



CONSORTIA

Official Newsletter of the Consortium of Doctors • Volume 4, Issue 2



FROM OUR DIRECTOR, DR. PHYLLIS QUALLS

My Dear COD Members,

Our world has changed radically. In early March, we were all going about our regular lives, shopping, eating out, going to school, work, play and recreational activities, and vacationing throughout the world.

Nashville has taken multiple hits in 2020— first, the March 3 tornado touchdown in Nashville and surrounding counties, followed by a second strong storm. Then, we all have been impacted by the novel coronavirus pandemic, the killings of Ahmaud Arbery in Brunswick, Georgia, Breona Taylor in Louisville, George Floyd in Minneapolis, Rayshard Brooks in Atlanta, and others, bringing racism to its ugly head, without acceptance, within communities throughout the world.

The reports from the CDC (Centers for Disease Control) and the WHO (World Health Organization) brought nearly all activities to a stretching halt. The NCAA tournament was canceled, and the NBA and NHL schedules were put on hiatus. This ripple of cancellations continued with colleges and K-12 schools quickly shifting to online teaching and learning modalities and postponing graduations, or having drive-by or virtual ceremonies.

“Times, they are ‘a changing.” Whether we are dealing with racism, COVID-19, stress from employment or unemployment, finances, family, and much more, to survive day-by-day, is a miracle.

We all have learned to be creative and innovative to continue activities, rather than bringing life and all of our activities to a screeching halt.

Our virtual COD Mini Conference is one of those types of activities, and it is bringing excitement to the membership and participants. We will have a day and time of meaningful exchange that will elevate and empower, as we discuss how we are doing and moving forward.

You will find the schedule in this newsletter as well as the Zoom information to participate. We ask that you RSVP to Regina Henry or Kenya Newby to confirm your attendance. Their information is printed with the schedule information.

Thank you for your support and willingness to move forward in this “new now.” Zoom Zoom!

Warmest regards,

Phyllis

COD Director



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Editor's Note



Dr. Tienielle Buchannan

Greetings COD Members!

I realize there is so much going on in the world around us. In Nashville we went from the tornado, to the pandemic and to civil unrest. Through all of this, we must still find the silver linings. I've heard many people say that the year 2020 is just a year of disaster.

Despite the sadness and fear we must still cling to the positives that are happening in our communities. We can either stop and gripe or find avenues to rejoice. I encourage each of you to stop and reflect on the bright spots.

Since March, what have been some positives that have happened in your life? What have you done differently that you ordinarily would not be able to do?

As we stop and reflect, let us also contemplate on how we can use our talents to positively impact others. I am looking forward to being able to see you and connect on your bright spots.

