

Internship *Portfolio*



Jasmine Mendez-Paredes

A Conversation on Black Women's Mental Health & Wellness: An Exploration of Effective Coping Strategies

November 15, 2022
7:00pm ET, 6:00pm CT
Via Zoom

Registration Link:
<https://events.aarp.org/BMWConversation2022>
Registration Required

Participants will explore:

- Lived experiences of Black women while managing mental health and well-being
- Common signs and symptoms of mental health concerns
- When to reach out for help managing health and wellness
- Leveraging culturally relevant resources and community providers in your state

Raffle Prizes: Curated Wellness Packages!



Scan the QR Code to
Access AARP's FREE
library of interactive
online events and
classes!

We're local,
here to connect you
to what matters most.

FIND US



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ABOUT ME



I am currently in my fourth year of studying Business Communication with a minor in Graphic Design at Stevenson University. During the period from July 2022 to December 2023, I had the opportunity to work as a Communications Intern at the AARP DC State Office. In this role, I collaborated closely with Associate Communications Director Joe Hand, AARP DC State Director Louis Davis Jr., and the entire DC State Office team. My responsibilities included executing the State Plan and contributing to advocacy efforts through various mediums such as written communication, graphic design, social media, video production, and content creation.



AARP DC TENNIS CLINIC AT THE CITI OPEN



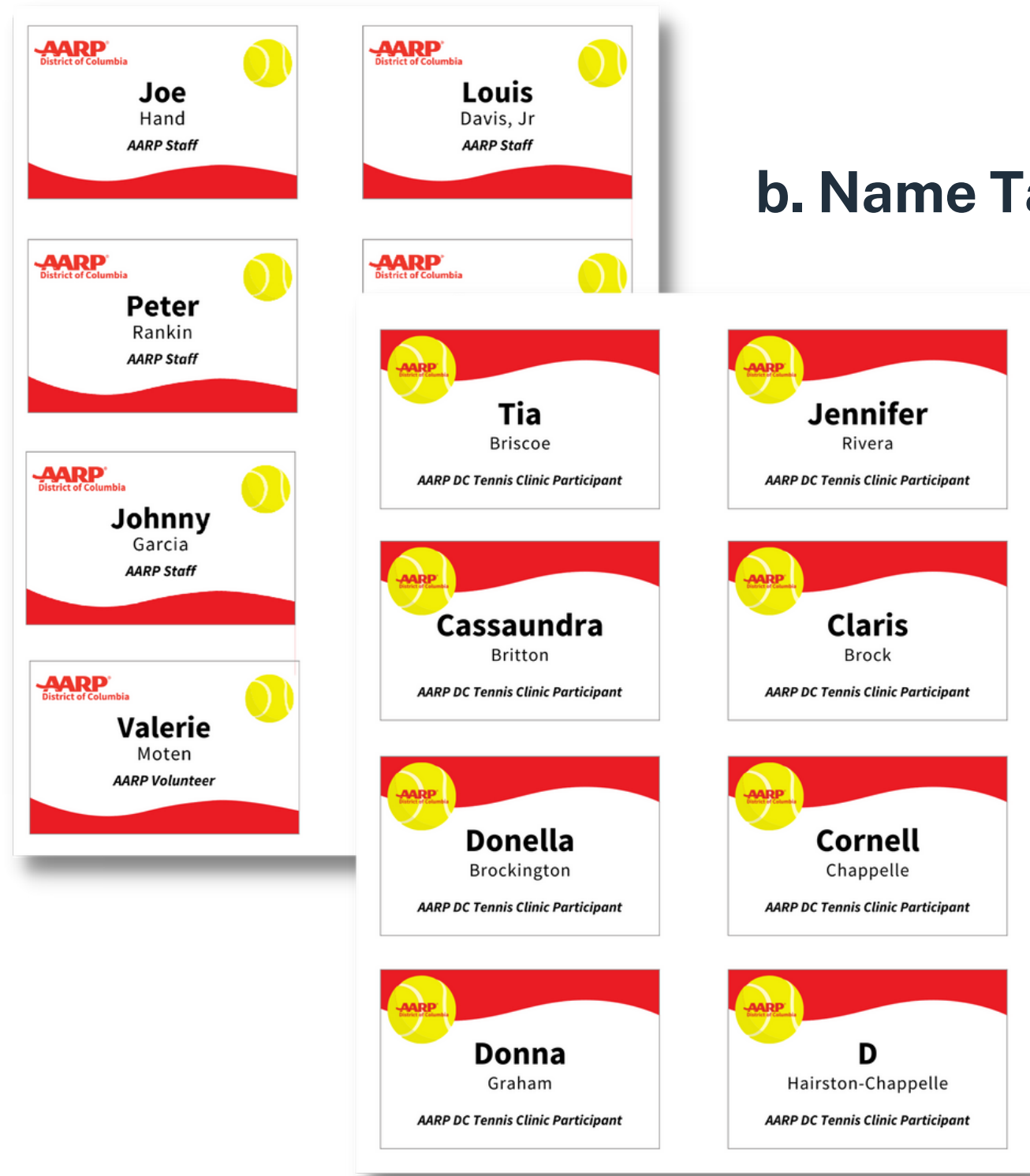


AARP DC x Citi Open

I contributed to digital and in-person branding efforts for AARP DC and the 2022 Citi Open Tennis Tournament engagement. This included collaborating with ASD Communications to ensure the preparation of a giveaway cart, which involved creating palm cards, hand sanitizers with QR code labels, and name tags for the Tennis Clinic participants, staff, and volunteers.

Additionally, I designed and produced collateral, such as customized palm cards, hand sanitizers, and giveaways, for over 200+ attendees in sponsorship with the 2021 Citi Open Tournament.

a. Citi Open Palm Cards (Front & Back)



b. Name Tags



c. QR Code Hand Sanitizer Labels

Sponsorship Assets



a. Facebook Banner



b. Instagram Story/Posts



The background of the image consists of a series of horizontal, wavy lines in a light red or pinkish hue, creating a textured, water-like effect. The lines are more densely packed in some areas and more spread out in others, giving it a sense of movement.

A CONVERSATION ON BLACK WOMEN'S MENTAL HEALTH & WELLNESS WEBINAR

