



Zebra Hoofbeats

BOO! Welcome to the month of October! We'll be seeing a lovely Fall foliage here in Cleveland soon. Here at Zebra Hoofbeats, we are pretty excited. You should be too! Go be a zebra and frolic about outside (with social distancing)! Most importantly, we want to talk about "productivity" this month. By now, we are all pretty immersed in school again but still in the midst of COVID-19 with the upcoming flu season too. We get it. Things are ramping up and getting busy. We'd like to remind our Zebras that productivity can look different for everyone and for every day. Don't judge others or yourselves. We are all going to be healthcare professionals so most of us are already caregivers. We are kind and forgiving to patients, friends and family but extremely harsh to ourselves. Let's give ourselves a little extra love this month and take care of our health. Got it? Let's go, October! Let's pumpkin spice this up!

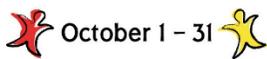


Breast Cancer Awareness Month

Breast Cancer Awareness Month is an annual, international campaign to increase the awareness of the disease. This includes education, research, and emotional/financial support.

Each year in the United States, more than 250,000 women are diagnosed with breast cancer and 42,000 women die from the disease. Currently, there is not sufficient knowledge on the causes of breast cancer; thus, early detection is key.

It is imperative that we encourage women to conduct self-breast exams and see their OB-GYN for preventative measures. When breast cancer is detected early and adequate treatment is available, there is a good chance of cure.



www.healthliteracymonth.org

Health Literacy Month

Since 1999, October has been Health Literacy Month. HLM brings to the forefront the need for organizations to provide understandable health information.

The theme for HLM is "Be a Health Literacy Hero" which encourages all of us to come up with ways to improve our communication with patients.

Many organizations host HLM events that may include literacy education workshops for healthcare workers, instructional sessions for patients about their medications, health literacy newsletters, and health fairs. You can download a free [Health Literacy Month Handbook](#) on their website for ideas and resources to create a Health Literacy Month event.



Mid-autumn Festival

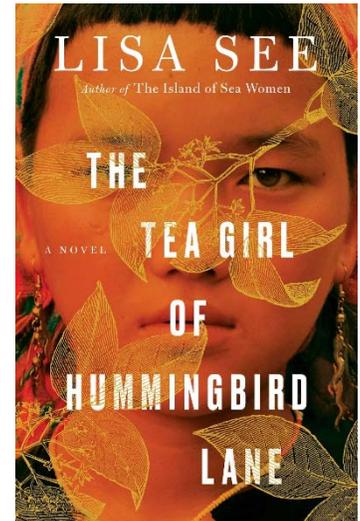
Oct 1

Mid-autumn Festival is also known as the Moon Festival or Mooncake Festival. It is a traditional holiday celebrated in China and other parts of Asia; the celebration is called Chuseok (autumn eve) in Korea and Tsukimi (moon-viewing) in Japan.

On this day, it is believed that the moon is at its brightest and fullest size, coinciding with harvest time in the middle of Autumn. So in

a way, it's kind of like an Asian Thanksgiving.

Celebrations involve lighting lanterns and eating mooncakes, a pastry filled with sweet bean or lotus-seed paste. Nowadays, modern mooncake recipes are all the rage. Read about it in this [article](#).



From Connie's Library: *The Tea Girl of Hummingbird Lane* by Lisa See

Since we are celebrating a Chinese holiday honoring harvest, I thought it would be cool if I shared a book that I read during quarantine, *The Tea Girl of Hummingbird Lane*.

It's a historical fiction novel about the life of a young girl named Li-yan, who is an ethnic minority in Asia i.e. Akha. You'll learn a lot about the Akha belief system and the history of Pu'er tea, but also get sucked into a whirlwind adventure of Li-yan's emotional journey in finding her daughter.



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I especially loved the themes surrounding family, feminism, and culture. Please check it out if you have time.



