

HEALTH HEROES

Borough President Adams is proud to recognize "Heroes of the Month," individuals who stand out in the borough for their outstanding courage, tenacity, and assistance to their community.

This growing roster of Brooklynites includes everyday women and men, from all walks of life, who have done truly extraordinary things. For this health-focused issue of One Brooklyn, he has named a special group of "Health Heroes."

"Across our borough there are individuals who stand up and make a difference in people's lives every single day," said Borough President Adams. "I am grateful for their service to the communities in which they give back. These heroes have helped make One Brooklyn a great place to raise healthy children and families."

To nominate a potential future hero, email askeric@brooklynbp.nyc.gov.

HIV/AIDS ACTIVIST JOSÉ JAVIER BOSQUE

Bosque is a health educator in the Latino Religious Leadership Program at the Latino Commission on AIDS. He also works part-time at the Southside Community Mission in Williamsburg outreaching to Spanish-speaking houses of worship in Brooklyn on sexual health, HIV, and hepatitis awareness (previously

he served as its executive director).

Bosque has worked for more than 30 years in sexual health education in the Latino community dating back to the AIDS epidemic of the 1980s. Originally from Spain, Bosque has devoted his career in Brooklyn to expanding awareness of critical sexual health prevention and treatment services, and empowering people in Spanish-speaking immigrant communities to take ownership of their health and end the stigma.

WE RUN BROWNSVILLE CO-FOUNDERS SHEILA GORDON AND DIONNE GRAYMAN

We Run Brownsville is a grassroots organization working to encourage women of color who are living and working in Brownsville to take ownership of their emotional and physical health.

Its focus is to encourage participants to combine walking, running, strength training, and cardiovascular activities into their daily routines in combination with personal development workshops and wellness education. Participants are part of an eight-week walk-to-run program that prepares them for a 5K race.

Gordon and Grayman's ultimate goal is to raise awareness of wide health disparities in central and eastern Brooklyn, particularly in the African-American community, which experiences higher



Photo Credit: Erica Sherman/Brooklyn BP's Office

Borough President Adams celebrated a special group of "Health Heroes."

than average rates of diabetes, heart disease, and obesity.

GALLOPNYC FOUNDER ALICIA KERSHAW

Kershaw, a retired attorney, is a lover of horseback riding and has channeled that passion into helping special needs kids learn how to ride. She is the founder of GallopNYC, which offers therapeutic horsemanship programs to children and adults with disabilities and special needs, including veterans dealing with post-traumatic stress disorder or brain injuries and at-risk youth.

The program, which started in Brooklyn, serves more than 500 riders each week at six locations including Prospect Park, teaching basic horsemanship skills to lift spirits across the borough.

In her spare time, Kershaw is also a volunteer for the New York City Parks Enforcement Patrol Mounted Auxiliary

Unit, helping to deter crime by patrolling Prospect Park on horseback.

MIDWIFE JESSICA LYNN

Dubbed the "diabetes midwife," Lynn is a nurse midwife, diabetes educator, and health coach based at Woodhull Medical and Mental Health Center in Bedford-Stuyvesant. Her passion is helping women with diabetes in pregnancy, having lived with Type 1 diabetes for most of her life. Throughout her career, she has delivered more than 1,300 babies.

Her work focuses on caring for women from preconception through postpartum as pregnancy with diabetes requires special preparations. Lynn's two decade career has taken her to institutions such as the Naomi Berrie Diabetes Center at Columbia University Medical Center as well as public hospitals from Guatemala and Jamaica to Brooklyn.