



The Monthly Period-ical

February 2023

Delores Barr Weaver ^{Legacy} Fund

established 2012



Local Philanthropist Facilitates the Awarding of Delores Barr Weaver Challenge Grant

An extremely kind and generous \$10,000 donation from Jack Kennedy, a local philanthropist, spurred the Delores Barr Weaver Legacy Fund to award Renewing Dignity a valuable 2:1 challenge grant of \$20,000. Together, these tremendous gifts translate into more than 300,000 period supplies, continuing to propel our mission of

eliminating period poverty in Northeast Florida.

Mrs. Weaver responded, "The Delores Barr Weaver Legacy Fund is proud to support the work of Renewing Dignity. Their mission promotes menstrual health, equity and dignity by ensuring all women and girls have the necessary sanitary period supplies allowing them to fully participate in work, school and life's activities. Thank you to Jack Kennedy and all those who contribute in multiple ways to meet this critical, but often overlooked, need in our community."

Kennedy kindly noted he was inspired by Renewing Dignity's culture of expense efficiency, cooperating distribution channels with Feeding Northeast Florida and commitment to lasting education. Renewing Dignity is deeply grateful for Jack Kennedy and Delores Barr Weaver's meaningful support of our mission!

Pictured: Jack Kennedy, local philanthropist

"Period Trauma" More Prevalent for Black Women

As we enter Black History month, we again have the opportunity to examine how common experiences such as menstruation are experienced by those in the black community. Sometimes, it is assumed that these experiences are more or less the same for all menstruators. However, this could not be further from the truth. Black menstruators have a higher chance of suffering from “period trauma” – psychological, emotional, and/or social distress related to or caused by menstruating – a term coined by board-certified OB/GYN Dr. Charis Chambers. Factors contributing to the disparate experiences include 1) an increased incidence of medical conditions like fibroids (benign tumors of the womb) and endometriosis, 2) a cultural stigma that encourages silence around any menstrual or GYN topic, and 3) distrust in the healthcare system.

Menstruators of color tend to experience heavier, more painful periods due to these factors, yet they are less likely to seek care. These experiences are normalized because it appears to be commonplace in their communities, and the girls and women are often taught (inherently and outwardly) not to display weakness. And, despite advances in healthcare to address inequality and systemic bias, there is lingering distrust in the healthcare system due to a history of malpractice. Historic projects such as the Mississippi Eugenics and Mississippi Appendectomies, that sponsored sterilization of black women without their knowledge or consent, have tainted the healthcare system and perpetuated the belief that the system is no longer a safe haven or a place for treatment of black women. These factors and practices starkly differentiate the menstrual experiences of black menstruators from those of other races.

Period trauma must have an end. As we fight period poverty, we must also seek to educate others and diversify our approaches to address menstrual inequity!



Learning with Dignity Bills Filed!

Florida lawmakers are considering Senate Bill 334 and House Bill 389, entitled "Learning with Dignity". The proposed law requires all Florida public and charter schools to provide free menstrual products to middle and high school students. Please contact your local State representatives to support



these health, equity and dignity bills. More information can be found on our website by clicking "Advocate" below.

[Advocate](#)

Are you in Need of Menstrual Products?

Renewing Dignity is distributing free tampons and pads for anyone in the community on Valentine's Day, February 14, at Bethany Ministries (8800 Arlington Expy, Jacksonville FL 32211). We look forward to seeing you!



RENEWINGDIGNITY

Eliminating 'period poverty' through distribution, education and advocacy

OUR MISSION is to eliminate period poverty through direct period product distribution, education, and advocacy. We believe that unmet menstrual hygiene needs are health and safety, dignity, equity, and social justice issues.

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Renewing Dignity
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