*The Fall Issue 2025*

# My African American World Foundation Newsletter

## 💌 From Our Founder

**Dear Friends,**

Welcome to the inaugural issue of My African American World Foundation's Newsletter.
My name is Adejoke Ejiofor, founder of this organization and proud mother of a remarkable son whose journey with sickle cell disease, including two bone marrow transplants and multiple acute chest syndromes, inspired the creation of this foundation. Through witnessing his resilience, I was moved to establish a platform that provides families with access to information, resources, and hope.

My African American World Foundation, a registered 501(c)(3) nonprofit, is dedicated to advancing education and awareness about sickle cell disease. Our mission is to create and share reliable, accessible educational materials through print publications, social media, and community outreach programs.

We are deeply grateful for your support as we begin this important work. Together, we can amplify awareness, promote empowerment, and bring compassion to every corner of our community.

With gratitude,

Adejoke Ejiofor
Founder, My African American World Foundation
myafricanamericanfoundation@gmail.com

💜 Educate. Empower. Inspire.


# 🌍 Our Mission

At My African World, we believe knowledge saves lives.
We are committed to:

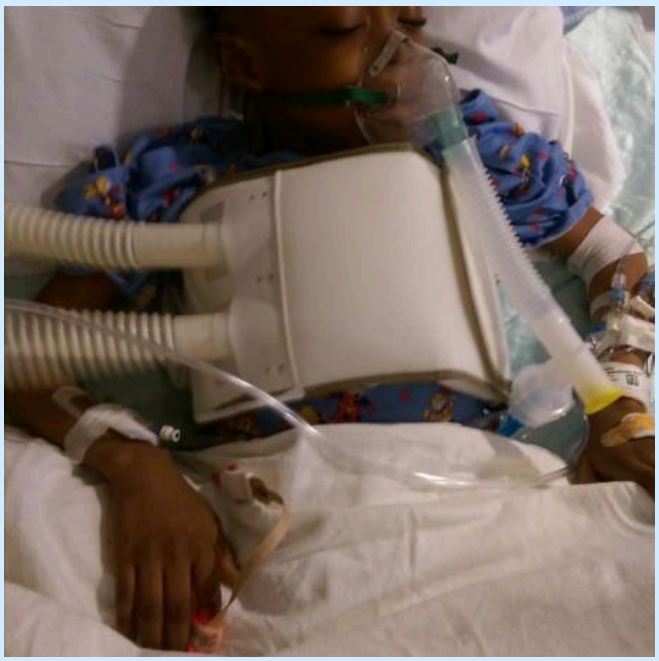
- 📚 Creating educational materials for families, schools, and healthcare providers.
- 💻 Using social media and digital storytelling to spread awareness.
- 🩸 Building understanding and support within the sickle cell community.

*"Education is the bridge between awareness and action."*

## 🧠 Educational Focus: Understanding Acute Chest Syndrome

***By Adejoke Ejiofor***

Acute Chest Syndrome (ACS) is one of the most serious complications of sickle cell disease. It happens when sickled red blood cells block oxygen flow in the lungs.
Symptoms include: Chest pain, Cough or difficulty breathing, Fever
If these symptoms appear, seek immediate medical attention.



🩺 Coming soon:

My African American World Foundation's "Sickle Cell Preparedness Checklist" — a printable guide for parents, caregivers, and schools.

# *Living Strong with Sickle Cell*

*Tips for Daily Wellness*

### 💧 Stay Hydrated

- *Sip water throughout the day.*
- *Dehydration can trigger painful crises.*

*Did you know? Drinking enough water helps red blood cells stay flexible and move easily through blood vessels.*

### 🛌 Prioritize Rest

- *Listen to your body—fatigue is common.*
- *Keep a consistent sleep schedule.*

### 🧘 Manage Stress

- *Try meditation, deep breathing, or journaling.*
- *Join support groups or talk to a counselor.*

*Quick Tip: Stress can worsen symptoms, so a few minutes of calm daily can help.*

### 🥗 Eat Nutrient-Rich Foods

- *Focus on fruits, vegetables, lean protein, and whole grains.*
- *Limit processed foods and excess sugar.*

### 📊 Monitor Pain & Symptoms

- *Track pain triggers and intensity.*
- *Seek medical care promptly if symptoms worsen.*

