Complementary and Alternative Medicine
Celebrating African Americans practicing physical and alternative healing

2013 African American History Calendar
Healthful lifestyles call for healthful alternatives

We live in a time where there are many alternatives. Health care is no exception. While alternative medicine therapies have been practiced around the world for centuries, their use has become more prevalent in the United States, especially over the last three decades.

Aetna is pleased to celebrate the African American men and women who have followed their passion for wellness in the field of Complementary and Alternative Medicine.

In this 32nd annual Aetna African American History Calendar, you will meet 12 extraordinary individuals who understand the importance of treating the whole body. They do this by taking the time necessary to understand the mind, body and spirit of the person they are treating.

Read amazing stories about how:
• laughter and art therapy can stimulate minds
• yoga can help find balance and meaning in life
• aromatherapy can help ease anxieties
• herbal remedies can temper cold symptoms
• chiropractic medicine can help manage pain and heal
• homeopathic remedies can treat insect bites
• meditation can help manage stress

The individuals featured in their work because they have tried the therapies and remedies. They, too, were looking for cures to heal their own ailments from anxiety to addictions, from sports injuries to skin rashes.

By integrating modern medicine with alternative medicine, we can help people live smarter, healthier and happier.

A holistic approach to health and wellness

By Yvonne Bronner, Sc.D., R.D.

Alternative medical therapies have a long, rich history that spans centuries in cultures and countries around the world. Recognizing the need for a holistic approach to health and wellness, Complementary and Alternative Medicine (CAM) has been used to balance and integrate with mainstream medicine.

Some of these practices include herbal remedies, aromatherapy, yoga, Pilates, prayer, meditation, chiropractic and acupuncture. Therapies such as these can be integrated with allopathic medicine to provide optimum care for individuals.

Evidence continues to emerge through national studies led by the National Center for Complementary and Alternative Medicine, formerly the Office of Alternative Medicine, which was first established in 1992, regarding the efficacy and effectiveness of many of these therapies. While positive effects of some of the therapies cannot be explained, practitioners continue to present positive experiences from their patients.

The practice of wellness has to start at an early age — and it should be a family affair. Good dietary practices, mindfulness, meditation, prayer and physical activity can start early in the home. This will help to reinforce the need for healthful practices throughout the life cycle.

It is especially important to teach young children why these practices are important and valuable to the human body. By understanding the benefits of good choices early on, our youth will be able to deal better with peer pressure later on.

Individuals at various life stages can benefit from several simple CAM practices.

For infants, it is important to consider breastfeeding and the late introduction of appropriately textured whole foods. The focus on whole foods — vegetables, fruits, whole grains, beans, nuts, etc. — versus processed foods will help train the child to enjoy, select and seek healthful foods.

Throughout life, whole foods should be coupled with good mental health practices of mindfulness, meditation, massage, music, art, dance therapies, physical activity (yoga, Reiki) and spirituality.

The health status at each stage of life is predicated on previous behaviors — another reason to encourage healthful habits at an early age. The goal is not only to live long, but to live long and be healthy during the mature years.

As people live longer, they often need to or want to be employed later in life. To keep working, good health is necessary. Fortunately, CAM offers alternatives that take into consideration the whole body — mind, spirit and health.

Dr. Yvonne Bronner is a professor and founding director of the M.P.H./Dr.P.H. program at Morgan State University. She previously served as director of the university’s Complementary and Alternative Medicine Research Training Program.

2013 Aetna African American History Calendar • aetnafricanamericanhistorycalendar.com
“I was drawn to the profession due to the unique merger between art and psychology. It’s fascinating.” Stepney said. “It can be used to help people explore their feelings and heal emotional conflicts. It can foster self-awareness. It can reduce anxiety. It also can increase self-esteem.”

She cites one example of a woman with whom she worked in a young mothers’ program. The women in the group were either pregnant or parenting. They were facing challenges such as trying to complete their education while raising children.

“The young women were creating mandalas, which are center designs executed within a circular format,” Stepney said. “The artwork one woman produced was very powerful. It incorporated an image of her pierced outstretched hand. It spoke volumes to everything she was feeling and everything I was trying to do to connect with these women.” The artwork later became the cover of Stepney’s first book.

Stepney believes art therapy can provide a positive avenue for many people to achieve personal insight. “It gives you an opportunity to enjoy the life-affirming pleasures of art making,” she said. “It’s a wonderful, authentic means of self-expression.”
Dr. Wentworth Jarrett had his first massage as an adult — and immediately realized its tremendous benefits. “I view the body with a great deal of reverence,” he said. “It is a marvelous engine.”

The board-certified physician decided that rather than build a typical medical practice in Miami, he would open an integrated medical center with a full-service spa offering wellness services such as massage therapy, yoga, Pilates and skin care.

“I had a vision, and I brought together the people to help me implement the vision,” said Jarrett. His wife, Sandra, runs the spa area; while Jarrett maintains a growing medical practice providing care for men, women and children.

