

do we work to heal relationships as well as understand the impact of our past actions? AMA definitely issued an apology in the early 2000s, and my new role is also a step in the right direction. However, there is more that we can and should do.

Another priority now is: How do we work, and who do we work with, in our own backyard of Chicago? What can we do to work directly with people experiencing the greatest burden of disease? How do we ensure that we acknowledge the power, assets and expertise of communities so that we have the process and solutions driven and led by communities? To that end, we've begun working with West Side United via a relationship at Rush Medical Center. West Side United is a community-driven, collective neighborhood planning, imple-

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mentation and investment effort geared toward optimizing economic well-being and improved health outcomes.

Is there anything else you feel is important to understand about health equity?

Health equity and social determinants of health have become jargon. But we are talking about people's lives. We were all born equal. We are clearly not all treated equal, but we all deserve equity. I don't live outside of it, and none of us really do. I am one of those women who were three to four times more likely to die at childbirth because I'm black. So I don't live outside of this experience. I'm talking about my own life. □

WEEKLY DOSE



Poopy pools

The U.S. Centers for Disease Control and Prevention (CDC) issued a warning this month about a fecal parasite that can be found in swimming pools, and it causes terrible symptoms like stomach cramps, fever, vomiting and "the runs." In medical circles, this nasty bugger is known as cryptosporidium and it can reportedly survive for days in pool water. Crypto can enter the body when a swimmer swallows contaminated water, and contamination comes from, you guessed it, poop. An alarming survey from the Water Quality & Health Council found that "half of Americans use swimming pools as communal bathtubs," which translates to 24 percent saying they'd jump in the pool within an hour of having diarrhea and 48 percent admitting they don't shower before swimming. How to protect yourself? Do your part—don't swim in a pool for at least two weeks after suffering from a stomach ailment, and keep your mouth closed while swimming!

This guy saves you money.



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FOSTER GRANDPARENTS

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Foster Grandparents are volunteers who provide support in schools, afterschool programs, preschools, and child care centers in Butte and Colusa County. They are role models, mentors, and friends to children, focusing on literacy, mentoring, and school readiness. If you are 55 or over and want to stay active by serving children and youth in your community, you have what it takes to be a Foster Grandparent. Foster Grandparents serve 5 to 40 hours per week. Volunteers may qualify to earn a tax-free, hourly stipend. You'll receive pre-service screening, orientation, placement at your volunteer station and monthly training.

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