



# CHBS Canopy

## Inclusive Excellence

Volume 2 | Issue 9 – January 29, 2024

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### Special Thanks!

The January 12<sup>th</sup> Title IX Training was successful, with about 156 faculty and AUHs (which constitutes 85% of our CHBS instructional faculty) participating. Special thanks to all who participated.



### Observances

Each month, there are observances that may contribute to a moment of consideration, observance, or recognition related to the impact on diverse communities.

#### February is



**Black History Month.** It is an acknowledgment of the Black / African American journey in this country. Please learn more [here](#). You can learn about JMU activities as coordinated by CMSS [here](#).

Check out the AAAD Conference [here](#). The theme is **Reckoning**.

**Library Lover's Month!** At JMU we have a lot to appreciate with a top-notch library system and superb professionals. Please express your appreciation to any librarians who support your work, including the IT specialists who help run our Canvas Learning Management System located as part of the libraries. Special shout out to [Laura Sapp](#) and [Liz Chenevey](#), Health & Behavioral Studies Librarians, and [Dr. Juhong Christie Liu](#), Director of Instructional Design, who helped many through the COVID-19 pandemic academic transitions. Dr. Liu has also led us in developing the Learning Access Through Universal Design Canvas site.



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## National Wear Red Day – February 2

Over the past years, we have tried to highlight the health disparities in women's heart health. While CHBS has not organized a specific event or activity this year, we encourage you to wear red. Here are a few [facts to remember](#):

- Thirty-five percent of all women's deaths worldwide are attributable to cardiovascular disease.
- 8.9 million women died from cardiovascular disease in 2019.
- Early detection and management of cardiovascular risk factors improve women's heart health and reduce premature deaths.



## Girls & Women in Sports Day – Observed the first week of February

Girls' and women's access and participation in sports can initiate and support amazing opportunities. [Arielle Chambers](#), Forbes 30 Under 30 Honoree (2021), spoke about her time in sports at NC State University and the WNBA - "Advocating for gender equity means leveling the playing field and enabling girls and women in sport to realize their fullest potential."



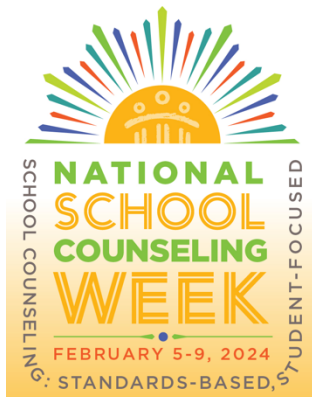
### Did you know?

- In Ancient times, the Olympics were traditionally held for men only, but women had their own games called "Games of Hera."
- The [first Olympic games](#) where female athletes were introduced were the 1900 Olympic games, and the first female sport introduced there was tennis.
- The London Olympic Games (2012) was the first ever Olympics for which all the participating countries' teams had female participants and the first event with female participants in all the Olympic sports.
- As of June 2021, **soccer** was the [most popular women's sport](#) worldwide, with 22 percent of respondents claiming to follow the sport. However, more than a third of respondents indicated that they did not follow any women's sports at all.
- [NCAA](#) identified 226,212 student-athletes competing in NCAA women's championship sports in 2021-22. [JMU](#) offers 11 varsity sports for women.
- Coach Tara VanDerveer ([Stanford University basketball](#)) became the female coach with **the most wins**, 1203 games, across her 45-year coaching career and is considered a trailblazer in women's sports and coaching. She achieved more wins than any other coach regardless of gender.
- In March 2024, we will celebrate the 50<sup>th</sup> anniversary of Title IX. [Title IX](#) of the Education Amendments of 1972 (Title IX) prohibits discrimination based on sex in education programs and activities that receive federal financial assistance. Title IX states, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance[.]" All federal agencies that provide grants of financial assistance are required to enforce Title IX's nondiscrimination mandate.
  - While our college leaders participated in a session on trauma-informed care, our faculty conducted a review session of the JMU Title IX policies and learned about advocacy services for our students; Title IX here is related to equity in access and participation of women's sports.
- [JMU's Morrison Bruce Center](#), located within the CHBS Kinesiology Department, is "dedicated to enhancing the well-being of girls and women through the promotion of an active and healthy lifestyle". They provide programs for the empowerment and wellness of girls and women while conducting research on cardiovascular risks, atherosclerosis inflammation and thrombosis, and healthy kids.



