" at the Guggenheim and [Smithsonian Museums](#), the [Boston Museum of Science](#), the [John F. Kennedy Center for the Performing Arts](#) and the South Asian Summer Festival in Vancouver. 

**“There are three great themes in science in the twentieth century:
the atom, the computer, and the gene.”**

–Harold E. Varmus

OLDER AMERICANS MONTH

Uber is trying to help older Americans' transportation troubles. Will it work?

Story by Madeline Mitchell, USA TODAY
| 7 min read |

Yvette Pegues, 38, suffered a spinal cord injury during brain surgery about 10 years ago. "So now I'm living full time in a wheelchair," she says. She travels often for work. Recently, on her way to a conference in Miami, she said she ordered a wheelchair-accessible ride and spent nearly \$100 to go 12 miles.

Pegues, a board member for disability advocacy group [The Arc](#), said she's had plenty of unfortunate rideshare interactions. She's experienced canceled rides, rude drivers and high prices for extra assistance.

"The worst part, honestly, is once I've actually gotten an Uber ride, the driver doesn't always want to assist," she said.

Even if she can "swing into the car" herself, she said, she still needs help from the driver to get her chair in the trunk or the back seat.

"I'm really, kind of, at their mercy," Pegues said

Drivers for UberWAV, who offer wheelchair-accessible rides, must complete a third party certification course on how to help riders enter and exit a vehicle, according to the company. Uber can deactivate the account of any driver who denies transportation to a rider because of their age or disability. And Uber has made strides in recent years to support riders in other ways, including [the ability to report safety concerns in real-time](#) and [supporting domestic violence survivors during COVID-19](#).

On June 4, Uber launched its latest accessibility feature, [senior accounts](#), nationwide. These accounts are part of Uber's family profiles and offer older adults a more streamlined version of the app with larger text, fewer steps and easy-to-follow screens. Their loved ones can help them order a ride and get real-time updates during the senior's journey, too. But while the company's efforts to support diverse riders looks good on paper, experts in the aging and disability worlds aren't sure Uber has the capability to meet all riders where they are without help.

Justin Boogaard, co-founder and CEO of [GoGoGrandparent](#), a third-party platform that helps older adults access rideshare apps, food delivery other smartphone services, said it's great to see companies like Uber and [Lyft](#) investing in accessibility features for seniors and those with disabilities. But he said most of the clients his company works with need more assistance than what an app redesign can offer.

When his clients schedule an Uber ride, Boogaard said, they have difficulty communicating with the driver, confirming their ride and connecting their payment plan – tasks that need an over-the-shoulder assist. And because these clients often don't have alternatives, a canceled ride is a big deal.

"With older adults, in particular, reliability is more important than anything else. It's more important than convenience," Boogaard said.

The worst thing that can happen, he said, is a driver shows up and refuses to help or drives off without even trying to help. That's where GoGoGrandparent comes in, by booking rides for older Americans and communicating the rider's needs to the driver. If the driver isn't comfortable helping with a wheelchair or other accommodations,



FLIP THE SCRIPT ON AGING: MAY 2025



Yvette Pegues said sometimes rideshare drivers cancel on her when they find out she is in a wheelchair. © Provided/Yvette Pegues

Boogaard said, GoGoGrandparent can easily redirect the request to another driver who is willing to help. “An older adult is happy to wait 15 minutes if the driver that shows up is going to load their walker for them,” he said.

Accessibility ‘is about choice,’ Uber rep says

Older adults often face transportation barriers that can further exacerbate health issues and loneliness. An estimated 18.6 million Americans self-reported travel-limiting disabilities, according to the [U.S. Bureau of Transportation Statistics’ 2022 National Household Travel Survey](#). Nearly 8 million of those respondents were 65 and older, and most of them reported health problems as the top reason for taking fewer trips. A [2019 study by University of Southern California](#), in which 150 patients 60 and older were given three months of free and unlimited Lyft rides, found 12% of the rides were used for medical appointments. Participants in the study also used Lyft to run errands, to make social visits and to get to fitness classes and other entertainment events.

The study found 90% of participants reported an increase in quality of life.

Transportation is key to independence, and when older adults lose the ability to drive that’s often the beginning of the end of their autonomy, said Seth Sternberg, CEO and co-founder of [Honor](#), an in-home care provider.

Uber’s senior accounts are built for individuals living independently and who don’t need as much assistance as those trying to access a wheelchair accessible vehicle, or those connected to a caregiver account. With senior accounts, older adults can save frequent destinations and loved ones can follow along in the app during rides to get real-time updates on each trip.