The center’s spa allows the Jarretts to begin working with patients before illness occurs. “When a health change happens, as it always will, our patients have somewhere to go. We are all on a continuum — a journey that leads us somewhere. The key to care is consistency and trust,” said Jarrett.

“The services offered at the spa — in particular yoga, Pilates and biofeedback — help to strengthen the core as well as help with relaxation. “We all have to learn how to pause,” Jarrett said. “We have to realize we are not in a dress rehearsal.”

“In our society,” he said, “we are challenged because we are always rushing. I try to encourage my patients to embrace the best during life. If you don’t enthusiastically enjoy today, then you are missing the point,” said Jarrett.

“Black History Month

Wentworth Jarrett, M.D.
Wellness Services
Miami, FL

“When a health change happens, as it always will, our patients have somewhere to go.”

— Dr. Wentworth Jarrett

2013 Aetna African American History Calendar • www.aetnafricanamericanhistorycalendar.com
Growing up in Memphis, Tennessee, Jamela Franklin knew what it was like to have very little resources, especially for health care. “Many black families had to rely on folk medicine as opposed to modern medicine,” she said. “I learned the body could be healed using natural remedies.”

Franklin has seen positive health results, especially with her popular blend Peace Be Still. It is an oil blend that can be inhaled, massaged into the skin or put into bath water. It helps to calm anxiety in adults and children, allowing them to have a good night’s rest. It also helps to keep away the flies and mosquitoes.

“Once people experience it, they are hooked,” said Franklin. “Not only do the products smell good, but they are therapeutic as well.”

Aromatherapy

Jamela Franklin, Ed.M., M.A.

There are 200 essential oils derived from the therapeutic properties within plants. They can be drained to get healthful properties and then blended with other elements to create healing concoctions. This idea was used originally by the pharaohs in Egypt,” Franklin said.

Everything around us is based on aromatherapy, from body washes to perfumes, from cleaning products to candles. “The difference is the aromatherapy I practice is therapeutic to help calm and heal the body. A large percentage of diseases are stress related,” she said.

“Aromatherapy is just one of the many disciplines Franklin offers today in her private practice.

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March 2013

“...the aromatherapy I practice is therapeutic to help calm and heal the body.”

– Jamela Franklin

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1945: Phyllis M. Daley becomes first black nurse sworn in as a Navy ensign.

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Cynthia Shelby-Lane, M.D.

Laughter Therapy

Detroit, MI

It took a tragedy in her life — the sudden death of her best girlfriend — to make Dr. Cynthia Shelby-Lane recognize the healing power of laughter. "Two weeks after her funeral, I couldn't stop crying. So I went to Ridley's comedy club. I sat there laughing and crying, and realized that laughter truly is the best medicine," said the physician and certified health coach.

It was then that Shelby-Lane began her "pursuit of happiness and laughter." The University of Michigan Medical School graduate enrolled at The Second City School of Comedy in Chicago. She became "doctor by day" and "comedienne by night." When she wasn't working in the emergency room, she was performing standup at comedy clubs. She even created her own comedy troupe, Girlfriend Village & Company.

"Laughter is part of our human spirit. We need to laugh and be happy to heal ourselves," she said.

The power of laughter has a proven healing effect. A recent study from the University of Maryland Medical Center says laughter may help prevent heart disease.1

People want different things from life. Some want to stay well. Some want to look beautiful. But everyone wants to be happy," Shelby-Lane said. Today, Shelby-Lane incorporates humor in her private practice with traditional, alternative, complementary, and integrative medicine to help her patients heal their bodies, minds, and spirits. She is a frequent speaker at workshops and seminars. She also created a 12-step program to help people laugh more and live longer.

"People want different things from life. Some want to stay well. Some want to look beautiful. But everyone wants to be happy." — Dr. Cynthia Shelby-Lane

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George T. Mumford, M.Ed.
Insight Meditation
Worcester, MA

For decades, George Mumford had to deal with migraines and chronic back pain from sports-related injuries. To ease the pain, he relied heavily on medication and eventually became addicted.

In the mid-70s, he took control of the addiction, changed his lifestyle and freed his body from drugs. He discovered and studied the power of meditation — something he desperately needed in his overstressed career as a financial analyst.

“<You have to learn to be who you are. Your heart will tell you when you are on the right track.”> — George T. Mumford

Following his calling as a teacher, Mumford left the corporate world to teach a mindfulness-based stress-reduction program to prisoners and staff at several Massachusetts correctional facilities.

He was then led to the NBA® and NCAA®, where he worked as a sports psychologist with teams such as the Chicago Bulls®, Los Angeles Lakers®, Boston College and Holy Cross. Through insight meditation, he teaches players how to deal with the stress of success by opening their minds to good and bad experiences.

“Basketball players have the same stresses as everyone else. As bad as the critics are on the outside, the inner critic is much worse. With the players, I focus on their performance and interactions with others. When you feel a reaction coming, you have to get clear; strategically plan how to be in that situation and find balance.”

Mumford said there are two kinds of stress — one that makes you stronger and one that can debilitate. “There is no avoiding stress. I teach people how to be mindful of it and how to deal with it in a positive way.”

