

Health Disparities Advisory Meeting |MINUTES

March 28, 2024, | 1:00 P.M. – 2:00 P.M. | Location: Microsoft Teams

Meeting called by:	Division of Health Disparities Elimination	Approximately: 51 ppl.
Type of meeting:	Weekly Health Disparities Advisory Group Meeting	
Facilitator:	LaShan Dixon, Director Office of Faith-Based and Community Engagement	

Motivational Quote: (LaShan Dixon) “If you’re a blood donor, you’re a hero to someone, somewhere who received your gracious gift of life. More Life Savers are wanted, please apply.” - Unknown

(LaShan Dixon)

- **Red Cross Month** is in honor of those that turn compassion into action, Red Cross Month falls in the month of March. The Red Cross Society has been saving lives since the 1800s and is made up of volunteers who offer to help others in times of crisis. The American Red Cross came into being in 1881. Their first congressional charter was received in 1900. According to the statistics, the American Red Cross responds to an emergency every eight minutes. That means that in every 24-hour period, the Red Cross responds to approximately 180 emergencies. The Red Cross needs volunteers now more than ever, so consider donating some time or funds to the cause. There are many ways we can assist, support, and become a part of the American Red Cross such volunteering in the state of TN, or donate funds to your region as the following links noted below:
 - [Volunteer: National Capital & Greater Chesapeake | Red Cross](#)
 - [Donate Now - Online Donations | American Red Cross](#)
- **Essential Tremor Awareness Month** is a neurological disorder characterized by involuntary shaking movements, typically affecting the hands, arms, head, and sometimes the voice. These tremors can range from mild to severe, causing difficulties with tasks such as eating, writing, or even holding objects. The exact cause of essential tremor remains unknown, although it is believed to involve abnormalities in certain areas of the brain that control movement. Genetics play a significant role, as the condition often runs in families. The primary symptom of essential tremor is:
 - Rhythmic shaking
 - Difficulty with balance and coordination
 - Worsen under stress or in certain positions.
 - Hard to hold things, write and even drink from a cup.

The diagnosis of essential tremor is made based on a thorough medical history, physical examination, and ruling out other possible causes of tremors, such as Parkinson’s disease or medication side effects. Most cases of essential tremor are very easily distinguished from Parkinson’s disease. While there is no cure for essential tremor, several

treatment options can help manage symptoms and improve quality of life. These may include medications such as beta-blockers or anticonvulsants, as well as therapies like occupational or physical therapy. In appropriate cases, surgical interventions using deep brain stimulation for essential tremor (DBS) may be considered.

Living with essential tremor can be challenging, but there are resources available to help individuals cope with the condition. Support groups, online forums, and advocacy organizations such as [International Essential Tremor Foundation](#) can provide valuable information, encouragement, and a sense of community.

- **Multiple Sclerosis Awareness Month** is a disease of the central nervous system (CNS), which consists of the brain, optic nerves, and spinal cord. MS damages or destroys the protective covering (known as myelin) surrounding the nerves of the CNS and can potentially injure the nerves as well. This damage causes reduced communication between the brain and nerve pathways. Common MS symptoms visual problems, overwhelming fatigue, difficulty n or with balance and coordination, depression and cognitive issues, and various levels of impaired mobility. The prevalence of multiple sclerosis is estimated at nearly one million people nationwide and most people with MS are diagnosed between the ages of 15 and 50. MS is not contagious, and researchers continue to look for both a cause and a cure.

TOPICS OF DISCUSSION

Focus: Children Special Services (CSS) under the Children and Youth with Special Health Care Needs (CYSHCN)

Presenter: Kathy Robinson, Program Director and Virginia Weaver-Anderson, RN Consultant

Summary: This presentation is about the Children Special Services (CSS) a service under Community Health Access and Navigation in Tennessee called (CHANT). CHANT is a developmental process that TDH is utilizing funds joined with the three programs such as, Help Us Grow Successfully (HUGS), Tendercare Outreach Programs and Activities and Children Special Services (CSS). The purpose of CHANT is to identify and address the risk for the individual, family, and community. CHANT seeks to reach pregnant and postpartum adolescence and women, children underage (5), eligible TennCare recipient's from (birth to age 20) and children, youth with special health care needs (birth to age 21)

We use our Delegate Grant Authority to pay for these services, that provide medical and ancillary services to participants on the CSS program. Our maximum liability is \$2.5M which serves all 95 counties and there's annual guidelines for payment of services, we must follow. We have vendor requirements and letter of agreement for the vendor to provide services to our clients that frequently receive medical care, medical equipment, glasses, and special food and formula for babies and children. We can also assist with prescription drugs, but the cost cannot exceed \$4,000 a month. Uninsured children or children with TennCare may also apply for assistance.

To be eligible for CSS, folks must have qualifying diagnosis, families must be eligible, and they must live in Tennessee. If you wish to receive more information regarding CSS, do not hesitate to contact Ms. Virginia Weaver-Anderson by via email at virginia.weaver-anderson@tn.gov or you may call at 615.741.2703.

Member Comments: Announcements and Upcoming Events

- Free Community Health Expo in Newport, Cocke County on Sunday, April 7
- [Meharry Medical College - Survivorship Cancer Summit](#) Spring Forward: Early Detection & Screening, (A Hybrid Event) held on Saturday, April 13, 2024, from 8AM – 1PM (**In Person Event**) at Cal Turner Family Center for Student Education at Meharry Medical College 1011 21st Ave N, Nashville, TN 37208; (**Virtual Event**) Zoom Webinar *Register at mmcsupport@the1jg.com for more details.
- [Rural Health Association of Tennessee 2024 Spring Regional Events](#), West Tennessee Regional Event scheduled

Tuesday, April 19, 2024, from 9AM – 3PM, at Paris Landing State Park, 16055 Highway 79 N, Buchanan, TN 38222

Resources mentioned during call:

- Dixon Carter Scholarship 2024 Application Fund is to support individuals as they pursue higher education <https://dixoncarterfund.com/application>
- TN State Government CHANT Referral Information https://stateofTENNESSEE-cvlyz.formstack.com/forms/chant_referral_form
- If you need more information, please visit our website at www.healthdisparitiestn.com

Chat Box – links / website / events:

- If you need more information, please visit our website at www.healthdisparitiestn.com
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Next Meeting: April 4, 2024, from 1pm-2pm via Microsoft Teams.

Microsoft Teams Meeting details are as follows:

Join on your computer or mobile app

[Click here to join the meeting](#)

Or call in (audio only)

[+1 629-209-4396](tel:+16292094396), [641975577#](tel:+16292094396) United States, Nashville
Phone Conference ID: 641 975 577#



COMMUNITY HEALTH EXPO

FREE

DOOR PRIZES & GIVEAWAYS

SUNDAY, APRIL 7 | 1PM-4PM

JOIN US FOR THIS SPECIAL EVENT

Take charge of your health by attending this event that offers **FREE** health evaluation, education and much more. That's right...**FREE!**

No Reservation Necessary! Refreshments will be served!

INCLUDES:

- » Massage
- » Blood pressure check
- » Blood glucose level
- » Lung capacity test
- » Health age
- » BMI (Body mass index)

LOCATION: 466 Learning Way, Newport TN. 37821 | **CONTACT:** Bryan 865-548-9646

SEE REVERSE FOR HEALTH EVENTS CALENDAR