

# The Holiday Special

THE SICKLE CELL FOUNDATION, INC.'S OFFICIAL DECEMBER NEWSLETTER

## NEWS IN THIS ISSUE:

- Real Warrior, Real Stories- Meet Angela Holloman
- Upcoming Community Events
- New Ways To Donate
- December Peer Support Group



## DECEMBER HOLIDAYS

- December 7th - National Pearl Harbor Day of Remembrance.
- December 9th - Holiday Card Day. Whether you send snail-mail cards to everyone on your list, don't forget the value of a heartfelt, personal card.
- December 12th - Gingerbread House Day and National Poinsettia Day.
- December 15th - National Cat Herders Day. If you know, you know.
- December 17th - Festival of Winter Walks, and National Wreaths Across America Day.
- December 21st - Winter Solstice and World Snowboard Day. Bundle up, buttercup.
- December 24th - Christmas Eve and National Eggnog Day.
- December 26th - Boxing Day. Not just for gift boxes, this holiday is now associated with shopping and sporting events.
- December 31st - New Year's Eve. Take a deep breath...The new year is coming.

# REAL STORIES, REAL WARRIORS

## Meet Angela Holloman

### **When did you find out you had sickle cell?**

*Angela:* " I was diagnosed at 6 months, and at 3 months I developed meningitis it was at that point my mother found out I had sickle cell anemia type HbSS."

### **Do you remember any of those experiences as a child, one that may have stood out so much for you?**

*Angela:* " Yes, I think one of the worse ones was when I was in the 7th grade probably around 12 years old and I was transitioning from demerol to morphine my pain killers and my crisis were so bad that they had me on a demerol drip for 24 hours and nothing seem to work. Because I was so young and so petite they really didn't want to put me on morphine. I was maxing out on my medications. My doctors eventually decided to give me my first blood transfusion. Within 20 minutes of my blood transfusion I went to sleep. That was one of the worse and scariest times for me because I was in ICU as well. I was so young and was to the point where I couldn't take it anymore, as they were trying to find out ways to help me."

### **How is living with sickle cell for you now?**

*Angela:* "Now, since I am much older, I haven't been the hospital in about 15 years because I learned how to manage and cope with it. I still have frequent crisis because most times in the winter and cold weather is when I get sick. I had to find contentment staying at home because I couldn't work. The biggest thing for me is I don't have a lot of stress, i'm not out a lot to avoid infections and contracting illnesses. I'm like a homebody, in that space alone I had to learn how to be content with that. "



"It's like a trade off, staying in the comfort of home , not trying to over do things has allowed me to live this long and be this well. "

I starting sewing, embroidery, I began an online space where I can share my work. I found my joy in doing hair and nails and sometimes I write on as well.

Life tells you to go get a job, go to college, find a husband, have kids, and you try to fit into a lifestyle thats pleasing to society. I've had goals and dreams but the mental health portion brought me to a period of depression at one point during my transition from childhood to adulthood. I had to eventually find a way throughout. I did graduate college, and went to work. But, within 2 years of that I had a hip replacement which forced me out of my career and back home. So I took that to find my way through it. "

## **Where can our readers and other warriors find your work?**

*Angela:* "My Instagram and Facebook is Accents by Angela Beauty & Apparel. My Spiritual group is called Becoming God's Masterpiece. That is where I do a lot of inspirational writings, which truly has gotten me over and through."

## **How did you connect with the Sickle Cell Foundation, Inc.?**

*Angela:* "I was in college and I volunteered with my cousin who was an assistant at that time and I went to the foundation at one point with her and I've been intermixed ever since; that's been about 20+ years."

## **What tips would you give those living with sickle cell ?**

*Angela:* "Have faith in yourself and faith in God, because out of all of it at the end of the day it's going to come between you and God. How you take care of yourself. No matter how anything turns up. I've been through it all. Thank God I have the foundation and grew up in a faithful environment. So, I had faith to sustain me. That is one thing you can rely on. My mom always taught me when I was young about the serenity prayer, that no matter what when man says no or when doctors say no; because I was told I'd only live to see age 18 and I'm now 44 years, you don't let them determine your outcome because God can say yes and you can be successful every time. Whatever God has for you it's going to materialize. As long as your faith is there."



Real Warriors,  
Real Stories

**Want to share  
your Sickle Cell  
Story?**

CLICKLINK BELOW



Giveaways during the event!



