

# CHERISH NEWS

October 2021



Church-based Health Intervention to Eliminate  
Racial Inequalities in Cardiovascular Health

**REMEMBER IT IS  
COMMON TO FEEL  
DISTRESSED AFTER A  
DISASTER. KEEP YOUR  
MENTAL AND PHYSICAL  
HEALTH A PRIORITY**



**TULANE SCHOOL OF PUBLIC HEALTH AND  
TROPICAL MEDICINE  
TULANE SCHOOL OF MEDICINE**

**THE CHERISH TEAM IS  
PRAYING FOR EVERYONE'S  
SAFETY AND HEALTH AFTER  
HURRICANE IDA.**

## **POST-STORM RESOURCES**

NOLA Ready- has city updates and resources to help you and your family after Hurricane Ida. You can find assistance in the following areas:

- Families
- FEMA Assistance
- Financial assistance
- Food & Water
- Healthcare
- Housing & Rentals
- Legal
- Power, Electricity, & Gas
- Transportation
- Pets

**Visit:**

**<https://ready.nola.gov/incidents/hurricane-ida/assistance/>**

# STAYING HEALTHY

## Pointers to help you take care of yourself and family after the storm:

- Learn the names and make a list of medications.
- Always get refills a week ahead of time and ask for 90 day supply for medications, if possible.
- Make decisions with health care providers and stick to health goals



- Communicate with health care providers for medication refills and keep appointments.
- Build a support system to help make decisions and maintain your health.

## Remember COVID-19 is still a threat to our community:

- Wear your mask
- Keep your distance (6 feet)
- Wash your hands
- Get vaccinated

# UPDATES

- Church surveys are tentatively scheduled for fall 2021

This newsletter will be regularly distributed to give CHERISH study updates and fun health and wellness facts.



# Tulane

# CONTACT INFORMATION

*Please email the Study Team or go to our website if you have any questions or would like to express interest in the CHERISH Study.*

**CHERISH Email:** [cherish@tulane.edu](mailto:cherish@tulane.edu)

**Website:** [tulane.ctsi.org/cherish](http://tulane.ctsi.org/cherish)

**Facebook:** @LAcherishstudy

**Instagram:** @lacherishstudy