

BLACK HISTORY MONTH

FEB 01

MAR 01



**THE THEME FOR BLACK HISTORY MONTH
THROUGHOUT THE COUNTRY IS **BLACK RESISTANCE.****

**“EVEN IF IT MAKES OTHERS UNCOMFORTABLE, I WILL LOVE
WHO I AM.”**

— JANELLE MONÁE

BLACK RESISTANCE

Black History Month

"African Americans have resisted historic and ongoing oppression, in all forms, especially the racial terrorism of lynching, racial pogroms, and police killings since our arrival upon these shores. These efforts have been to advocate for a dignified self-determined life in a just democratic society in the United States and beyond the United States political jurisdiction. The 1950s and 1970s in the United States was defined by actions such as sit-ins, boycotts, walk outs, strikes by Black people and white allies in the fight for justice against discrimination in all sectors of society from employment to education to housing. Black people have had to consistently push the United States to live up to its ideals of freedom, liberty, and justice for all. Systematic oppression has sought to negate much of the dreams of our griots, like Langston Hughes and Zora Neale Hurston, and our freedom fighters, like the Rev. Dr. Martin Luther King, Jr., Septima Clark, and Fannie Lou Hamer fought to realize. Black people have sought ways to nurture and protect Black lives, and for autonomy of their physical and intellectual bodies through armed resistance, voluntary emigration, nonviolence, education, literature, sports, media, and legislation/politics. Black led institutions and affiliations have lobbied, litigated, legislated, protested, and achieved success."

For more information on Black History Month themes visit: <https://asalh.org/black-history-themes/>



73 QUESTIONS WITH DR. LANVIN TAYLOR



<https://youtu.be/x2zsy53SNn0>



WATCH NOW!

Lanvin Taylor, DO ('09) is a practicing physiatrist (PM&R) and an Assistant Professor of Rehabilitation Medicine at Rowan-Virtua SOM. Dr. Taylor is passionate about caring for those with chronic pain and enjoys the collaborative nature of his practice with radiology, neurology, orthopedics as well as other specialties. Dr. Taylor is an avid sports and fitness enthusiast, recently completed to Philadelphia Half Marathon in November 2022, and has his sights set on the Atlantic City Marathon in April. Currently, Dr. Taylor sees patients at the Rowan NeuroMusculoskeletal Institute in Stratford, NJ.



Dr. Millicent King Channell



Dr. Troy Randle



Dr. Deborah Williams

HIGHLIGHTING

BLACK ROLE MODELS



Dr. Barbara Ross Lee



Dr. Judith A. Lightfoot



Dawn Shell, PhD

PODCASTS

Confessions of a DEI Pro

<https://podcasts.apple.com/us/podcast/how-to-become-a-competent-dei-practitioner-g-sabini-roberts/id1588753247?i=1000588350484>

In Black America

<https://podcasts.apple.com/us/podcast/remembering-rev-dr-martin-luther-king-jr-ep-7-2023/id860053842?i=1000594547393>

Short Stories of Black History

<https://podcasts.apple.com/us/podcast/kathrine-johnson-revealed-figure/id1524473216?i=1000490909656>



Teaching Hard History

<https://podcasts.apple.com/us/podcast/why-hard-history-matters-addressing-the-legacy-of/id1341785066?i=1000563905681>

The Diversity Gap

<https://podcasts.apple.com/us/podcast/mindful-antiracism-with-faith-brooks/id1546764793?i=1000570421260>

RECOMMENDED ARTICLES

Origins of Black History Month

<https://asalh.org/about-us/about-black-history-month/>

Smithsonian National Museum of African American History & Culture

https://nmaahc.si.edu/reckoning_

Educators, We Must Defend AP African American Studies

<https://www.edweek.org/leadership/opinion-educators-we-must-defend-ap-african-american-studies/2023/02>

Meta Christy, DO: The First African American Osteopathic Physician

<https://www.pcom.edu/about/departments/marketing-and-communications/digest-magazine/digest-featured-stories/meta-christy-do-first-african-american-osteopathic-physician.html>

Medical Pioneers

<https://www.pbs.org/wgbh/americanexperience/features/partners-african-american-medical-pioneers/>



Black Women in Medicine- Rising Above Invisibility:

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)00302-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)00302-0/fulltext)