# **COUNT**down to Baby!

## *Virtual Baby Shower*

**COME & CELEBRATE WITH US**

December 13th | 12:00 p.m. to 2:00 p.m. EST | Virtual

Join *Count the Kicks* & the Florida Department of Health for a fun and educational time! Learn about *Count the Kicks*, what to expect during labor and delivery, newborn basics, feeding and more!

Register TODAY: <https://bit.ly/FLBabyShower>



Register and attend for a chance to win Panera Bread gift cards, pack'n'plays, and more!



[www.CountTheKicks.org](http://www.CountTheKicks.org)

A photograph of a library interior. In the background, there are wooden bookshelves filled with books. To the right, there is a wooden table with a chair. A potted plant is visible on the table. The foreground shows a blue carpet and a light blue cushion. The text is overlaid on the image.

*Join Us*

**DECEMBER 12TH  
10AM - 1PM**

**MADISON  
PUBLIC  
LIBRARY**

**378 College Loop, Madison, Florida 32340**



# Community Peer Support Group

Tuesday, December 13, 2022

4:45 pm-6:45 pm



Dr. B.L. Perry Branch Library  
2817 S Adams St. Tallahassee, FL 32301

We will discuss the importance of community. And the many ways that we can help you feel understood, supported, and safe.

You are not alone!



# Thank You

*Dear Attendee,*

On behalf of the Sickle Cell Foundation, Inc.'s board members, and staff, we want to thank you for attending our Annual Sickle Cell Disease Educational Conference on October 22 2022 at Hotel Duval 415 N. Monroe Street, Tallahassee, Florida. We hope that you found the conference informative and worthwhile. The primary goal of this conference was to bring together community leaders and professionals as well as friends and partners of the Sickle Cell Foundation, Inc. from around the community under one roof to discuss the issues facing our sickle cell community and to develop possible strategies as to how the community can become aware and more engaged in initiatives taking place in Tallahassee, Florida. We believe that our diverse and dynamic group of speakers and panelists provided in-depth insight, as well as, actionable and practical tools of engagement models, methods, and community-based mechanisms that could be utilized to aid the sickle cell community to become more effective in the ongoing development in key areas such as healthcare, investment, education and outreach.

Your presence helped to make this event a great success and your enthusiasm and positive spirit helped make our time together both productive and fun. We wish you all the best and hope that you continue to be engaged with the Sickle Cell Foundation, Inc. Stay tuned for upcoming events by visiting [sicklecellfoundation.org](http://sicklecellfoundation.org).

Sincerely,

Sickle Cell Foundation, Inc.

JOIN US FOR...

# WORLD HEART DAY

**December 14, 2022**

9:00 a.m. to 12:00 p.m.

**Jefferson County R.J. Bailar Public Library**

## Free Health Screenings

♥ Blood Pressure ♥ Glucose ♥ Cholesterol

World Heart Day is an opportunity for everyone to stop and consider how best to use heart for humanity, for nature, and for you.

Hosted by the Florida Department of Health Jefferson Tobacco Prevention Program and Heart Health Plus Program.

Engage in conversation around creating tobacco free public spaces.





# BIG BEND CARES PRESENT WORLD AIDS DAY 2022

## Know Your Status!!!

Get A \$10 Gift Card  
With An At Home  
HIV Testing Kit  
(\$46 Value)

**Free**  
**Giveaways**  
**Donated By**

**Walmart** 

Store #4520

**Friday, December 9th**

**Haffye Hayes Park**

**Greenville, FL**

**12PM— 2PM**



*Every Baby Deserves a Healthy Start*



For vendor participation contact Tracy Gallon at [Tgallon@bigbendcares.org](mailto:Tgallon@bigbendcares.org)



