



Notes From the CEO

Hi folx, I'm Katie! I'm a health educator by training, but I've worked in healthcare administration for the last 10 years. I come to work every day to support my talented colleagues, further the mission of TLC, and remain in awe of our badass patients, who teach me new things on a daily basis. If you ever need a mom hug or have insurance questions/rants, come by my office!

Welcome to our first edition of our yet-unnamed newsletter. We're honored that you've chosen to allow The Lavender Clinic to be a part of your journey! Please take a few minutes to peruse current clinic happenings, learn about our community partnerships, and get to know our team. We look forward to celebrating Honolulu Pride with you in the coming weeks! Sincerely,

-Katie Nelson Atwell



NAME THIS NEWSLETTER!

The Lavender Clinic is excited to bring you the first issue of our new monthly newsletter. Now you will be able to receive news about all the goings on here at the clinic- educational events, community groups, staff and treatment changes, and more. We do seem to be missing one very important thing, however- a name! We need ideas! So please give us your suggestions by emailing the editor at egriffith@lavenderclinic.org or by posting to our feed on Facebook @LavenderClinicHawaii or Twitter @TLCfor Hawaii. Winners will be mentioned and see their suggestions used on the next newsletter.

New Faces and Places



Shereen, Masifi, MD
Chief Medical officer

The Lavender Clinic is excited to announce the arrival of Dr. Shereen Masifi who will be joining us this month to take on the role of Chief Medical Officer. Dr. Masifi graduated from the Drexel University College of Medicine in 2016 and specializes in Family Medicine. We are confident that Dr. Masifi will be a strong addition to the team, and help lead the Lavender Clinic towards continuing to provide excellent medical care, to every BODY.



Christopher Doyne
Reception

We are happy to welcome Christopher back to TLC. Chris is a Coast Guard veteran and animal lover. We hope to continue seeing his smiling face around the clinic's reception area for a long time.

Marybeth Racquel
Medical Assistant

Just like Marybeth herself we will try to be short, sweet, and to the point- Congratulations and the best of luck to her in her new position as a Medical Assistant.



Maya Takenaka
Executive Assistant,
Mental Health Counselor

After giving much of her time and effort to support the clinic as a volunteer, Maya has decided to make it official! She is joining the staff as Executive Assistant and Mental Health Counselor. We are pleased to have her on board in this capacity and look forward to working with her more.

The Sista Project

The Sista Project was started at TLC this past July by organizers Dayna Schultz, Clinical Social Worker, Joe Bloom, Licensed Clinical Social Worker, Medical Assistant Marybeth Raquel, and Mental Health Counselor Maya Takenaka.

Its purpose is to provide transgender women with the kind of support and social interaction that will build and enhance confidence, safety, and self-esteem through teamwork and clinical support. The Sista Project serves to increase the availability of safe places to share real-life undertakings, the tasks of being a woman and the real-life issues that can be shared with peers and contribute to personal growth.

The Sista Project is growing its membership every month and is currently accepting new applicants. Applications can be downloaded from the TLC



Dayna Schultz



Joe Bloom

website at www.lavenderclinic.org/services/community-programs and returned to the front desk. For more information on the Sista Project and its upcoming meetings and events please contact jobloom@lavenderclinichawaii.com.

News

Support Page

As our clinic grows and improves, so does our website. We are pleased to announce that you can now donate, volunteer, and even apply to be a board member via a new website page- www.lavenderclinic.org/support. As always your feedback is welcome and appreciated. Hope to hear from you!

Board Members Wanted

We are looking to freshen up the Board of Directors by bringing on some new members. Ideal candidates would be proactive and dedicated individuals with ties into the community. Knowledge of or experience with non-profit organizations, medicine, law or financial planning is a plus. Email info@lavenderclinic.org or visit www.lavenderclinic.org/board-member-application



Stephanie Mikhail, Acting COO of TLC and PBN 2022 Business of Pride Honoree

Business of Pride

We are proud to announce that The Lavender Clinic's very own acting COO, Stephanie Mikhail has been selected as an honoree at Pacific Business News' 5th annual Business of Pride Awards. This event recognizes LGBTQ leaders, companies, and allies in Hawaii who are successful in their careers, active in their communities, and advocates for inclusion and equality. Pacific Business News

will be highlighting the honorees in a special section in the Friday, October 21, print edition and the awards celebration will take place on Tuesday, October 25 at Cafe Julia. Tickets to the event can be purchased here www.bizjournals.com/pacific/event/167329/2022/business-of-pride.

Patient Survey

TLC is dedicated to offering our patients the care and support that they want and need. To that end, this month we will be starting to make an anonymous patient survey available at the reception area. This survey will be instrumental in ensuring that you are receiving the quality and kind of service that you want in the future. So please, make sure to fill one out next time you come in.

Weight Management

TLC is now offering medically supervised weight management for all patients who are experiencing overweight or obesity and who would like to learn more about the latest medical options for effective treatment. Science shows that decreasing total body weight by even just 5% (10 pounds for a 200-pound person) can make a big difference in improving weight-related health problems and quality of life. It's a complex problem that requires a multifaceted approach and long-term help from trained, compassionate healthcare professionals. Please schedule a medical visit with Dr. Keith or Dr. Tali to learn more and to find out how we can best support you in achieving and maintaining optimal health, including weight management, over your lifespan.



Scene from 2019 Honolulu Pride Parade.

