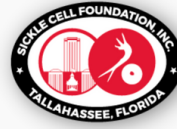


SEPTEMBER



LATEST NEWS

SEPTEMBER 2022

NEWSLETTER

"YOUNG WARRIOR"

The Sickle Cell Foundation, Inc. is excited to announce our selection of Journey as our new young warrior Ambassador for 2022-2023.



Her experience truly shines a light on the blend of integrative health and sickle cell maintenance. We hope that sharing her story shifts the outlook on how sickle cell disease impacts our youth while focusing on complementary therapies in medicine while living with Sickle Cell Disease.

SICKLE CELL AWARENESS MONTH



Join the Sickle Cell Foundation, Inc. in partnership with the Gulf Winds Track Club.

The 41st annual 5k for Sickle Cell Anemia & Tim Simpkins 1 Mile will be the best yet.

The course through Jake Gaither Neighborhood is very fast and provides participants with a great chance to run personal bests. Volunteers for this race are abundant and enthusiastic.

**2022-2023
SCF AMBASSADOR**

As SCF's Young Warrior Ambassador, Journey will represent and assist with our education campaigns by sharing her personal experience to draw in both public and private support for the mission of SCF.

**41ST ANNUAL 5K
RUN/WALK**

Proceeds from the race go to Sickle Cell Foundation to help families dealing with Sickle Cell Disease. If you can't participate you may still register to donate or donate to help other families within the Sickle Cell Community.

**EMAIL
SUBSCRIPTION
LIST**

Due to budget cuts in our organization. September 2022 Newsletter will be the last hard copy to be mailed to you. Please read more on how to update your email with us, so that you can remain up to date with our monthly announcements.

SCF Ambassador

Young Warrior
2022-2023

Journey Hunter

Congratulations to SCF ambassador Journey Hunter for being chosen as the Sickle Cell Foundation, Inc. Young Warrior Ambassador for 2022-2023.

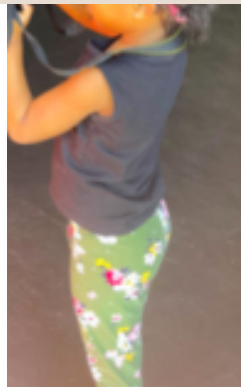
Journey is 4 years young, an unschooling world schooler. What you can't see is that she also lives with Sickle Cell Anemia Type HbSS. Her #1 advocates and support village includes her parents Michael and Carissa Hunter, her big brother Jayden, and the best medical team that's been with her every step of the way. She loves the beach, exploring the outdoors, dancing, singing, art, and reading books.

Her village includes Hematologists, Opthamalogists, Holistic health practitioners, her parents as her advocates and primary caregivers, and extended family and friends.

Today, she sustains organic living through both conventional and alternative support. Living mindfully through mind, body, and soul medicine. Now at age 4, Journey has been fortunate enough to avoid additional medical interventions such as blood transfusions, pharmaceutical medications, hospitalizations, and the extremities of pain crisis and many challenges symptoms sickle cell disease can bring to many her age and older.

We would like to share a transformative example of how well Integrative and conventional support can make a deeper impact on those living with sickle cell disease and many supportive ways to maintain it, in both children and adults.

As SCF's Young Warrior Ambassador, Journey will represent and assist with our education campaigns by sharing her personal experience to draw in both public and private support for the mission of SCF. Follow us on social media and look out for Journey.



