



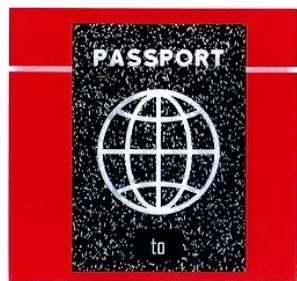
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SUMMER 2020 NEWS

We're at the height of summer in Michigan and continuing to stay safe by spending more time at home. We hope you're finding joy in the little things and taking care of yourselves in our COVID-19 world.

This edition of SCDA-MI's e-newsletter covers back-to-school guidance, upcoming education sessions, our virtual September walk, and donor shout outs. Let's go!



PATIENT EDUCATION: Pediatric-to-Adult Transition

We invite 15-20 year olds with sickle cell to empower themselves as they move into adult sickle cell care. Join our Transition Workshop on Thursday, Aug. 13, from 4-6 p.m.

Register and then take the 5-minute **pre-assessment survey** before Thursday's session. Participants may be eligible to receive a Patient

JOIN SCDA-MI FOR A
PATIENT EDUCATION SESSION
PRESENTED BY
DR. AHMAR ZAIDI ("DR. Z")

UNDERSTANDING HEMOLYSIS

Hemolysis affects every individual with sickle cell.
Learn more: Wed., Aug. 12, 4:30-5:30 p.m. EST
Register at <https://hemolysis2020.eventbrite.com>

REGISTER

PATIENT EDUCATION: Understanding Hemolysis

Hemolysis is the breakdown of red blood cells.

Learn more about this critical biological process that affects every individual with sickle cell, how it impacts you, and what you can do.

Empowerment Toolkit, certificate of completion, and a \$50 gift card. (See [registration form](#) for details.)

Online: Wednesday, August 12, 4:30 - 5:30 p.m.
You must [register](#) to receive the participation link.

The 2020 Sickle Cell Matters Walk is going virtual!

We still need your support. [Register](#), sign up to fundraise, or start a team today!


This year you can walk from wherever you are or choose a different type of movement to show your support.

- Everyone who [registers by 9/5](#) will receive a pedometer for their participation.
- Everyone who signs up as a fundraiser or creates a team by 9/5 will also be entered into a giveaway for a \$100 gift card.
- [Enter the T-Shirt/Poster contest](#) with a design that shows your support for #SickleCellLivesMatter. Deadline is 9/5.
- We're honoring our Legacy Warriors - aged 40 & over - with a special salute. [Sign up by 9/5](#) to join. Participants outside Michigan welcome.
- Early voting for the presidential election starts Sept. 19! All Michigan residents can request absentee ballots. This is a great opportunity to use your virtual walk participation to get to [your local clerk's office](#) and drop off your ballot that day. Take a photo and post with the hashtags #SickleCellMatters #SickleCellLivesMatter #Vote.

2020 SICKLE
CELL MATTERS
VIRTUAL WALK
9.19.2020

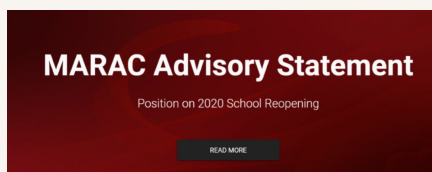
[Join where you are & Move how you choose](#)

Register (\$20)
Fundraise
Compete



[Learn more](#)

SCDAA's MARAC issues back-to-school guidance



The Sickle Cell Disease Association of America's Medical and Research Advisory Committee has issued [guidance on returning to school](#).

"Sickle cell disease remains a high-risk condition for severe COVID-19 infection. 1 Registry data show that individuals with sickle cell disease are more vulnerable to death with COVID-19 at all ages, including children. 2 We recommend that families with children with sickle cell disease follow state and local guidelines regarding the determination of in-person versus distance learning as long as processes are in place to ensure the least possible risk of your child getting infected with COVID-19.



ARE YOU READY TO VOTE?

Early voting in Michigan starts Sept. 19 for the Nov. 3 Presidential Election!

[Learn more](#)

The deadline to register to vote in this year's November presidential election is Oct. 23 for any form but in-person. Last day for in-person registration is election day, Nov. 3.

To be eligible to vote in Michigan, you must be:

- A Michigan resident (at the time you register) and a resident of your city or township for at least 30 days (when you

If safety measures are not implemented, or cannot be enforced, we recommend that schools provide equitable access to high quality education through home-based distance learning. The checklist below should be used to determine if your child's school has the recommended safety measures in place."

Share this info with your child's school principal to help determine the best course of action.

WE WANT TO KEEP YOU SAFER IN THE ER

I'm experiencing a sickle cell emergency requiring immediate, specialized treatment. I've been encouraged to share this card to help support you in my care.