TLC Calendar

UH National Coming Out Day Fair

October 11, 11am-1pm

Come visit Stephanie and Maya at UH Manoa Campus Center Courtyard as we join the University of Hawaii Manoa in their



Esera Tuaolo

celebration of National Coming Out Day. The event features performers Anna Mei, Lily Koi, and AKC as well as a meet and greet with former NFL player Esera Tua Olo. You are also encouraged to bring t-shirts for free screen printing. For info contact Camaron Miyamoto at 808-956-9250 or email lgbtq@hawaii.edu

Honolulu Pride Parade

October 15, 10 am

Come march with us! TLC will be taking to the streets once again for this year's Honolulu Pride Parade and everyone is welcome to join in. The Parade will kick off at 10:00 am from Magic Island, travel along Ala Moana Boulevard and Kalākaua Avenue, and end at Kapi'olani Park.



The Welcoming Congregation

Sunday, October 16,
11:30 am-1:00 pm,
First Unitarian Church of
Honolulu

TLC Acting COO Stephanie Mikhail and Director of Gender Affirming Care, Renee Renee Pedersen Rumler will speak at the Unitarian Universalist Church for their "Welcoming" program.

Community Calendar (Cont.)

In the 1980s and 90s, when the word “welcoming” became a code word for lesbian, gay, and bisexual people, the Unitarian Universalist Association launched a Welcoming Congregation Program to help us learn how to undo homophobia—and later, transphobia. Stephanie and Renee will help the congregation understand how to show and live aloha to sexual and gender minorities and how to be good advocates for sexual and gender minorities. uuhonolulu.org

Gender Affirming Care: Past, Present, and a Bright Future

Saturday, October 22,
7:30am - 4pm
Hilton Hawaiian Village.

TLC Acting COO Stephanie Mikhail and Director of Gender Affirming Care, Renee Renee Pedersen Rumler will be presenting at the Hawai'i American Nurses Association Annual conference. They will be talking about general clinical training for gender affirming care and discussing how legislation has hindered or helped. Lieutenant Governor Dr. Josh Green is slated to be in attendance. More info at <https://hawaii-ana.nursingnetwork.com/nursing-events/138310-2022-annual-conference-together-we-can>

Business of Pride Awards

Tuesday, October 25
Cafe Julia.

Pacific Business News will be presenting their Business of Pride awards. Tickets to the event can be purchased here www.bizjournals.com/pacific/event/167329/2022/business-of-pride.

Community Announcements

Every BREAST Deserves a Little TLC.

October is Breast Cancer Awareness month and we encourage everyone, regardless of gender identity to be proactive with screening. Remember, everyBODY has breasts.

HHHRC Rainbow Prom

Friday, October 21, 2022, from 5:30 PM – 9:30 PM HST at Kaimana Beach Hotel. Hawai'i Health & Harm Reduction Center is thrilled to bring back Masquerade Ball: Rainbow Prom, after an eight-year hiatus. The event is open to all Hawai'i high school students. Info at www.rainbowpromhawaii.org.

T.R.A.N.S Second Meeting

Saturday November 5, 2022, Topic: navigating relationships and dating. Register at <https://thrive.life/trans>. Togetherness Really Awesome and Non-normative Support is a quarterly support group that specializes in helping people in STEM who are Two-Spirit, Transgender, Agender, Genderqueer, Gender Nonconforming, Genderfluid, Nonbinary, Questioning, or otherwise exist outside of the gender binary or are a person of Trans experience (and welcomes all such people who need community, regardless of affiliation with a STEM field).

Ke ola mamō Covid Resource, Vaccination, and Testing Event

1st Tuesday of the month. 680 Iwilei Road, Suite 175, Honolulu, HI
Ke Ola Mamō provides health and wellness services for the native Hawaiian population of O'ahu. Every Call (808) 784-2960 for more information.

Call for Submissions

Open call for original unpublished work by young creatives under 25. Learn more at <https://breakbreadproject.submittable.com/submit>

Participants Needed

Children's National Hospital (Washington DC) and VU University Hospital of Amsterdam are looking for Transgender and nonbinary youth ages 11-16 and their parents to take part in an online study to determine which policies and practices most influence gender minority youth in both countries. Families will receive \$200.00 for their time. Contact Abby Fischbach (she/her) at 301-765-5573 or email afischbach@childrensnational.org to participate.

Need to Chat?

Text “Lavender” to 1.313.662.820. Thrive Lifeline offers confidential and judgement-free support from qualified crisis responders that get it 24/7/365.

808 TRANS Accepting Donations

808 Trans is now accepting donations for binders, trans tape, quality clothing, makeup, new underwear/bras and menstrual cups. 808 Trans serves the gender divers of Hawai'i by providing free supplies. IG @808.TRANS

XPLOR Counseling

has a referral intake line at (808) 941-9648 or visit www.xplorcounseling.com for live chat, email inquiries, or intake process. Please state that you are a patient of The Lavender Clinic.

Beyond Black, White, and Rainbow

The National Academy of Child Psychiatrists wants to learn from gender diverse youth and young adults of diverse cultural backgrounds and identities in a session called Beyond Black, White, and Rainbow. Don't let Hawaii be left out. Schedule a video recording session this weekend by contacting Jaime Stevens, MD, MPH, FAPA (they/them, she/her) of Affirming Psychiatry, LLC at 860.919.2314