



## February is Black History Month!!

Featuring a member of Caribbean Medical Mission Maleka Robinson DNP, MSN, BSN, RN and her Daughter Marcella Garner DNP, FNP, CCRN. First Black-Owned, Mother-Daughter Medical Center in Essex County, New Jersey.



Maleka Robinson was born on February 25, 1974, in Newark, New Jersey. She is the mother of Dr Marcella Garner DNP, FNP-BC, and Monica Robinson. Growing up in Newark was not easy. Her life was further complicated when she had her daughter young. Maleka brought her daughter to Barringer High School to attend their in-school daycare. She was determined not to become a High School dropout. Her daughter Dr Marcella watched how hard she worked to run from poverty and developed the same perseverance.

In 2018, Maleka started at Morristown Medical Center (MMC) as an acute care hospitalist and was awarded the 2020 Advance Nurse Practitioner Award at MMC. Maleka has worked in various healthcare positions from bedside nursing to where she is today. She has been on many medical missions worldwide to help the less fortunate. Maleka continues to give back to her community by precepting and allowing many students to come to MGM Medical Center for internships. In 2024, Maleka entered the political world when she was elected as an East Orange district leader. She would have never dreamed of being in the GYN, she started performing pap smears in 2023 to address the women

who have not had a pap smear in years because they preferred a female provider.

Today this dynamic duo, Dr Maleka & Dr Marcella, are the proud owners of MGM Medical Center in East Orange, NJ. Dr Maleka & Dr Marcella work together to better the lives of people in their community. MGM Medical Center is the first Black-Owned, Mother-Daughter Medical Center in Essex County, New Jersey. MGM's focuses are Primary Care, Preventative Screening, and management of chronic diseases. Their office offers routine check-ups, in-office labs, in-office electrocardiograms (EKGs), electronic medical records, and electronic prescribing. The LGBTQ+ community is also welcome. Together, they have over 20 years of Acute Hospital Care experience, giving them the expertise to care for the community's healthcare needs. They can be seen around the community at different events spreading the word on how important preventive and early detection is.

Anyone who knows Dr Maleka will say, "She has never changed. She loves to help people, Loves God, and will put the devil in his place".

[Dr Maleka Robinson DNP MSN BSN | #mgmmotherdaughter #mgmmedicalcenter #mgmblackowned #blackhistory #blackhiato | Instagram](#)

**CMM 2024 AD JOURNAL.  
PLEASE REVIEW AND SUPPORT OUR SPONSORS.**

<https://cmmonj.org/events/ad-journals>

**THINKING ABOUT CHANGING EMAIL ADDRESSES AND/OR PHONE NUMBER?  
PLEASE BE SURE TO GIVE US YOUR NEW ONE, SO WE CAN CONTINUE TO  
UPDATE YOU!**



1. **Top Golf April 13**, 2025, 5:30 PM to 8:30 PM, 1013 US Route 1 Edison NJ 08817
2. CMM Mission Trip Jamaica June 7<sup>th</sup> to 14<sup>th</sup>, 2025
3. Benefit Cruise – July 12<sup>th</sup> – flyers
4. Newark Health Fair (Date to be announced)
5. Mentorship program to mentor an undergraduate ODASIS student – Check the link is on CMM website, complete and submit the form. Dr. Natasha Telesford will contact you. [Mentorship Program - Caribbean Medical Mission](#)



## ANNUAL GOLF FOR A CAUSE

A Spring Fundraising Event

### EVENT DETAILS

CMM is renowned for its commitment to health and education providing resources and expertise in various medical fields. Embracing the motto "Our Endeavor is to serve those in need," CMM seeks collaboration opportunities with undergraduate students, focusing on increasing the success of underrepresented and/or economically disadvantaged students in STEM disciplines.