Until Soon,

Tienielle

Dr. Tienielle Buchannan
Editor



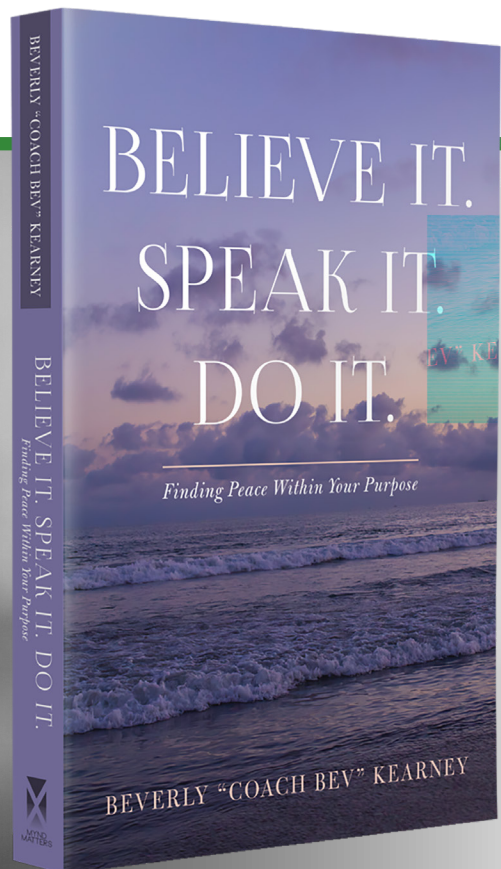
Officers and Planning Committee Members

Director	Phyllis Qualls
Co-director	Yasmia Dunn
Interim Co-director.....	Regina Henry (Appointed by the Director)
Treasurer.....	Deborah Cole
Secretary.....	Brenda Cross
Parliamentarian	Carolyn Baldwin Tucker
Historian	Clara Small
Web Master	Angela Koivula
Interim Co-webmaster.....	Kenya Newby (Appointed by the Director)
Newsletter.....	Tienielle Buchannan, Editor
Youth Session.....	Ethel Pitts-Walker
Fishbowl	Jacquelyn F. Green
By-laws Committee	Carolyn Baldwin Tucker Susan Tucker Jones
Conference Co-chairs	Regina Henry and Kenya Newby

You are invited to a Zoom meeting.

Featuring Beverly Kearney

July 25, 2020 • 10:35 AM (Central)



Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZAsf--trTwuE9SsllCYqPMAe6KSnmIJJaZVx>

After registering, you will receive a confirmation email containing information about joining the meeting.



Dr. Deborah Cole

Treasurer's Report

I am pleased to report that an overwhelming number of the members have paid their dues for the 2020 year. Although we have moved the conference to next year, it is important we have some activities this year.

Nearly 50 percent of the members who paid their dues last year had paid by early March. And we had new members to pay their dues as well. The committee determined there would be no need to collect registration funds at this time, however, we can plan to prepare to start paying for a fantastic conference in 2021.

Thanks for your support and cooperation.

Deborah

Dr. Deborah Cole
Treasurer

Nashville Strong



In the early morning on March 3, the middle Tennessee region experienced an unrelenting EF-3 and EF-4 tornado that destroyed many homes and businesses. Lives were lost and memories were decimated. Through the aftermath of the storm, our city banded together to help one another. We worked around the clock to clean and rebuild our communities. Although some of our subdivisions looked like war zones, our hearts were filled with gratitude for life and the ability to start over. However, this notion is nothing new to Nashvillians. We've endured so much more and will continue to work together to rebuild our communities and our cities. After all, we are Nashville Strong.

Think Tank Focus: Be Counted! Vote! Exercise Your Civil Rights!

This year's Think Tank will focus on issues that are critical to the survival, enhancement, and future of American democracy. In the midst of today's coronavirus pandemic and the violence epidemic, it is more important than ever for all citizens in general, and African-American citizens in particular, to exercise their civil rights of being counted and voting. Critical to the equitable distribution of funds, resources, and governmental representation is the need for the black and brown members of this country to participate in the census.

This year, more than ever, it is essential that African-American citizens register to vote and then actually vote — by mail, early voting, or Election Day voting. The selection of the next President of the United States of America will set the agenda in this country for the next twenty years. We must get it right and ensure that the White House has a new resident.



Carolyn Baldwin Tucker, PhD



Susan Tucker Jones, Esq.

In keeping with the need for information and direction regarding the census and voting, the Think Tank Committee has secured, for our Zoom Conference, the services of notable individuals from our community with local and national credibility regarding our focus topics. Participants include: Mr. Rob Harris with Deputy Mayor Brenda Haywood from the Metro Nashville Mayor's Office, and Ms. Naadzama Ashby from the Federal Census Bureau. In addition, Attorney Billie Sanders with share information concerning the 2020 Census, absentee ballots, and voting in the 2020 election.

The 2020 Think Tank will serve as the colloquy for information and discussion of relevant, life impacting topics.

Submitted by: Susan Tucker Jones, Esq. and Carolyn Baldwin Tucker, PhD

Shatterproof Sistuhs in COD and Beyond

Examining Resilient “Shatterproof” Women

Each year during March, Women’s History Month is celebrated. While we could acknowledge those who have been important in our lives at any time, this particular month is set aside to honor those who have been influential in our lives. Consider the women who have influenced you, directly or indirectly. Such women could be friends, relatives, teachers or others whom you may have encountered. Perhaps you were affected by books you’ve read, movies you’ve seen, or comments you may have heard. We could be influenced by women in history or even little girls who may be in our lives today.



