



The Sickle Cell Foundation, Inc.

HAPPY HOLIDAYS TO ALL!



A MESSAGE FROM THE TEAM

As we come to the end of another great year at the Sickle Cell Foundation, Inc. our team would like to take this opportunity to share some personal greetings. We look forward to the new year and continuing to build and strengthen connections in our community.

"What an amazing year we've had! As we move into 2022, let's take time to reflect, forgive and LOVE. It's my sincere prayer that 2022 is a healthier and more prosperous year for all of us. We've made it through hard times, challenging times, good times, bad times, lean times, and happy times. We made it and with 2021 in our rearview mirror, let's focus on moving forward in Love, laughter, and promoting life with compassion. As the new year embarks upon us, remember; "We are our brother's keeper". I implore you to protect yourselves and each other. God bless you and may your holiday season bring you comfort and joy & peace!!" -Velma

"I am so grateful to serve and be a part of the Sickle Cell Family. We all face obstacles, but the continued strength I've seen from our clients reminds me that we are all in this battle together. I would like to wish everyone and their loved ones a Happy Holiday Season and a prosperous New year. I hope your Holidays are filled with Peace, Love, Family, and Happiness." -Angela

"Happy Holidays to my Gadsden County Clients & their Families. First and foremost thank you to all my clients. I take this job seriously advocating for you. This year has been an unbelievable one with the loss of family & friends due to the pandemic. So, love hard, enjoy your family & friends, stay safe and protect yourself. Safe travels & Ho Ho Ho." -Deborah

"The holidays are a perfect time to slow down our lives, appreciate our family and friends, and all of those support systems that helped you get through the year. It's also a great time to take inventory of your life over the past 12 months. Celebrate your victories, both large and small, and set new goals that you hope to accomplish for the New Year approaching. Don't forget to make time to take care of yourself, both mentally and physically, and be proud that you have made it through yet another year!" - Chris

"Happy Holidays! I wish my fellow coworkers, volunteers, and the Sickle Cell community a warm and loving holiday season this year, surrounded by friends and family. The holidays are my favorite time of year and I love getting to share that with other people around me. I am very excited to be a part of the Sickle Cell Foundation, Inc. this year to experience everyone's traditions and help make the holidays brighter for other families." - Carissa



ALICIA HERRERA

Who you are and where are you from?

"My name is Alicia Herrera, I am 19 years old and from Tampa, Florida and I attend Florida State University and I am a Bachelors of Arts Major."

At what age were you diagnosed with Sickle Cell Disease?

"I was diagnosed with Sickle Cell right when I was born. My dad did not know he had it, but my mom knew she had it."

What was your experience as a child living with Sickle Cell Disease?

"As a kid, I felt like I was limited to many things. I knew that singing and dancing was my passion. I wanted to do sports as a child but I felt I was very limited and those things could possibly trigger my Sickle Cell. I limited myself and learned how to take care of myself. With the help of both my parents, I still needed to learn how to look out for myself and know my own limits, and move when it comes to my disease."

What is your experience now as a young adult?

"I haven't had any bad experiences but learned to live with them and not call my mom with every crisis. My mom has raised me how to deal independently and not run to the hospital so much. I knew to inform and let the family know if it came to that but I learned to live mindfully with my Sickle Cell Disease."

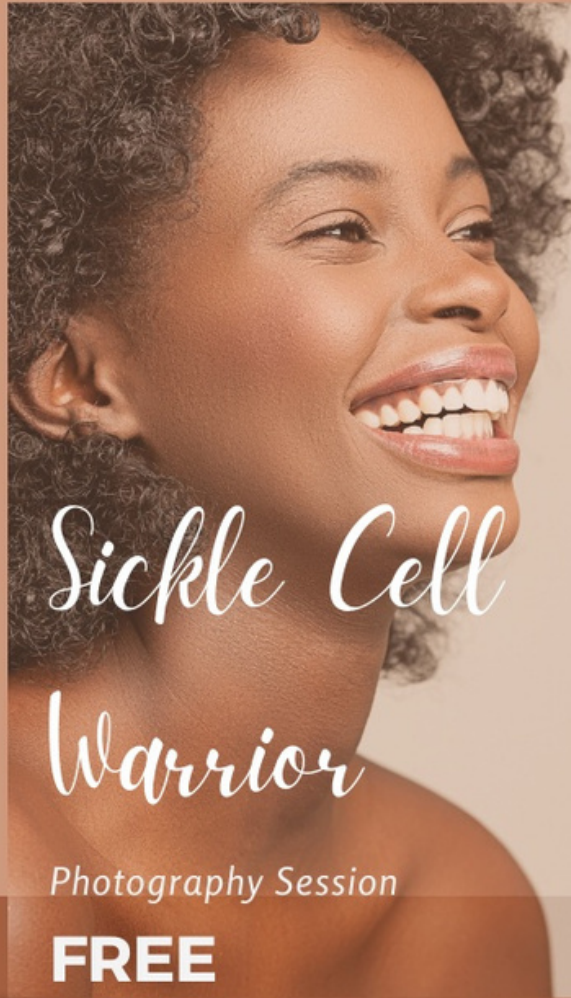
How did you hear about the Sickle Cell Foundation, Inc. and get involved?

