

**Medical Benefits
Scheme**

2023 CALENDAR

**Staying
ALIVE!**

- WITH**
- Asthma**
 - Cancer**
 - Cardiovascular diseases**
 - Diabetes**
 - Epilepsy**
 - Glaucoma**
 - Hypertension**
 - Leprosy**
 - Mental Health**
 - Parkinson's Disease**
 - Sickle Cell Anaemia**

Recipes

PUMPKIN OATS PORRIDGE

Quantity

2 cups
1 cup
1 cup
1/2 cup
3 tbsps
1/2 tsp
3 tbsps
1/2 cup

Ingredients

Pureed pumpkin
Fine oats
Almond or soy milk
Coconut milk
Sugar
Cinnamon
Pumpkin seed
Water



Method

1. Boil and puree pumpkin, add coconut milk.
2. Grind oats in blender.
3. In a saucepan with water, combine pureed pumpkin, oats, and cinnamon. Allow to simmer for 5-7 minutes.
4. Add milk, and sugar; simmer for an additional 2 minutes.
5. Serve and garnish with pumpkin seed and cinnamon.

SUGAR APPLE & PAPAYA SMOOTHIE

Quantity

3
1
5 cups
1 tsp
1 tsp
1/8 tsp
3 cups
1 cup

Ingredients

Sugar apples
Papaya
Soy milk
Cinnamon powder
Nutmeg
Salt
Ice (crushed)
Water



Method

1. Gently blend sugar apple pulp with water to separate seeds.
2. Pass mixture through a sieve.
3. Cut papaya into halves, remove the seeds, and carefully scoop the remaining fruit into a bowl.
4. Blend ingredients until smooth.
5. Decorate with sliced papaya. Serve at once.

The Judges



Dr. Anike Matthew-Anthony

--a medical officer and coordinator of all programs offered at the polyclinics. She studied in Cuba, and upon returning to Antigua, worked at the Sir Lester Bird Medical Centre before transitioning to community medicine. Subsequently, she has completed an international master's degree in Public Health in Israel and aims to put her acquired skills into practice to bridge the gap between different sectors of the healthcare system.



Mrs. Mary-Ann Samuel

--a devoted Christian who loves the Lord and has served as a radio producer at the Caribbean Radio Lighthouse for 25 years. She is a wife of 22 years and a mother of one. She enjoys her role as Youth Director in the Church she attends. She does not shy away from a challenge and encourages and supports those who need a push to do what's right.



Mrs. Hopal Dawkins-Christian

--a pharmacist and firm believer in the Lord. She is a custodian of the health of the nation. She prides herself in carrying out her duties with diligence. "Our health is our wealth and we cannot build and nourish the spiritual man and leave the physical body which the spirit resides in to perish." Eat a balanced diet, drink lots of water and exercise at least three days per week.

In this calendar, the Medical Benefits Scheme (MBS) highlights the finalists of the MBS Staying Alive Nominations Campaign - individuals you nominated who have been diagnosed with any of the 11 chronic conditions covered by the MBS and who are managing and improving their conditions exceptionally well.

We hope you gain inspiration from their testimonies and are empowered to make healthier choices to live a long and fulfilling life.



P .O. Box 424, Nevis Street, St. John's, Antigua
Tel: 1 (268)-481-6200 | 481-MBS1 (6271)

January 2023



Emelda Benjamin

Staying alive after a breast cancer diagnosis (5 years + counting)

"I stay alive by keeping my doctors' appointments, taking my medication as prescribed, being positive about life, and staying physically active. I formed the Antigua and Barbuda Cancer Support Community Group to fill the gaps (financial and emotional) I noticed during my treatment, and to mentor people newly diagnosed with cancer. My surgeon was right; it helps me to help others."

"Support Cancer Survivors!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Year's 1 Day	New Year's 2 Holiday	3	4	5	6	7
8	9	10	11	12	13	* 14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Antigua and Barbuda Cervical

Cancer Task Force - New for 2022 -
 - Testing for human papillomavirus (HPV) as part of a comprehensive programme for prevention and control of cervical cancer
 - Women eligible to be screened - between 30 and 49 and not screened in more than three years

Call 722-1019 or 464-2148

*R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE

Staying
ALIVE!

