

DEI newsletter

march

WOMENS HISTORY MONTH

National Women's History Month traces its roots to March 8, 1857, when women from various New York City factories staged a protest over poor working conditions. The first Women's Day celebration in the United States was in 1909, also in New York City. More than seven decades later, Congress in 1981 established National Women's History Week to be commemorated annually the second week of March. In 1987, Congress expanded the week to a month and every year since has passed a resolution (and the president has issued a proclamation) designating March Women's History Month.

Celebrating (Only a Few of!) Women of Today's Society



Michelle Obama

American lawyer and writer who became the first African American First Lady of the United States. Michelle advocates for healthy living and eating for American families, helping women balance their careers and family, and the promotion of arts and arts education.



Malala Yousafzai

Youngest winner of Nobel Peace Prize. When she was 11 (2009), she began blogging for BBC and speaking out about living under Taliban threats to deny her an education. She received national recognition awards in Pakistan. In 2012, while on a bus home from school, a masked gunman boarded the bus and shot her in the left side of her head. She survived and continued as an even stronger activist – giving a speech on education and women's rights to the UN in 2013 and receiving the Nobel Peace Prize in 2014.



Phoebe Schecter

Britain's first female NFL coach. She joined the Buffalo Bills as a coaching intern, before being appointed tight end coach for the American football team. Phoebe was later named the Community & Grassroots Project Manager for NFL UK.



Tsai Ing-wen

First female leader of Taiwan and first unmarried president elected in 2016; re-elected in 2020. Tsai instituted a rigorous track and trace program that set a global example for leadership during Covid-19.



Ellen Ochoa

American engineer and astronaut, and former director of the NASA Johnson Space Center. Ochoa was the first Hispanic woman to go to space.



Sylvia Rivera

LGBTQ activist who took part in the Stonewall uprising. She is a founder of both the Gay Liberation Front and later the Gay Activists Alliance. She also helped start STAR, one of the first trans youth shelters in New York City.



Jane Goodall

Renowned scientist who has made extremely important discoveries about primate behaviors and is an activist for ecological preservation. She is the founder of the Jane Goodall Institute for Wildlife Research, Education, and Conservation, and has received many awards including the Gold Medal of Conservation, J Paul Getty Wildlife Conservation Prize, National Geographic Society Centennial Award, and Messenger of Peace by the UN.

Women Healthcare Disparities

Despite the incredible strides made by women of our past and present to create a better world for the women of the future, there are still many aspects of life where women experience disparities as compared to men; healthcare is one of those areas. Listed below are just a few studies that reveal our society's sex-biases in healthcare.

- [The Impact of Unconscious Bias in Healthcare: How to Recognize and Mitigate It](#)
- ["Brave Men" and "Emotional Women": A Theory-Guided Literature Review on Gender Bias in Health Care and Gendered Norms towards Patients with Chronic Pain](#)
- [Women and heart disease, the underrecognized burden: sex differences, biases, and unmet clinical and research challenges](#)
- [Recognizing and Reacting to Microaggressions in Medicine and Surgery](#)
- [Women, Men, and COVID19](#)

Syracuse Female-Owned Businesses to Support

Thorn and Thistle (candles) | Witty Wicks (gift shop) | OMYbubbles (bath bombs, etc)
A la Mode (food catering) | Eva's Ethnic Food (Polish Restaurant) | Beekind Syracuse (gift shop)
Golden Bee Bookshop (book store)

CHEERS TO THE WOMEN OF SOS

SOS wouldn't be where it is today without the strong and amazing women that work here! We have hard working, dedicated women in every department and this month we honor you!

OPA! March is Greek History Month

Let's celebrate by making Baklava (Diana Jones's family recipe!)

Ingredients: 2 ½ cups walnuts or pistachios (chopped finely),
¼ cup sugar, 1 tsp cinnamon if using walnuts, 1 ½ cups butter (melted),
1 package (16 oz) frozen phyllo dough – thawed, 1 recipe of batter
(reserve ¼ cup to use in filling)

1. Make batter and set aside to cool. Combine nuts, sugar, cinnamon, and ¼ cup of batter. Preheat oven to 300 degrees.
2. Butter the bottom of baking pan, about 10x14. Place one sheet of phyllo dough in the baking dish, cut if necessary to fit the pan. Brush sheet with butter, continue layering and buttering until half of the phyllo sheets are used. To keep sheets from drying, cover with a damp towel while preparing.
3. Spread the nut mixture over the last layer of dough. Place 2 sheets of phyllo dough and brush with butter. Press down lightly to compact. Continue with remaining sheets using one sheet at a time. Press top layer firmly and butter generously. With a sharp cut the Baklava vertically at 2 inch intervals, then cut diagonally into diamonds; bake for 1 hour or until golden brown. Remove from oven and pour cold syrup over hot Baklava, allow it to saturate through. Serve cold.



March is Also Irish History Month!

Let's celebrate by learning a basic Irish Step Dance routine!



Helping Those in Need

During these difficult times in our world, we want to keep the people of our community safe and healthy. If anyone knows someone in need of food or a hot meal, there is a soup kitchen at the Southside Church of Christ on 1327 W Colvin Street from 11:00am-12:30pm every Saturday.

Purpose Statement

SOS as a medical practice and a contributor to the local community is committed in its support of diversity, equity, and inclusion. SOS seeks to build patient and team-member relationships among individuals of all ages, races, ethnicities, genders, and sexual identities that fully represents many cultures, backgrounds and viewpoints and thereby cultivate a culture of tolerance where all feel welcome.

DEI Committee Members

Brandi Brown | Yolanda Brown | Melissa Butler | Helena Capone | Nicole Chidsey
Shelly Devries | Dr. Naven Duggal | Melissa Griffin | Cheryl Holdrege | Mike Humphrey
Diana Jones | Melissa Patnella | Victoria Rolls | Robert Taylor | Dr. Daniel Whorowski

Please reach out to anyone in the DEI committee to share your thoughts and ideas.

If you have any questions about the content of this newsletter, please contact our editor in chief, Melissa Patnella, at melissa.patnella@sosbones.com.