## National School Counseling Week – February 5 – 9 - #NSCW24

This week brings attention to school counselors within school systems and their contribution to the well-being of students, families, and teachers. The 2024 theme is "School Counseling: Standards-Based, Student-Focused."



### Did you know?

- School Counselors serve nearly 50 million K-12 students nationally.
- CHBS's Graduate Psychology Department offers the School Counseling Concentration ([M.ED./ED.S.](#)). Graduates from this accredited program [Council for Accreditation of Counseling and Related Educational Programs (CACREP)] may become licensed school counselors in elementary, middle, and secondary schools.
  - Collaborations with Clinical Mental Health, School Counseling, and School Psychology providing evidence-based behavioral health services in rural populations through training **RISE-UP Fellows** (grant-funded). This program serves Augusta County, Greene County, Harrisonburg City, Louisa County, Page County, Rockbridge County, Rockingham County, and Shenandoah County.

## Chinese New Year 2024 or Lunar New Year – Year of the Dragon – February 10th

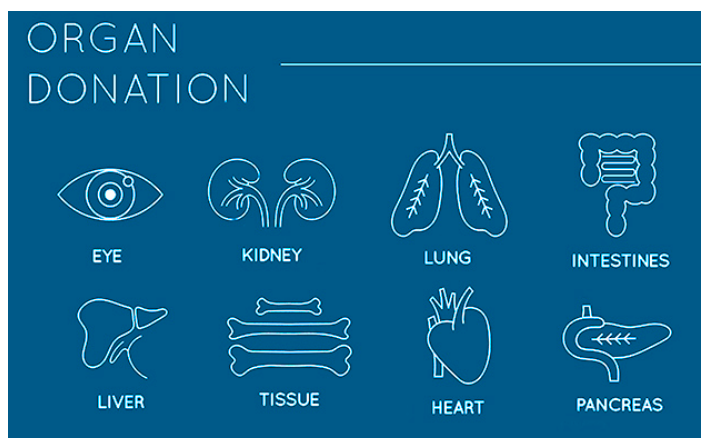
Depending on the group observing, Chinese New Year and Lunar New Year may be used interchangeably. However, globally, over two billion people celebrate Lunar New Year, observed this year on February 10<sup>th</sup>. Each year has an animal associated with it. This [year the Dragon](#) represents the Lunar New Year. The dragon has a high reputation in Chinese culture and represents auspiciousness and imperial power. The dragon symbolizes dignity, health, honor, success, luck, and strength. The Lunar New Year is based on the moon's 12 phases of 29-day cycles totaling 354 days for a year. Western countries use the Georgian calendar, which contains 365 days a year. Western countries may only allocate one day for the Lunar New Year. It is acknowledged in many Asian countries for ten days where family connections are strengthened and celebrated with gifts often given. If you are faculty, you may experience students traveling to be with family during this time.



## National Donor Day – February 14<sup>th</sup>

Are you a designated organ donor? In Virginia, the process is simple when you seek your driver's license or state identification card. You are asked whether you wish to be a donor. Say yes, and the designation is listed on your license or card. You will join almost 170 million people who have registered as donors. Only one in a thousand people die in a way that allows deceased donation, the primary pathway to organ or tissue donation. The diagram from [Penn Medicine](#) indicates the eight primary organs donated.

(Continued)



Living donations such as a lobe of your kidney to your child or family member may occur due to improved medications and genetic testing. There are stories of distant acquaintances or unknown persons sharing in living donations. On occasion, there are media articles about an incarcerated person wanting to donate an organ that results in significant ethical considerations and debate even though there may not be a policy that prohibits live donations by persons in prisons. In the media, you may see live organ-selling markets, but the selling of organs for transplantation is prohibited by law. Organ Trafficking and Organ Transplant Tourism have been identified by WHO. “Organ trafficking and transplant tourism violate the principles of equity, justice, and respect for human dignity and should be prohibited. Transplant commercialism targets impoverished and otherwise vulnerable donors leading to inequity and injustice.” ([International Society of Nephrology](#))