Dr. Jacquelyn Green

In this article challenges encountered by African-American women will be identified. Resilience and factors that contribute to resilience will be explored. Examples of resilient “shatterproof” women will be shared. Several women who have overcome tests and challenges and continued on a successful path will be acknowledged. I call these women who demonstrate resilience and determination — the Shatterproof Sistuhs! Common factors that were identified as contributors to their success will be identified.

The Strength of African American Women

African American women are the strongest women on the planet! We have succeeded against incredible odds. Black women are often faced with racism, sexism, health and economic disparities and other potential barriers to self-esteem, well-being, or success. The ability to thrive, not merely survive, in an environment that could be foreign, hostile, or may exist with preconceived and limited notions regarding individual capabilities, is an exceptional accomplishment. In fact, researchers Jackson, Jackson & Jackson (2011) introduce the concept of intergenerational resilience. It is possible that the strength exhibited by many African American women today resulted from the legacy of their ancestors!

Resilience in History

The legacy of resilient women in Africa and throughout the diaspora transcends time. We did not instantly emerge

as strong women. Strength, courage and resilience are in our DNA and dictate our destiny. We are descendants of the strongest people on the continent of Africa. Around 1530 BC, Queen Ahmose-Nefertari with her husband King Ahmose, participated in the defeat and ejection of Hyksos invaders from Africa. Following the reign of her husband, the queen ruled the land with her son, King Amenhotep I. She was considered a national hero (Rashidi, 2014).

John Henrik Clarke (1987), historian and scholar, referred to Queen Nzingha as the “greatest military strategist that ever confronted the armed forces of Portugal.” Born in Central Africa around 1582, Nzinga’s goal was to eliminate Portuguese

enslavement of African people. She continued fighting for her people until she died, in 1663 at eighty-one (81) years of age. Consider the determination of Ellen Johnson Sirleaf, the first elected female head of state in Africa. Sirleaf, a politician, was the 24th president of Liberia from 2006 to 2018.

In the United States, we’ve learned about Harriett Tubman who traveled numerous times back to the plantation that maimed, threatened, abused and attempted to kill her. She returned to free family members, friends, and others whose strong desire for freedom outweighed their fears of being captured. Think of the courage of Rosa Parks, who risked her life by refusing to give up her seat on that bus. Imagine what First Lady Michelle Obama encountered as the first African American First lady in the White House. She dealt with racist statements made by other Americans, including public figures. Not only did she was she concerned about her safety and that of her husband, but due to an attitude of disrespect, her two daughters warranted extra careful attention and security. Her speech that was plagiarized by the current lady in the White House received little attention. There are numerous examples of extraordinary courage and strength among Black women. We have heard about some of these women, there are many others whose stories have not been told.

Dr. Abigail Jordan: Our Resilient Founder

I would be remiss if I failed to salute Abigail Jordan, founder of the Consortium of Doctors. She left an indelible

footprint wherever she ventured. Dr. Jordan was quite vocal regarding the mission of COD. The charge that she presented to the Consortium sisters was to share what they had learned in the pursuit of their terminal degrees, as well as to motivate, encourage, and hopefully inspire other women to pursue their educational goals. Dr. Jordan's resilience was certainly evidenced in her decade long struggle to create the African American Family Monument on the waterfront in Savannah. Her persistence prevailed and her contribution was formally acknowledged last year.



Resilience

What is resilience? According to the American Psychological Association (Palmer, 2020), resilience is the ability to effectively address adversity, trauma or stressful situations. Resilience has both psychological and biological attributes and influences responses to adverse events. Researchers, Jackson, Jackson and Jackson (2018) introduce the concept of intergenerational resilience. African American women may have a long standing legacy of resilience on which to build.

