



8CRE

Eight Changes for Racial Equity

YEAR IN REVIEW: 2023



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**JUNETEENTH CELEBRATION
 THEME: 19 DAYS OF WELLNESS**

2023 Recap



NIH & 8CRE Juneteenth 19 Days of Wellness

15 partner NIH Institutes, Centers, and Offices posted on social media

430 registrants from Hilo to Bangkok



450 participants for three-part webinar series

Webinar: Mental Health Equity and the Power of Self-Care

Celebrate Juneteenth with 8 Changes for Racial Equity (8CRE) and NIH

Thursday, June 1
 12:00 p.m. – 1:00 p.m. ET

Watch Online!

www.nih.gov/events

Webinar: Securing Your Oxygen Mask First: Unspoken Cultural Norms that Impact Black Women's Health

Celebrate Juneteenth with 8 Changes for Racial Equity (8CRE) and NIH

Wednesday, June 7
 2:00 p.m. – 3:00 p.m. ET

Watch Online!

<https://www.support8cre.com/juneteenth>

WEBINAR Celebrate Juneteenth with 8CRE and NINDS

19 DAYS OF WELLNESS
EMPOWERING BLACK MEN TO REDUCE STROKE AND DEMENTIA RISK

Tuesday, June 13 | 4:00 p.m. – 5:00 p.m. EDT

Watch Online! <https://www.nih.gov/events>

Calendar featured by NPR



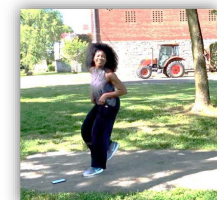
The NIH and 8CRE to practice 19 Days of Wellness to observe Juneteenth
WBFO-FM 88.7 | BY DALLAS TAYLOR
 Published June 2, 2023 at 1:50 PM EDT

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Juneteenth 19 Days of Wellness
 June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Register	1 Mental Health Webinar with NIMH @ noon ET	2 Self Practice meditation for stress reduction & self-awareness	3 Self Engage in exercise or breathwork
4 Self Set aside 10 minutes for reflection and gratitude	5 Self Enjoy a podcast, book, or article on Juneteenth	6 Self Start an emergency fund to help safeguard financial security	7 Black Women's Health Webinar with NINDS @ 4 pm ET	8 Family+Friends Discuss a household budget and financial goals	9 Family+Friends Host a trivia night on Juneteenth and civil rights to learn together	10 Family+Friends Exercise together to promote health and bonding
11 Family+Friends Organize a game night or other fun activity to laugh together	12 Family+Friends Learn about Freedom songs like Wade in the Water	13 Black Men's Health Webinar with NINDS @ 4 pm ET	14 Community Join a support group with others facing challenges similar to yours	15 Community Sign up for a workshop on investing & debt management	16 Community Visit a museum to explore African American history and culture	17 Community Participate in a fitness class or a community sports league
18 Community Attend a local event celebrating African American history & culture	19 Celebrate Time in for a live exercise routine with the NIH Fitness Center	20 NIH EDI Juneteenth Learn, Observe, Get Involved. www.edi.nih.gov	21 NIH EDI webinar: Socio-Economic Impact of Black Fatigue	22 NIH EDI outdoor event NIH main campus, Building 10 south lawn	@Support8CRE #19DaysOfWellness #8CREJuneteenth	

NIH: National Institute of Mental Health
 NINDS: National Institute of Neurological Disorders and Stroke
 EDI: National Institutes of Health, Office of Equity, Diversity, and Inclusion

Juneteenth Fitness Session: Joyful Dance & Flowing Stretch with Linda Bessacque provided by NIH R&W Fitness and Wellness Program





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**COLLABORATION WITH THE NIH
OFFICE OF EQUITY, DIVERSITY,
AND INCLUSION (EDI)**

**Panelist participation on two NIH
EDI webinars:**

**Socioeconomic Impact of Black
Fatigue**

**Black Resistance: Achieving
Equality through Justice**



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**ENGAGEMENT WITH THE
NIH NETWORK OF AFRICAN
AMERICAN FELLOWS
(NAAF), INCLUDING
JUNETEENTH FLAG RAISING
AT NIH. THE FLAG WAS
RAISED FOR 5 DAYS FROM
JUNE 19 TO JUNE 23**