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February 2023



Tisha Hughes-Thornhill

Staying alive with elevated high cholesterol, which if unchecked can lead to cardiovascular diseases (9 months + counting)

“I stay alive through diet and exercise. My nutritionist helps with food choices, not by restricting my diet, but by helping me manage my proportions while balancing the food groups and being versatile. I track my calorie intake with the help of an app on my phone. Sometimes my schedule gets in the way, but I do what I can and keep at it. I lend support by sharing the importance of nutrition counselling in healthy living.”

“Mind Your Heart!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	* 14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Nutrition Centre, Medical Benefits Scheme
 - One-on-one nutrition consultations
 - Nutritional assessment
 - Weigh-ins
 - School presentations
 - Workplace seminars
 - Promoting longevity; reducing risk

Call 481-6326/725-6357 or email nutrition@mbs.gov.ag

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March 2023



“Protect Your Vision!”

Jennique & Dréden Marshall

Staying alive with congenital glaucoma (from birth)

“We stay alive by living in the moment, not limiting ourselves, and enjoying our childhood – going to school; hanging out with our friends. Our illness has no cure; it’s important to protect our remaining eyesight. We keep our doctors’ appointments, whether for our eye wellness checks or surgery, and help with our treatment. We lend support by encouraging people to be kind to people with different abilities. It’s not nice when people stare or are unkind.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	* 14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

The Paediatric Department, Sir Lester Bird Medical Centre
 - Patient care
 - Research
 - Education
 - Advocacy
 Call 484-2700 or email info@msjmc.gov.ag

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



April 2023



Calvin Southwell

Staying alive with hypertension (3 years + counting)

“God is good,” was the only phrase I was able to say after my stroke. I stay alive by praising God’s goodness, being honest in my dealings with others and myself, loving others, and being a good human being. I lend support by encouraging men in particular not to take their health for granted: to visit the doctor and take their advice. With a single stroke, life can change so suddenly.”

“Detect, Protect, Control!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	Good 7 Friday	8
9	Easter 10 Monday	11	12	13	* 14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Heart and Stroke Foundation Antigua and Barbuda

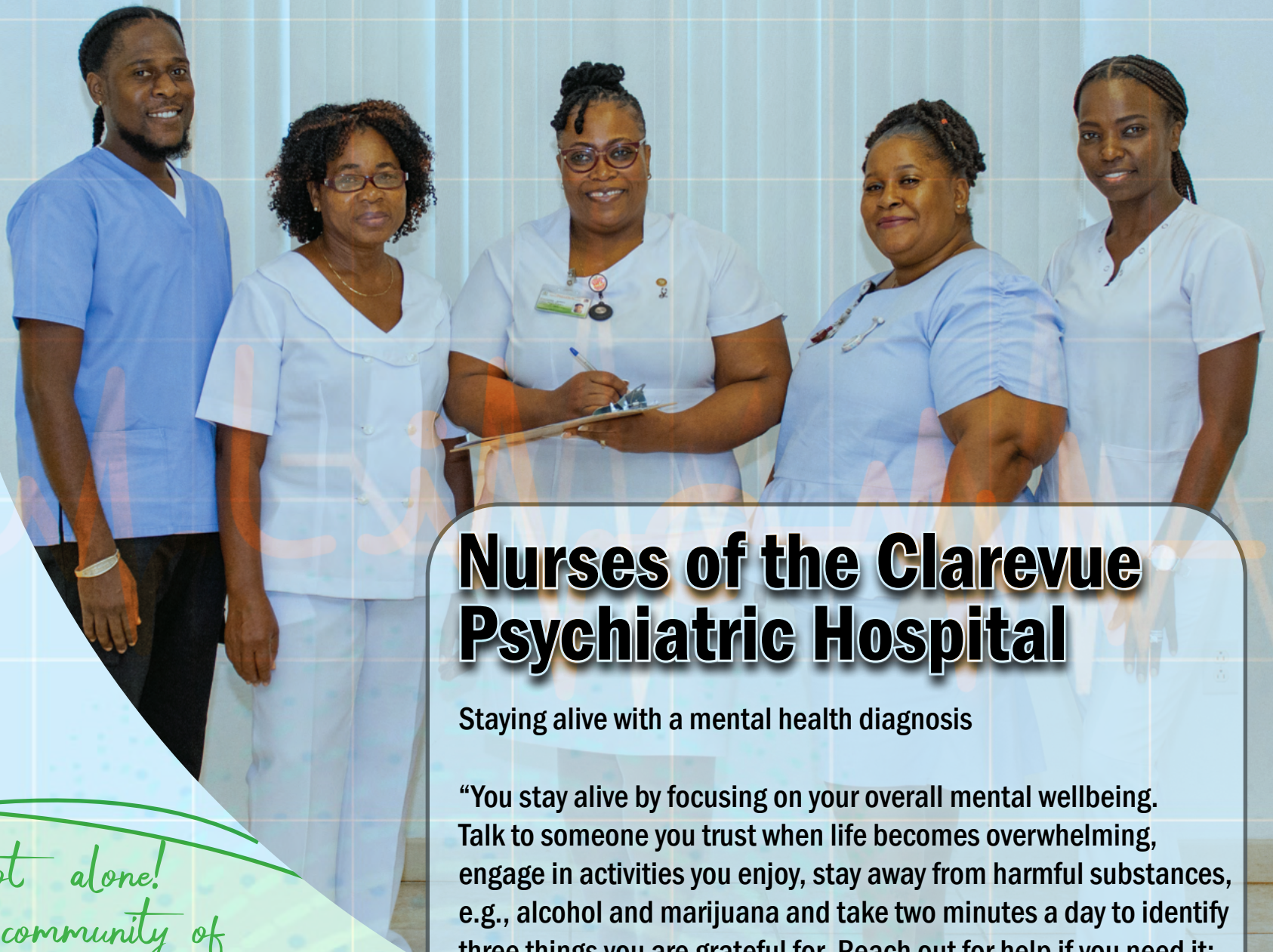
- Committed to the welfare of people with heart disease and stroke
- Bringing greater awareness to cardiovascular diseases