### **Did you know?**

- One tissue donor can impact the lives of around 75 people when bone, tendons, cartilage, connective tissue, skin, etc. are donated.
- Nationally over 100,000 people are awaiting a lifesaving organ for transplantation.
- In 2023, the largest age group of those on the waiting list was over age 50, but there were over 600 children under the age of 5.
- 85 percent of patients waiting are in need of a kidney.
- Every eight minutes another person is added to the wait list.
- 17 people die each day while waiting for an organ transplant.
- In 2022, the US reached a historic milestone, achieving its one millionth organ transplant - more than any other country worldwide.
- There are health disparities in transplant experiences for African Americans and other people of color (60% of the waiting list), who wait longer, die sooner while waiting, and have fewer genetic matches due to limitations associated with who is on the donor lists.
- African Americans, other people of color, and those who hold a set of religious beliefs that reject transplant or organ removal do not join the transplant list resulting in preventable death.

*Information from [Donate Life](#), [Organdonor.gov](#), and Penn Medicine*

### **National Caregivers Day – February 16<sup>th</sup>**

This day honors someone who directly cares for the elderly, children, or people with serious illnesses. A caregiver may be paid, although there are 43.5 million caregivers who are unpaid family members for older adults or children under 12 months old. About 15.7 million adult family caregivers care for someone who has Alzheimer’s disease or other form of dementia. Women are essential to familial caregiving through informal care estimated informal care estimated at \$148 to \$188 billion annually. This sort of care is provided to spouses, parents, parents-in-law, friends, faith community members, and neighbors. [The average caregiver](#) is a 49-year-old woman who works outside the home, often with school-age children for whom they are also responsible. Women’s caregiving responsibilities lead to decreased work hours, switching to part-time from full-time work, passed-up job promotions, and early retirement - not to enjoy life but to care for spouses or older family members. This can result in reduced retirement funds, including Social Security benefits and resources, as women age.



## Did you know?

- The [Caregivers Community Network](#) (CCN) is an [award-winning](#) collaborative effort between IHHS and the community agency VPAS. CCN's goal is to provide respite to caregivers of those who are 60 and older. JMU students are trained to offer weekly visits throughout the semester through the IPE 490 course, offered every semester. Students implement activities such as socialization, cognitive stimulation, reminiscence, or physical activity. For more information contact Kathy Guisewite ([guisewkf@jmu.edu](mailto:guisewkf@jmu.edu)).