"I'm very passionate about Sickle Cell, I love sharing as much information with my friends and family. I met with the Foundation during September Sickle Cell Awareness month at their 5k Walk/Run event. I went and met the Foundation at their table and knew I wanted to be a part of it. I eventually joined the volunteer team where I help with community health events for the city of Tallahassee and surrounding counties. Since then I have even learned many things I didn't know. I feel like it's become a mini support group for myself too."

Any tips for other young adults living with Sickle Cell Disease?

"Try not to stress, I feel like when I was a kid I stressed about a lot of things. If something is too overwhelming or too stressful, walk away. Whatever you are going through is not worth getting into a pain crisis. Knowing your boundaries! Being healthy is another-my mom encouraged me a lot to change my eating to more natural alternatives such as juicing and plenty of fresh fruits and vegetables. Another thing I would say is self-love and self-care. If you focus on yourself and wind down, and know that this is for you and you will see how much your levels of stress will decrease. Oh, and heating pads!"

****If you enjoyed hearing from a warrior and would like to share yours. Contact us to schedule an interview at 850-222-2355**



Sickle Cell
Warrior

Photography Session

FREE

ANN HUNTER CAPTURE

SCHEDULE BY EMAILING OR ONLINE
ANNHUNTERCAPTURE.AS.ME
ANNHUNTERCAPTURE@GMAIL.COM

This is ONLY for individuals living with Sickle Cell Disease or Sickle Cell Trait. You can use as an individual, family, or even couple session. Must be located in North Florida or Georgia.

LIMITED AVAILABILITY

1 hour • 1 Look • 5 Digital Images



ANN HUNTER CAPTURE

PHOTOGRAPHER-CARISSA HUNTER



FREE COAT DRIVE

The Sickle Cell Foundation, Inc. has partnered with Healing Journey Intuitively to facilitate a Community Coat Drive. The mission is to provide FREE coats to children and adults in need this season. The health effects of extremely cold temperatures are life-threatening especially for those living with Sickle Cell Disease.

Across the country, individuals and families are struggling to recover from the economic crisis created by the pandemic, with 1 in 7 Americans currently living below the poverty threshold. The shelter of a coat is a basic need, like food and water, and the need is great right now. Cold weather forces the body to work harder, placing huge stress on the heart to make the body warm.

Children are unable to regulate their body temperatures as adults do from the weather stimuli. They can quickly develop hypothermia without protection from the cold. Studies found up to a 31% increase in heart attacks in the coldest months of the year compared with to warmest months. Exposure to cold predisposes people, especially children, to infections like pneumonia.

Help us make this happen for our local community. Children, families, veterans, and seniors.

YOUR KINDNESS CAN GO A LONG WAY.



CLEAN YOUR CLOSET!

Donate your gently worn coats for children and adults.



"Celebrate the season with love and joy. Make the most of your time with friends and family."

Drop off Location:
1336 Vickers Road Tallahassee, Florida
For more information contact Carissa Hunter, Community Outreach Director @ 850-222-2355

These families need the community's help. Help us help a child, help a parent, a caregiver meet their needs.

In the hustle and bustle of the holiday season, it's easy to lose sight of what really matters. Let us all choose to make a global difference. Any amount matters.

END OF YEAR GIVING

Help us raise funds to continue supporting individuals and families living with Sickle Cell Disease and Sickle Cell Trait.

Your donations ensure that we can continue to provide assistance for these families and individuals. From financial assistance, prescription medications, transportation, counseling, and more. Many families struggle to keep food in their refrigerators, making a way to cover their bills. For others even making it to a doctor's appointment is a challenge they often face. Some see the constant challenge of medical insurance companies forcing out-of-pocket expenses that are beyond their capabilities and this can be overbearing and stressful.

For Donations via check/money order Please send your monetary donations to: Sickle Cell Foundation of The Big Bend
1336 Vickers Road Tallahassee, Florida 32305 or you can donate online at www.sicklecellfoundation.org



IT'S OKAY TO ASK FOR HELP



You don't have to
fight your battle
alone. Talk to us.

TO LEARN MORE ABOUT MENTAL
HEALTH AND WHERE TO GET HELP,
VISIT
WWW.SICKLECELLFOUNDATION.ORG

**CALL US AT
850-222-2355**

PEER SUPPORT IN THE COMMUNITY

**What topics would you like to hear
and talk about in our support groups?**

*Let us know by contacting Chris Wells or emailing us at
info@sicklecellfoundation.org*





The Sickle Cell Foundation, Inc. was organized on February 21, 1980 at the office of the Tallahassee Urban League. Upon installation of the newly organized foundation, an official charter was issued and later received nonprofit organization 501(c)(3) exempt status. There are sixteen (16) chapters in the State of Florida. The Sickle Cell Foundation, Inc. is the only local agency serving District II providing services to the following counties: Leon, Jefferson, Wakulla, Madison, Taylor, Gadsden, and Jackson counties.

1336 Vickers Road Tallahassee, Florida 32303. USA

(850) 222-2355

Email: info@sicklecellfoundation.org



FREE SICKLE CELL TRAIT TESTING

Hours: Monday-Friday 8:30A-5:00P

Velma Stevens, LCSW
Executive Director

Chris Wells, LCSW
Client Program Director

Carissa Hunter, HHP
Community Outreach Director

Angela Brown
Office Manager

Deborah Cozart-Hawkins, BSN
Case Manager



FB: Sickle Cell Foundation, Inc.

IG: @sicklecellleon

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YouTube: Sickle Cell Foundation, Inc.

Tallahassee, Florida