Older adults who aren’t part of a family profile can turn on “simple mode,” found in the accessibility settings, to use the more streamlined version of the app.

Uber’s family profiles have accounts for teens and caregivers, too. Family organizers can invite their loved ones to join their account through the app. The company said it will gather feedback from the new senior accounts to inform ongoing work on how to improve user experience for older adults and those with disabilities.

“Senior accounts and Simple mode represent an important milestone in Uber’s ongoing commitment to accessible transportation,” said Ashu Manohar, director of product management at Uber. “These features reflect our dedication to designing technology that meets people where they are and supports mobility at every stage of life.”

For some riders, Uber’s accessibility features make a world of difference.

Three times a week, [Michael Cuvilje](#) orders an Uber to his home in New York City to take his mother to her dialysis. His mother, 93-year-old Bettye Cuvilje, has dementia, kidney disease and heart failure. She lives with Cuvilje and his wife and sister.

“I do own a vehicle, but I find it difficult to get her in and out because some days she’s in, like, a lot of pain,” he said.

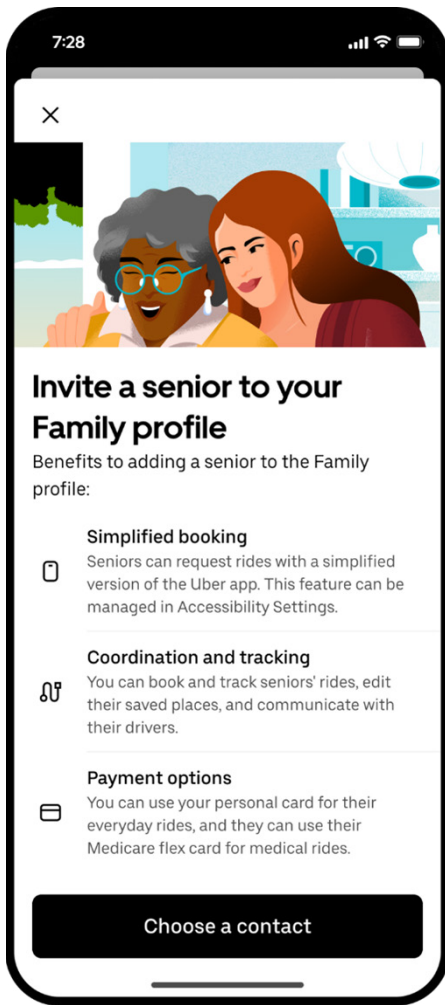
With Uber’s [wheelchair accessible vehicle feature](#), he said, “I can just roll her into the back of the vehicle, strap her in and it makes it much more convenient that way.” Wheelchair accessible vehicles are much easier to access in New York than in other areas of the country, Pegues said.

Cuvilje always joins his mother for her Uber rides, since she needs assistance getting in and out of the vehicle and into her appointments. He hasn’t used the family profile or senior account feature yet, but said he’s interested, especially since his sister is 63 and also has difficulty getting around. He said he’s in the process of getting her set up on the app.

“We really believe that accessibility for users is about choice,” said Briana Gilmore, Uber’s head of public policy, accessibility, and underserved communities.

Gilmore said she’s excited to share the senior account feature with her mom, and wishes she’d had more options when she was a caregiver for her father.

“Many of us built this with our loved ones in mind that we’ve been caregivers for,” Gilmore said.



Senior accounts are part of Uber's family profile feature. They offer a more streamlined version of the app, with larger text, fewer steps, and easy-to-follow screens. © Provided/Uber

Transportation troubles are larger than rideshare

It's a "big step in the right direction," Sternberg said. But when riders have more specialized needs, like help getting in and out of a wheelchair, "it's just a completely different product" than what traditional rideshare companies are made for. And since Uber contracts its drivers, Boogaard said, it's difficult to control how individual interactions play out.

"You kind of have to ask yourself, where does one service end a different service begin?" Sternberg said.