**Donations \$75**

No supercharge fees,

Non-refundable

**All Inclusive**

Buffet style with non-alcoholic beverages and cash bar

**April 13<sup>th</sup>**

5:30 PM to 8:30 PM

### For ODAIS

- Networking
- Skill Development
- Guidance
- Mentorship

Visit us for details:

<https://cmmonj.org/>

Facebook: <https://www.facebook.com/Caribbeanmedicalmission>

Instagram: <https://www.instagram.com/Caribbeanmedicalmission>



**Top Golf**

1013 US Route 1 Edison NJ 08817

501(c)(3)



**February is American Heart Month!  
This month's article is presented by**

**Trevor Atherley, MD, FACC FRCP (C)**

Dr Atherley is a Board-Certified Cardiologist and past President of NJ affiliate of the American Heart Association. He was a representative on the Women and Minorities leadership committee of the National Board of the American Heart Association. He is a

February has been celebrated as American Heart Month since 1964 following a proclamation by President Johnson two months earlier. The American Heart Association supports this decision, which reminds us to focus on our hearts and to encourage friends, family and communities to improve their health by choosing heart healthy lifestyles. Did you know that people who have close relationships at home, workplace, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others.

Cardiovascular disease includes diseases of the heart and blood vessels and accounts for more deaths annually in the USA, than all forms of cancer and chronic lung disease combined.

**Heart disease is the leading cause of death for adults in the USA** claiming 695,000 lives each year, that is 1 of every 5 deaths. Heart attacks are the most notable form of heart disease; **every 40 seconds someone in the United States has a heart attack** and 1 of every 5 heart attacks occur without the person being aware of it.

Half of all African American adult men and women have some form of heart and cardiovascular disease. Heart disease affects men and women almost equally, in fact fewer women than men survive their first heart attack.

It is important therefore for us all to recognize and adopt methods of diminishing our chances of developing heart disease and where heart disease is already present to minimize death and suffering caused by it. About 90 percent of middle-aged people have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk of heart disease.

## **WARNING SIGNS OF A HEART ATTACK**

### **Catch the signs early**

Don't wait to get help if you experience any of these heart attack warning signs. Some heart attacks are sudden and intense. But most start slowly, with mild pain or discomfort.

**Pay attention to your body and call 911 if you experience:**

1. Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes – or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness or pain.
2. Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach. Sometimes heart attacks may occur with uncommon symptoms.
  1. Shortness of breath. This can occur with or without chest discomfort.
  2. Other signs. Other possible signs include breaking out in a cold sweat, nausea or lightheadedness.

### **Symptoms vary between men and women**

As with men, women's most common heart attack symptom is chest pain (angina) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs for heart attack and remember: Even if you're not sure it's a heart



attack, have it checked out.

Minutes matter. Fast action can save lives - maybe your own.

**Call 911** if you experience heart attack warning signs. Calling 911 is almost always the fastest way to get lifesaving treatment.

An emergency medical services (EMS) team can begin treatment when they arrive – up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.

For many reasons, it's best to call 911 so that an experienced EMS team can begin treatment and arrange rapid transport to the emergency room.