Call 462-4973/ 732-3861 or email info@heartandstrokeag.org

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Staying ALIVE!

May 2023



Nurses of the Clarevue Psychiatric Hospital

Staying alive with a mental health diagnosis

“You stay alive by focusing on your overall mental wellbeing. Talk to someone you trust when life becomes overwhelming, engage in activities you enjoy, stay away from harmful substances, e.g., alcohol and marijuana and take two minutes a day to identify three things you are grateful for. Reach out for help if you need it; the mental health resources of Antigua and Barbuda are there to assist when you are in crisis and to support your journey to good mental health.”

“You're not alone!
You have a community of
people who support you!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Labour</i> 1 <i>Day</i>	2	3	4	5	6
7	8	9	10	11	12	13
* 14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	<i>Whit</i> 29 <i>Monday</i>	30	31			

Visit the **Clare Hall, and Gray's Farm Clinics** for a consultation with the public health psychiatric nurses.

Clarevue Psychiatric Hospital
Tel: 462-0417 / 462-0617

Substance-Use Prevention, Assessment and Rehabilitation Center - SPARC
Tel: 462-4701

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Staying
ALIVE!

June 2023



J'Lechia Harrigan

Staying alive with epilepsy (18 years + counting)

"I stay alive by committing to a journey towards being a productive adult. I am studying drafting at the Antigua and Barbuda Institute of Continuing Education. My alarm clock helps me manage my medication regimen, and I ensure I have a support system when leaving home in case of a seizure. My school is updated on my condition and can provide basic first aid. I lend support by arranging for doctors to speak to students on epilepsy. Education can reduce stigma and foster supportive environments for myself and others. I have seen the results in changed behaviour – less discrimination; more support."

"Be Brave, Brain!"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	*14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Paediatric Clinic, Browne's Avenue Health Centre

- Primary care specialists
- Monitored from birth to 18 years
- Affordable health services for children with medical conditions
- Children are referred by a public health doctor or nurse

Call 562-3076

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July 2023



Daniel Shem Henry III

Staying alive with asthma (32 years + counting)

“I stay alive by keeping on top of my condition – understanding my triggers, treating therapeutically, checking on my health regularly, exercising, and eating a balanced diet. It’s a tough journey but I have never let my asthma stop me. I use my platform as a fashion designer, dancer, singer, sportsman, entrepreneur, and artist to bring awareness to managing and living well with asthma.”

