



Thao Nguyen Foundation Inc. Newsletter

Volume 9, Issue 1
July 2021

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

Greetings from the President

Nhung Hendy

This year marks the ninth year we have been publishing this newsletter. With that excitement, I welcome you to the first issue of Volume 9. A lot has happened since our last issue of December 2020. First and foremost, our daily lives have slowly returned to normal thanks to the COVID-19 vaccination rate. As of this writing, 72.8% of adults in Maryland have received at least 1 dose of COVID-19 vaccine, one of the highest rates in our nation. Please get your shot(s) if you have not done so. According to research summarized on page 3, most American adults were less likely to intend to vaccinate if presented with a vaccine that carries a higher than 1% chance of minor side effects such as COVID-19 vaccines of Pfizer, Moderna, and Jansen. Julia Corbett, a student of mine shared her story of being infected by COVID-19 (page 3) that I hope will help persuade those who are still hesitant about being vaccinated. Second, our Daybreak juried art show and fundraising event was a success. Please check out the highlights on page 2. We awarded two scholarships to two graduating senior students at Loch Raven Highschool in May: [Zachary Hall](#) (\$1,000) and [Cavan O'Brien](#) (\$500). Zach will study

instrumental music performance at Towson University and Cavan will study photography and film at the North Carolina school for the Arts. We also launched a scholarship program for Towson University students and our two scholarship recipients for this spring semester were [Emerson Miltenberger \(\\$1,000\)](#) and [Alison Graham \(\\$500\)](#). Congratulations to all!

Dr. James Manley, our Board member since September 2014 will be stepping down on September 1st. This is bittersweet news. His leadership has advanced our strategic goal and mission of shining light to mental health awareness over the past 7 years. The Shining Light and Daybreak art shows were one of his many initiatives that have substantially increased the foundation's visibility and outreach in our community. In addition, Dr. Manley and his wife have been long-time donors to the foundation. I will miss him as a valued member of our team. Please join me in thanking Dr. Manley for his service over the past seven years and offering our best wishes in his pursuit of other opportunities.

Until next time, be safe, kind to yourself, and enjoy good mental health!

Upcoming events:

[Howard County OTD Walk](#) – 10/9

[Baltimore OTD Walk](#) – 10/30

[Survivors of Suicide Loss Day](#) – 11/20

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TN Foundation Board of Directors

Michael Biderman, Director

Philip Hall, Director

Nhung T. Hendy, President

James Manley, Secretary & Social Media Manager



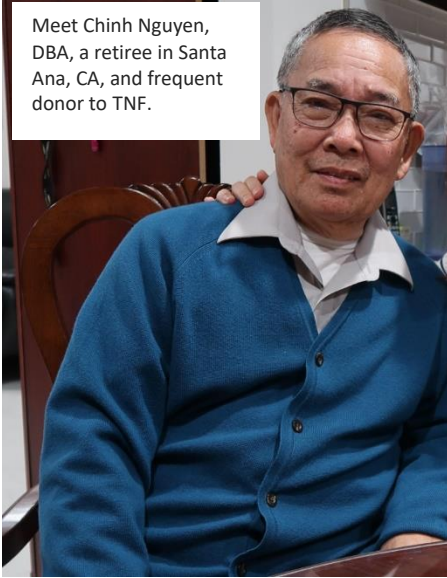
Sand beach, Acadia National Park, ME.

Daybreak Summary and Reflection

By Nhung Hendy

Forging Future Partnerships

Meet Chinh Nguyen, DBA, a retiree in Santa Ana, CA, and frequent donor to TNF.



Can COVID-19 vaccines live up to Americans' expectation?

Summarized by Nhung Hendy

To reach herd immunity in our collective fight against the COVID-19 pandemic, it is critically important for us to understand why people remain skeptical about the efficacy of COVID-19 vaccines. Dr. Matt Motta from Oklahoma State University recently conducted a conjoint experiment (N = 5,940 trials) in a demographically representative survey of almost one thousand U.S. adults (aged 18 and older). The research results, published in the March Issue of this year, *Social Science & Medicine Journal*, revealed that **most U.S. adults preferred vaccines that were made in the U.S.A, having at least 90% effective rate, and carrying less than 1% chance of getting minor side effects**. This is problematic as we know that some COVID-19 vaccines were manufactured outside the U.S., and they may have more than 1% chance of producing minor side effects based on available clinical trial data. In addition, research data on children have just been launched and results will not be available until sometime in the near future.

Reference:

Motta, M. (2021). Can a COVID-19 vaccine live up to Americans' expectation? A conjoint analysis of how vaccine characteristics influence vaccination intentions. *Social Science & Medicine*, 272, 113642



I am happy to report that we had a smashing success with our fundraising event, Daybreak, held on April 24th, 2021, at the Triple Crown Art gallery in Towson, MD. We had a great turnout with people travelling as far as New York city to attend the opening reception. Congratulations to our Daybreak winners (Madeleine Pierce, Maggie Delaney, Jordan Patterson, and Emma Hagedoorn). Approximately 36% of the selected artwork on view were sold for a total of \$2,560 with 50% of that amount (\$1,280) going to the artists. The remaining art pieces are now listed for sale on our [website](#). Please take a look and if you like any of them, consider buying to support the foundation's scholarship fund and budding local artists. On behalf of the foundation Board of Directors, I would like to thank all of you for your participation and attending this art show during this pandemic. This event would not have been possible without your support and patronage. In addition, I would like to thank Deirdre Aikin, for letting us use her Triple Crown space free of charge, purchasing some of the artwork on display, as well as donating refreshment and food for the opening reception. In addition, Deirdre volunteered her time to judge the entries alongside with Jordan Faye Block and Prof. Jenee Mateer,