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 1867: First female student enrolls at Howard University.
2 1940: Stanley Johnson assumes chairmanship of the Justice Department.
3 1944: Andrew D. Dickerson becomes the first black president of Scanlon and Company.
4 1993: Freedon Bell begins pioneering integration of teachers from black to the South.

5 1865: Emancipation Proclamation issued.
6 1965: Solicitor general argument in the Supreme Court.
7 1966: Chief Justice Earl Warren strikes down school segregation.
8 1967: First black senator elected.
9 1968: LBJ Home awarded Eden Park Award for distinguished service in entertainment.
10 1969: First black player drafted in NHL.
11 1969: First African American to graduate from the University of Virginia.

12 1701: Black slaves command the Confederate fleet “The First.”
13 1865: Robert Smalls, the first black commander in South Carolina.
15 1950: Congress declares state of war.
16 1956: First black American Institute for Cancer Research.
18 1960: First American to run as a candidate for president.
19 1961: President Kennedy delivers “I have a dream” speech.
20 1965: First black student enrolls at Howard University.
21 1966: First black coach, pioneering the role of excellence.
23 1968: First black player in the National Football League.

26 1914: First black woman to attend a state university.
27 1926: First black woman to attend a state university.
28 1930: First black woman to attend a state university.
29 1940: First black woman to attend a state university.
30 1950: First black woman to attend a state university.
31 1960: First black woman to attend a state university.

May 2013

― George T. Mumford
“When there are no words to express how you feel, Angela Tatum Fairfax wants you to dance.

The dance/movement therapist believes that by tapping into our first language—movement—a person can find a level of comfort, healing and release that may seem out of reach with regular therapy.

“Dance/movement therapy is a great way to express yourself with your full body,” said Fairfax, CEO and chief clinician of Good Fruit Expressive Arts LLC, a counseling and creative arts psychotherapy practice. “The physical release brings forth healing. It allows us to be free and gain clarity. It helps us align our thoughts with our emotions; as well as our minds, bodies and spirits.”

According to Fairfax, dance/movement therapy is transformative because it allows people to harness the raw and honest energy they had as children.

“It frees us from all the things we feel we need to control as adults,” she said. “As we age, we must continue to explore who we are. We change with time, and we must shift with that change. Dance and movement are great tools to help us transition through life.”

“Dance and movement are great tools to help us transition through life.”

– Dr. Angela Tatum Fairfax

June 2013
Herbology
Milwaukee, WI

Lester L. Carter, Jr., R.Ph.

“When someone needs a solution, I go to my chemistry book and come up with a preparation to fit his or her needs,” said Carter, who still works behind the counter, consulting with clients and making his products, which he ships across the country. “My products are all natural, so you don’t have to worry about side effects.”

Carter’s diverse career in pharmacy began at the Creighton School of Pharmacy in Omaha, Nebraska. While in pharmacy school, he ran the soda fountain at a Rexall® drugstore and made nighttime deliveries on the wealthy side of town. His upper-class clients were impressed by his deep knowledge of herbology. They called Rexall and demanded he be hired as a pharmacist.

As the store’s only African American pharmacist, Carter was assigned to making the ointments and salves in the back of the store. That is, until customers started asking to meet the person making the medications. That was the start of his loyal client base, which continues to grow.

“When someone needs a solution, I go to my chemistry book and come up with a preparation to fit his or her needs.”

— Dr. Lester L. Carter, Jr.

Bed cough that won’t go away? Itchy skin that can’t be relieved? Rash that won’t heal? According to Dr. Carter, he may be able to try a new, natural remedy.

The pharmacist and herbologist has been making and providing natural products and formulas since he opened Carter Drug Store in 1968. The only African American-owned drugstore in Milwaukee, Wisconsin, the store is known for its healing remedies. It is a hub for people seeking natural remedies based on science.

“Pharmacy is the greatest profession in the world,” he said. “You get to use your education and scholastic work to help people solve their problems. I’ll always enjoy that.”

