

Black Health and Wellness – 2022 Theme

Source: <https://asah.org/black-history-themes/>

The theme for 2022 focuses on the importance of Black Health and Wellness. This theme acknowledges the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birthworkers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well.

In order to foster good health and wellness Black people have embarked on self-determination, mutual aid and social support initiatives to build hospitals, medical and nursing schools (i.e. Meharry Medical College, Howard University College of Medicine, Provident Hospital and Training School, Morehouse School of Medicine, etc.) and community clinics. Clinics were established by individuals, grassroots organizations and mutual aid societies, such as the African Union Society, National Association of Colored Women and Black Panther Party, to provide spaces for Black people to counter the economic and health disparities and discrimination that are found at mainstream institutions.

These disparities and anti-Blackness led to communities developing phrases such as “When white folks catch a cold, Black folks get pneumonia.” Initiatives to help decrease disparities have centered several outcomes, including having more diverse practitioners and representation in all segments of the medical and health programs including such as the Ronald E. McNair Scholars. Even the impact of popular culture texts like Doc McStuffins cannot be dismissed. The rise of fields, such as Public and Community Health and Health Informatics have led to a rise in preventive care and a focus on body positivity, physical exercise, nutrition, exploring other dietary options such as veganism and vegetarianism, and gardening. Black Health and Wellness not only includes one’s physical body, but also emotional and mental health.

At this point in the 21st century, our understanding of Black health and wellness is broader and more nuanced than ever. Social media and podcasts,

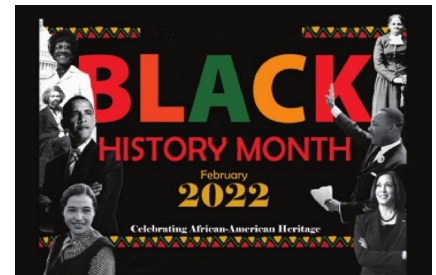


such as The Read, hosted by Crissle and Kid Fury have normalized talking about mental health and going to therapy as well as initiatives such as Therapy for Black Girls. More of us understand the need to hold down, lift up, center, and fight fiercely for our beloved trans siblings and family. Black girls are doing breathwork, and there are whole yoga studios dedicated to people of color.

Mindful of Sister Audre Lorde’s words, we are doing more to move forward holistically for the betterment of ourselves, our bodies, our relationships, our communities, and our planet. We are determined to create a platform that shines a light on the multiple facets of Black health and wellness through education and activism. There is much to uncover, amplify, question, and correct.

In the still overhanging shadow of the COVID-19 pandemic, Black people should and do use data and other information-sharing modalities to document, decry, and agitate against the interconnected, intersecting inequalities intentionally baked into systems and structures in the U.S. for no other reason than to curtail, circumscribe, and destroy Black well-being in all forms and Black lives.

Moreover, Black communities must look to the past to provide the light for our future, by embracing the rituals, traditions and healing modalities of our ancestors. These ways of knowing require a decolonization of thought and practice.



February 2022 Calendar

*National African American History Month
American Heart Month*

- 1 – Lunar New Year (International)
- 1-7 – Women’s Heart Week (US)
- 2 – Setsebun (Shinto)
- 3 – National Women Physicians Day (US)
- 5 – Vasant Panchami (Hindu)
- 12 – Lincoln’s Birthday (US)
- 15 – St. Valentine’s Day (Christian)
- 15 – Nirvana Day (Buddhist)
- 18 – National Caregivers Day (US)
- 18-20 – Girl Scout Cookie Weekend (US)
- 21 – International Mother Language Day
- 22 – Washington’s Birthday (US)

3 Tips for Making the Transition to Remote Interpreting

Source: <https://www.altalang.com/beyond-words/transition-to-remote-interpreting/>
by Nicole Tavarez

The COVID-19 pandemic has moved many American workers out of their offices. In early March, an estimated **16 million** U.S workers switched to working remotely. Many experts suggest that remote work will remain long after the pandemic is over. **Tech companies** like Facebook, Square, and Twitter have announced that a portion of their workforce will remain working-from-home permanently.