a. Mental Health & Wellness State Resources








Black Women's Mental Health & Wellness Resources

District of Columbia

National Resources

The National Suicide and Crisis Lifeline:

- 24/7 to provide support to those experiencing emotional distress or a mental health crisis. You can call or text **988** to receive support from a trained counselor.

The Substance Abuse and Mental Health Services Administration (SAMHSA):

- SAMHSA Behavioral Health Treatment Locator provides information on local treatment facilities for substance use/addiction and/or mental health problems.
- <https://findtreatment.samhsa.gov/>

National Alliance on Mental Illness (NAMI):

- A nationwide advocacy group, representing families and people affected by mental health disorders in the United States.
- <https://www.nami.org/Home>

Local District of Columbia Resources

The Access Helpline (Department of Behavioral Health):

- 1(888)TWE-HELP or 1-888-793-4357
- The 24/7 Access Helpline for adults and children experiencing a psychiatric or emotional crisis

Iona Care Management:

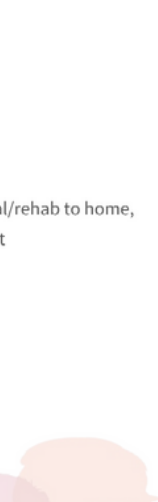
- (202) 895-9448
- info@iona.org
- Assistance to age in place, hospital/rehab to home, dementia care, and family support

Comprehensive Psychiatric Emergency Program (CPEP):

- (202) 673-9319
- 1905 E Street, SE Washington, DC 20003
(on the grounds of the old DC General Hospital)
- A 24/7 emergency psychiatric services

DC Caregivers Institute (DCCI)

- 202-464-1513
- DCCI prepares caregivers to solve problems and better cope with changing situations, while enhancing practical skills needed daily.









Black Women's Mental Health & Wellness

Coping Strategies

Square Breathing

What is Square Breathing?

Square breathing is a simple technique used to help calm your nervous system when you're feeling stressed, anxious, and overwhelmed. It has many benefits, such as reducing stress, improving your focus, lowering your blood pressure, and even helping you get to sleep! *The best part: any four sided or square-shaped object can be used to help guide your breathing, making it easier to do this exercise anywhere.*

How To Square Breath:

- Breathe in for four seconds.
- Hold your breath for four seconds.
- Breathe out for four seconds.
- Hold your breath for four seconds.
- Repeat four times.

Journaling

What is Journaling?

Journaling is a strategy that helps you clearly understand your thoughts and feelings, by writing them down on paper. Many people experience a range of different thoughts and emotions simultaneously, which can make it difficult to think clearly, make decisions, or even understand how you are really feeling.