July 2013

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<td>7 1856: Furniss becomes president of Lincoln University.</td>
<td>8 1950: Black troops (24th Regiment) in armed forces.</td>
<td>9 1866: Arthur Ashe Jr., first African American to win tennis’s most prestigious award.</td>
<td>10 1864: William Jennings Bryan wins women’s singles championship at Wimbledon.</td>
<td>11 1898: Frederick Douglass named U.S. minister to Haiti.</td>
<td>12 1964: Pierre L’Enfant patents cooling system for refrigeration vehicles.</td>
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<td>13 1852: Susan B. Anthony submits report on work in women’s and men’s normal schools.</td>
<td>14 1881: The Quakers in Germantown, Pennsylvania make the formal protest against slavery.</td>
<td>15 1906: George Washington Carver announces discovery of a forerunner of the NAACP.</td>
<td>16 1867: The Washington Post, one of the most widely read black newspapers of his generation, dies.</td>
<td>17 1915: Louis Armstrong, jazz pioneer.</td>
<td>18 1973: Memorial dedicated, Washington, D.C.</td>
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<td>19 1863: The first free black newspaper in the United States, the New York Freeman, is published.</td>
<td>20 1861: Abraham Lincoln sworn in as President of the United States.</td>
<td>21 1896: Mary Church Terrell elected first president of the National Association of Colored Women.</td>
<td>22 1887: Frederick Douglass named U.S. minister to Haiti.</td>
<td>23 1909: William Jennings Bryan wins women’s singles championship at Wimbledon.</td>
<td>24 1941: Dr. Daniel Hale Williams performs first successful open-heart operation.</td>
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<td>25 1857: Frederick Douglass named U.S. minister to Haiti.</td>
<td>26 1895: Dr. Daniel Hale Williams performs first successful open-heart operation.</td>
<td>27 1877: Elijah McCoy patents first self-lubricating locomotive engine. The quality of his inventions and one of the most widely read black newspapers of his generation, dies.</td>
<td>28 1892: William Jennings Bryan wins women’s singles championship at Wimbledon.</td>
<td>29 1941: Dr. Daniel Hale Williams performs first successful open-heart operation.</td>
<td>30 1947: John Hope Franklin named president of the American Historical Association.</td>
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2013 Aetna African American History Calendar • www.aetnafricanamericanhistorycalendar.com
A house call to an elderly couple changed the direction of Dr. Ifeoma Ikenze’s medical practice forever. After borrowing a history book on the practice of medicine from the couple’s extensive library, she became fascinated with homeopathy.

“Homeopathy was a popular method of practicing medicine in the United States until 1932,” said Ikenze. “It wasn’t until 1970 that a group of young doctors from California began to explore it again.”

Homeopathy helps cure illnesses by treating the “like with like.” For example, a bee sting can be treated with a remedy made from bee venom.

The beauty of homeopathy is one remedy can bring about radical change. “To determine the right remedy for each person, I first take a detailed assessment. I address the entire human being. This includes the emotional, physical, mental and psychological. I ask them to tell me their life stories,” Ikenze said.

A good homeopathic doctor can usually determine the right remedy the first time.

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A good homeopathic doctor can usually determine the right remedy the first time.

After 25 years of practicing homeopathy, Ikenze gets most new patients through referrals. “It’s usually those who have tried everything else. They are desperate for a cure,” she said. “They are ready to do whatever it takes to get well.”

A house call to an elderly couple changed the direction of Dr. Ifeoma Ikenze’s medical practice forever. After borrowing a history book on the practice of medicine from the couple’s extensive library, she became fascinated with homeopathy.

“The beauty of homeopathy is one remedy can bring about radical change. But the remedy has to match the totality of each person’s personality and life experiences, as well as the illness. In some cases we have to keep searching for the right remedy, but those are the more complex or rare circumstances,” Ikenze said.

August 2013

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

4 1840: Charles-Phillippe Poupin born.
5 1869: Nathan Mandela, South of Orion Freedom fighter, imprisoned for seven years.
6 1943: President Lyndon B. Johnson signs Voting Rights Act, outlawing literacy test for voting eligibility in the South.
7 1867: Dr. Alpert A. Bates, first urban lawyer, hailed in New York, born.
8 2007: John R. Johnson, founder and publisher of Ebony and Jet magazines, dies.
9 1927: First International Black Theatre Festival inaugurates in Richmond, Virginia.
10 1836: Gabriel Prosser leads slave revolt in Richmond, Virginia.
11 1859: Abolitionist Robert Purvis born.
12 1872: Dr. Solomon Carter Fuller, acknowledged as first black psychiatrist, born.
13 1993: Dr. David Satcher named director of the Centers for Disease Control.
14 1810: Harriet Wilson’s “Our Nig” is first novel published by a black writer.
16 1920: Billie Holiday’s “Strange Fruit” becomes the first African American item to go gold.
18 1964: Martin Luther King Jr. delivers “I Have A Dream” speech during March on Washington, D.C.
20 1984: President Reagan administration undertakes its Reagan administration undertakes its Reagan administration undertakes its Reagan administration undertakes its
22 1925: A. Phillip Randolph founds Brotherhood of Sleeping Car Porters.
23 1800: Gabriel Prosser leads slave revolt in Richmond, Virginia.
24 1880: Cartoonist George Herriman born.
25 1865: Philip Rockefeller founds Rockefeller Center.
26 1904: Bandleader and composer William “Count” Basie born.
27 1879: Mary Eliza Mahoney graduates from New England Hospital for Women and Children, becoming the first black professional nurse in America.
28 1965: President Lyndon B. Johnson signs Voting Rights Act, outlawing literacy test for voting eligibility in the South.
29 1997: Max Roach, first jazz musician honored with a MacArthur Foundation grant, dies.
30 1946: Valerie Simpson Ashford born. Composer, singer and producer

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Rolf Gates believes it is time to relax — and learn to deepen your relationship with yourself.

“People today are often anxious and unnecessarily in conflict with their environment. This stress is a learned behavior and can be unlearned,” said Gates, a yoga teacher and author recognized as one of the leading voices in modern yoga. “Yoga and meditation facilitate this learning process.”