PA Week Oct 6-12

National PA Week is celebrated yearly to recognize the PA profession and its contributions to the country's healthcare system. The founder of the PA profession is Eugene A. Stead Jr., MD.

October 6th marks Dr. Stead's birthday and the day of the first graduating class of PAs at Duke University in 1967. The first class of PAs were four Navy Hospital Corpsmen, who had a considerable amount of medical training during their military service. Dr. Stead actually based the curriculum on the fast-track training of doctors during World War II.

This PA Week is especially significant because PAs have once again proven themselves to be essential workers by standing at the front-lines during this global pandemic.

PAs are flexible, adaptable, and collaborative. During these last few months, they have been involved in treating COVID-19 patients, conducting telemedicine visits, redeploying to different specialties, and continuing to provide healthcare for those who need it most. While many times, the term "PAs" is not usually mentioned in the public media, we all know that

they have been working extremely hard lately.

Please show some gratitude and appreciation to a fellow PA this week!



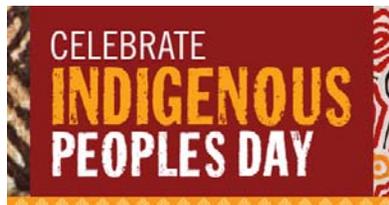
National Coming Out Day Oct 11

On Oct. 11, 1988, Robert Eichsberg and Jean O'Leary founded the first National Coming Out Day (NCOD) on the anniversary of the 1987 March on Washington for Lesbian and Gay Rights.

Coming out takes bravery. We see you, love you, and are proud of you! NCOD empowers LGBTQ+ folks to share their truth with others and is so important to increase visibility and awareness for the LGBTQ+ community.

The Human Rights Campaign released a [NCOD Youth Report](#) based on their 2012 survey of 10,000 LGBT-identified U.S. youth ages 13 to 17. Check it out for more information about why LGBTQ+ youth do or do not choose to come out, how coming out impacts their lives, and who they come out to.

For practical resources on how to come out that touches on the realities of cultural, racial, ethnic, religious, social, and economic barriers, see the following [guides and resources](#) from HRC.



Indigenous Peoples' Day Oct 12

On October 12th, we recognize Indigenous Peoples as the original inhabitants of the Americas and celebrate their contributions to American history and development. Indigenous Peoples' Day is also a movement to encourage all of us to rethink history.

Many schools and organizations host educational sessions and curricula to help others learn about the different cultures and histories of Indigenous Peoples.

Every year, more states and locales replace Columbus Day with Indigenous Peoples' Day. For more information about the history of Columbus Day and the shift to Indigenous Peoples' Day see this [article](#) from the Smithsonian National Museum of the American Indian.



Halloween Oct 31

IT'S SPOOKY TIME! Halloween is going to look very different this year while we socially distance, but it doesn't mean you can't enjoy some sweets and scaries!

The ZH team encourages you to think of creative ways to get into the Halloween Spirit whether that means carving pumpkins, dressing up for your zoom meetings, making candy apples, or watching scary movies. Here is a list of [31 ways to celebrate Halloween this year](#).

Things to Do in October

Walk around

[Holden Arboretum](#)

Go pumpkin picking at

[Mapleside Farms](#)



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Enjoy some apple cider at
[Patterson Fruit Farm](#)
Grab a blanket and watch the
sunset at
[Solstice Steps](#)

Local Hikes

[Brandywine Falls](#)
[Ohio and Erie Canal Towpath](#)
[Trail](#)
[Brecksville Reservation](#)
[Rocky River Reservation](#)
[Hinckley Reservation](#)

Mental Health Podcasts

The Nod
Therapy for Black Girls
Mental Illness Happy Hour
The Happiness Lab
Savvy Psychologist

Meditation Podcasts

Nothing Much Happens
Sleep With Me
Meditation Oasis

At-home Exercise

[Yoga With Adriene](#)
[Blogilates](#)
[Chloe Ting](#)
[THENX](#)
[Jeff Nippard](#)

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