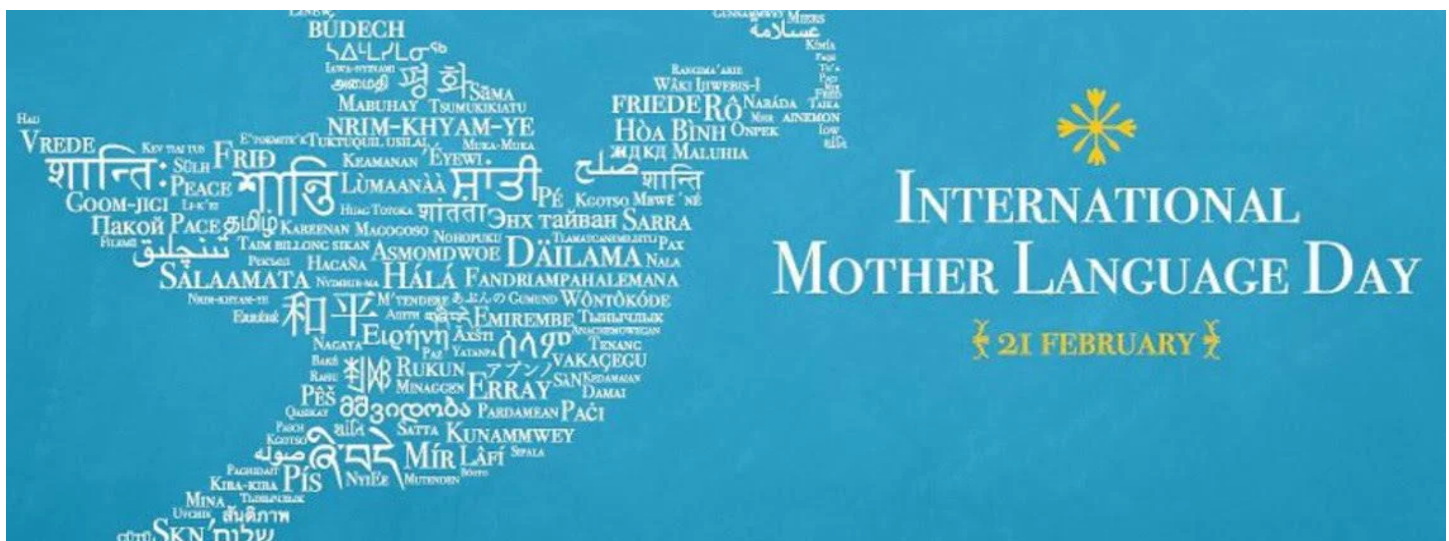


## International Mother Language Day – February 21<sup>st</sup>

This day is designed to celebrate linguistic and cultural diversity. UNESCO first established this day in 1999 as a tribute to the Bengali Language Movement that sought to recognize Bengali as the official language of modern-day Bangladesh, which was once East Pakistan. Locally, the many languages spoken in Harrisonburg City Schools (HCS) families and the fact that Church World Services has assisted refugees coming to the Valley since 1987 often provide some context for discussions of regional linguistic variation. Harrisonburg is in the top 10 school districts in the state with the most for the number of students speaking other languages in their homes. While HCS is proud of the 53 languages spoken in the school district, Fairfax has 139 languages, and Loudoun has 114 languages. Limited English Proficiency in the USA appears in the immigration population (46%) and Virginia's naturalized citizens (28%). The top languages spoken in Virginia are Spanish, Chinese (Mandarin, Cantonese), Vietnamese, Arabic, and Korean. In our local region, you may also hear Kurdish, Tigrinya, Ukrainian, Urdu, Russian, French, or Swahili.

## Did you know?

- There are over 7,000 languages known across the globe. Many ethnic, regional, or cultural dialectic variations exist.
- Everybody has an accent, though this may not be apparent to the speaker.
- Nearly 17% of [Virginians](#) over the age of five years speak a language other than English in their homes.



## EVENTS

### CMSS Black History Month Events

#### **The Bayou Kitchen**

Open to students, faculty, & staff  
Sponsored by CMSS

Thursday, February 1, 2024  
12:00 PM - 1:00 PM  
Success Center 1075

#### **ROOTs of Black History Month**

Open to students, faculty, & staff  
Sponsored by Omega Psi Phi

Thursday, February 1, 2024  
7:00 PM - 9:00 PM  
The Union, Taylor 302

### **Inclusive Teaching Institute**

Wed, 7 Feb 2024 2:30 PM - Wed, 6 Mar 2024 4:00 PM

Center for Faculty Innovations

[Apply here.](#)

In this multi-session institute, participants will develop skills for intentionally designing and implementing instructional strategies to support inclusive learning environments for a diverse student body.

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14<sup>th</sup> Annual Interdisciplinary Conference

### **Conference Theme: Reckoning**

African American & Diaspora Studies (AAAD)

February 7-10, 2024

For more information: [Conference Website](#)

#### **Lorgia García Peña, Keynote Speaker**

Princeton University

Friday, February 9, 2024  
4:30 – 6:00 PM

Dr. Peña is a scholar, activities, professor, and author (*Community as Rebellion: A Syllabus for Surviving Academia as a Women of Color*, *Translating Blackness: Latinx Colonialities in Global Perspectives*, & *The Borders of Dominicanidad: Race, Nation, and Achieves of Contradiction*)



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Learn About

### **30+30 Awareness to Action Tour Presentations**

[Information is here](#)

Sponsored by: VP, Diversity, Equity, and Inclusion

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**Riva Lehrer, Speaker**

Inclusive Community Series with

*Sponsored by The Office of Academic Affairs/Vice Provost for Strategic Initiatives & Global Affairs*

Wednesday, February 7, 2024

3:00 PM - 4:30 PM

Wilson Hall Auditorium

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**Women's Work: Scholarship, Voice, and Resistance in the Academic Generation of Knowledge**

*Fri, 16 Feb 2024 12:00 PM - 1:00 PM*

*Center for Faculty Innovations*

[For more information](#)

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**College of Health and Behavioral Studies**  
***Viewpoints on Health***

**February 29, 2024**

**4:00 – 5:00 p.m.**

**Wilson Auditorium**

**Dallas Michelle Ducar**

**MSN, RN,D APRN, PMHNP-BC, CNL, FAAN**



***"Gender-Affirming Healthcare as a Model of Person-Centered, Value-Based Care"***

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