Gates began his career in social work. He started meditating and practicing yoga to cope with the stress of working with adolescents who had suffered trauma. He took a job as a part-time yoga instructor; and within a few years, he was teaching yoga full time.

“I have always been motivated to follow a path of service,” said Gates, who also is a former U.S. Army Airborne Ranger. “Teaching yoga and meditation is my path. My years in social work and counseling inform my work.”

Gates said yoga and meditation can help heal both the body and the mind. The athletic yoga poses and the atmosphere of a yoga class help a person feel centered, strong and present in the moment. The breath-work and meditation involved can address the neurological patterns related to stress by helping rewire the brain. Yoga can move a person from the habit of struggle to the habit of well-being.

“Yoga is the process of becoming who we already are and remembering what we already know,” Gates said.

“Yoga is the process of becoming who we already are and remembering what we already know.”
– Rolf Gates
When you're feeling sick or overwhelmed, Dr. Folashade Omole can help you pinpoint the source of your problem — literally.

The licensed medical acupuncturist uses the ancient Chinese practice of manipulating thin, solid needles in the skin at acupuncture points to help her patients with an array of ailments. She has seen it help with everything from pain to insomnia to infertility.

Omole explains acupuncture with a metaphor: “The energy in your body flows like a river. You have different ailments such as pain when you have a dam in the river or the river is stagnant. The acupuncture needles help open the dam. They allow the river to flow again.”

Omole says acupuncture is both preventative and healing. “You can view acupuncture like you do your annual checkup. You can use it before you feel stressed, overwhelmed or have pain. Or, you can use it to treat anything and everything that ails you,” she said.

She has used it to help a woman with severe knee pain begin to walk in high heels again. She also has helped patients with anxiety become better at making decisions. She even uses it to ease her husband’s throat discomfort. “When you put the needle in, it’s a source of release,” she said. “It’s a form of rejuvenation.”

Omole’s goal is to help underserved populations see the potential benefits in acupuncture, and other complementary and alternative medicine options. “I want to make sure these populations are exposed to all the medical options out there,” she said.

“When you put the needle in, it’s a source of release. It’s a form of rejuvenation.”

— Dr. Folashade Omole
Andrea D. Sullivan, Ph.D., N.D.
Naturopathic Medicine
Washington, D.C.

Dr. Andrea D. Sullivan believes she entered the field of naturopathic medicine because of a divine intervention. “It was in God’s plan that I followed this direction,” she said.

Thirty years old and 30 pounds overweight, Sullivan went to Dr. James O’Dadamo, one of the pioneers of naturopathic medicine. After getting to know her, he saw great promise in her future as a naturopathic physician.

“After six months, I was feeling much better. I went back to Howard University, where I had been an associate professor, to take prerequisites for medical school. I enjoyed it so much, I decided to sell my house and move to Seattle to study at Bastyr University where I received my doctorate in naturopathic medicine,” Sullivan said. “My family thought I was crazy. But I knew this was something that I had to do.”

Since 1988, Sullivan has run the Center for Natural Healing in Washington, D.C. The center focuses on homeopathy, herbal medicine, stress reduction, weight loss, detoxification and nutrition.

“We treat people, not conditions,” Sullivan said. “People come to me usually as a last resort because they are sick and tired of being sick and tired. “Our body is a miraculous machine, but you have to be involved with it. It’s not like a car that you can drop off for a tune-up and pick up at 5 o’clock.

“We teach patients about their health and show them how to make the right choices at home.”

Now feeling healthier than ever, Sullivan serves as a role model for patients, as well as in the field of naturopathy. “You have to practice what you preach because people want to see results,” she said.

“We teach patients about their health and show them how to make the right choices at home.”

— Dr. Andrea D. Sullivan

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### November 2013

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<th>Sunday</th>
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**Sunday:**
- **4** (1868) Susan B. Anthony elected chief justice of the U.S., becoming first African American to receive that distinction in the 225-year history of the service.
- **5** (1964) Dr. Calhoun, Brooklyn, New York, becomes first black woman elected to Congress.
- **6** (1966) Dr. Robert Revelle of Georgia, the first African American to hold the office of U.S. ambassador to Israel, arrives on second term.

**Monday:**
- **8** (1966) P.J. Johnson publishes his first novel, Ragtime, born.
- **9** (1895) Pianist Scott Joplin, the “Father of Ragtime,” born.

**Tuesday:**
- **10** (1865) Henry Adams, painter and teacher whose art draws on memories of his childhood in the segregated South, dies.
- **11** (1912) Dr. Calhoun, New York, becomes first black woman elected to Congress.
- **13** (1966) The U.S. Supreme Court rules in Brown V. Board of Education that the Constitution, which guarantees equal protection of the law to all people, cannot be barred from white neighborhoods.

**Wednesday:**
- **18** (1966) In Chicago, Illinois, the National Negro Opera Company is founded.
- **19** (1966) In Seattle, Washington, a new school is opened.

**Thursday:**
- **20** (1966) In Seattle, Washington, a school is opened.
- **21** (1966) In Seattle, Washington, a railroad is completed.
- **22** (1966) In Seattle, Washington, a school is opened.