Journaling forces you to slow down, be present with yourself, and focus on what you are experiencing in the moment. It helps you keep track of your feelings, behaviors, and patterns over time, which can help you reflect on past challenges and identify strategies that helped you get through those tough times and ultimately enhance your emotional growth.

After journaling consistently, you may notice a reduction in your stress and anxiety, an improvement in how you are feeling, and increased awareness about what you are feeling and how to communicate that to others.

Black Women's Mental Health & Wellness Webinar

At AARP DC, I collaborated with over five AARP state offices in the South Region to establish the visual identity of various webinars, including the ‘A Conversation on Black Women’s Mental Health & Wellness’ webinar. I also crafted social media posts, flyers, and state-specific mental health resource handouts.

b. Webinar Flyer

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Raffle Prizes: Curated Wellness Packages!



AARP District of Columbia **AARP** Alabama **AARP** Kentucky **AARP** Louisiana **AARP** Mississippi 

c. Social Media Posts

A

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Register today!

**A Conversation on Black Women's
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An Exploration of Effective
Coping Strategies**

**November 15
7:00pm ET, 6:00pm CT
A free, virtual event**

Registration Link:



2022 DISRUPTING HEALTH DISPARITIES SURVEY

a. Health Disparities Survey Palm Cards (Front & Back)

Disrupting Health Disparities in the District



Many older, Black District residents face hurdles to receiving high-quality, accessible & timely healthcare, which is why disrupting health disparities is a high priority for AARP.

AARP DC wants to better understand your experiences accessing healthcare, the quality of the healthcare in your community, and obstacles to accessing healthcare.

We want to hear from you!

Scan the QR Code
with your phone or visit:
bit.ly/AARPDCHHealthSurvey
to take the survey!



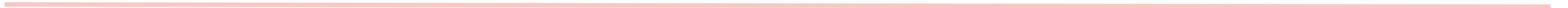
Disrupting Health Disparities in the District Survey

Designed and produced palm cards to promote the 2022 Disrupting Health Disparities in the District Survey. These palm cards were distributed at key events, including Mayor Bowser's 24th Annual Senior Holiday Celebration.



WASHINGTON INFORMER

ARTICLES



AARP's Yearslong Fight for Lower Prescription Drug Prices Included in Inflation Reduction Act

Senators choose never close to make a choice between paying for medical marijuana, and other necessities. The fed service, and tens of millions of souls in need of some drug gains will find an aspect of medical marijuana. The federal government will not do every year. Recently the Marijuana Tax Act, Act of 2002, would become law. AARP prohibits marijuana. The act of 2002, would become law of the land. After years of fight and struggle, in Congress, AARP took a stance not for the federal government, but for the Americans. This reflects a major victory for America across the country who struggle to afford their prescriptions or health insurance.

The Inflation Reduction Act of 2022, which recently became law

- Finally allows Medicare to negotiate the price of drugs
- Caps annual out of pocket prescription drugs costs in Medicare Part D and Medigap
- Holds drug companies accountable when they increase drug prices faster than inflation for 3 consecutive years
- Caps out-of-pocket costs to no more than \$500 per month in Part D
- Requires states to increase the minimum wage to at least 150 percent of the federal poverty line

For two decades, flu shots have been widely promoted from a position of favor, and critics and the vaccine manufacturers have been fighting a uphill battle to get the shots on a par with the flu. According to a federal report from the Office of Health Policy at the U.S. Department of Health and Human Services (1), "More than 50 million Americans have never accepted a flu vaccination medicine. However, about 65 million, about 60 percent, have."

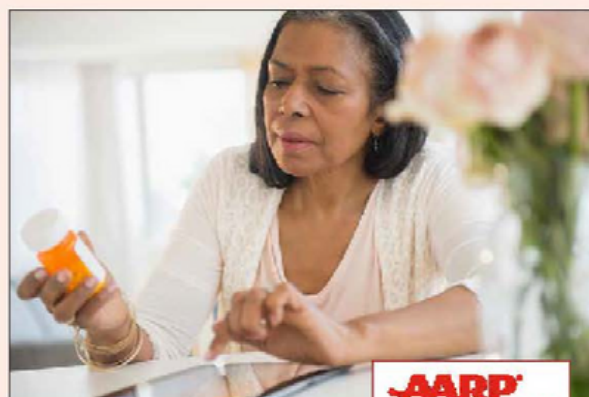
In 2021, AARF conducted a survey of adults aged 18 and older and found that nearly one-third of the people surveyed have not filled a doctor's prescription in the past two years, with the most common reason being that it is a cost and profit issue. "One in 10 patients and drug prescription prices reduce, continue to be imperative for improving equitable access to healthcare."