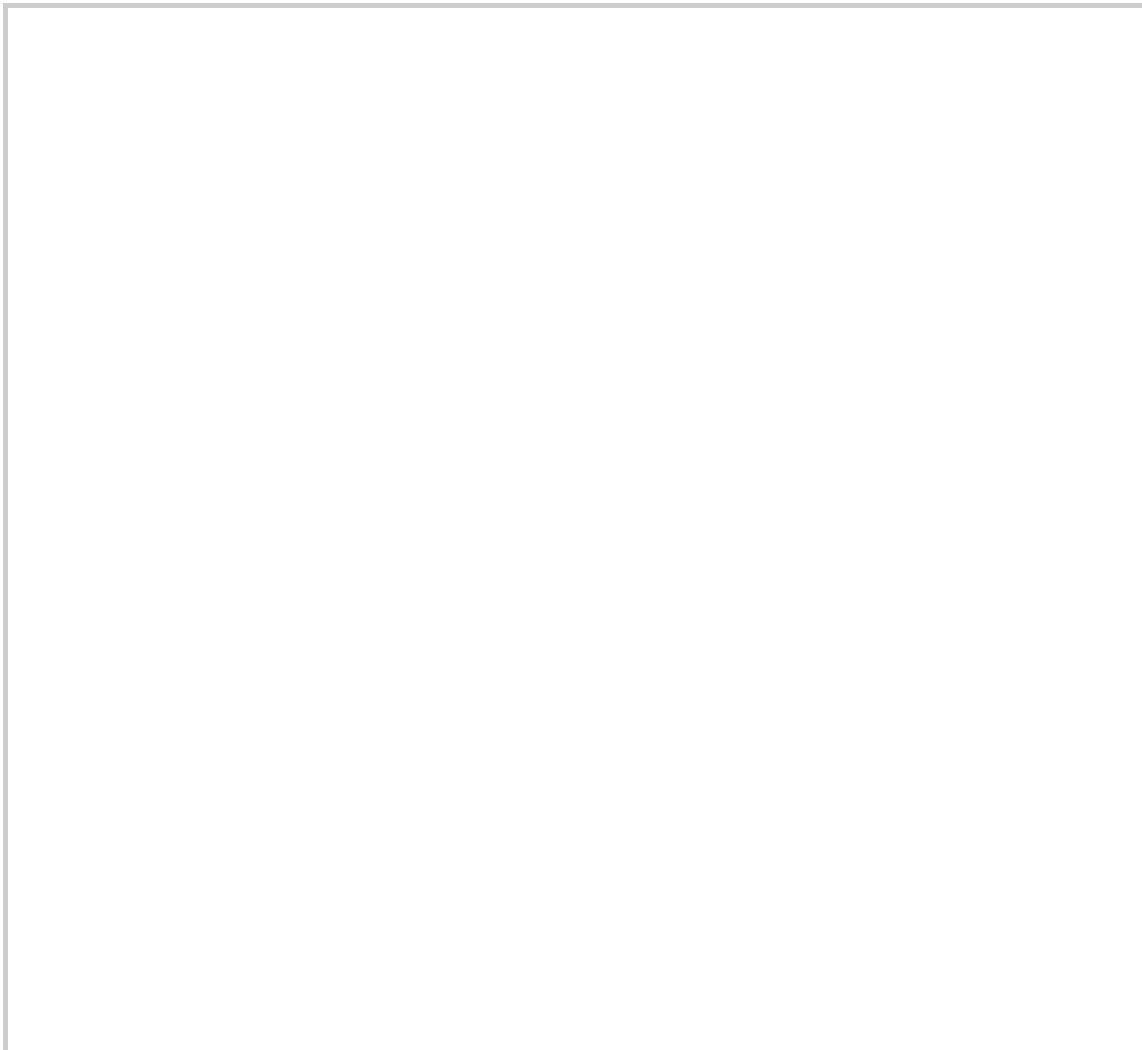
### **Why don't people act fast enough**

Many people having a heart attack wait more than two hours before getting help. Some people feel it would be embarrassing to have a "false alarm." Others are so afraid of having a heart attack that they tell themselves they aren't having one. These feelings are easy to understand, but they're also very dangerous. If you or someone close to you shows signs of a heart attack, call 9-1-1 and get help right away!

### **How can I help to avoid a heart attack?**

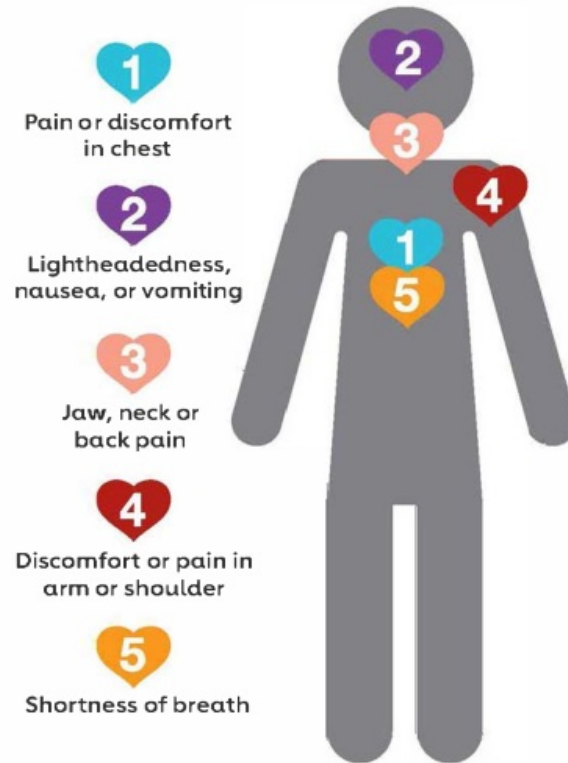
- 1 Don't smoke and avoid second-hand smoke.
- 2 Treat high blood pressure if you have it.
- 3 Eat foods that are low in saturated fat, trans fat, sodium (salt) and added sugars.
- 4 Be physically active.
- 5 Reach and maintain a healthy weight.
- 6 Control your blood sugar if you have diabetes.
- 7 Get regular medical check-ups.
- 8 Take medicine as prescribed.

