



UPCOMING EVENTS

1. April 13, 2025, 5:30 PM to 8:30 PM, TOP GOLF - 1013 US Route 1 Edison NJ 08817.
2. May 3, 2025, Time: 12 to 2:00 PM - Health Fair at Epiphany & Christ Church 105 Main St, Orange, NJ.
3. June 7th to 14th, 2025 - CMM Mission Trip Jamaica.
4. July 12th, 2025, Annual Benefit All White Cruise.
5. Newark Health Fair (Date to be announced)
6. November 6, 2025 - Annual Black Tie Dinner Dance at "The Grand" (formerly Bethwood Manor) 38 Lackawanna Avenue, Totowa, NJ 07512
7. 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.

For ODASIS

- Networking
- Skill Development
- Guidance
- Mentorship

Visit us for details: Facebook: <https://www.facebook.com/Caribbeanmedicalmission>
Instagram: <https://www.instagram.com/Caribbeanmedicalmission>

Donations \$75
No supercharge fees,
Non-refundable
All Inclusive
Buffet style with non-alcoholic beverages and cash bar

April 13th
5:30 PM to 8:30 PM

Top Golf
1013 US Route 1 Edison NJ 08817



501(e)(3)



Ghana Association for Medical Aid
In Collaboration with Caribbean Medical Mission, JON-J Essex County Chapter,
Host: Epiphany and Christ Church

Supported By:
St. Michael's Medical Center In the Pink Cancer Screening Program, Scott Eye Care

10:00AM - 2:00PM
MAY 3RD, 2025

Health Fair Location
105 Main Street,
Orange, NJ

Services Provided:

- Pediatric Care
- Cancer Screening (Prostate and Colorectal)
- Symposium on health topics that affect the community

REGISTER NOW
Angela Vaughan: 856-340-2551

[Cmmonj.org](https://cmmonj.org) GAMA.org JON-J.org





Caribbean Medical Mission
Jamaica June 7-14
2025

Please Support a woman at risk for breast cancer by sponsoring a mammogram for just \$40

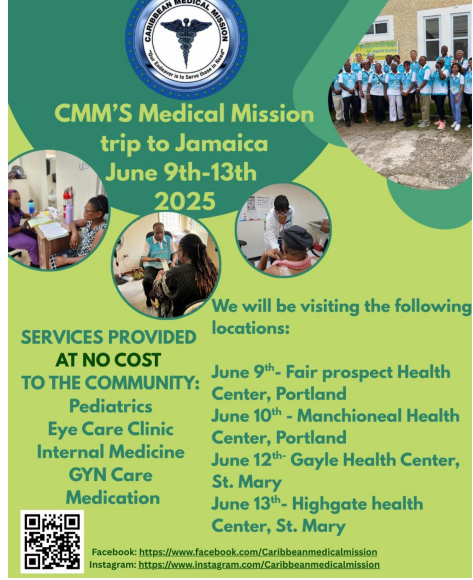
Please Donate By Mail
 or Online



Make checks payable to
 Caribbean Medical Mission
 310 Central Avenue Suite 206
 East Orange, NJ 07018

The Caribbean Medical Mission is a state registered nonprofit 501© (3) organization. We provide humanitarian healthcare to the communities in the Caribbean, New Jersey, and other parts of the world through volunteers and your donations.

"Our Endeavor is to Serve the Needy"
 For more information, email us at caribbeanmedicalmission@gmail.com
 visit us at www.cmmonj.org





CARIBBEAN MEDICAL MISSION
CMM'S Medical Mission
trip to Jamaica
June 9th-13th
2025

We will be visiting the following locations:

SERVICES PROVIDED AT NO COST TO THE COMMUNITY:
 Pediatrics
 Eye Care Clinic
 Internal Medicine
 GYN Care
 Medication

June 9th- Fair prospect Health Center, Portland
 June 10th - Manchioneal Health Center, Portland
 June 12th- Gayle Health Center, St. Mary
 June 13th- Highgate health Center, St. Mary



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

Do you want to assist by purchasing supplies for CMM 2025 Jamaica Medical Mission June 7 to 14, 2024, here is the Amazon link.