Real Warriors, Real Stories

Carissa Hunter

Meet A Sickle Cell Trait Carrier



1. Share with us who you are, what you are doing in the community, and a little bit about your background.

"My name is Carissa, I was born and raised in Florida, and I grew up well aware of my Sickle Cell Trait. I am a stay-at-home mother to my two young children under 8, an home school educator as well as a holistic health practitioner in my village. I am a creative; musician, photographer, and botanist. I spent many years living in the middle of Georgia where I met my husband of 10 years and moved back home to Tallahassee, Florida in 2019. I hold experience in mainstream healthcare in a variety of private clinics beginning as a phlebotomist, to a medical assistant and medical office manager. I am a former tumbling and dance coach whom I taught ages 3 to 15 years old, as well as a respite care provider for military families with children living with Autism and Asperger syndrome. I spent 2 years in bible college before beginning my healthcare journey. During that time I mentored teens in youth detention centers and traveled throughout the U.S. completing missionary work. This is where my experience in community outreach began; I was 19 years old. I was born and raised in a pentecostal church, my grandmother was a pastor and well-known community leader, and I was right by her side, like her intern. I watched her walk into hospitals praying over those ill or just holding their hands. During my early 20s, I spent a few years volunteering at nursing homes, speaking at public schools, walking the neighborhood picking up trash, delivering food, and just overall loving on people. Everything I do now for others in the community is a reflection of what I saw as a child."

"Not only am I Journey's Mama, but I have the honor of being her advocate and health and wellness practitioner.

I am also a sickle cell trait carrier and trait carriers need a voice too."

2. What was your experience as a child living with Sickle Cell Trait?

"I was born with the trait from my father who was born with it from my grandmother. Both of my parents always made sure I knew I had it. Were they well educated in depth about it? No. This was the 90s, parents went with textbooks and whatever doctors said. No one questioned or researched much on their own. I do remember experiencing leg pain as a child as young as 7-9 years old and later on in high school. I was always told SCT carriers did not have issues so many times it was brushed off as growing pains. There was a time I was hospitalized and severely sick to this day my mother certainly believes I was experiencing a pain crisis and told me it was due to rheumatic fever. Now unlearning and relearning the myths around SCT and its symptoms. I believe that there was coexistence between rheumatic fever and my sickle cell trait as a child. As I reach my teenage years, I was very athletic but would often overexert myself to the point of extreme leg pains, at one point fainting after hard practices in the heat due to dehydration, and didn't put things together until after having my own children; one now living with SCD. Today, I still experience pain in the lower extremities."

Real Warriors, Real Stories

continued.....

Meet A Sickle Cell Trait Carrier

3. Why and how are they a part of the Sickle Cell Foundation, Inc.?

"I am a part of the SCF because they are a part of my village for my own family. They helped me in some challenging times for my family. Travel costs to sickle cell specialists add up, medical insurance coverage is limited and out-of-pocket expenses can be mentally frustrating for one-income households or no-income households. I made a sacrifice to be home full-time after having my daughter and finding out she had SCD. This eliminated additional income down to one at that time. I can say I do know what it feels like to be in a hard spot it can be tough to feel comfortable enough to find and seek help from community resources such as SCF. The foundation gave us that safe space and we ended up gaining more family. Not to mention the mental health support SCF provided for myself and my husband. Having a child that is medically fragile can place a heavier load on parents. Having the foundation truly helped ease the weight."



"Growing up living with SCT I struggled with many of the myths still current today about SCT such as pain crisis, birth, and pregnancy trauma, and much more. Later I realized in my experience in healthcare the lack of holistic health modalities offered in the community. I truly have always carried a passion to see this change. To see blended medicines work together in harmony, safely, and organically. I spend every day sharing my gifts with others, involving my own family."

-Carissa Hunter, HHP, SCF Outreach & Communications Director

EMAIL SUBSCRIPTION LIST

DEAR READERS,

As you know, we have recently faced hard financial times in the current economy. We are taking this action to adapt to the new processes. Unfortunately, the action due to budget loss we will no longer mail hard copy newsletters to you.

Due to this loss in our organization, we have come to the decision to eliminate some administrative costs. No worries, you still can receive our newsletter instead electronic -newsletters only. To do so, please email us your preferred email to info@sicklecellfoundation.org with 'newsletter' in the subject line.

We appreciate your understanding during this time.





Follow us on

SOCIAL MEDIA

Help us increase the awareness of our organization online, this also helps support our fundraising efforts to continue helping those in the sickle cell community.