You don't have to make big changes all at once. Small steps will get you where you want to go.





# Common Heart Attack Warning Signs



**Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack)**

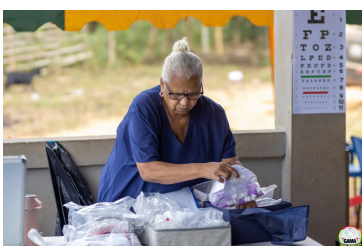
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Ghana Association for Medical Aid held their Annual Mission to Ghana  
January 17 to January 28, 2025. The group is featured below.



**Members of Caribbean Medical  
Mission represented the  
organization.**

President Donna Hutton-Cassie MD  
Pediatrics, Vice President Natasha Telesford  
PhD MD Internal Medicine, Andrew Baddoo  
MD Nephrologist, Euldricka Lindsay-O'Reggio  
MD Pediatricists , Angela Vaughan BSN, RN,  
Brenda Rogers RN Mental Health Counselor,  
Joyce Lynch RN.



**WHAT IMPACT WILL YOUR DONATION  
HAVE.**





**YOUR DONATION IS  
TAX DEDUCTION.**

- Send health and hope to families around the world.
- Your gift can make a lifesaving impact!
- Help deliver training, medicines, and supplies where they're needed most, from the Caribbean to Africa and beyond.

[Donate to make a difference](#)



### **CMM Members' Social Evening: Dinner and Broadway Show in New York An Evening of Elegance and Entertainment**

On the evening of Friday, February 7, 2025, members of the CMM community gathered in the vibrant city of New York for a splendid social event. The occasion was marked by a delightful dinner followed by an enchanting Broadway show, making it a memorable night for all who attended.

#### **Memories to cherish.**

The combination of a gourmet meal followed by a mesmerizing Broadway show "Michael Jackson" made for an evening that members will cherish for years to come. It was an opportunity for CMM members to unwind, enjoy the cultural richness of New York and create lasting memories with friends and colleagues.

**Part of the group is pictured above.**

CMM General Meetings are held.  
Monthly on the 4th Wednesday at 8:00 PM.

#### **Monthly on Wednesdays**

February 26, 2025  
March 26, 2025  
April 23, 2025



May 28, 2025  
June 25, 2025  
July 23, 2025, Vacation.  
August 27, 2025, Vacation.  
September 24, 2025  
October 22, 2025  
November 26, 2025, Holiday.  
December 24, 2025, Holiday

**MEMBERSHIP UPDATE. EFFECTIVELY 2025**  
**Membership dues will run on the calendar year**  
**January 01 to December 31, 2025**

**Caribbean Medical Mission Membership (zeffy.com)**

Physician = \$100.00. Non-Physician = \$50.00

Happy Birthday to everyone celebrating Birthdays, Weddings or work Anniversaries, and Special Life Events.

Reach out to Members, Family, and Friends you do not hear from, make that phone just to say hello, it will a long way, we never know what someone is going through, a simple call can lift someone out of depression. Words from someone who experienced it.

**DO YOU HAVE SOMEONE YOU WANT TO RECOGNIZE?**

Let us know each month.  
Make a difference.

**VISIT OUR BLOGS.**

Our members and volunteers submit articles which are posted on the website. Please support their work [Blog - Caribbean Medical Mission \(cmmonj.org\)](http://Blog - Caribbean Medical Mission (cmmonj.org))

## Our Mission

We provide accessible health care to communities in need in the United States, the Caribbean, as well as other parts of the world. Founded in 1996, CMM is a state registered non-profit organization that provides health care and medical resources to communities in need. Our team of physicians, nurses, and business people work to address public health challenges through various initiatives.

### BIRTHDAYS.

#### February.

2/1 Hugh Barton  
2/3 Lynval James  
2/10 Brenda Rogers  
2/19 Stephanie Douglas  
2/25 Maleka Robinson

#### March.

3/3 Nadine Mackay  
3/4 Carl Scott  
3/7 Natasha Telesford  
3/7 Linda Nworie  
3/16 Robert Clarke

### About The Caribbean Medical Mission

<https://cmmonj.org/about>

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#### Check our Blogs

[Blog - Caribbean Medical Mission](http://Blog - Caribbean Medical Mission)

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