**Friday:**
- **23** (1966) In Seattle, Washington, a railroad is completed.

**Saturday:**
- **24** (1966) In Seattle, Washington, a railroad is completed.
- **25** (1966) In Seattle, Washington, a railroad is completed.
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- **29** (1966) In Seattle, Washington, a railroad is completed.
- **30** (1966) In Seattle, Washington, a railroad is completed.
Dr. Juneau K. Robbins was introduced to chiropractic medicine in high school. After injuring his knee on the basketball court, he was told by an orthopedic surgeon that surgery was necessary. His family took the high school sophomore to a chiropractor in Ontario, Canada, to get a second opinion. Within six weeks, his knee was healed without surgery or medicine.

“The body has its own ability to heal itself,” he said. “We just have to get out of the way. Chiropractic medicine is holistic health care.”

At his clinic, he spends much of his time helping patients manage pain. “I help them function again and do the things they previously were able to do,” Robbins said. “As a society, we overly rely on Western medicine because alternative or Eastern medicine can’t always be explained. In many cases, the combination of both forms of medicine works best. Chiropractic medicine is great for a lot of things, but it is not necessarily the be-all and end-all,” Robbins said.

Robbins believes practicing a preventative lifestyle is the best approach to good health. He said it is especially important for African Americans, who are prone to health concerns such as high blood pressure. He is hopeful the field of black chiropractic doctors will continue to grow as the practice becomes more accepted.

“I never take offense when someone is skeptical about chiropractic medicine,” he said. “But I do find that once people try it they say, ‘Why didn’t I know about this before?’”

Juneau K. Robbins, D.C.
Chiropractic Medicine
Minneapolis, MN

“The body has its own ability to heal itself. We just have to get out of the way. Chiropractic medicine is holistic health care.”

– Dr. Juneau K. Robbins

December 2013

1
1955: Rosa Parks arrested for refusing to give up her seat to a white man, sparking the Montgomery, Alabama, bus boycott.

2
1884: Granville T. Woods patents telephone transmitter.

3
1947: Frederick Douglass publishes first issue of North Star.

4
1968: Athletes protest at the Olympic Games.

5
1965: Rev. Dr. Martin Luther King Jr. organizes Birmingham, Alabama, bus boycott, marking beginning of the Civil Rights Movement.

6
1955: Rev. Dr. Martin Luther King Jr. organizes Birmingham, Alabama, bus boycott, marking beginning of the Civil Rights Movement.

7
1969: Reginald F. Lewis, the African American entrepreneur and trailer manufacturer who overcame many obstacles to become one of the most successful business leaders in the world.

8
1883: Frederick Douglass publishes first issue of North Star.

9

10
1954: Dr. Ralph J. Bunche wins Nobel Peace Prize.

11
1926: Blues singer Willie Mae “Big Mama” Thornton born.

12
1942: Rosalind Franklin dies of cancer.

13
1956: Dr. Martin Luther King Jr. organizes Birmingham, Alabama, bus boycott, marking beginning of the Civil Rights Movement.

14
1969: Reginald F. Lewis, the African American entrepreneur and trailer manufacturer who overcame many obstacles to become one of the most successful business leaders in the world.

15
1863: William J. Harriet, first African American woman to be elected to Congress, dies.

16

17

18
1907: Cab Calloway, bandleader and first jazz singer to sell 1 million records, born.

19
1829: John Mercer Langston, congressman and founder of Howard University Law Department, born.

20
1995: Will./Brown defeats incumbent Frank Jordan to become the first African American mayor of San Francisco.

21
1940: South Carolina secedes from the Union, initiating the Civil War.

22
1883: Arthur Wharton Blackwell, first African American woman to be elected to Congress, dies.

23

24

25
1892: Dr. Miles V. Lynk publishes first black medical journal for physicians, the Medical and Surgical Observer.

26
1860: South Carolina secedes from the Union, initiating the Civil War.

27
1862: African Methodist Episcopal Church formed in New Bethel, North Carolina.

28
2011: Sam Rivers, jazz legend, dies.

29
1892: Arthur Wharton Blackwell, first African American woman to be elected to Congress, dies.

30
1960: In North Carolina, two African American students are arrested for entering a white-only lunch counter.

31
1955: First black women serving in the military.
Yvonne Bronner, Sc.D., R.D.
Dr. Yvonne Bronner is a professor and founding director of the MPH-ID/Ph. program at Harvard's School of Public Health, and was previously the director of its Comprehensive and Alternative Medicine Research Training Program. Her research interests include the role of flavors in breastfeeding promotion among African American families, the epidemiological investigation of African American dietary knowledge, nutritional assessment of children, the role and utilisation of community health workers, and the application of community-based participatory research methods in disease intervention. Dr. Bronner earned a B.S. degree from the University of Akron, an M.S. degree from Case Western Reserve University, and a Sc.D. degree in Maternal and Child Health from Johns Hopkins School of Hygiene and Public Health.