Towson University's Art Department Chair. Thank you all for giving of yourselves. Prof. Jenee Mateer truly exemplified servant leadership in overseeing this art show from conception to completion. Her student, Emerson Miltenberger, was exceptional as curator while modest at the same time. His design of the Daybreak catalog, poster, and postcard garnered a lot of compliments. We are very fortunate to have had a cadre of volunteers to help us in every step of the show. Please help me thank these volunteers next time you see them. They are Katherine Agbaglud, Alison Graham, Connor, and the staff at Triple Crown Tattoo.

Madeleine Pierce



Sky Portal II
oil on cradled wood panel, 18 x 18 in.



Sky Portal III
oil on cradled wood panel, 18 x 18 in.



Sky Portal IV
oil on cradled wood panel, 18 x 18 in.

First place winner of Daybreak art show

A COVID-19 story

By Julia Corbett, PHR



I am a healthy 26-year-old with no underlying conditions. I work out nearly daily, and rarely eat unhealthily. I have been health-conscious for a long time, as taking care of myself has always been a priority. I knew and understood that I *could* get sick if I contracted the virus. However, my assessment as to *how sick* surprised me. I had COVID-19 in January 2021, and quickly realized my outlook on the pandemic was entirely wrong.

I learned I had contracted COVID before the symptoms started -- my husband actually had it first, and my symptoms began about 3 days after his. The first two days of my symptoms were not awful. I was tired, pretty congested, and I had a slight headache. I had chills and minor body aches. By day 3 I had a rip-roaring migraine which lasted for 11 days. I could not see clearly, I could not eat due to the constant nausea, and movement and sounds made the migraine worse. When I could garner the 'energy' to go to the bathroom or move around my quarantine zone, I would fully exhaust myself within minutes. It may be TMI -- but I fell asleep in the bathroom more than a few times after taking fewer than 20 steps.

My sinus congestion did not clear up -- despite oodles of Mucinex, breath-rite strips, Vic's vapor rub, spicy soup etc. -- for 16 days. Fortunately, I did not lose my taste or smell-- though it was dulled. It was not until I felt "better" about two and a half weeks in that I took a turn for the worst. When I could finally use my nose again, the coughing, chest congestion, and wheezing began. My O₂ levels went from a steady 98/99 to 92, and dropping,

within hours. I actually reset the oximeter because I did not believe it was correct.

On day 19, my O₂ levels dropped to 87, and I found myself in the hospital, diagnosed with an acute respiratory infection. All in all, I was prescribed my first rescue inhaler (which, 6 months later I still use), and two rounds of antibiotics and steroid therapies. I missed over a month of work as it took another week and a half to finally test negative.

I am mostly recovered now -- I rarely use the inhaler but still do need it and find that my energy levels are still not what they were. Prior to contracting COVID, I could run 3 miles before breaking a sweat, and now I struggle to even get to 3.

Please take this virus seriously and **get vaccinated!** I promise the vaccine's side effects are worth not contracting the "real" thing."



Dr. Manley and his wife manning a TNF booth

IF YOU WANT TO CONTRIBUTE AN ARTICLE

Contact Nhung Hendy,
President, TN Foundation Inc.
nhung@tnscholarshipforthearts.org
410-663-0207



From left: Connor, Alison, and Emerson hanging artwork in preparation for Daybreak

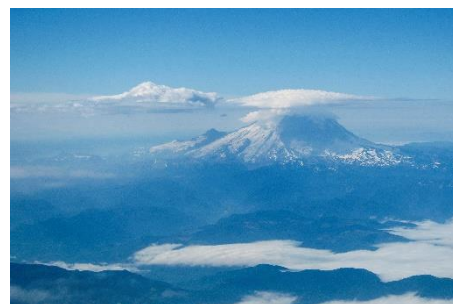
Manley signing off

Hi folks! While my name has been on these newsletters for a few years, I do not know as many of you personally as I would like. As a colleague of Foundation President Nhung Hendy, I signed on to help her out as the organization grew, and it has been great to see many of you participate in Foundation activities, remembering Thao. I posted regularly on Facebook, mostly about mental health, and more recently I have seen art professor Jenee Mateer revolutionize the work of the Foundation as she managed the incredible logistics involved in putting on the art show.

I only met Thao once, but the more I learn about her art, her writing, and her music, the more I wish I could have known her. I see why she made such an impression on everyone around her; it has been inspirational to see so many of you continuing to connect with her every year through one event or another. I am excited for the art show to be an opportunity for those of you who loved her to gather in her memory, a chance to share your memories as you enjoy the work of local artists while supporting our shared missions of raising money for scholarships and raising awareness of mental health issues. It has been great to be part of this effort, and I hope I can see you at the next art show!



Sunset at White Sands National Park, NM



Mount Rainier, WA seen from 3,000 feet level