Amazon Gift List

APRIL HEALTH AWARENESS MONTH.

Think better, feel better and sleep better.
 Do you have a Primary Care Physician (PCP)?

1. Preventative Care and Screenings:

- Regular check-ups: regular check-ups help monitor your overall health and catch potential problems early.
- Vaccinations: protects you and your community from preventable diseases.
- Screenings: for conditions like cancer, diabetes, and heart disease can help detect them early when they are often more treatable.

2. Managing Chronic Conditions:

- Diabetes: crucial for managing blood sugar levels and preventing complications.
- High blood pressure: Monitoring and managing high blood pressure can reduce the risk of heart disease and stroke.
- Heart conditions: Help identify and manage heart conditions, such as high cholesterol.
- Mental health: Seeking professional help for anxiety, depression, or other mental health concerns is vital for overall well-being.
- Arthritis: Can help alleviate pain and improve quality of life.

3. Addressing Acute Illnesses and Injuries:

- Infections: Symptoms of infections, such as fever, cough, sore throat, or body aches.
- Injuries: such as sprains, strains, or fractures.
- Pain: Persistent or severe pain, such as back pain or headaches.
- Respiratory problems: Respiratory issues, such as asthma, bronchitis, or pneumonia.

Time to make an appointment to see your Primary care Physician. Your health visit is teamwork between the doctor and patient, here is a guide.

1. **Wellness tests based on sex, age and medical history.** Tests are now available to screen for a wide array of existing and potential medical problems including diabetes, heart disease and certain cancers, so find out what those are and when you should have them.
2. **Healthy diet.** Your primary care doctor may suggest an eating plan that will nourish your body and help with your goal.
3. **Exercise:** Your doctor can guide you into a moderate workout routine that will be safe for your fitness level.
4. **Immunizations:** Parents kept track of required immunizations when we were children, but as adults we need boosters and new vaccines to prevent dangerous diseases like covid, flu, pneumonia, and shingles.
5. **Chronic Disease:** Don't wait until you have a heart attack to find out. Early awareness allows time for lifestyle changes and medicines to keep your heart, blood pressure and blood sugar healthy.
6. **Family history can have effects on health:** While you can't change your genetic makeup, you can be initiative-taking if you have a family history of gene-linked diseases, including certain cancers, heart disease and diabetes.
7. **Sensitive questions:** These help in your diagnosis, health teaching and treatment. Alcohol and drug use, Sexuality, Incontinence, HIV/sexually transmitted disease, when to stop driving, Memory loss, and Grief or depression.

Clarifying Questions.

It is natural for misunderstandings to occur because the medical vocabulary is so specialized, always feel free to clarify with questions such as.

- 1) I want to be sure I understand. Could you explain that again?
- 2) I did not understand that word. What does it mean?
- 3) You can repeat in your own words and ask, "Is that correct?"

Remember, as the patient, you are an important part in this exchange of health care information, and it's critical that you understand what you've been told.

How to prepare for a doctor's visit

1. Prepare to answer possible questions from your PCP. Take note of how you feel physically and mentally. Do not depend on your memory, text the list to yourself.
2. Prepare questions to ask your PCP. Your visit is a two-way exchange or conversation.
3. Share lifestyle and habits that may affect health.
4. Bring information about your medications.
5. Describe your health goals.
6. Take notes during your visit.
7. Ask the doctor's office how to access your "Patient Portal" and review the summary after each visit.
8. Bring a family member or trusted friend.
9. You should also plan to arrive 20 to 30 minutes before your scheduled time and fill out forms about yourself and your health history if you haven't completed Pre-Registration.