Dr. Bronner led the team that developed the “Fathers Supporting Fathers” video series and educational materials, and was a research associate for the Nutrition During Pregnancy and Nutrition During Lactation Initiative of Medicine (IOM) reports. She also served as director of the HGIC collaboration of the National Infant Mortality Reduction Initiative sponsored by the DHHS, Office of Minority Health.

She was a member of the IOM Food and Nutrition Board, the U.S. Dietary Guidelines Advisory Committee, the DMH Secretary’s Advisory Committee on Infant Mortality, Baltimore’s Babies Born Healthy Leadership in Action Program, the American Dietetic Association’s Board of Editors, Maryland’s Assembly on School-Health Clinics Advisory Committee, and Pregnancy and Essence magazines Advisory boards and the PhenX national work group.

Currently, Dr. Bronner is a member of the American Dietetic Association, Baltimore City Harlem Park Charter School Advisory Committee, McDonald’s Global Advisory Council and Charter’s Child Health National Advisory Council.

Lester L. Carter, Jr., R.Ph.
An African American man starting his own business in the 1960s was not an easy task. However, challenges were nothing new to pharmacist Dr. Carter.

Dr. Carter was born and raised in Milwaukee, Wisconsin. He earned his Bachelor of Science degree and a Master of Science degree. Following graduation, he opened Carter Drug Store, which remains the only black-owned drugstore in Milwaukee today.

Prior to beginning his pharmacy career, Dr. Carter’s military time included four years in the U.S. Navy, reaching the rank of Hospital Corpsman 2nd Class; serving nine months at the U.S. Naval Academy; and three years on the U.S. Tortuga LSD-26 in Korea.

Dr. Carter has trained many young pharmacy graduates, and he reminds young people there is no substitute for hard work and dedication to scholastic excellence to be successful in life.

Angela Tai Han Farina, Ph.D.
Dr. Angela Tai Han Farina is the proprietor and CEO of Good Fruit Expressive Arts Counseling & Psychotherapy LLC, a counseling and creative arts psychotherapy practice in Wilmington, Delaware. She is a licensed professional counselor in Delaware and Pennsylvania, a national certified counselor, a board-certified dance/movement therapist, and a licensed minister of dance. She holds a graduate degree from Drew University’s Hahnemann Creative Arts in Therapy program, where she currently serves as adjunct faculty to graduate students in creative arts therapy training.

Dr. Farina is a transformational healer, speaker, educator and creative psychotherapist. She utilizes a mind, body and spiritual holistic and humanistic approach to support, counsel, and coach individuals and organizations to develop creative and effective stress management skills. She develops and facilitates Transcendence Expressive arts meditation sessions, emphasizing inner-body-spirit connection using creativity as a tool to foster healing and personal growth. She is passionate about the intersection of culture and spirituality, especially in relation to healing practices throughout dance, and has taught nationally and internationally on multicultural perspectives of sacred dance and dance/movement therapy.

A member of the American Dance Therapy Association, Dr. Farina serves on the board of directors, is a charter member and chair of the Mindful Dance Awareness Practice (MDAP) Commission, and is the current chair and vice president of the Black American and African Descendants Affinity Group. She also is a member of the American Psychological Association, the Delaware Psychological Association, the Association of Black Psychologists, the Delaware Black Chamber of Commerce, and the National Liturgical Dance Network.

James Franklin, Ed.D., M.A.
James Franklin is an accomplished holistic psychotherapist, certified aromatherapist, certified reiki master, metaphysician, reflexologist, energy medicine practitioner, life coach, college professor and author. Ms. Franklin brings a wealth of experience and training to her current private practice in holistic health.

Having completed her undergraduate education at Cornell University, Ms. Franklin pursued a master’s degree in educational administration at Harvard University and a master’s degree in counseling psychology at Lesley University. She currently is pursuing her Ph.D. in holistic life coaching at the University of Sedona.

After working in various positions in the field of education for more than 15 years, Ms. Franklin realized that her career interests were changing. She decided to pursue a practice in holistic health due to her passion and unswerving commitment to empowering people on the spiritual, emotional, mental, physical and financial levels. In this, Franklin’s belief that holistic health is extremely effective because this modality addresses all facets of one’s life, not just the physical body.

Ms. Franklin’s treatments, workshops, and classes have been described as exceptional, compelling, transformative, and inspirational. Her current practice in Atlanta, Georgia, combines her traditional educational background with her holistic training in psychotherapy, aromatherapy, reiki, reflexology, empowerment, energy medicine and stress management.

Among her other accomplishments, Ms. Franklin also is the host and creator of the popular YouTube series “Higher Consciousness,” which covers topics such as aromatherapy, spirituality, metaphysics, creative visualization, nutrition and empowerment.

Rolf Gates
Rolf Gates, author of the acclaimed book on yoga philosophy Meditations From the Daily Reflections on the Path of Yoga, is a leading voice of modern yoga. He conducts Vimyra Intensive 200- and 500-taecher trainings throughout the U.S. and abroad. A former social worker and U.S. Army soldier, he has practiced meditation for the last 20 years; he brings his eclectic background to his practice and teachings.