When AARP arrived in Washington in August of October 28, 2021 and heard the president's drug reforms to lower prices that AARP had been fighting for were not included in the legislation, the entire organization stopped up and took action.

Congressional offices were flooded with phone calls from AARP members. AARP members and staffers also sent out over 400,000 communications within a 24-hour period to their policy priorities, emphasizing their disapproval of excluding Medicare prescription reform from the budget package. In a matter of days, President Biden issued a statement that showed that the Medicare negotiation of prescription drugs and other elements of AARP's priorities were back in the bill.

Farm with the passage of H.R. 1111 on February 24 of 2022, the fight still is not over. AACP will continue to be your wise friend and fierce defender, fighting to crack down on drug prices at the federal and state level.

"Many people said this couldn't be done, but AARP isn't afraid of a hard fight. We kept up the pressure, and now, for the first time, Medicare will be able to negotiate with drug companies for lower prices, saving seniors money on their medications," said Jo Ann Jenkins, Chief Executive Officer of AARP.



AARP
District of Columbia

We're in Your Corner

People today can spend nearly half their lives over the age of 60. That's a lot of living. So, it helps to have a *wise friend* and Geroldefence like AARP in your community.

Find us at aarp.org/nearyou or aarp.org/ds



Voters 50+: Our Voices Decide
Use Your Power to Decide the 2022 Election

By Staff AARP DC

Americans 50+ are our nation's most powerful voters — and you will be the deciders in the 2022 elections. The District of Columbia's November 8 general election is happening sooner than you think and it will determine the next mayor, attorney general, D.C. City Council members, the D.C. delegate to Congress, and other statewide offices.

Voters ages 50+ share familiar challenges and need candidates who will acknowledge and act upon their *why*-by issues. To help there, 50+ make their decision. AAJAP LCJ has called on those candidates to propose solutions to address the challenges facing seniors and encourage voters 50+ to use their civic power in the 2022 November election.

Our elected officials must address issues important to the District, including implementing policies and strategies to ensure that no District senior goes without a nutritious meal; developing and ensuring a strong infrastructure plan; ensuring District seniors can stay

in their communities as they age; put forth policies to reduce racial and ethnic disparities in access to affordable, high-quality health care; and ensure the District's policies to meet the health and long-term care needs of LGBTQ+ older people including older people living with HIV.

To help ensure your voice is heard in the voting booth, Washington, DC, and the Board of Elections have made it easy to cast your ballot, with same-day voter registration and no-excuse mail-in ballots sent

to all registered voters. Here is some essential information:

* The registration deadline for the general election is October 18. You can also register in person the day of the election.

- Mail-in balloting: All active, registered voters will receive a notice in the mail asking them to vote by mail. The notice will include a ballot and a return envelope. The ballot will be placed in a secure drop box located around the District.

• **Felix Iwinski**, visiting Felix young, runs from Oct. 20 to Nov. 7. Hours are 8:30 a.m. to 7 p.m. He is listed last of a family in his district and posted on the Board of Elders' minutes as leader. Very nice.

• In-person voting in Texas is by mail. The final date to cast your ballot is Tuesday, Nov. 8. Pick up your ballot 7 a.m. to 5 p.m. Find your polling place online at the [DS Board of Elections website \(http://www.DSBoardofElections.org\)](http://www.DSBoardofElections.org).

powerful voters — and you will be the deciding factor in the 2002 election. We're not kidding. Your voice counts. But your voice will not be heard if you do

Make the commitment now to be a Dealer. In the past, only a limited number of well-known dealers have been able to secure a dealer's leader. Accurately, AARP Inc. is providing information in the subject with security up-to-date. It is a mission to help you understand your own and others' security. It is a mission to help you understand your own and others' security. It is a mission to help you understand your own and others' security.

Everything you need to know to vote in the DC general election can be found online at www.eapdc.org. devotes to be a Decider and vote. Our future depends on it.



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Need voting information?
We've got your back.



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a. September 2022 Issue

b. November 2022 Issue

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DC • MD • VA