### 🦠 Protect Against Infection

- *Stay up-to-date with vaccines.*
- *Wash hands regularly and avoid sick contacts.*

### 🚶 Gentle Exercise

- *Try walking, swimming, or stretching.*
- *Avoid extreme exertion or overheating.*

### 🤝 Know Your Support Network

- *Keep a list of doctors, family, and support groups.*
- *Being prepared reduces anxiety during flare-ups.*

*Quick Tip: Prepare a "crisis kit" with water, healthy snacks, pain relief, and contact numbers.*

# 💬 Community Voices

“I learned about bone marrow transplants through My African American World Foundation’s posts. It gave me hope for my daughter’s future.”
— Community Parent

👉 Do you have a story to share?
Email us at
**myafricanamericanfoundation@gmail.com**
to be featured in the next issue.

## 📅 *Upcoming Goals & Projects*

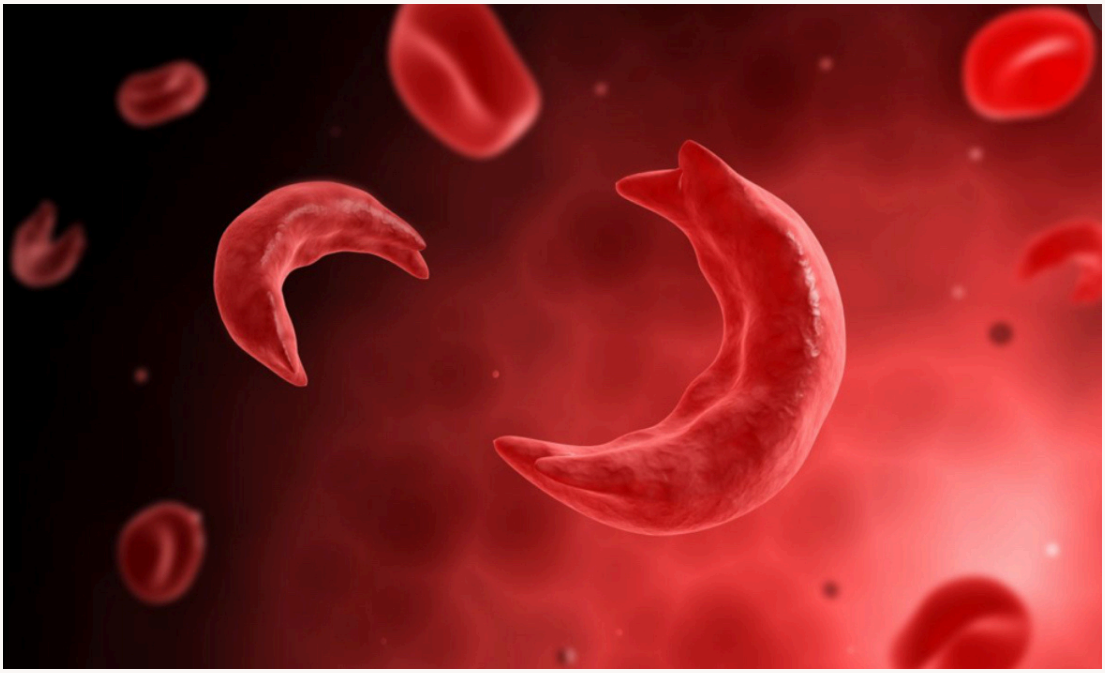
*Here’s what we’re working on to expand awareness and support within our community:*

- *Launching an informational brochure for pediatric clinics and community centers to help families access clear, supportive resources on sickle cell disease and disability inclusion.*
- *Sharing educational posts on social media focused on treatment awareness, nutrition, and daily care tips for individuals and families.*
- *Hosting a virtual awareness event to bring together families, caregivers, and professionals for connection, learning, and empowerment.*

*If you’d like to volunteer, collaborate, or contribute ideas, we’d love to partner with you in making a lasting difference.*

***“When we share our stories, we remind others they’re not alone and that hope is a bridge we build together.”***

# 📚 Recommended CDC Resources



- More Information & Support
- Printable fact sheets about sickle cell disease, free from the CDC.
- Trait awareness and screening guides for families and educators.
- “Steps to Better Health” toolkit — easy-to-use guides for managing complications.
- Data and insights from the CDC’s Sickle Cell Data Collection Program.
- Shareable infographics and videos to help raise awareness in your community.

