

# April Sankofa Recap

**“However far the stream flows, it never forgets its source.”  
~ Nigerian Proverb**

That saying stayed with us throughout the session. It reminded us that even as we grow, build, and move in new directions, we remain connected to where we come from, the wisdom of our communities, and the values that shape how we do this work.

As always, we began in a way that felt true to us, with African music, laughter, greetings, and a proverb to ground the conversation. Our elder, Mr. Julius Kolawole, shared why proverbs matter so much in spaces like Alkebulan Circle. They are not just nice sayings. They carry wisdom, history, and ways of understanding the world. They help us make sense of our experiences and remind us that research does not have to begin only with theories and textbooks. It can also begin with the knowledge our communities have carried for generations.

## **Memorable Conversations**

From there, we revisited a few memorable conversations from past Alkebulan Circles. We reflected on a session about dementia among African immigrant elders, where we talked about how care is often understood through relationship and family, not just through formal labels like “caregiving.” We also looked back on a powerful conversation about sexual and gender diverse African migrants, which pushed us to think more deeply about dignity, safety, and what it means for community to truly hold people. We also returned to our discussion on maternal health, where we explored the need to move beyond broad assumptions about African immigrant women and instead pay attention to the real complexity of their experiences.

One of the richest parts of the April Sankofa session was hearing people share what stayed with them from past circles and what they hope to talk about in the future.

## **Looking Forward**

More than anything, Sankofa felt like a reminder of what Alkebulan Circle has become. It is a space to learn, reflect, ask hard questions, and connect with others who care deeply about African immigrant health and well-being in the U.S. It is also a space that continues to grow because of the people who show up, share honestly, and bring their own experiences and wisdom into the conversation.

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The **African Immigrant Health Research Collaborative (AIHRC)** recently gathered in Boston, MA for our annual in-person retreat. Members spent time strengthening relationships, reflecting on our work, and exploring new possibilities.

We are excited about what is ahead and look forward to sharing more soon. Here are just a few of the amazing AIHRC members! ❤️



## *Announcements You May Have Missed*



### **May 2026 Alkebulan Circle**

*Featuring Dr. Victoria Nneji, Founder and CEO of AKALAKA*

Join us for a conversation on The Care Partner Security Collective. At the session you'll learn all about Akalaka's model being built to provide security and portable benefits to family caregivers, including how racial and gender wealth gaps impact many women in our communities.

May 27, 2026 | 3:00pm - 4:30pm ET

**Meeting ID:** 817 9672 2303

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## THEME

Bridging Worlds: Advancing Health for the African Diaspora through Innovation, Partnership and Policy

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7AM - 4PM

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