Black medical pioneers: African-American 'firsts' in academic and organized medicine. Part one

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2568095/>

Sarah Loguen Fraser, MD (1850 to 1933): the fourth African-American woman physician

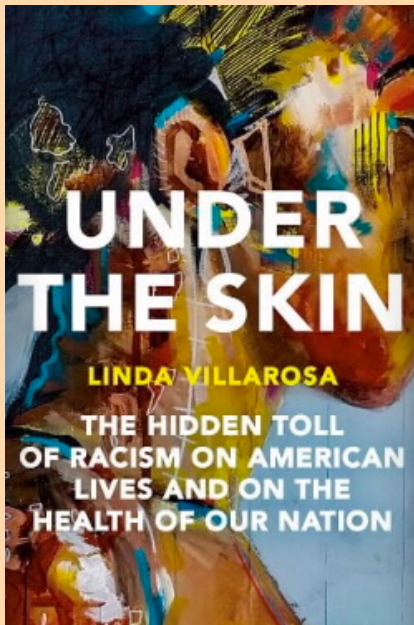
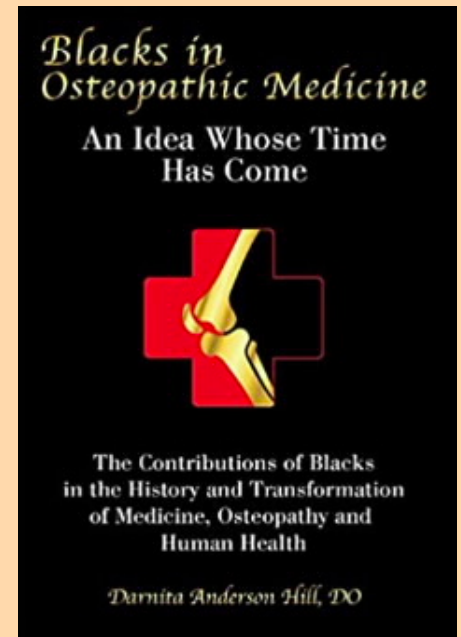
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2640561/>

2022 Black History Month Theme: Black Health and Wellness throughout the African Diaspora

<https://muse.jhu.edu/article/847>

RECOMMENDED BOOKS

This book sets out to disprove the idea and thought that historical information is vague, elusive, or sparse regarding Black people within the context of being a part of the founding and progression of medicine –including osteopathic medicine in America and throughout the world. Not only is there enough information to illustrate an extremely important aspect of osteopathic medicine, but it also makes us manifest the relevance and importance of defining the African American role in contributing to one of the greatest medical sciences in the world today. This untold story is one that will capture the imagination of some, spark elements of denial in others, and challenge a few to expand the brevity of their own knowledge about osteopathic medicine. It is certain that this aspect concerning the influence of Blacks in osteopathic medicine will be written in the sandstones of time, and more importantly, in the hearts and minds of all future healers who believe in this great science.



In *Under the Skin*, Linda Villarosa lays bare the forces in the American health-care system and in American society that cause Black people to "live sicker and die quicker" compared to their white counterparts. Today's medical texts and instruments still carry fallacious slavery-era assumptions that Black bodies are fundamentally different from white bodies. Study after study of medical settings show worse treatment and outcomes for Black patients. Black people live in dirtier, more polluted communities due to environmental racism and neglect from all levels of government. And, most powerfully, Villarosa describes the new understanding that coping with the daily scourge of racism ages Black people prematurely. Anchored by unforgettable human stories and offering incontrovertible proof, *Under the Skin* is dramatic, tragic, and necessary reading.