“Breathe Easy!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	* 14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

The Medical Benefits Scheme

Pharmacy

- Six (6) pharmacies - Nevis Street, Clare Hall, Browne’s Avenue, Gray’s Farm, All Saints, Johnson’s Point, and Hanna Thomas Hospital, Barbuda
- Dispensing medication for eleven (11) chronic non communicable diseases

Call 481-6366/67/68

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August 2023



Sommah Martin

Staying alive with uterine cancer (1 year + counting)

“I stay alive by keeping busy with the normal things that adolescents do: Tik Tok, craft, online shopping, and watching football with my dad. I love sports and have played golf since I was seven. I love going to school too. The love and support of family and loved ones keep me strong and my strength also keeps them strong.”

“Go Gold!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	Carnival 7 Monday	Carnival 8 Tuesday	9	10	11	12
13	* 14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Antigua and Barbuda Cancer Support Community Group

- Holistic support to survivors
- Home care for terminally ill patients

Call 722-1019/464-2148

***R3AS AND CONTRIBUTIONS FOR PRIOR MONTH NOW DUE**



September 2023



Patmore Pamphile

Staying alive with sickle cell anaemia (56 years + counting)

“I stay alive by paying close attention to my triggers – cold temperature, exertion, and stress - sticking to a healthy diet including plenty of water, and keeping my doctors, lab, and eye appointments. With lifestyle changes, a positive attitude, and faith, I have reduced the painful episodes of my youth. As a member and executive of the Antigua and Barbuda Sickle Cell Association, I give back to the community by counselling fellow patients and educating the public.”

“Know Your Sickle Status!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	* 14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

The Antigua and Barbuda Sickle Cell Association

- Improving care for patients
- Educating patients, health care providers, and general public
- Establishing a statistics database
- Counselling patients and persons carrying the sickle trait

Call 562-8476/775-2748 or email antbar.sca@gmail.com; Meeting place: the old rehab unit at Holberton Hospital

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October 2023



Eunetta Bird

Staying alive with breast cancer diagnosis (24 years + counting)

“I stay alive by accepting and adjusting to my new body image and learning to live with the long-term effects of breast cancer and its treatment. My annual oncology visits, mammogram, blood testing, and physical screenings are a must. I manage stress through prayer, meditation, and aligning my life with Christian values, as well as through physical activity. I lend support through Breast Friends – Women in Touch, engaging in community education on early detection and cancer prevention.”

“Early Detection Saves Lives!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	* 14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Breast Friends – Women in Touch

- Supporting individuals through decision-making on the road to recovery

Call 560-6609/725-2759 or email ceunetta@yahoo.com

Meeting place: Lion's Den every second and fourth Tuesday

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November 2023

“Make It Sugar-Free!”

Joriah Greenaway

Staying alive with Type 1 diabetes (10 years + counting)

“I stay alive by focusing on what I love - sailing, hiking, drawing, and videogames. I am excited when I am working on a mathematical question and while I do not know what the future holds, it gives me hope to explore my many interests, which include business, accounting, space exploration and car racing. I love cars!

Having a routine for mealtimes and taking my medication are important to me in order to avoid a medical crisis. I lend support by making others aware of diabetes in my school through the Antigua and Barbuda Diabetes Association’s health fairs and educational sessions. I also learn a lot about how to take care of myself by exchanging information with people living with diabetes.”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>Independence</i> 1 <i>Day</i>	2	3	4
5	6	7	8	9	10	11
12	13	* 14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Antigua and Barbuda Diabetes Association