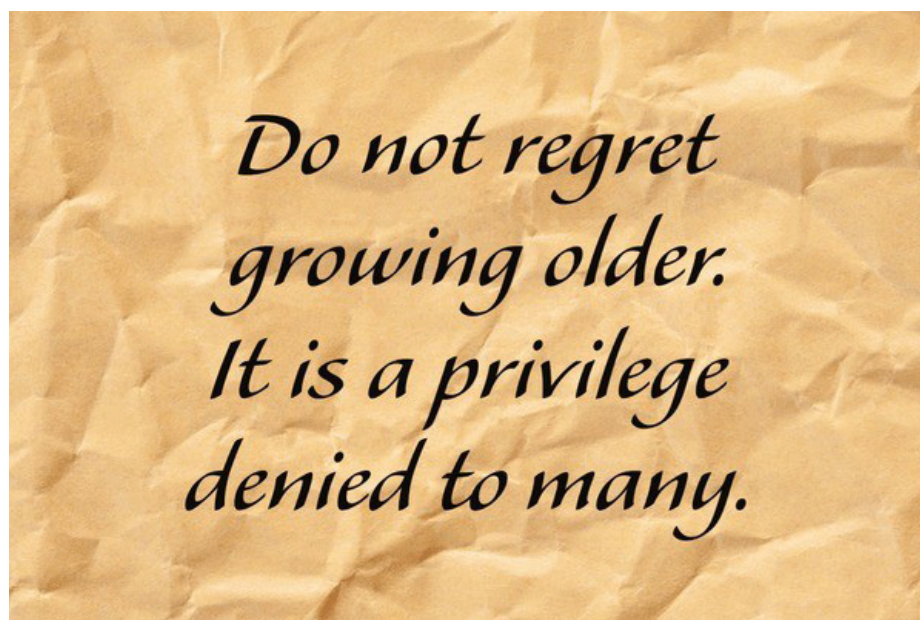
The onus to transport older Americans and people with disabilities isn't totally on rideshare companies like Uber. Perhaps rideshare apps just aren't the best products for those users, Sternberg said, and companies that do specialize in care for individuals with disabilities should help solve the transportation barrier.

In some cities, wheelchair accessible vehicles are limited or aren't available at all. Pegues said she's used medical transport services before, but that can cost hundreds of dollars. And people with disabilities aren't all old, she said. It's about time the country's transportation infrastructure and services caught up "so that we can become more independent."

"I think in order to solve that problem, that's where you really start needing the help – especially for older adults that are at the poverty line – you really start needing the help of insurance companies or government support to make those economics work," Boogaard said.

It's also about individuals being kind, Sternberg said. And that helps everyone, not just older Americans or those with disabilities.

In an ideal world, Sternberg said, "I can actually trust this driver who is coming to pick me up to be courteous." 🙏





Kiyoshi Kuromiya



FROM BOTH WORLDS

On April 26, 1968, as an architecture student at the University of Pennsylvania, Kiyoshi Kuromiya and some friends held a [demonstration against the use of napalm in Vietnam](#) by announcing that a dog would be burned alive with napalm in front of the university library. Thousands turned up to protest, only to be handed a leaflet reading: Congratulations on your anti-napalm protest. You saved the life of a dog. Now, how about saving the lives of tens of thousands of people in Vietnam.

Born in the Heart Mountain, Wyoming, [internment camp](#) in 1943, Kiyoshi Kuromiya (May 9, 1943 – May 10, 2000), a Japanese-American was an author, lifelong activist participating in several movements including civil rights, protesting the [Vietnam War](#), LGBT rights, and AIDS/HIV advocacy.

Kuromiya spent the spring and summer of 1965 in the South fighting for civil rights, and became friends with Dr. Martin Luther King Jr. When King was assassinated, Kuromiya helped take care of the King children.

Kuromiya participated with the Gay Pioneers in the first organized gay and lesbian civil rights demonstrations, “the Annual Reminders,” held at Independence Hall and the Liberty Bell each Fourth of July from 1965 to 1969. He was one of the founders of Gay Liberation Front-Philadelphia and served as an openly gay delegate to

the Black Panther Convention that endorsed the gay liberation struggle. Diagnosed with AIDS in 1989, Kuromiya became a self-taught expert on the disease, operating under the mantra “information is power.”

He founded the Critical Path Project, which provided resources to people living with HIV and AIDS, including a newsletter, a library, and a 24-hour phone line. Kuromiya died on May 10, 2000, from complication of AIDS. [Adapted from [LGBT History Month](#), [NBC News](#), and [ACT UP-New York](#).]



JUNTEENTH



One of the most important dates in American history is Juneteenth, which commemorates the day in 1865 when the last slaves in America were finally freed. For many African Americans, Juneteenth is a time to reflect on the long struggle for freedom and equality. One of the most significant events in this struggle was the [Underground Railroad](#), a network of secret routes and safe houses that helped slaves escape to freedom. The Underground Railroad was organized by brave men and women who risked their lives to help others achieve liberty. Rhoda Jones was one of these brave women.