Mr. Gates was born in Manhattan; and grew up in the Boston area as an avid marathon runner, long distance cyclist, and champion wrestler. As the descendant of six generations of ministers, he gained an understanding of service and dedication at an early age.

In 2007, Mr. Mumford was the keynote speaker for the U.C. Davis Health System Alternative and Integrative Medicine for Pain Management conference; and in 2004, he was a presenter at the University of Pennsylvania’s Health School of Business leadership venture on self-awareness with a program titled “Leading from Within.”

In 2003, Mr. Mumford was invited to participate in the three-day conference Healing Your Past to Live Your Future. In 2002, he attended the University of Minnesota’s coaches, senior athletic administrators and athletes in general.

While working at the University of Massachusetts Medical Center’s Department of Preventive and Behavioral Medicine Stress Reduction Clinic in Worcester, Massachusetts, Dr. Mumford developed and implemented mindful-based stress-reduction programs for an inner-city clinic; and several Massachusetts correctional institution facilities.

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In continuing her research, Dr. Shelby-Lane earned certification as a “Happiness Master,” qualifying her to speak about the “Seven Habits of Happy People.” She is dedicated to encouraging others in the pursuit of happiness, addressing mental health issues, and promoting her strong belief of “Laugh More/Live Longer.”

Dr. Shelby-Lane is a favorite television and radio host who educates listeners on a variety of health issues. On her own radio series, “Dr. Shelby-Lane & The Medicine Show,” she emphasizes the therapeutic and healing power of laughter. She also coauthored the book, Getting Things Done: Keys to a Well Balanced Life.

Dr. Shelby-Lane has joined forces with a team of Hollywood producers and filmmakers for LaughMD.com, which is dedicated to bringing humor into hospitals. The goal is to prove humor is healthful for patients, family and staff. Another aspect of her career is working with Dr. Patch Adams and his innovative Gesundheit Institute (www.patchadams.org) to carry their message of healthful laughter worldwide. Her motto: “Keep laughing!”

Stella A. Stepney, M.S., ATR-BC, LCAT

Stella A. Stepney is a registered, board-certified art therapist and is licensed by New York State as a creative arts therapist. Ms. Stepney received her B.A. in art therapy at St. Thomas Aquinas College, her M.S. in art therapy at Navesink College, and holds a New York State teaching certification in art education.

Ms. Stepney is on the adjunct faculty of Navesink College and Saint Mary-of-the-Woods College. Clinically, she specializes in at-risk student populations. Ms. Stepney is the author of multiple publications, including Art Therapy with Students At Risk: Introducing Art Therapy into an Alternative Learning Environment for Adolescents and Art Therapy with Students At-Risk: Foster Care Work and Growth Through Self-Expression.

Previously, she worked as a primary therapist at Crestwood Children’s Center in Rochester, New York; where she provided counseling and therapeutic intervention to children and adolescents who had serious emotional, behavioral or mental disorders. Also, Ms. Stepney developed and implemented the Creative Art: Growth Through Self-Expression program for children and adolescents residing at Sojourner House in Rochester, New York.

Ms. Stepney serves as a director on the American Art Therapy Association board of directors, is board liaison to the Multicultural and Journal committees, and is board liaison to the New York and Indiana chapters.

Photography Locations

Introduction: Elliott City, Maryland

January: Fairfie ld, New York

February: Miami, Florida

March: Stone Mountain, Georgia

April: Detroit, Michigan

May: Woonsocket, Massachusetts

June: Wilmington, Delaware

July: Milwaukee, Wisconsin

August: San Anselmo, California

September: Santa Cruz, California

October: East Point, Georgia

November: Washington, D.C.

December: Bloomington, Minnesota

We dedicate this calendar to the memory of our dear colleague Nohemi Aalarcon, who passed away suddenly on January 2, 2013. Since 2006, Nohemi served as regional director of community relations at Aetna. She was intimately involved in the creation of this calendar, as well as the Aetna Latino Calendar. Nohemi will be remembered for her relentless passion, spirit and commitment to improve the health of minority communities. May you rest in peace, Nohemi. You will be missed by the entire Aetna community.

Special thanks to those whose effort and time helped create this calendar:

Aetna African American Employee Resource Group

Nohemi Aalarcon, Regional Director, Southeast

Community Relations and Urban Marketing

Kira Bobinet, M.D., M.P.H., Head of Special Care Solutions,
Emerging Businesses

Mark Callahan, Design Unit Head

Miguel Cantano, M.P.A., Managing Director, Community Relations, Community Relations and Urban Marketing

Jane M. Condon, Paralegal, Law & Regulatory Affairs

William I. Kramer, Deputy Chief of Staff, Law and Regulatory Affairs

Tim Taylor, Communications Manager, Internal Communications

Ariv Trimm, Head of Diversity and Inclusion, Corporate Communications

Glenn Winstead, Senior Diversity Business Consultant, Office of Diversity

Thomas Wynn, Print Production Specialist

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Produced by Aetna Inc.

Peggy Garity, Project Manager

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