Resilience was described by Sharon Kay, radio station general manager, as the ability to bounce back. She likened the concept to the weeble. You've heard the phrase "Weebles wobble but they don't fall down." Resilient women may weeble- feel a little shaky at times, but they don't collapse, fall down, or give up, regardless of the daunting situations that they might face. Resilience not only refers to how one reacts to a stressful event, but also includes the recovery time. Some may wobble a little and bounce back quickly, others may take days, weeks or months. Those who lack resilience may seem to never rebound.

Resilience: Physical, Mental and Spiritual Influencers

The "shatterproof ability" of an individual is influenced by their physical, mental and spiritual well-being. The

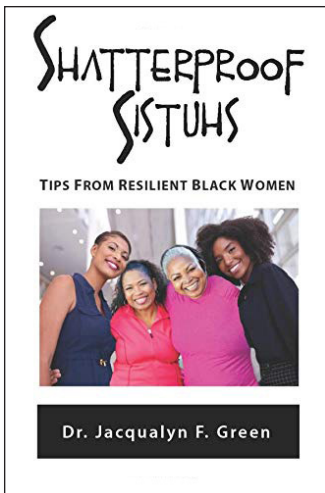
health status of African American women is a complex issue that may be affected by genetics, individual prioritization of health, income inequity, and available resources. Disparities may exist due to genetics and the lifestyle of an individual. Access to quality health care and discriminatory health practices may also be factors that influence health and resilience. Income inequality, which disproportionately affects African American women, may discourage some from seeking health care.

Finding culturally competent mental health care professionals may be another limiting factor. The rate of mental illness among African Americans parallels that of the general population (Primm & Ruiz, 2010). Unfortunately, only thirty-three percent (33%) of those who need mental health services actually seek this type of help (Wang, Berglund, & Kessler, 2000). The pressure to be a strong Black woman can lead to depression. This often goes untreated or may be masked by drug or alcohol use or misuse. Black people tend to be more religious than other ethnic groups in the United States. Of both affiliated and unaffiliated African Americans, seventy-five percent (75%) report that religion is very important in their lives. Blacks are most likely to attend services weekly and to pray regularly. This strong spiritual connection may play a critical role in the resilience of African American women.

COD Shatterproof Sistuhs

Several COD members were among the Shatterproof Sistuhs who were highlighted in a publication with the same name. These "sistuhs" shared situations that tested their ability to remain shatterproof. Dr. Ethel Pitts-Walker was faced with unusual confusion regarding her college plans following the death of her parents. Drs. Phyllis Qualls and Deborah Cole both dealt with career uncertainty following unexpected job changes. Attorney Carolyn Battle-Thomas was blindsided by a four-way challenge involving losses, family illness, and a life-threatening emergency. Dr. Carolyn Baldwin-Tucker identified the grief following the loss of her parents as quite difficult to manage. Dr. Yasmia Dunn revealed the complexity of growing up in a troubled household.

While the situations shared by each COD member were uniquely different, the strategies for resolution possessed some similar qualities. Three primary sources of strength were common among these Shatterproof Sistuhs. The connection to God, religion or spirituality was very strong and viewed as helpful during the difficult situations that they faced. Support was an essential aspect in their resolution of the challenges. The support may have come from family and friends or unexpected resources in the community, educational arena or other places. We may



not be able to predict where our support may come from when we are in the midst of a crisis. This may prove to be surprising to us. Support may come from older or younger people, or people who do not look like us. Support may come from pets or even a tv show or book. Some might find comfort in lyrics of music or hearing about how someone overcame similar circumstances.

Maintaining a positive attitude, seeking and/or accepting support and embracing ones spiritual connection may contribute to the ability to remain shatterproof.”