Name _____
SCD Type _____
Baseline Hemoglobin _____
Physician _____

ACCESS CURRENT CLINICAL PRACTICE GUIDELINES FROM NIH NHLBI / CDC / ASH AT scdaami.org/SickleCell911

EXPERT GUIDANCE FOR:
vaso-occlusive crises/pain episodes
● fever ● acute complications
● administering opioids ● primary care

COMPILED COURTESY OF Sickle Cell Disease Association of America - Michigan Chapter

PER NIH NHLBI GUIDELINES, WITHIN 30 MINUTES IN THE ED:

STOP the pain. Appropriate levels of narcotics are essential! Pain = vaso-occlusion: tissue anoxia and damage

ADMINISTER appropriate amounts of IV fluids. IV fluids treat and prevent dehydration.

FEVER requires immediate blood cultures and IV antibiotics to treat possible bacterial sepsis.

EXECUTE the guidelines. Prevent organ damage, stroke, and other life-threatening complications.

— YOU CAN —

(R)EDUCE morbidity associated with inadequate acute sickle cell care.

Keep sickle cell patients **SAFE(R)**!
ACCESS NIH NHLBI / ASH / CDC GUIDES scdaami.org/SickleCell911

Visit the **Patient Support** page on our web site to learn more about SCDA-MI's SAFER initiative.

If you're in ER, direct your provider to www.scdaami.org/sicklecell911 for NIH, ASH and CDC care guidelines for sickle cell.

- vote)
- A United States citizen
- At least 18 years of age (when you vote)
- Not currently serving a sentence in jail or prison

Learn more about voting in Michigan [here](#). Check your voter registration status [here](#). Register online [here](#).

Absentee voting

"Due to the constitutional amendment passed by voters in 2018, all eligible and registered voters in Michigan may request an absent voter ballot without providing a reason. They can visit their local clerk's office for an absent voter ballot application or download one at Michigan.gov/Vote"

You have until 8 p.m. on Election Day to complete the ballot and return it to the clerk's office. Your ballot will not be counted unless your signature is on the return envelope and matches your signature on file. If you received assistance voting the ballot, then the signature of the person who helped you must also be on the return envelope. Only you, a family member or person residing in your household, a mail carrier, or election official is authorized to deliver your signed absent voter ballot to your clerk's office.

Find the list of Michigan ballot drop locations [here](#).

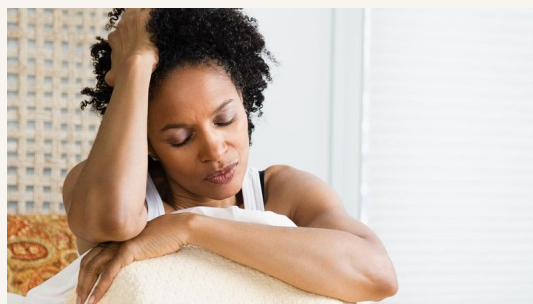


Photo credit: Getty Images

7 Causes of Anxiety

What's making you so anxious? You may be surprised — from certain medications to problems with your thyroid, watch out for these anxiety triggers. [Read more](#)

Information sourced from EverydayHealth. SCDA-MI provides this content for informational purposes only. It is not to be construed as medical advice. Consult your healthcare provider for guidance.

Have you worked with our staff on an issue or challenge related to your sickle cell? Send us your [feedback and suggestions](#) on how that worked for you.

Thank you to our recent donors and everyone who's hosted a Facebook fundraiser for us!

Recent funders:

Global Blood Therapeutics

Medunik USA

Novartis

Pfizer

Recent donors:

Lisa Armstead

Vida Cater

Janine Chambers

Roshonda Florence

Kristy Karasinski

Josephine Leone-Paulk

Sheryl Prince

Jason Miller

Wanda Shurney

Lisa Tamborello

Gregory Terrell

Igli Vokopola

Zina Wallace

Henry Wilkenson

Jonathan Wright

Facebook Fundraisers:

Betty Baker

Tawana Bradley

Jasmine Crawford

Kami Torres

Dorothy Grant

Ashleigh Grissom

Jazz Harris

LaToya Marie Hodge

Alaysia Means

Felicia Perry

"Itsthe Scotts"

Teqia Williams

Mary Wilson

You can host a Facebook fundraiser for us, too. [Click here for the easy instructions](#). Your donations help with education, outreach and advocacy. Every dollar counts in this quest to cure sickle cell.

*NOTE: This list does not include individual Walk donations. Visit the event **Leaderboard** to view fundraisers and teams.*

Questions about anything in this newsletter? Contact us at info@scdaami.org

LEARN MORE

Podcasts

Cheat Codes: A Sickle Cell Podcast

Sickle Cell 101

Online Sickle Cell Communities

oneSCDvoice was created with the vision of empowering those impacted by sickle cell disease through facilitating access to information and support from the sickle cell disease community.

Generation S is encouraging those who live with sickle cell disease to share their experiences. Together, we're turning the page on the silence surrounding sickle cell disease.

FOLLOW US



Visit our website