#### **IDEA** Committee





INCLUSION, DIVERSITY, EQUITY AND ACCESS



Please join us on Thursday April 13th, 5:30-6:30pm in Old Main 3300 for the Department wide open meeting for the IDEA Committee. Come learn about and get active in IDEA subcommittees and initiatives!



## March 2023

Have an upcoming event or want to give a shout out to someone for an accomplishment? Please email us and we can add it to our next newsletter!

Email: hld166@msstate.edu

Inclusion Diversity Equity Access Inclusion Diversity Equity Access Inclusion Diversity Equity Access Inclusion Diversity Equity Access Inclusion Diversity Equity Access

# IDEA Spotlight

## Dr. Deborah Eakins and Dr. Julia Soares helping the local Starkville Community!



Drs. Julia Soares and Deborah Eakin have teamed up to prepare meals for a local family facing food insecurity through Starkville Strong's Adopt a Family meal sharing project. "About once a month, we collaborate to put together dinner for a Starkville family. We were paired up with a family that lives close by, which has been convenient logistically, but also a nice opportunity to get to know our neighbors a bit better." If you are interested in getting involved, you can sign up to adopt a family using this <u>link</u>. If you prefer to donate, you can also take part in \$5 Fridays. Starkville Strong collects donations to help fill their food pantries and engage in other service projects each Friday; their Venmo is <code>@StarkvilleStrong</code>.





aging.

## About Julia and Deborah

Julia is an Assistant Professor in the
Cognitive Science Program. Her research
interests focus on memory in the digital
age, with particular interest paid to
improving learning with digital technology
and examining the effects of photo-taking and
social media use on autobiographical memory.

Deborah is an Associate professor in the Cognitive
Science program. Her work focuses on memory and
metacognition, including work investigating retrieval
processes, metamemory illusions, and cognitive



# Darby Mackenstadt and Mamie Cupit investigate health outcomes in LGB older adults

This research project focuses on the older adults in the LGBTQ+ community, specifically LGB individuals, and how being out to different people in their lives influences physical and mental well-being. By using data from "Generations: A Study of the Life"and Health of LGB People in a Changing Society, United States, 2016-2019" by Dr. Ihan H. Meyer, self-rated health and satisfaction with life were explored in relation to outness to healthcare providers, and outness to family members in a sample of 53- to 63-year-olds. We found that those who were out as LGB to all their healthcare providers and all family members had significantly better general health and greater life satisfaction than those who were only out to most, some, or none of their providers or family.

## IDEA Research Spotlight Darby Mackenstadt and Mamie Cupit investigate health outcomes in LGB older adults About Mamie Undergraduate Student | Contact: mc2881@msstate.edu "My name is Mamie Cupit, and I am a senior psychology student graduating in May 2023! I am a community college transfer student, so I am beyond grateful to work with the CAP Lab this past year. My research interests currently include older adults, sexuality, sexual well-being, paraphilias, and how those different areas may coincide. Following graduation, I plan to take a year off to better plan my future, then apply to both master's and Ph.D. Clinical Psychology programs. In the future, I would love to explore all avenues for careers in psychology, particularly working as a professor or lecturer and clinician."

## About Darby Clinical Psychology Graduate Student

"I am Darby and I am a third year in the Clinical Psychology Program hoping to pursue a career in Clinical Geropsychology. My research interests include broadly older adult well-being, perceptions



of aging and ageism, and determinants of health for older adults within minority groups. It has been a real joy being able to mentor Mamie on this project and see her young research mind get so excited at every step!" Contact: dm3153@msstate.edu

## Diversity, Equity, & Inclusion Observances

### March 2023—Women's History Month

- · March 8—International Woman's Day
- · March 17 St. Patrick's Day
- · March 21 World Down Syndrome Day
- · March 31—International Transgender Day of Visibility

## **April 2023—Autism Awareness Month**

- · April 1—MS State International Fiesta
- · April 2—World Autism Awareness Day
- April 14—National Day of Silence (LGBTQ+)
- · April 22—Earth Day
- · April 23—Starkville Pride



## May 2023—Asian Pacific American Heritage Month

- · May 5—Cinco de Mayo
- · May 17—International Day Against Homophobia, Transphobia, and Biphobia
- · May 29—Memorial Day



#### June 2023—LGTBQ+ Pride Month

- · June 11—Race Unity Day
- · June 19-Juneteenth
- · June 20—World Refugee Day
- · June 21—Summer Solstice



Thank you to everyone who participated in the department drive to provide water and monetary resources for Jackson! Thank you to everyone who donated for the food drive! Thank you to everyone who participated in the donations for the

Earthquakes in Turkey and Syria. Every little bit helps!