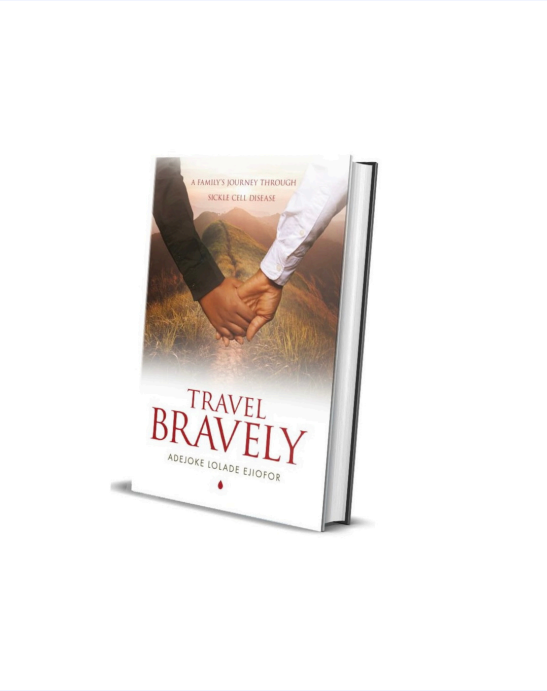
You can access all of these at the CDC’s Sickle Cell Disease resource site

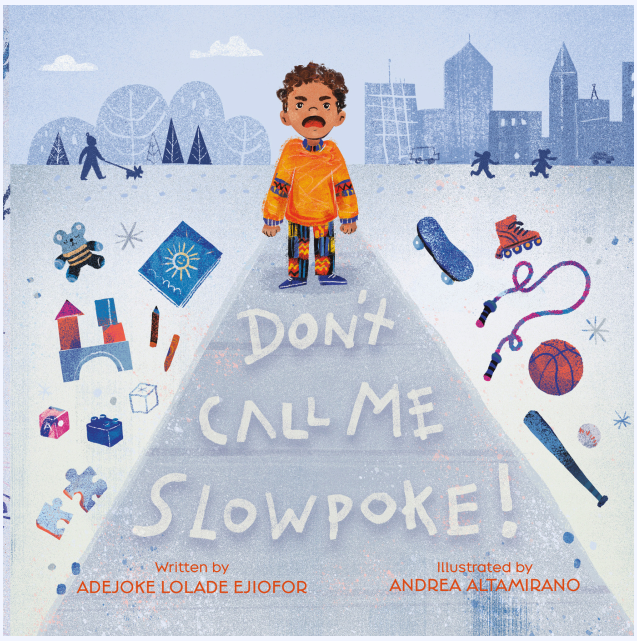
https://www.cdc.gov/sickle-cell/index.html

# *Books to Inspire Awareness and Understanding*

*To help our community better understand sickle cell disease and the impact of disability bullying, we're sharing two educational books written by our founder:*

***Travel Bravely*** *– A memoir sharing the journey of a young boy living with sickle cell disease. This book offers insight and inspiration for families, caregivers, and anyone seeking to understand the challenges and triumphs of living with this condition.*




***Don't Call Me Slowpoke*** *– A children's book that teaches kindness, empathy, and inclusion, highlighting the effects of disability bullying and encouraging positive behavior from a young age.*

*Both books are available on Amazon for those who want to explore these stories further. They are shared as educational resources to support awareness, understanding, and advocacy.*

# 💜 How You Can Help

💬 Follow & share our social media pages.

🖨️ Sponsor printing of educational materials.

💌 Donate to support outreach and awareness efforts.

🕊️ Spread the word — one share can change a life.

***Every action, big or small, helps a sickle cell warrior feel seen, supported, and strong.***

*https://www.myafriamericanworld.comt*

*myafricanamericanfoundation@gmail.com*

Your support can help change lives. By raising awareness, sharing knowledge, and contributing to education on sickle cell disease, you become part of a community dedicated to hope, understanding, and better outcomes for those affected.

# 📍 Contact Us

**My African American World Foundation**
**Email: [myafricanamericanfoundation@gmail**
**Website: [https://www.myafriamericanworld.com**

**Social Media:**
**Instagram:**
**https://www.instagram.com/myafricanamericanworld/**
**Facebook:**
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