

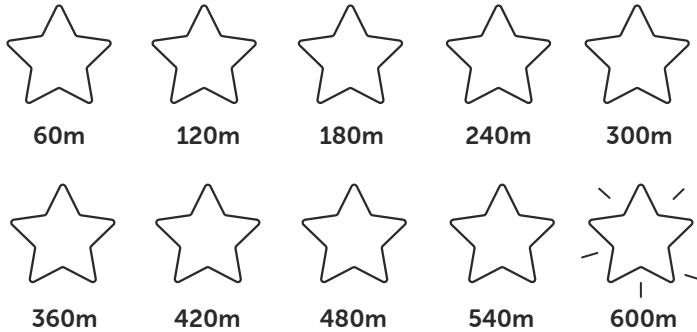
BLACK HISTORY MONTH 2022

READING & ACTIVITY CHALLENGE

Celebrate Black History Month! Learn about the history of Black health and wellness in the U.S. through book recommendations and activities. Log your reading and activities in Beanstack all month long to unlock digital badges!

READING LOG

Fill in a star for every 60 minutes that you read.



BLACK HEALTH & WELLNESS PIONEERS

Learn about Black doctors, nurses, and activists who changed health care in the U.S. and beyond. Choose a pioneer from the timeline below and learn more about their life and legacy by researching online or at your library.

James Derham (1762 – Early 1800s) was the first Black man to formally practice medicine in the United States. He was born into slavery in Philadelphia and once he received his freedom in 1783, practiced medicine independently in New Orleans where he specialized in throat medicine.

Harriet Tubman (1822 – 1913) was an abolitionist and activist who, after escaping her own enslavement, helped other enslaved people gain freedom through the Underground Railroad. During the Civil War she also served as a nurse for the Union Army, caring for wounded soldiers and later established the Harriet Tubman Home for Aged in 1908.

Jane Cooke Wright (1919 – 2013) worked at the Cancer Research Foundation in Harlem and made significant contributions to chemotherapy. She became the head of the foundation in 1952 and was elected as the first woman president of The New York Cancer Society in 1971.

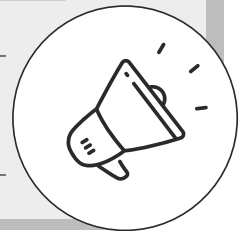


James McCune Smith (1813 – 1865) was a physician, abolitionist and author in New York City. He graduated from the University of Glasgow in Scotland where he was the first Black person to receive a medical degree and was the first Black doctor to have his own practice in the United States.

Estelle Massey Osbourne (1901 – 1981) was an American nurse and educator. She attended Columbia University where she was the first Black nurse to earn a master's degree. In 1946, she became an assistant professor and the first Black faculty member at what is now New York University Rory Meyers College of Nursing. She lobbied the American Nurses Association to accept Black nurses and created opportunities for Black nurses post-nursing school.

ACTIVITY #1

Until the Civil Rights Movement in the 1960s, hospitals in the U.S. were segregated. Even now, Black people still face greater risks for severe health issues. Describe one thing you can do now to impact our present and future.



ACTIVITY #2 Who did you choose and what are 2 new things you learned?

I chose _____

1. _____

2. _____