- Support
- Education
- Health promotion
- Screenings

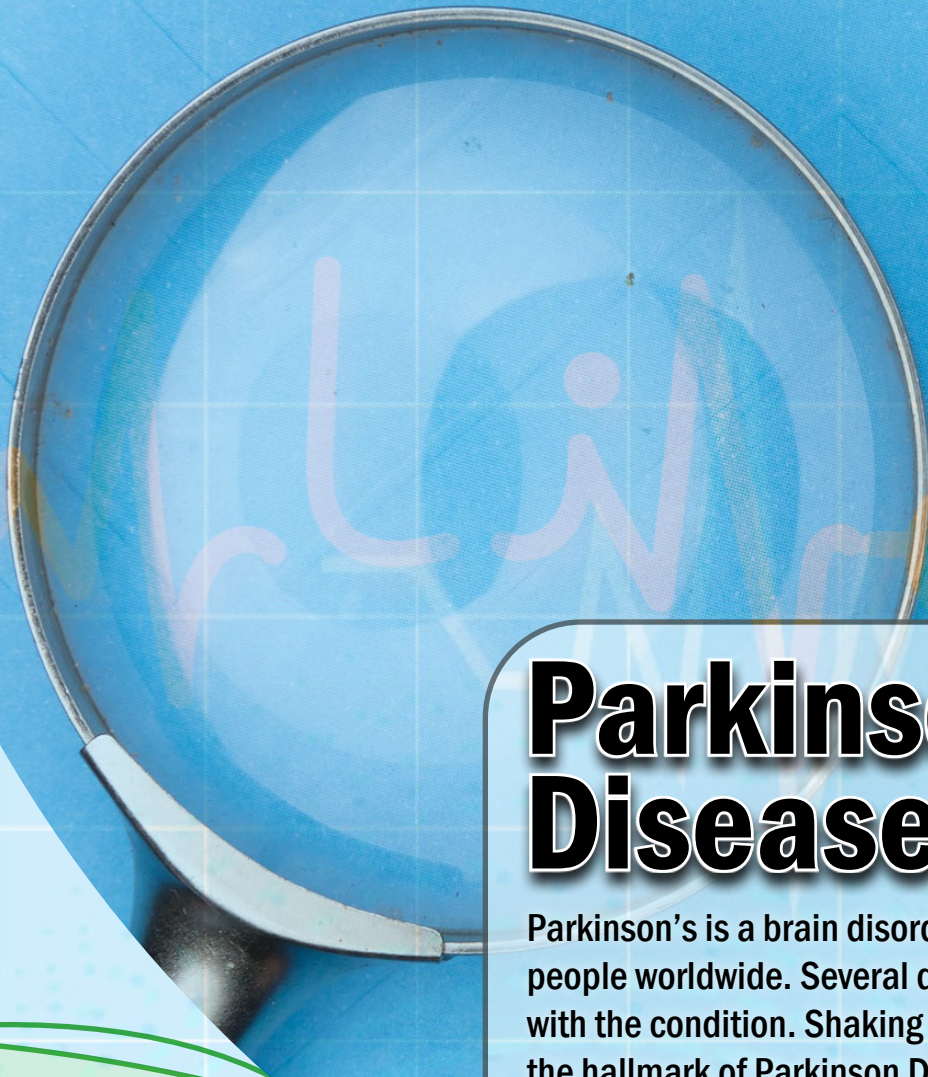
Call 764-5096

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December 2023



Parkinson's Disease

Parkinson's is a brain disorder that affects more than ten million people worldwide. Several dozen people in Antigua and Barbuda live with the condition. Shaking (tremor) is the most obvious symptom but the hallmark of Parkinson Disease is bradykinesia (slow movements). People living with Parkinson's also frequently have poor coordination and difficulty with balance. They also experience non-motor symptoms such as problems with sleep, appetite and mood. Most people first develop the disease after age 60, and have a normal or near-normal life expectancy if they eat healthy, exercise regularly, drink lots of water and get enough sleep.

"Be Aware!"

Leprosy

Leprosy (Hansen's Disease) is a chronic infectious disease meaning it may be active even without obvious symptoms and can be spread to others. It is permanently life altering, causing progressive damage to skin, nerves, limbs, and eyes. It is easily transmissible. It travels via droplets, from the nose and mouth, between people who have close and frequent contact if one of those people is infected and untreated. Symptoms may not be immediately obvious, taking up to a year, even as long as 20 years to show up. People think of leprosy as a thing of the past but, according to the World Health Organization [WHO], there were 127, 558 new cases detected globally as recently as 2020.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	V. C. Bird 9 Day
10	11	12	13	* 14	15	16
17	18	19	20	21	22	23
24	Christmas 25 Day	Boxing 26 Day	27	28	29	30
31						

The Neurology Department, Sir Lester Bird Medical Centre

- Specialized care for patients with Parkinson's Disease and other movement disorders
- Therapeutic options available through the Medical Benefits Scheme
- Comprised of a board-certified neurologist, neurology house officers, a nurse, and a neurology assistant

Call 484-2700 or email info@msjmc.gov.ag

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