Annual Elegant All White Benefit 2025



JULY 12TH 2025
BOARDING 6:30PM
SAIL 7:30-11:00PM

1301 Frank Sinatra Dr
Hoboken, NJ 07030



EARLY BIRD SPECIAL
\$160
UNTIL MAY 31ST.
\$165
AFTER

✔ Music By DJ Supreme

✔ All Inclusive Premium
Open Bar and Buffet

Angela Dr. Telesford
856-340-2551 / 973-462-0965



 Caribbean Medical Mission
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www.cmmonj.org

Thoughts & Quotes

1. "When you talk, you are only repeating what you already know. But if you listen, you may learn something new." The Dalai Lama
2. "If you don't like something, change it. If you can't change it, change the way you think about it." Mary Englebreit
3. "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." Maya Angelou"
- 4 If you are going down a road and don't like what's in front of you and look behind you and don't like what you see, get off the road. Create a new path!" Maya Angelou

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

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

HAVE YOU MADE CHANGES TO YOUR EMAIL ADDRESS AND/OR PHONE NUMBER? PLEASE BE SURE TO GIVE US YOUR NEW INFORMATION, THIS WAY YOU CONTINUE TO RECEIVE UPDATES.

Caribbean Medical Mission Membership Drive
Join Us in Making a Difference

The Caribbean Medical Mission is excited to announce the launch of our new membership

drive. This initiative aims to bring together dedicated healthcare professionals and compassionate individuals who are committed to improving the health and well-being of local communities and in the Caribbean.

Who We Are

The Caribbean Medical Mission is a non-profit organization that has been providing medical care, health education, and humanitarian aid to underserved communities in the Caribbean for over two decades. Our mission is to enhance healthcare access and quality, fostering healthier and more resilient communities.

Why Join?

Joining the Caribbean Medical Mission offers numerous benefits and opportunities for personal and professional growth:

1. **Make an Impact:** Contribute to meaningful healthcare projects that directly improve the lives of individuals and communities in need.
2. **Professional Development:** Gain valuable experience and skills through hands-on medical work, training sessions, and collaborations with experienced healthcare providers.
3. **Networking:** Connect with like-minded professionals, build lasting relationships, and join a supportive community dedicated to making a positive difference.
4. **Cultural Exchange:** Immerse yourself in the rich cultures of the Caribbean, learning from and sharing knowledge with local communities.

How to Join

We welcome healthcare professionals from all fields, including doctors, nurses, dentists, pharmacists, and allied health professionals. We invite volunteers with non-medical backgrounds who are passionate about our mission to join us.

To become a member, simply follow these steps:

1. Visit our website at cmmonj.org and navigate to the "Membership" section. <https://www.zeffy.com>.
2. Complete the online application form, providing your contact information and your professional background.
3. Join our monthly newsletter. <https://cmmonj.org>.
4. Upon review and acceptance of your application, you will receive a welcome package with further details and resources to get started.

Get Involved

Your involvement can make a significant difference. Whether you can volunteer your time, expertise, or resources, every contribution counts. Join the Caribbean Medical Mission today and be part of a dedicated team working towards a healthier future for all.

For more information, please visit our website at [Home - Caribbean Medical Mission](#). Together, we can bring hope and healing to those who need it most. Join us in this rewarding journey of service and compassion.



**YOUR DONATION IS
TAX DEDUCTION.**

WHAT IMPACT WILL YOUR DONATION HAVE.

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

Monthly on Wednesdays

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

This is Membership Drive Month.

Please share the good news, encourage family, friends, co-worker and acquaintance to be a part of the Organization.

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.

APRIL.

4/6 Gregory Glover
4/15 Kermith Lawrence

MAY

0

SPECIAL DATES

APRIL

4/13 Palm Sunday
4/15 TAX Day
18 Good Friday
20 Easter Sunday

About The Caribbean Medical Mission

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Blog - Caribbean Medical Mission

MAY
5/6 National Nurses Day
5/6 to 5/12 National Nurses Week
5/6 National Teacher Day
11 Mother's Day
26 Memorial Day

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