

July 15, 2014

Volume 1, Issue 1

Aiken-Barnwell Mental Health Center

Culture & Diversity Newsletter

**“Not to laugh,
not to lament,
not to judge,
but to
understand.”**

Baruch Spinoza
(17th-Century
Dutch
philosopher)

Special Events:

**The Center for
African American
History, Art and
Culture**

353 Laurens Street,
Aiken SC 29801

Phone:
706-644-3989

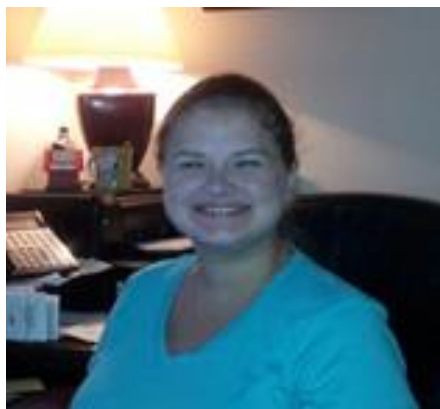
**Hopelands
Gardens
Summer Concerts**

Monday evening
until August 26 at
6:30pm

C&D Committee Members:

Daniela Andronic
Wonda Beasley
Varney Hodge
Elizabeth Johnston
Ryan Taylor
Tecora A. Williams

Employee Spotlight



Karlin Cummings is a therapist

at Hartzog Center. She sees adults and adolescents:

“I moved to South Carolina in 2007 with my then boyfriend, now husband. We moved here from Western New York for better employment opportunities for him. I miss many things about New York including the long springs and mild summers, having my neighbors farther away, more land for my dogs to run and play on, and of course real New York pizza.

In western New York, where things are much more rural, gender roles are different from South Carolina. For example, where I am from women and men complete much the same tasks. The stereotypes of women completing inside chores

while men complete outside chores does not exist. All chores are completed equally by men and women. My experiences and observations in South Carolina have given me the perception that, in many cases, inside chores are mainly for women while outside chores are mainly for men.

Growing up in western New York, I had not seen racism; everyone is treated the same. As most people know, this is not the case in South Carolina. I will never understand it. In fact, I have a client who is called many nicknames because of the friends that she has, and I have a hard time wrapping my head around what the big deal is.

Some objects are called by different names in New York. In South Carolina you have a buggy; in New York it is a shopping cart. In South Carolina you

have coke; in New York you have soda. In South Carolina you have unsweet tea; in New York you have tea. The school system is a little different in New York. In New York we have statewide regents exams at the end of the year which are the standardized tests of that state. Also in South Carolina, students have to take MAP tests, these don't exist in NY. Also, the school that I am from is MUCH smaller than most schools in South Carolina. I graduated with 35 other students and that was the graduated class of two merged high schools. The hardest thing for me to get used to was learning to not be so blunt when I am giving my opinion. In New York, people are very blunt and to the point and I have learned to not be as blunt when speaking my opinion in South Carolina.”

Spanish Office Translations

office - una oficina
computer - un ordenador
desk - un escritorio
printer - una impresora
chair - una silla
fax machine - una
telecopiadora
pen - una pluma
pencil - un lápiz

calculator - una calculadora
paper - el papel
piece of paper - una hoja de
papel
mail - el correo
email - el correo electrónico
telephone - un teléfono
cell phone - un teléfono celular



CURIOUS CUSTOMS OF LATIN AMERICA: *MAL DE OJO*

Have you heard of “*mal de ojo*”? Anyone who has taken Spanish 101 knows that *mal* means bad, and *ojo* means eye. However, *mal de ojo* does not refer to an eye problem. *Mal de ojo* is a Latino folk illness called “the evil eye” said to primarily affect babies or weaker people, though individuals of all ages may be vulnerable to this curse. This supernatural belief holds that an admiring look or stare can weaken the child leading to illness and bad luck. A common cure is to pass a raw egg over the child or seek help from a *curandero/a*, or folk healer, who uses herbs and reflexology to cast the bad spirits away. Symptoms of *mal de ojo* are: irritability, insomnia, vomiting, diarrhea and poor appetite. According to tradition, someone under the effect of *mal de ojo* may experience all sorts of bad luck - family members pass away, livestock

dies, accidents happen, and job loss may occur. *Mal de ojo* has been part of Spanish culture throughout history, being the origin of this superstition in Latin America. Historically, however, the evil eye dates back to classical antiquity, being referenced by Plato, Pliny the Elder, Plutarch, and others. The belief in the evil eye was spread throughout

the Roman Empire, continuing today in many parts of the world, including the Middle East, Latin and Central America, East and West Africa and the Mediterranean regions in Europe. It is believed that protective talismans such as bracelets or amulets representing the evil eye can ward off the curse.



Twelve Critical Issues for Mental Health Professionals Working with Ethno-Culturally Diverse Populations

“Our global era increasingly brings together ethno-culturally diverse individuals, families, communities, and nations that differ in religion, economy, beliefs, and histories. Often, these groups also come together under conditions that are plagued by anger, fear, and distrust. Mental health services are the crucible in which many of the issues different groups face must be addressed. Services occur in a broad arena of settings, including hospitals, clinics, courts, prisons, police forces, schools, and workplaces. It is essential that all parties involved in the delivery of mental health services recognize the critical issues that must be considered when encountering international, ethno-cultural diversity.” (Please refer to link below)

<http://www.apa.org/international/pi/2011/10/critical-issues.aspx>

St. Thomas Recipe

Yield: 4 servings

Ingredients:

- ½ pound skinless and boneless chicken breast meat, cut into ½-inch thick strips
- salt
- freshly ground black pepper
- ½ cup all-purpose flour
- 2 tablespoons vegetable oil
- 2 tablespoons toasted pine nuts
- 2 small bell peppers, 1 green and 1 red, seeded and cut into ½-inch thick strips
- 3 tablespoons chopped fresh dill
- 2 tablespoons fresh ground garlic
- 2 tablespoons red wine vinegar
- 8 leaves romaine lettuce (for garnish)
- 1 tomato, cut into 8 wedges (for garnish)
- 4 sprigs fresh curly leaf parsley (for garnish)

Method:

Season the chicken pieces with the salt and pepper to taste. Lightly dredge the chicken in the flour, shaking off the excess. Heat the oil in a large skillet. Brown the chicken, over medium-high heat, about 5 minutes. When the chicken is golden brown, scatter the pine nuts, peppers, dill, and garlic over the chicken, and add the vinegar. Shake the pan to distribute the peppers and herbs evenly. Continue cooking 5 minutes more or until the peppers are soft and chicken is cooked through. Adjust the seasoning with the salt and pepper.

To serve:

Lay 2 leaves of romaine on each of the four salad plates. Divide the chicken, peppers, and pine nuts between the four plates and garnish each plate with 2 wedges of tomato. Top each plate with a sprig of the parsley.