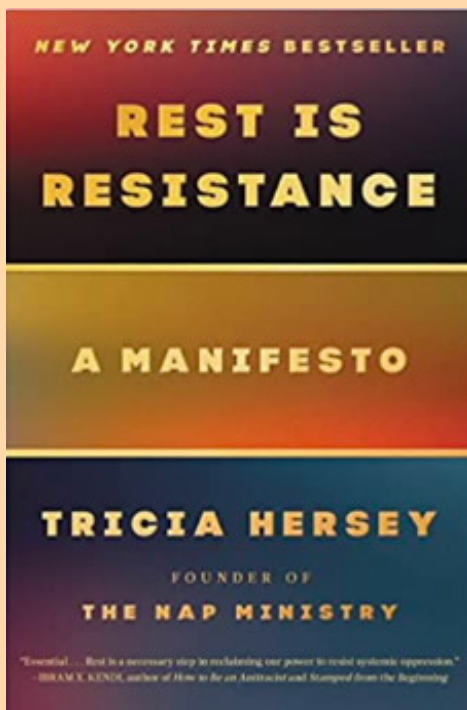
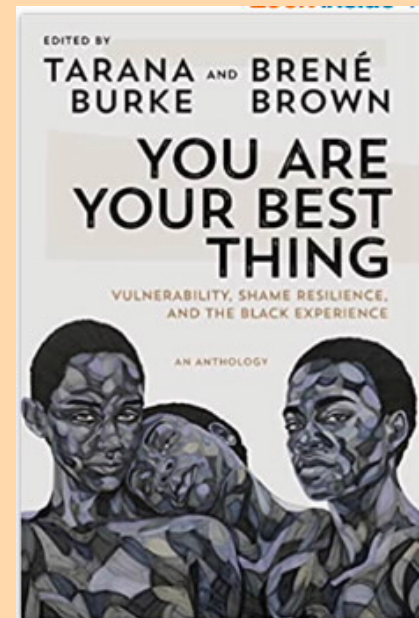
<https://bookshop.org/p/books/under-the-skin-the-hidden-toll-of-racism-on-american-lives-and-on-the-health-of-our-nation-linda-villarosa/17422972?ean=9780385544887>

RECOMMENDED BOOKS

Tarana Burke and Dr. Brené Brown bring together a dynamic group of Black writers, organizers, artists, academics, and cultural figures to discuss the topics the two have dedicated their lives to understanding and teaching: vulnerability and shame resilience.

Burke and Brown are the perfect pair to usher in this stark, potent collection of essays on Black shame and healing. Along with the anthology contributors, they create a space to recognize and process the trauma of white supremacy, a space to be vulnerable and affirm the fullness of Black love and Black life.

<https://bookshop.org/p/books/you-are-your-best-thing-vulnerability-shame-resilience-and-the-black-experience-bahni-turpin/16134259?ean=9780593243633>



In *Rest Is Resistance*, Tricia Hersey, aka the Nap Bishop, casts an illuminating light on our troubled relationship with rest and how to imagine and dream our way to a future where rest is exalted. Our worth does not reside in how much we produce, especially not for a system that exploits and dehumanizes us. Rest, in its simplest form, becomes an act of resistance and a reclaiming of power because it asserts our most basic humanity. We are enough. The systems cannot have us. *Rest Is Resistance* is rooted in spiritual energy and centered in Black liberation, womanism, somatics, and Afrofuturism. With captivating storytelling and practical advice, all delivered in Hersey's lyrical voice and informed by her deep experience in theology, activism, and performance art, *Rest Is Resistance* is a call to action, a battle cry, a field guide, and a manifesto for all of us who are sleep deprived, searching for justice, and longing to be liberated from the oppressive grip of Grind Culture.