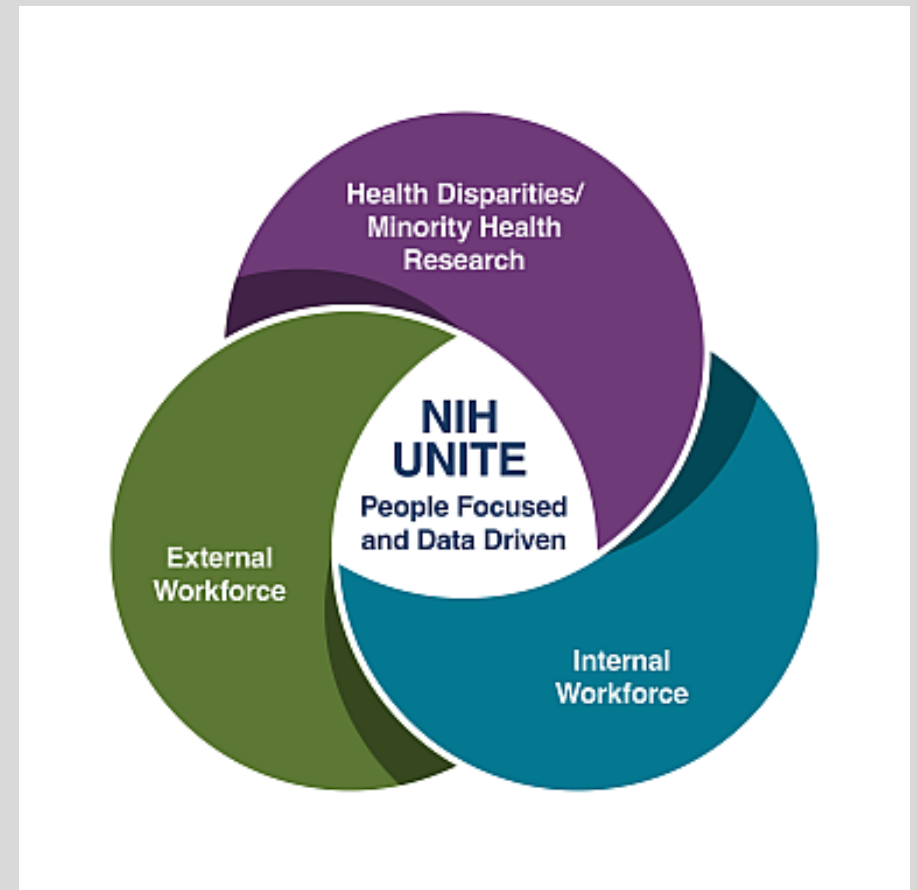




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**INTELLECTUAL CONTRIBUTION
TO NIH UNITE AND OTHER NIH
DEIA EFFORTS**





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**UPON INVITATION FROM THE NIH OFFICE OF DIRECTOR,
MEMBERS OF 8CRE SERVED AS REVIEWERS FOR SECOND
ROUND INTERVIEWS FOR THE RECRUITMENT OF NIH
NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS
DISEASES (NIAID) DIRECTOR AND DIVISION OF PROGRAM
COORDINATION, PLANNING, AND STRATEGIC INITIATIVES
(DPCPSI) DIRECTOR**



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**VOLUNTEERED WITH NIH NATIONAL
INSTITUTE OF DIABETES AND
DIGESTIVE AND KIDNEY DISEASES
(NIDDK) SHORT-TERM RESEARCH
EXPERIENCE PROGRAM TO UNLOCK
POTENTIAL (STEP-UP)**



Hands-on summer research internship for undergraduate and high school students.

Apply by February 1*

[See eligibility requirements](#)

* Undergraduate deadline. High school deadline is February 15.

<https://www.niddk.nih.gov/research-funding/research-programs/diversity-programs/research-training-opportunities-students/step-up>



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**COMMUNITY ENGAGEMENT
WITH THE MONTGOMERY
COUNTY COMMISSION ON
REMEMBRANCE AND
RECONCILIATION**



The Commission on Remembrance and Reconciliation was formed on January 29, 2019, with resolution by Councilmembers Hans Riemer, Will Jawando and Craig Rice.

The Commission was established to support the goal of bringing the County together to promote a better understanding of our history. The Commission is composed of community leaders, who will work with the Equal Justice Initiative (EJI) and other stakeholders to help the County claim and install the County's monument commemorating the three locations in the County where racial terror lynchings have been documented. The three lynching victims in Montgomery County were Mr. George Peck (1880), Mr. Sidney Randolph (1896), and Mr. John Diggs-Dorsey (1880). In addition, the Commission will create and install historical markers for each of the three locations, collect and display soil from each of the three locations and design programs to advance the dialogue that the monument, historical markers, and soil collections should foster.



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HHS MARY BRODIE- HENDERSON CALL TO SERVICE AWARD 2023 AWARDEE



The Mary Brodie-Henderson Call to Service Award
An illustrated heart shape made with people
This is the most prestigious Call to Service Award and is among the highest honors bestowed by the Secretary. It recognizes employees who, through their volunteer service, make a direct and consequential impact towards advancing the Department's mission.

