

Body, Mind AND Spirit

Creating an Epidemic of Health

JULY—SEPT 2013

QUARTERLY BMSF NEWSLETTER

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Condom-use awareness campaign made for a safe Carnival

BMSF received the vital help of Saba University School of Medicine (SUSOM) student volunteers in distributing hundreds of condom beads and condom bags throughout the Carnival week in July. Each evening, groups of volunteers participated in the various shows and parades handing out beads with condoms to revelers. They also provided goodie-bags with condoms, lubricants and information with free music-download codes. The volunteers also handed out plain colorful beads to children. BMSF posted fun pro-condom use posters in the carnival village. Each year, the foundation makes these prevention efforts against sexually transmitted infections (STIs), which are to lead to a change in attitude towards the use of condoms, and to a reduction in STI cases, as well as to what is locally being referred to as "Carnival children." BMSF also installed condom vending machines in the restrooms at Carnival Village in The Bottom, using humorous posters to promote condom use and create awareness about sexually-transmitted diseases. Unlike past years,



during which the foundation organized a float in each parade and even sponsored the official Carnival T-shirts, the new Carnival organizers did not permit BMSF's participation in the parade.

Two decades ago, the organization started out as a specific epidemic-related

agency tasked by the local government to create community awareness and outreach. Management now seeks to improve the quality of life of people living with HIV. It is looking into widening its spectrum of STI prevention efforts, as well as having a broader reach and impact on the overall well-being of the population. Since May, BMSF, in collaboration with SUSOM, stepped up its public health awareness campaign and aired a series of health documentaries on local television. "**Hungry for Change**," for instance, dealt with nutrition and "**The Weight of the Nation**" addressed obesity. Before and during Carnival, BMSF also aired some documentaries about HIV. BMSF is also actively looking into possibilities to deliver public-health related messages via the radio, in addition to social media.





BMSF joins SUSOM Health Fair

The Body, Mind AND Spirit Foundation joined the Saba University School of Medicine in their annual Health Fair on July 13 held on the university's campus in The Bottom.

The SUSOM Health Fair's main goal is to give all Saba residents the opportunity to have a complete examination, while for the medical students this is an opportunity to practice their clinical skills under faculty supervision and serve their hosting community. The free Health Fair enjoyed a great turnout especially from residents in Hell's Gate and Windwardside. While waiting in between stations, visitors were encouraged to browse a wide variety of health informational brochures made available at a booth set-up by our programs manager. This included information on eating disorders and addictions, facts about the consumption of alcoholic beverages and drugs. A number of the brochures were available in both English and Spanish and catered to a wide range of age-groups. BMSF handed out their signature STD-prevention goodies bags. Each free bag contained informational leaflets with

codes to free music downloads. For the first time the Organoponics Garden also had a booth with freshly cut, locally-grown produce to nudge participants into a healthier and tastier lifestyle. Agricultural engineer Otto Manuel Anderes even offered free products to interested visitors.

This joint community effort in promoting a healthy balanced lifestyle is something the various stakeholders intend to promote in the best interest of our resident population. Some of the visitors to our booth shared with us how appreciative they are of the professional and courteous service provided by the volunteering students. Visiting parents made use of the supervised day care room with games for children. The organizers had raffles with prizes for participants. BMSF supports the public health drive focusing on preventive annual screenings of all body systems to reduce the chance that detection of an underlying disease would be missed. In this regards we reallocated resources towards multi-media, especially television programs focusing on monitoring one's health and lifestyle habits.



BMSF supports faith-based youth motivational programs

The BMSF has been attempting to engage faith-based organizations in developing motivational youth programs concentrating emphasis on abstinence and monogamous relationships for teenagers and age-appropriate materials against bullying for younger children. The Wesleyan Holiness Church was the first to hear this call and the BMSF was invited to support their Youth Bible Week activities. These were led by visiting missionaries from St. Stephen's Baptist Church in La Puente, California. The church was appreciative of our small donation of crafts supplies. The facilitators tried to incorporate some of the topics suggested by the BMSF organization. Youth self-esteem featured prominently with the chosen themes of "God's royalty" and "The armor of faith." Ranging from kindergarten to secondary school ages, the majority of participants were very young, which meant that the



workshops had to be adapted to an age-appropriate level and attention span. The organizers listened carefully to what the teens wanted to do and adapted the workshops to their needs. They talked about dating, tattoos, piercing, self-esteem and bullying, issues which the organizers believed should also be discussed within the church to support its parishioners. The group also created self-esteem origami boxes out of craft materials, which they gave to family and community members to write words that describe them, so that the young could understand how they are viewed by different people. Because we believe both faith organizations and parents involvement is vital in creating positive patterns of development in our youth BMSF intends to support more substantially such programs once need is communicated to us.

The 7 Most Alkaline Foods

Say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease.