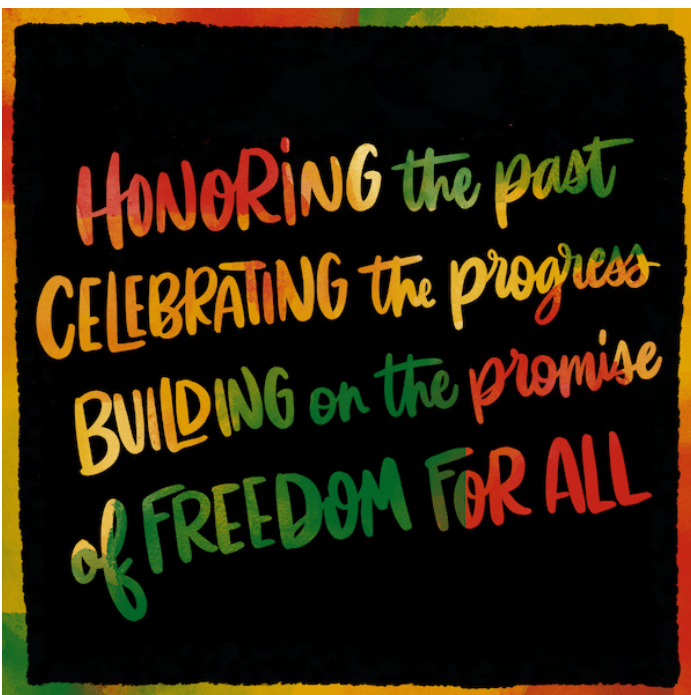


Rhoda Jones standing outside her cabin with her dog near Ripley, Ohio, in May 1910. Ohio History Connection.

In May 1910, Rhoda Jones was photographed standing outside her cabin near Ripley, Ohio, accompanied by her loyal dog. At the time, she was the oldest surviving resident of Africa, a remarkable settlement of free African Americans founded on the hillside above Ripley. This small but determined community had long been known for its involvement in the Underground Railroad, and Rhoda herself played a critical role in aiding enslaved people seeking freedom. As they crossed the Ohio River from bondage in Kentucky, she and others like her offered shelter, guidance, and hope on their journey north.

Rhoda's life was deeply woven into the fabric of one of America's most important resistance movements. Her home, modest and sturdy, was likely one of many stops that provided not only physical refuge but also a powerful symbol of what freedom could look like. Her presence in that photo is a testament not only to her longevity but to the strength and courage of those who quietly changed history from the margins. Women like Rhoda didn't just witness the struggle for liberation—they lived it, shaped it, and ensured its survival through acts of everyday bravery.

Her story, captured late in life, stands as a powerful reminder of the human faces behind the Underground Railroad. Rhoda Jones represents countless others whose names may be lost to time but whose actions shaped the course of freedom in this country. In her gaze and her stance beside her cabin, we see not only a survivor but a guardian of history—one who refused to stand still while others suffered, and whose legacy still echoes along the banks of the Ohio River. 🌐



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April 23, 1965-The year 2025 is the 60th Anniversary of the 1965 Freedom Rally, when Dr. Martin Luther King Jr., Ruth Batson, Alan Gartner, Reverend Virgil Wood, and Dr. Ralph Abernathy led over 20,000 people to march on Boston Common in protest of racial inequities in housing and schools.



Martin Luther King Jr, speaks at the 1965 Freedom Rally-NBC News



President Lyndon B. Johnson, signing the Voting Rights Act of 1965- Yoichi R. Okamoto

August 6, 1965-60 years ago on this date, this landmark legislation was signed into law. The Voting Rights Act of 1965 aimed to overcome legal barriers at the state and local levels that prevented African-Americans from exercising their right to vote, guaranteed under the 15th Amendment in the US Constitution.

July 26, 1990-It's been 35 years since the Americans with Disabilities Act of 1990 (ADA) was signed into law; prohibiting discrimination on the basis of disability in employment, State and local government, public accommodations, commercial facilities, transportation, and telecommunications.



President George H.W. Bush signing the Americans with Disabilities Act of 1990-Britannica

The value of history is, indeed, not scientific but moral: by liberalizing the mind, by deepening the sympathies, by fortifying the will, it enables us to control, not society, but ourselves -- a much more important thing; it prepares us to live more humanely in the present and to meet rather than to foretell the future."

