WHAT'S GOING ON?

It’s August already and before you know it our University community will be abound and aflutter with 28,000+ students all vying for something more than what they have. For many it will be a first time experience...be it away from home, first time on their own, moving from on to off campus, and the list goes on. For every year that a new student comes or returns, there is hope, (at least I do), that they will commit to getting something more than they had when they came and leaving more than they had for those that follow. The concept of paying it forward is not new, but for me always remains relevant, as a way of life. If we stop and think about why we’re really here, I’m just guessing that outside of the “job”, that we’re here to make a difference in the lives of the young folks for traverse this educational canvas in search of something different.

What we have as a collective community id an opportunity to make a difference in the lives of these young folks and in our own. We have an opportunity to make a difference in any number of ways. One of those which is pretty simple, is to become actively engaged with the community. Now, I’m not asking for a lot. In fact I’m asking for very little. One of the ways you can be engaged is to just show up to something. We will have a variety of activities throughout the year that provide opportunities for us to collectively come together as community and share a pleasant greeting, have some conversation over a meal and maybe, exchange contact information that allows us to feel and stay connected. To that end, you will hear more about Fall Harvest, our annual event that takes place sometime around the end of orientation week. It is an opportunity for us to see each other is a social atmosphere, and just “kick it for a minute”, before we get too busy to keep in touch. Perhaps we’ll learn from one another or share strategies on how and what each one of us can do to make sure that doesn’t happen. There really isn’t a reason anyone has to feel alone here and I’m talking students, staff and faculty! So, know we are here for you and need you as much as you need us.

I want to again thank the OEOD staff and the office of the Vice Chancellor for their continued support of our efforts to connect the dots and make a difference amongst ourselves and in the greater campus community.

As always, make a it a great day. Be well and blessed and know that this organization is here for you. We will continue to strive to be a more viable and visible organization on this campus, and in the community.

Hotep, (peace)

G. Parham

““Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome.”

Booker T. Washington
Many Americans dismiss the warning signs of Alzheimer's, believing that these symptoms are a normal part of aging. This is of even greater concern for African-Americans, who are two times more likely to develop late-onset Alzheimer's disease than whites and less likely to have a diagnosis of their condition, resulting in less time for treatment and planning.

It may be hard to know the difference between age-related changes and the first signs of Alzheimer's disease. To help, the Alzheimer's Association has created this list of warning signs for Alzheimer's and related dementias.

Because African-Americans are more likely to have vascular disease (disorders affecting the circulatory system), they may also be at greater risk for developing Alzheimer's.

If you or someone you care about is experiencing any of the 10 warning signs, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for the future.

I. Memory loss that disrupts daily life
II. Challenges in planning or solving problems
III. Difficulty completing leisure tasks at home, at work or at leisure
IV. Confusion with time or place
V. Trouble understanding visual images and spatial relationships
VI. New problems with words speaking or writing.
VII. Misplacing things and losing ability to retrace steps
VIII. Decreased or poor judgment
IX. Withdrawal from work or social activities
X. Changes in mood or personality.

Maintain an healthy brain.
Your heart, your brain, your body-the health of all three are all connected. Here are some tips that will help maintain your overall health and reduce the risk factors for dementia.

♦ Get Active
   Watch your blood pressure
   Manage your cholesterol levels
   Prevent or control diabetes

Family, meet and welcome Dawnita Franklin. She joins us in the OEOD office and is a Senior Investigator, responsible for conducting formal investigations and informal resolution of complaints alleging discrimination, retaliation, and sexual harassment on campus. She also responds to complaints filed with outside agencies including the Department of Fair Employment and Housing (DFEH), the Equal Employment Opportunity Commission (EEOC), and the Office of Civil Rights (OCR).

She conducts workshops on the prevention of sexual harassment and discrimination for faculty, staff, and students. Dawnita is an adept investigator possessing nearly 10 years of criminal and administrative investigative experience. Prior to joining OEOD in June 2014, Dawnita worked as a Moral Character Investigator for the State Bar of California where she conducted a myriad of investigations to help safeguard California’s legal profession from moral turpitude and unethical behaviors. During her tenure with the State Bar of California, Dawnita also served as general steward for SEIU 1000 where she represented employees in grievance matters and worked diligently to ensure workplace equity for unionized members. Dawnita received her Bachelor’s Degree in Criminal Justice from San Diego State University and a Master’s Degree in Public Administration from Long Beach State University.

As with any new family member, if you see her around, certainly take a moment to say hello and welcome her to the family.
# August 2014

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>Long Beach Jazz Festival</td>
<td>11</td>
<td>12</td>
<td>13 BFSA General Membership Mtg.</td>
<td>14</td>
<td>15 Hyatt Summer Concert Series</td>
</tr>
<tr>
<td></td>
<td></td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21 OC Black Chamber Annual Awards</td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29 Hyatt Summer Concert Series</td>
<td>30 Throwback Sizzling Jam</td>
</tr>
<tr>
<td>31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Special Events:
For additional events or specific event information please click the link of the event or visit the calendar page on our website at [http://sites.uci.edu/bfsa/calendar/](http://sites.uci.edu/bfsa/calendar/). You can also find out more about what’s happening around the OC community by clicking on the links below or visit our Community resources page.

[http://www.100bmoc.org/events/](http://www.100bmoc.org/events/)
[http://www.meetup.com/Black-In-Orange-County/events/73879372/](http://www.meetup.com/Black-In-Orange-County/events/73879372/)
Campus
Black Faculty and Staff Association: http://sites.uci.edu/bfsa
http://www.facebook.com/uci.bfsa?ref=tn_tnmn
Cross Cultural Center; http://www.ccc.uci.edu/
Employee Assistance: http://www.cascadecenters.com
Office of Equal Opportunity and Diversity: http://www.oeod.uci.edu/
Ombudsman: http://www.ombuds.uci.edu/
Teaching, Learning, Technology Center: http://www.tltc.uci.edu/

Community
NAACP: http://naacp.org
OC Black Chamber: http://ocblackchamber.com
100 Black Men of Orange County: http://www.100bmoc.com
THE Greenlining Institute www.greenlining.org/academy
National Coalition of 100 Black Women of Orange County http://www.nc100bwoc.org
Christ Our Redeemer http://www.corchurch.org/
Black In OC http://www.blackinoc.com/Home_Page.php
The Black Market http://www.theblackmarket.com/index.htm
-Educational Opportunities - http://www.MastersDegreeOnline.org/Scholarships/