Say hello to renewed vigor, mental clarity, better over-all health, and a lean trim body. The key? Your health depends on the pH balance of the blood. source: Dr. Robert O. Young



BMSF
Body, Mind & Spirit

Promoting a healthy balanced lifestyle
= Creating an epidemic of health

Health Benefits of Cucumbers

- reduces the swelling around the eyes
- diuretic
- expel toxins from the digestive system
- promote joint health
- expel tapeworms
- rich in silica content
- reduce uric acid
- Treat sore teeth and gums
- cure diabetes
- 90 percent water

RawForBeauty.com

MAGNESIUM = HEALTHY BONES

NOT CALCIUM WHAT TO EAT FOR MAGNESIUM?

SESAME SEEDS		SUNFLOWER SEEDS	
SPERMINT		DILL	
WATERMELON SEEDS		BARBIL	
PINE NUTS		BROCCOLI	
ALMONDS		OKRA	
PUMPKIN SEEDS		FLAX SEEDS	
BRAZIL NUTS		SPINACH	
CACAO		CHIVES	

FB/DIIVE.SOMMERST

SOURCE: PREVENTDISEASE.COM

Cross-fit run a fun color-splash for all

The first Color Cross-Fit event on Saba received a healthy turnout on August 1st. The Women Medical Student Association and the Saba Girls Run were the main organizers of the event. Underlining the health theme of the family sports event, the Body, Mind and Spirit Foundation provided healthy snack platters of vegetables with health dips and fruits for everyone. The participants were both male and female children, teenagers, medical students and parents. Everybody wore the event's official T-shirts with the motto "Eat clean – train dirty." This is the third color-run on the island, but the first to combine several sport challenges at various points in the track. Volunteers set-up the obstacles and armed with bright colorants, everyone got thoroughly splashed before making it to the finish-line at the Coffee House. The proceeds from the official T-shirt sale and participation fees are to be donated to the Child Focus Foundation.



BMSF commends SUSOM 2013 summer class

BMSF applauds all the 60 SUSOM students of the 2013 summer class who left Saba after completing their Basic Sciences studies. We especially commend the 18 inductees into the medical university's Honor and Service Society for their contributions to the Saba community. This particular group of students has been of great support in the implementation of our public health programs within the community. They raised the bar in the organization of community health fairs, many of them presented their international volunteer work in the Global Health Seminars linking it to local needs and volunteered extensive time helping fundraise

for several community based organizations on Saba.



(\$1,000), the Old Age Home (and Saba Foundation for the Prevention of Cruelty for Animals (1\$1,000). They have also volunteered their time not only in BMSF educational programmers of at the Saba Comprehensive School, in family sport events, youth mentorship activities, but also Lions' Club Food Bank program.



SASGS
FOUNDATION

International and regional updates on HIV

According to a new United Nations report HIV/AIDS infection rates on the decline. UNAIDS estimates 2.3 million adults and children were newly infected with HIV in 2012, representing a 33 per cent reduction in annual new cases compared to 2001. Similarly, new HIV infections among children dropped 52 per cent to 260,000 in 2012. Deaths from AIDS-related illnesses in the Caribbean fell by 48 per cent. The region is overseeing the biggest worldwide reduction in the number of new infections with the rate falling by 42 per cent between 2005 and 2011. Still, more than 13,000 people became infected with HIV/AIDS in 2011, bringing the total number of cases in the region to 230,000. Better access to antiretroviral treatments led to a 30 per cent drop in AIDS-related deaths from the peak in 2005. At the end of 2012, some 9.7 million people in low- and middle-income countries have accessed antiretroviral therapy, an increase of nearly 20 per cent from 2011, with the figure for tuberculosis patients living with HIV, down 36 per cent since 2004. HIV infection figures are tumbling around the world with the annual number of new HIV infections in children has more than halved since 2001, from 550,000 to 260,000.

Sub-regional Biorisk Management - Laboratory & Infectious Substances Shipping Training Workshop

Nurse Juliette Robinson represented Saba at the Sub Regional Biorisk Management for the Laboratory & Infectious Substances Shipping Training Workshop held in Aruba from July 2-5. The seminar organized by the Pan American Health Organization was facilitated by Dr. Celia Riera, the Head of the PAHO/WHO Mission for Sanitary Bureau. The event enjoyed the attendance of representatives from Aruba, Curaçao, Sint Maarten, Saba and Sint Eustatius. As a result of the training there are 14 persons on these islands, including Nurse Robinson on Saba, who are certified to ship Category A, infectious substances when the need arises in the course of their duties.

This workshop was designed to strengthen regional and national public health laboratory networks in bio-risk management through the collaborative efforts of the Public Health Laboratory Services of the Health Surveillance, Disease Prevention and Control Area (HSD/IR/LAB) of the Pan American Health

Organization (PAHO) and The Caribbean Public Health Agency (CARPHA). The workshop introduced medical laboratory professionals to the concept of Bio-risk Management within the laboratory. This includes the implementation of both biosafety and biosecurity measures and training for Infectious Substance Shipping, to address the correct packaging and transportation of samples including infectious substances in line with international transport regulations.