References

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Read more about *Shatterproof Sistuh: Tips from Resilient Black Women* in the new publication by Dr. Jacquelyn Green! Available at: Dr.jfgreen@green-enterprizes.com

A third source of strength came from having a positive attitude and belief in self. Another COD sister, Dr. Marilyn Gaston discussed her support that came from reading material introduced to her when she as a child. She recalls learning about “the little engine that could.” During trials she has faced — she has repeated the mantra from that publication: “I think I can, I think I can, I KNOW I can.” Belief in self is an essential component of how we view ourselves and our capabilities. Susan Taylor, former editor in chief of Essence magazine, states: “What we believe about ourselves comes true for us

Embracing Resilience

Resilience is being shatterproof. No matter what happens, an individual remains durable, strong, unbending and true to their mission and goals. By embracing the strength of Teflon®, an individual refrains from breaking when times get tough. Resilience is a complex concept that warrants individual interpretation and subsequent action.

STAND together.

In order to positive impact change, we must first be the change. We all possess unique talents and abilities to make monumental changes that impact the future generation. What can you do as an individual? What can we do as a group to be the change? Let’s continue to have ongoing conversations on how we as COD members are actively helping to positively impact the communities in which we live. Let’s stand together and do so in love.



From the Conference Co-chairs

Hello Fellow COD Members,

We are members of an exclusively black female professional organization. As a membership we have experienced and witnessed a tremendous amount of struggle in our community, whether it be COVID-19 or the untimely deaths of our brothers and sisters across this country. We stand in solidarity with heavy hearts as we witness equity and human compassion issues.

In every struggle and challenge, you likely look internally to ask the question of why this is happening and when will this end? Equity and human compassion is nothing new to us; however, as an organization who is committed to being difference makers in our community, we have an opportunity to contribute to the change we desire to see in our country.

During this difficult time, let's us convene in the near future to discuss what we can do and how our COD organization may lift our professional voice to give back in a meaningful way. This means that we will thoughtfully consider how our activism may be a voice for change in our communities.

Here are some ideas to ponder:

- Providing legal counsel to underserved individuals
- Providing counseling services to underserved individuals
- Financial advisement
- Virtual educational enrichment or resources
- Conversations on equity and human compassion
- COD donation to organizations that can influence the change we want to see: National Action Network, Black Lives Matter, conversations with community leaders and lending a voice to change

Now more than ever we have an opportunity to increase our visibility in our community. Let's work together to increase our brand awareness and give back in a way that demonstrates our ability to impact change.

Dr. Regina Henry
Dr. Kenya Newby



Conference Committee Members

(from left: Drs. Carolyn Baldwin Tucker, Regina Henry, Phyllis Qualls, Deborah Cole, and Kenya Newby) preparing for a productive event.



Consortium of Doctors Virtual Conference Schedule

FRIDAY, JULY 24 Pre-conference Session

5:45 PM..... Log On

6:00–7:30 PM

6:00 PM Technology Test
6:15 PM Networking
6:30 PM Business Meeting
7:30 PM Friday Session Ends

SATURDAY, JULY 25

10:20 AM..... Welcome..... Phyllis Qualls/Tenielle Buchannan
10:25 AM..... Introduction of Ms. Kerney..... Deborah Cole
10:35 AM Beverly Kearney Speaks
11:15 AM Q & A..... Tenielle Buchannan
11:30 AM..... Engaging Activity
11:45 AM..... Break
12:00 PM Think Tank

Susan Tucker Jones, Facilitator

Atty. D. Billye Sanders • R.L. Harris • Naadzama Ashby • Carolyn Baldwin Tucker, Recap

1:05 PM Break
1:10 PM..... Summary and Introduction of COVID-19 Discussion
Regina Henry and Kenya Newby
1:20 PM COVID-19 Discussion
2:00 PM Closing Remarks
2:20 PM Discussion
2:30 PM..... Conference Ends!

SUNDAY, JULY 26

We welcome Greater Bethel AME Church to our conference! Greater Bethel hosted the COD conference in 2016 and 2018 and we are pleased that members of the congregation are with us for our conference as they celebrate Women’s Day Weekend. We will be worshipping with Greater Bethel on Sunday at 10 a.m. for their Women’s Day worship service, Dr. Paula Michelle Wyatt, keynote speaker.

COD 2020–2021 Sponsors



Kingdom Cafe



Greater Bethel AME Church



See You on Zoom!

29TH ANNUAL MEETING

July 24-25, 2020