

JULY & AUGUST 2022 NEWSLETTER

by the Sickle Cell Foundation, Inc.



HAVE YOU REGISTERED?

We want you to explore the benefits of participating in community-based running and walking events: What would motivate you to first participate in a 5k run or walk? Did you know that community run, walk, or similar initiatives can introduce large numbers of people from diverse backgrounds to recreational physical activity and impact positively a high proportion of them? Join Us on September 10th.

THIS ISSUE:

- School Supply Donations
- Christopher Wells, LCSW Farewell Letter
- Client- Volunteer Requirements
- Real Warrior, Real Stories Highlight
- 2022 41st Annual 5k Run/Walk Sickle Cell Awareness Event 9/10

“
JUST KEEP
MOVING
FORWARD.”

@sicklecellleon



41ST
RUN/WALK FOR
SICKLE
CELL ANEMIA



 **SCAN ME**

8:00 AM

JAKE GAITHER GOLF COURSE
801 Bragg Drive
Tallahassee, FL 32305

SATURDAY

SEPTEMBER 10, 2022

TO REGISTER AND FOR MORE INFORMATION VISIT:

FASTESTTRACEINTOWN.COM



2022

SCHOOL SUPPLY LIST

Pencil Case

Blue / Black Pens

Backpack

Ruler & Eraser

Wide-Ruled Notebook

Drop off location:

1336 Vickers Road. Tallahassee, Florida

Pick Up Arrangements Call Us @

850-222-2355

WELCOME
Back to School

2022 - 2023

DROP OFF OR
PICK UP



CHRISTOPHER WELLS

Farewell Letter



There are no words after 11 years to explain what it feels like to leave the Sickle Cell Foundation. I spent the better part of my career in social work at the Foundation. Beginning with a master's level internship and working on the outreach team, to ending as the Client Program Director. This is not just leaving a job, it is leaving a family.

I have accepted a role at the Department of Veteran Affairs as a clinician doing therapy full-time. I always knew there would come a time when I would need to seek new challenges as I grew as a professional. I just never knew it would be this hard to make the decision to move on from a population and community that grew into a passion.

Thank you, Velma, for believing that I could make a difference for this population. Thank you to each and every Board Member at the Foundation for your support of our mission and goals. Most of all, I would like to thank every single one of the members of the Foundation that are living, fighting, and flourishing with sickle cell disease every day. You were my motivation to show up each and every day. You taught me what it truly means to be a fighter. You taught a young social worker the true meaning of advocacy. I really appreciate the countless hours you allowed me to spend with you as you shared with me your individual experiences living with this condition. It was your transparency that taught me everything I know about sickle cell disease.

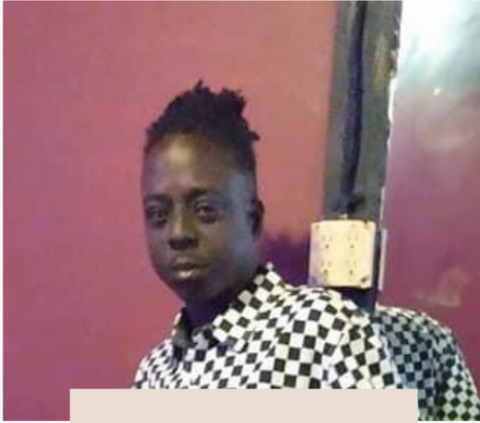
I could never just walk away from the Foundation forever.

So, you will definitely see me at the events the Foundation hosts. I hope to be able to catch up with you all at those events. To borrow an old, probably overused phrase; it's not goodbye, it sees you later!

Christopher A. Wells, LCSW



REAL WARRIOR, REAL STORIES



Carlos Doyle

Interview

LISTEN NOW →



Host: "Who you are and where are you from?"

Carlos: "I was originally born in Madison, Florida but I grew up in Jacksonville, Florida."

Host: "Would you share with us what you are doing in the community or a little bit about your background? Any gifts, talents, anything you'd like to share?"

Carlos: "I'm pretty much a regular public citizen, but do a little music. I rap here and there, I go to the studio. Besides that, I'm pretty much dealing with my sickle cell treatments, appointments, doctors."

Host: "What was your experience as a child? When were you diagnosed?"

Carlos: "I was actually too young to understand. I was diagnosed at 3 years old. I didn't understand any of the factors when I first was dx until I got a little older to comprehend what people were talking about. I found out that way when I was younger due to swelling that year, and my mother had to take me to the doctor. The first few doctors I went to didn't know what was going on and couldn't diagnose my sickle cell disease. Another doctor was eventually able to know that I indeed had sickle cell disease."

Host: "How did you connect with the SCF?"