The integrated bio-risk management system presented was the next step to the WHO/PAHO/CAREC regional workshop on Bio-risk Management for the Laboratory and Infectious Substances Shipping Training for the Caribbean held in January 2011. The intent

of this program was to transfer knowledge and educate colleagues thereby increasing the number of laboratory professionals who support bio-risk management at island level. Nurse Robinson was trained in the key concepts of risk assessment and mitigation measures which contribute to effective bio-risk management and in putting into practice a systematic methodology. She was trained and certified in the safe transport of infectious specimens.

A lot of experience was shared among the group who are actively engaged in shipping specimens to referral laboratories with a keen interest in complying with international guidelines.

While most safety practices are already in use on Saba Nurse Robinson was enthusiastic about the concept of biorisk and the AMP (Assessment, Mitigation, Performance) model which was introduced as a holistic approach to implementing a functioning management system for bio-safety and biosecurity. The course was modified to include a session on Documentation with specific emphasis on the components of a Laboratory Biosafety Manual. The representatives from Bonaire and Curacao found this quite useful. As a result of this workshop the participating islands decided to form a Biosafety Committee within the next 6 – 8 months and to conduct in-house training sessions with colleagues on what was learned by December 2013. Saba's lab was tasked to practice what was learnt by conducting a risk assessment by September 2013. Nurse Robinson is also taking a lead in developing a Biosafety Manual for Saba's lab to be finalized by February 2014.

Global Health Club Field Trip to Lima, Peru

SUSOM Global Health Club members from 4th semester organized a field-trip to Lima, Peru in August. The Global Health club provides opportunities for students to increase their awareness of current global health issues while working towards improving health locally. The club strives to increase health-related awareness throughout the Saba community and address the local needs. The students partnered with Volunteers for Inter-American Development Assistance (VIDA) Peru, the local branch of the organization to visit and evaluate healthcare systems and challenges in the country. SUSOM Faculty Dr. Dumitrescu also traveled to Peru visiting remote villages on the Amazon, where the students could in the future volunteer bringing basic assistance to isolated impoverished communities. BMSF provided an initial package of assistance in the form of school supplies and T-shirts. In the meantime the student volunteers spent time visiting various hospitals and health care centers in a number of urban Lima communities, both better-off ones and very needy, poor neighborhoods. After returning they shared their experience within the Fall Global Health Seminar held in September at the SUSOM campus. On the first day they went to the Navy Medical

Center (NAMRU-6), a well-endowed elite facility and visited with the young patients at their day-care center, bringing some cheer to the children of the “Guardieria Sanrisas.” The second day they spent time in the teaching hospital, Hospital Nacional Arzobispo Loayza. Their next stop was to visit the basic facilities of the “Centre de Promocion Humana ‘Amor de Dios’” in an impoverished community. They learnt of the pro-bono clinic for the uninsured and the challenges of getting basic medical supplies. On day 3 they visited the Hospital Nacional Cayetano Heredia and met dedicated doctors who keep things running in seemingly impossible cramped circumstances while serving a shocking amount of patients crowding their hallways. On day 4 they visited the campus of Universidad Nacional Mayor de San Marcos finding medical teaching equipment of museum interest and gaining a better appreciation for the faculty and students that overcome these challenges. On Day 5 they visited Clínica de Ayuda Social Divino Niño de Jesús in the shantytown settlement of Pamplona where Association “Perú Niñez” runs medical services for poor children out of a transport container. This trip set-up the stage for a follow-up one scheduled for April 2014.



One Little Thing...



Changes Everything



CREATING AN EPIDEMIC OF HEALTH

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with subject "newsletter" to one of our
e-mail addresses below:

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BODY, MIND AND SPIRIT is a community-based organization tasked to create public health awareness campaigns. It was established in 1990 as The AIDS Support Group Saba (ASGS) Foundation to address the specific challenge posed by the HIV/AIDS epidemic and other Sexually Transmitted Infections (STIs). While the organization has broadened its scope it is still the prime agency charged with the development and implementation of the Strategic Plan for HIV/AIDS Prevention and Control. Through our ongoing efforts the organization seeks to further the well-being of the community by mobilizing resources to prevent diseases and promote a healthy balanced lifestyle.

VOLUNTEER YOUR TIME! We welcome your contribution and invite you to join, helping us empower our community to live a healthy lifestyle in an environment free of stigma. Volunteers in our programs have a real impact especially in the lives of our youth, helping raise a tolerant and well-informed HIV/AIDS-free generation.

ACT RESPONSIBLY! Get informed, be aware you can't tell if someone's got a sexually transmitted infection.

PROTECT YOURSELF! Free condoms are available at our office.

KNOW YOUR STATUS! GET TESTED! Find out NOW! Ask for a rapid HIV test. Get your results today!

MAKE A DONATION! We rely on outside sources to continue our awareness programs. No amount we receive is too little. We greatly appreciate your kindness.

JOIN US! Our meetings are open and membership is free!



In cooperation with the HIV/AIDS Programme
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Negative?

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