# **NATIONAL HANDWASHING**

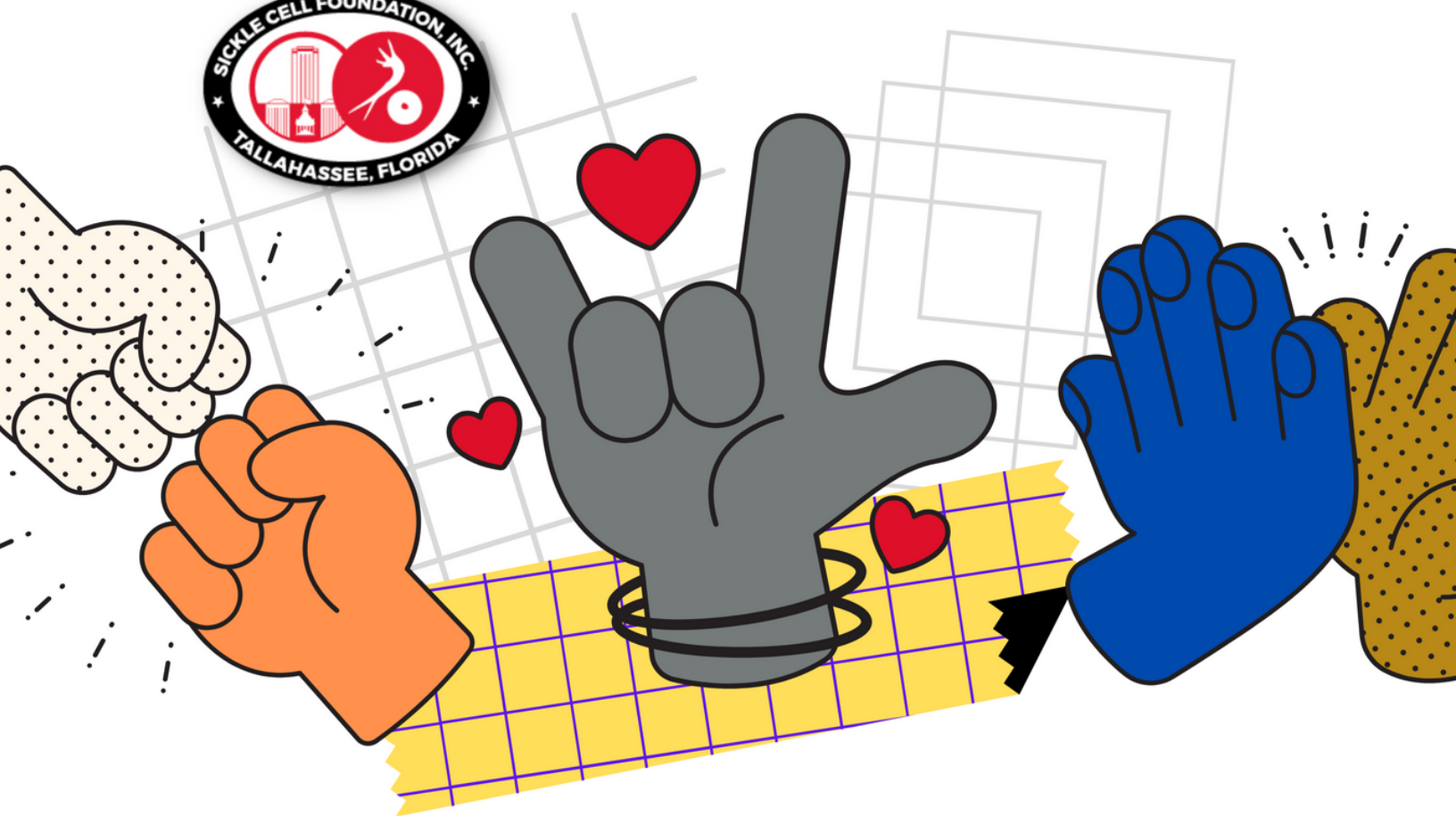
**AWARENESS WEEK**

**December 5-11, 2022**

**Personal hygiene begins and ends with our hands. And though we're taught as youngsters to wash our hands before dinner, it's important to remember that germs don't care what time of day it is. Clean hands prevent sickness. So it's especially important to learn the basics about hand hygiene so that you, too, can become a champion hand washer!**

# THANK YOU FOR DONATING

THANK YOU FOR CONTINUOUSLY  
GIVING, MAY GOD BLESS AND REPAY  
YOUR KINDNESS



There are 100s of families who don't know where their next meal is coming from. Many don't know how to purchase their medications or have no transportation to their next treatment appointment, they may not have enough for the holidays. We believe that no one should go without. We believe everyone deserves a meal, proper health treatment, and basic needs. We help many families under our organization both adults and children of all ages with your donations.

The BEST way to support our mission is to support us by continuously donating your spare change each month through our round-ups or giving \$5 or \$10 each month. Unable to give monthly? We'd really appreciate your one-time donation and/or consider learning more about volunteering, in-kind, and other ways to give.

We've made it easy for you to give! Just text our keyword '**SCFGIVENOW**' to **26989** and we'll send you the link to start your journey!