

Photoblog: *Meichelle*

Mother, Grandmother, Woman of Faith, Rap Artist, Sickle Cell Warrior

Tell us a little bit about yourself.

I am one of the first female rappers/hip hop artists of Colorado, and a former Warner Brothers recording artist, singer, songwriter, entertainer. Presently, I'm on the board of the Colorado Sickle Cell Association acting as a treasurer and I was diagnosed with sickle cell anemia SC disease at the age of two, so I'm like what they call an "old warrior". I have six children and three grandchildren; I just had my third grandchild. I'm so blessed and honored to even be able to see grandchildren, because of course they gave us that diagnosis that, "Oh, you're not going to live past 25." So, to see them. I'm just so blessed. I'm so thankful to God just to have them in my life.



I love to pray, I like to sing, spend time with my family, those kinds of things. Right now, I'm teaching myself sign language and how to play the organ, so I'm trying to learn that. And then I love going out with my sister. We like to give resources to the homeless and stuff like that, whether we encourage them or just be a blessing to them. Sometimes people just need a warm smile, and a "hello."

I am most proud of my faith and my children too, because like I said, I didn't think I would be able to have children and be able to even see them this far, and they're grown, and having their kids.



If you could go back in time, what would you tell your younger self, or what would you tell others living with sickle cell?

I would tell myself to take care of myself ... I would eat better, my mindset would be different, I would do more affirming, speaking the Word over my life. Saying what God says about me and not what the disease or what people are saying, because what he says is the truth ... I would forgive easier - forgive the healthcare system that has been cruel to me at times ... I think it's been just knowing that I have to forgive myself too for any mistakes that I made.

Don't shut yourself out, because that's when you're alone. The enemy can work with your mind, and the mental health and all these things come into play. So, to be around others that are positive instead of always being like "I don't want to be around nobody. I don't feel like talking to nobody." And I get it, it's okay sometimes ... and if you have mental health issues, get help. **Don't be ashamed, don't be afraid, don't put it off as, oh, that's nothing ... talk to someone.**



Colorado Sickle Cell Data Collection Program

<https://www.coscdc.org/>