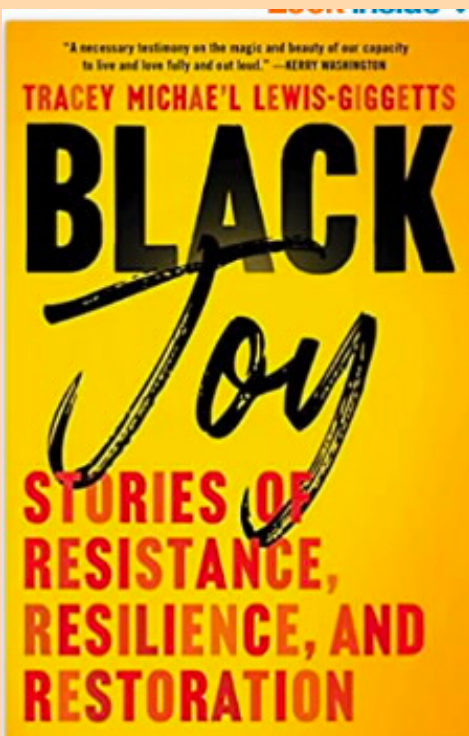
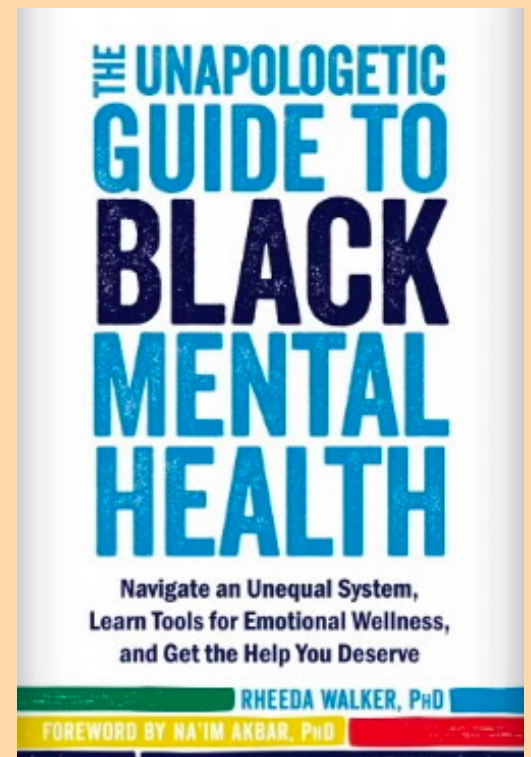
<https://bookshop.org/p/books/rest-is-resistance-a-manifesto-tricia-hersey/18255493?ean=9780316365215>

RECOMMENDED BOOKS

We can't deny it any longer: there is a Black mental health crisis in our world today. Black people die at disproportionately high rates due to chronic illness, suffer from poverty, under-education, and the effects of racism. This book is an exploration of Black mental health in today's world, the forces that have undermined mental health progress for African Americans, and what needs to happen for African Americans to heal psychological distress, find community, and undo years of stigma and marginalization in order to access effective mental health care.

In *The Unapologetic Guide to Black Mental Health*, psychologist and African American mental health expert Rheeda Walker offers important information on the mental health crisis in the Black community, how to combat stigma, spot potential mental illness, how to practice emotional wellness, and how to get the best care possible in a system steeped in racial bias.

<https://bookshop.org/p/books/the-unapologetic-guide-to-black-mental-health-navigate-an-unequal-system-learn-tools-for-emotional-wellness-and-get-the-help-you-deserve-rheeda-walker/12521077?ean=9781684034147>



When Tracey M. Lewis-Giggetts wrote an essay on Black joy for *The Washington Post*, she had no idea just how deeply it would resonate. But the outpouring of positive responses affirmed her own lived experience: that Black joy is not just a weapon of resistance, it is a tool for resilience.

With this book, Tracey aims to gift her community with a collection of lyrical essays about the way joy has evolved, even in the midst of trauma, in her own life. Detailing these instances of joy in the context of Black culture allows us to recognize the power of Black joy as a resource to draw upon, and to challenge the one-note narratives of Black life as solely comprised of trauma and hardship.

<https://bookshop.org/p/books/black-joy-stories-of-resistance-resilience-and-restoration-lewis-giggetts/18240410?ean=9781982176563>

UPCOMING EVENTS

Celebrate Black History Month in Philadelphia

Vision & Spirit: African American Art exhibition at the African American Museum in Philadelphia (AAMP). Runs through February 19th.

Black History Month programming at the National Constitution Center includes daily self-guided tours of a collection of African American artifacts, including a signed copy of the Emancipation Proclamation.

Leaders and Legends at Smith Memorial Playground & Playhouse. An outdoor exhibition honoring African American leaders.



"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality... I believe that unarmed truth and unconditional love will have the final word."

— Martin Luther King Jr.

RESOURCES

[IRS Free File](#) lets you prepare and file your federal income tax online using guided tax preparation. It's safe, easy and no cost to you for a federal return.

RELAXATION

Take a moment to listen to [some relaxing music](#) while meditating!

**BLACK JOY IS THE
HEARTBEAT AND
PULSE OF
OUR SURVIVAL,
OUR RESILIENCY,
OUR PERSEVERANCE,
OUR HEALTH AND
WELLBEING.**

— *Anita Dashiell-Sparks*

Associate Dean of Equity, Diversity and
Inclusion at the USC School of Dramatic Arts

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