Carlos: "I've actually known about the foundation for a long time. But with the SC Foundation here in Tallahassee my mom became a member. It was easier because she was already interacting with the SCF. I've known about them for a while I've just recently been able to get more involved with the SCF here in Tallahassee, Florida. "

Host: "Are there any tips for warriors like yourself living with Sickle Cell Disease?"

Carlos: "If they are just finding out about it and trying to understand it I pretty would tell them to keep their body up. Try to exercise regularly you know because a lot of the time with sickle cell it's your body needing oxygen so if you keep your levels up a lot of the time you won't sickle and see a lot of the issues in the long run."

LETTER TO ALL SICKLE CELL FOUNDATION, INC. CLIENTS AND FAMILIES



Client-Volunteer Program Requirement and why?

WE NEED YOUR HELP!

As a non-profit organization, we have recently faced financial cuts so large that it has resulted in a drastic loss. How can your volunteering help us raise funds to continue offering support to the community? We desire to continue helping you and your family, but we are bound to follow the financial policies of our organization to ensure its stability. In the light of these major financial changes in our budget, this has also forced us to adjust our client assistance program. We are now re-establishing client volunteering requirements to receive these services. These budget cuts have drastically limited the funding distribution. Each client will be required to volunteer a fair amount of hours each month to help us continue to help you.

How can you help?

It's quite easy, sign up, show up, and volunteer.

Here is a breakdown of why this helps our organization be able to continue assisting you:

1. Bringing in passion and enthusiasm.
2. Spreading the word.
3. Multiply our donor network.
4. Break the ice and open up the cycle of communication about our organization.

"We ask clients to go out, make noise about the Sick Cell Foundation, Inc."

Volunteer as a family!

Children watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.

Other benefits of participating in the client volunteer program:

- Volunteering is good for your mind and body. It provides many benefits to both mental and physical health.
- Volunteering helps counteract the effects of stress, anger, and anxiety.
- Volunteering gives joy.
- Volunteering increases self-confidence.
- Volunteering helps you stay physically healthy.
- Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

"Making noise here means reaching out to more and more people, giving them relevant information about what SCF offers and does for the community. This will have a greater impact, and a larger unaddressed group can also be reached out to."

- C. Hunter.

CONTACT OUR OFFICE FOR INFO ON HOW TO ENROLL IN OUR CLIENT VOLUNTEER PROGRAM!

LETTER TO ALL SICKLE CELL FOUNDATION, INC. CLIENTS AND FAMILIES



Volunteers are passionate people who are contributing their time towards a cause that has most times helped them in some way as well. Volunteers bring a lot of new ideas to the table. Your involvement in planning can yield positive results for our fundraising targets, as well.

Many of our past and present volunteers are happier in spreading the word about the cause they are associated with. As a client volunteer, you can be instrumental in spreading the word about our organization and its work and how we have helped you and your family.

Each one of you could present your own network. You may even be able to reach out to others outside that network. Taking a conservative number, 10 volunteers reaching out to at least 10 people in their known network, makes it 100 more people. Now get the idea?

If you trust us to help you, we hope you will be happy to get hands-on fundraising experience and engage a huge network also so that we can continue doing so. Our volunteers include students, corporate employees, teachers, or anyone. Each represents our cause in their respective spheres and networks.

Remember:

Enjoy yourself! The best volunteer experiences benefit both the volunteer and the organization.



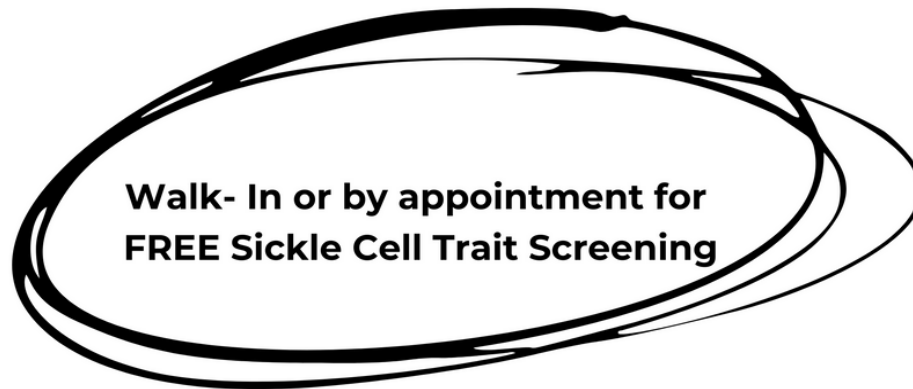
Mrs. Carissa Hunter, HHP
Holistic Health Practitioner & SCF
Communications & Outreach
Director

"With busy lives, I understand it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to folks in need like yourself, worthwhile causes, and the community, but the benefits can be even greater for you, the client volunteer. I began my journey with the SCF as a client and spent dedicated time with my own children, one of whom is a sickle cell warrior, to give back to an organization that helped us in the darkest times of our lives."

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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.



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

www.sicklecellfoundation.org