Carl Becker, 1873-1945, U.S. historian 



1). PALM TO CAMERA AND TUCK THUMB



2). TRAP THUMB

The universal hand signal for help is a discreet way to silently signal distress and request assistance.



It is estimated that hundreds of thousands of children have Type 1 diabetes. Now, there's a [Barbie Doll](#) who has it, as well.

To learn more about Type 1 diabetes please visit this link.
<https://youtu.be/sqRvz1dySIM?si=7LXZRrICNjj8TK-q>




ADOLESCENTS AND MENTAL HEALTH

Key facts

- Globally, one in seven 10-19-year-olds experiences a mental disorder, accounting for 15% of the global burden of disease in this age group.
- Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.
- Suicide is the third leading cause of death among those aged 15–29 years old.
- The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.



To learn how to recognize the signs of mental health issues in adolescents please visit this link: <https://www.youtube.com/watch?v=3lrkf1HGr6g> 



SPECIAL DAYS



Sat, May 17, 2025



Mon, May 25, 2025



Sun, June 1, 2025

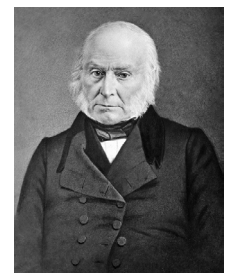


Friday, July 4, 2025

John Adams, 2nd US President (1797-1801). One of only two Presidents in the nation's first half century not to own slaves. His son, John Quincy Adams (1825-1829), 6th US President was the second.



John Adams, 2nd US President-Britannica



John Quincy Adams, 6th US President-Wikipedia

Words

WE LIVE BY

Ability is what you're capable
of doing. Motivation
determines what you do.
Attitude determines how well
you do it.

- Lou Holtz

MOUNT POSTMORE

The Greatest NY Athletes of all Time

[Mike Vaccaro](#) | Published July 2, 2025, 6:00 a.m. ET
| 5 min read |



The overall New York sports Mount Postmore. Jenifer Cozzolino, Donald Pearsall/NY Post Design

You know the debate: Who's on your Mount Rushmore of ... you name it. Athletes. Singers. Actors. Presidents (just because that one actually exists doesn't mean you can't have your own opinion).

Now The Post is getting in the mix — with our Mount Postmore.

We've assembled expert teams of our writers and editors to determine which four figures should be honored for each of our local teams, each sport overall and — of course — one ultimate New York foursome to encompass everything and everyone in our city's fabled sports history.

We're excited to reveal our selections on Post Sports.

Ours is a town of stars. Always has been. Always will be. Ours is a town of Broadway lights, of soaring skyscrapers that really do scrape the sky, of icons so brilliant that when we assemble the Mount Postmore to identify the four brightest athletic beams in 125 years of New York sports, one reality emerges:

1. Our Four, you needn't bother with surnames. Only one is required.

In the spirit of that, we present ...

Babe

As in George Herman Ruth, as in the man who not only reinvented baseball and fulfilled its manifest destiny by sheer force of his power and personality and talent to swat baseballs toward ballpark destinations that had never

before been pondered, but may well have saved it.

The Black Sox and the gamblers who enabled them had tried to destroy the sport, annihilate the public trust that had allowed it to gain early speed in popularity. Then one day, Ruth decided he'd rather hit baseballs than pitch them, and another day soon after Red Sox owner Harry Frazee decided to deliver a gold mine to the Yankees for the tidy sum of \$100,000.

And the rest, as they say, is legend: 714 lifetime homers (657 as a Yankee), a .349 average as a Yankee (highest ever, by nine points), a 1.195 OPS as a Yankee that feels like it should be a typo but isn't. Member of the first four Yankees world champions. And so much more.

He is the George Washington of Mount Postmore.

LT

As in Lawrence Julius Taylor, who showed up in the big city in the summer of 1981 out of Williamsburg, Va., and the University of North Carolina and merely became the most fearsome and ferocious defensive weapon in the history of football. Sometimes sentences like that can sound like hyperbole. Not for LT.

John Madden: "He changed the way defense is played."

George Martin: "He is the Michael Jordan of football."

Bill Belichick: "He's head and shoulders above whoever the next player is."

We could go on. When Taylor came to the Giants, they were a 3-12-1 catastrophe that hadn't made the postseason in 18 years. By the time he finally bid farewell a dozen years later, they were two-time Super Bowl champions, perennially one of the league's dominant defenses, personifying Taylor's rabid plea on the field one game against the Jets in the 1984 season: "Let's go out there like a bunch of crazed dogs."