The interpreting industry has seen a similar shift. CSA Research, a company that researches the language industry found that interpreters saw a **40 percent decrease** in revenue from in-person interpretation due to COVID-19. Additionally, throughout the pandemic, many hospitals have quickly shifted their in-person interpreters to work as **remote interpreters**. This follows a decade-long trend to implement remote interpretation services in healthcare. It is uncertain what interpretation work will look like post-pandemic, but remote interpretation will likely have a larger share of the interpretation business.

If you are an interpreter interested in shifting to remote interpretation, certain variations and challenges come with the transition. Here are a couple of tips for interpreters thinking about transitioning to remote interpretation work.

❖ Be Prepared for Unpredictability

Remote interpretation comes with a larger variation in population and content. Once I began interpreting remotely, I was exposed to accents, slangs, and idioms that I was unfamiliar with. Interpreting for a larger population exposes you to more variation within your language. Preparing yourself for this unpredictability is important as you're shifting to remote interpretation work. Besides the variation in the population, remote interpreters work in several different environments. Remote interpretation companies have a large variety of clients. As a remote interpreter, you may encounter 911 calls, home insurance claims, parent-teacher meetings, and many other types of encounters all in the same day. This variability will expose you to words and terms that you may be unfamiliar with. Remote interpretation work requires the ability to think quickly and manage conversations that may be outside of your interpretation expertise.

❖ Learn How to Manage a Conversation Remotely

One of the biggest challenges as an interpreter is to manage the flow of the conversation. To do this successfully, you must allow the speaker to get their message across fluidly and completely and still be able to interpret with accuracy. This challenge is intensified when working remotely. End-users may be unfamiliar with working with interpreters or there may be multiple people speaking at the same time. A tip to overcome this challenge is giving a proper pre-session. A pre-session introduces you as the interpreter and sets the ground rules for the conversation. During your pre-session, you can ask end-users to speak one at a time and to only speak a few sentences at once. Another tool that remote interpreters can use is notetaking. Notetaking is a tool that interpreters rely on to fill in memory gaps. In remote interpretation, relying on notetaking becomes critical. Notetaking allows end-users to speak a complete thought and allows conversations to flow naturally.

❖ Be Vigilant of Interpreter Fatigue

Interpreter fatigue occurs when interpreters work continuously for an extensive period. Research on interpreter fatigue has found that fatigue can occur after only 20 minutes of simultaneous interpreting. When interpreter fatigue occurs, interpretation quality drastically decreases and continues to decrease for the remainder of the encounter. Interpreter fatigue is exacerbated when other environmental, physical, or psychological stresses are present. To help alleviate interpreter fatigue you should practice good self-care. Take short breaks during your shift, especially after stressful or emotional encounters. Take advantage of your downtime to stretch, do short workouts, or meditate to give your brain a well-deserved break. Practicing healthy habits like eating healthy, exercising, and sleeping well will also prepare you to limit the negative consequences of interpreter fatigue.

New Staff Profile: Eva Molina - De Vilbiss



Eva Molina-De Vilbiss is a native of Spain who arrived in the US at the age of 16. She attended college in California and holds a BA in Italian with a Japanese minor, and an MA in Spanish from CSU Sacramento.

Eva is a language professional with over 25 years of experience in various facets of the language industry: she has experience working as a translator, interpreter; in project and operations management, in language competency testing, as a Spanish college instructor, and as interpreter trainer. Eva worked with the International Medical Interpreters Association and the National Board of Certification for Medical Interpreters as a Subject Matter Expert to assist PSI testing professionals in the revision of the National Board Certification Instrument test items for the written exam.

Eva received CHIA Interpreter of the Year Award in 2008 and the IMIA National Interpreter of the Year Award in 2013. She feels it is an honor to help the Spanish-speaking community and be of service to all. In her free time, Eva loves to be in nature at the mountains with her husband.

Welcome to MIS, Eva! We are happy to have you as a part of our Spanish-language team!