With 56 as top dog. Always.

57

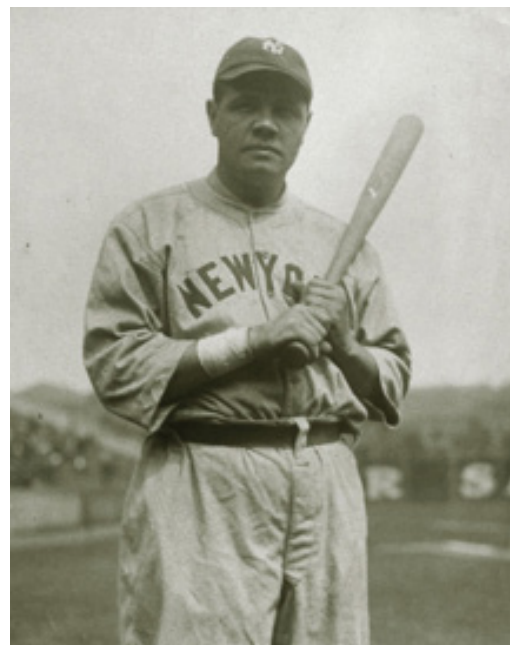
Who should be on the overall NY sports Mount Postmore?

Jackie

As in Jack Roosevelt Robinson, who one afternoon in the summer of 1945 arrived on the fourth floor of the Brooklyn Dodgers offices at 215 Montague Street and shook hands with Branch Rickey. Over the course of three extraordinary hours that altered history forever, Rickey recruited Robinson to do two remarkable things:

1. Shatter baseball's long-standing "gentleman's agreement" that had banned men of color from playing in the major leagues since 1884.
2. Ignore the inevitable consequences such a transaction would foster across the National League.

Jackie agreed to both. As such, baseball received not only one of its greatest all-time players (Rookie of the Year in '47; MVP in '49 — .342, 16 homers, 124 RBIs, 37 steals) but one of its most stylish, too, an extraordinary base runner who electrified ballparks for an all-too-brief 11 years as he didn't break in until he was a 28-year-old rookie.



Babe Ruth-Getty Images



Lawrence Taylor-Getty Images

“Jackie was my hero,” his teammate Ralph Branca often said. “But, then, in Brooklyn, he was everyone’s hero.” They were all heroes in 1955, when a World Series flag at last flew over Ebbets Field. It capped one of the great journeys of American sport, and American life.

Should any of these names be on the NY Mount Postmore?

Clyde

As in Walter Frazier Jr., who on the night of May 8, 1970, turned in perhaps the greatest single big-game, big-moment performance of any athlete who has ever played within the boundaries of New York City. Willis Reed may have fueled the buzz inside the Garden that night, but for the past 55 years Knicks fans of all ages can recite the following by heart:

- Thirty-six points
- Nineteen assists
- Seven rebounds
- Five steals

“It was Willis’ night, and Willis’ team,” Clyde said in 2000. “But I was happy to be able to come through when my team needed me.”

And from that moment until today, he has only been Clyde, curator of cool, steward of style, and as beloved an athlete as any who’ve walked our streets. Stylin’, as it were, and profilin’.



Jackie Robinson-Universal History Archive



Walt "Clyde" Frazier Sports Illustrated-Getty Images



Baseballer 
@TheBsblr

In 1989, Bo Jackson hit 32 home runs and had 105 runs batted in. That same year, he averaged 5.5 yards per carry in the NFL.

IT'S UNIVERSAL



just for fun

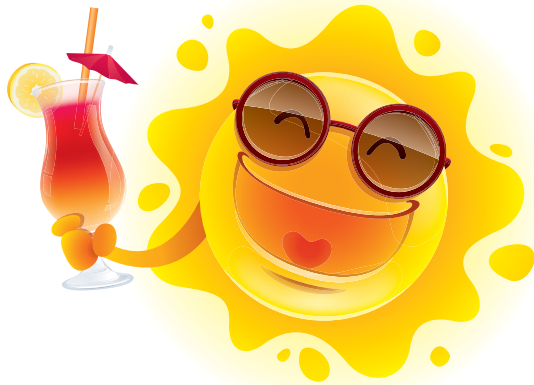


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ATTORNEYS AT PAW**

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whole treat?**

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**Think before you speak. Read before you think.
Fran Lebowitz-Author, Public Speaker, and Actor** 



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