

**"Perspectives on Health and Peace: Session Three"**  
**Kimberly Lopez (University of Waterloo), Ronnie Kraegel (Brain Energy Support Team), Cicero Kit**  
**International Disability Rights Affirmation Conference 2025**  
**Thursday, November 6**

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[2025/11/06 13:42] Elektra Panthar: Hello everyone.

Today's presentation is being transcribed so those without audio or who require text only can participate in real time.

A little explanation about this service.

Voice-to-text transcriptionists provide a translation of the key ideas discussed, NOT a word for word transcription.

Voice-to-text services provide an in-the-moment snapshot of ideas and concepts, so that those who are unable to hear or to understand the audio program are able to participate in real-time.

You will see the transcription in local chat.

Transcription is provided by Virtual Ability, Inc.

The transcriptionists are Carolyn Carillon, Sypha Techno, Katie Cunningham

The following initials in the transcription record will identify the speakers:

DL: Delia Lake

KL: Dr. Kimberly Lopez (Kayjaybelle)

NM: Namaara Macmoragh

CK: Cicero Kitt (Stealth)

[2025/11/06 13:45] Delia Lake: Hello and welcome to our panel discussion. I'm Delia Lake and will be your moderator for this session.

I am a long-time resident of Second Life (SL) and friend of Virtual Ability.

My work in both SL and the larger solid world we inhabit is consulting and training focused on sustainability, including integrated environmental, social and governance issues.

Today's topic of No Health Without Peace is so important not only to each of us as individuals but also it's essential if we are to have livable, inclusive, thriving societies that sustain us.

Unfortunately, not everyone in the world sees the vital importance of health and peace for all.

At this conference we have an opportunity to come together to better understand this complex issue and to share what we are doing, to tell our stories.

And who knows, our story just may be the ray of sunshine that someone else needs to light their own way forward.

Now, panelists, if you would please also take a couple of minutes to introduce yourselves. Cicero Kit (Stealth)?

[2025/11/06 13:46] Cicero Kit: In real life, I am Jen Dolan, and have been on disability for eight years. I first joined Second Life at the end of 2006, while on short term disability.

Before going on Social Security Disability, I worked as a journalist, I taught college courses on communication and software, and was employed by numerous non-profits.

One of these was a domestic abuse shelter. The last job I held was as Operations Manager of a soup kitchen. I have worked a lot with individuals who are displaced and find themselves in uncertain situations.

I have also experienced complex trauma... as a survivor of childhood sexual abuse, and as someone who has experienced mistreatment surrounding my health issues.

[2025/11/06 13:47] Delia Lake: Next, Kayjaybelle?

[2025/11/06 13:48] kayjaybelle Resident: My name is Kimberly Lopez and I work as an associate Professor at the University of Waterloo in Ontario, Canada. I am a story archivist and I critically examine social structures that reinforce difference and marginalisation. As a community-engaged qualitative scholar, I value working collaboratively and creatively to know more about: leisure and self-care in caring work, invisibility in caring labour, aging well in long-term care homes, leisure in and through helping professions, and digital leisure technologies. With a background in facilitating inclusive leisure and recreation experiences, I am committed to social change through transformational inquiry, inclusive organisation, advocacy, and activism.

[2025/11/06 13:49] Delia Lake: And Namaara MacMoragh?

[2025/11/06 13:49] Namaara MacMoragh: Namaara Macmoragh / Gloria Kraegel is Executive Director of the Brain Energy Support Team (BEST). BEST provides peer support, education, and skill development for those with brain injuries, and their families as well as the broader neurodiverse community. In Second Life, as Namaara MacMoragh, she is the Chief Grounds Keeper at Etopia Sustainable Communities. BEST provides discussion groups, activities, and more at Etopia and with partners such as Virtual ability, Whole Brain Health, and others.

[2025/11/06 13:50] Delia Lake: Thank you all

I will ask some questions of the panelists and they will also ask questions of each other. We will also leave 15 minutes at the end for the audience participants to ask questions as well so please hold your questions and do not type them in during the time a panelist is talking.

The next 35 minutes will be a panel discussion. The challenge to each panelist is to answer the questions posed well while still leaving time for other panelists to speak.

Q: I'll start off our conversation with a question for Kim. You have talked about how the degradation of social systems around the world ensure the continued marginalization of different groups of people and those with disabilities in particular. Would you talk a little about that?

[2025/11/06 13:52] Sypha Techno (SyphaTechno Resident): KL: Health inequity is not just about access or outcomes in isolation — it is deeply tied to politics, conflict, and what happens when social systems break down.

When we talk about health inequity, it's important to remember that it doesn't emerge in isolation — it's deeply tied to the broader degradation of our social systems.

Around the world, we've seen public health infrastructures, social welfare programs, and care networks being steadily eroded. When those systems weaken, the people who are already most marginalized — particularly those with disabilities — feel the effects first and most severely.

So when we say "health inequity," it's not just about unequal outcomes — it's about the systematic stripping away of care infrastructures that could have made inclusion possible.

The degradation of those systems ensures that disability remains a site of marginalization, rather than a shared social responsibility.

[2025/11/06 13:56] Delia Lake: Thank you.

Q: Stealth, it's clear from what Kim said that there are many people whose basic needs are not met. You use Abraham Maslow's Hierarchy of Needs as a lens to understand this. Can you briefly tell us how you apply this?

[2025/11/06 13:56] Cicero Kit: I will begin by offering a link for background on Maslow and his Hierarchy of Needs model

<https://positivepsychology.com/abraham-maslow/>

When we think of peace, we likely think of those situations that are opposite; situations such as war, displacement, domestic violence. There are so many situations where peace does not exist, and so those most basic needs are not being met.

If we think of someone who is living in a war-torn region, or as a refugee, they are likely not getting their physiological and safety needs met. We see these people displaced from their homes, without access to food and medicine.

This may also be the case for someone in an abuse situation. When these most basic needs are not being met, the higher needs are simply less of a concern.

While it is easy to see the lack of peace, and therefore lack of health, when people are being denied those basic needs, we might see similar outcomes for people whose most basic needs are being met.

If we look at that next tier, belonging, we can think about the epidemic of loneliness and isolation. The American Medical Association identifies individuals facing loneliness and isolation as being at greater risk of premature death.

A sense of inner peace is threatened not only by loneliness, but for sufferers of trauma.

That said, trauma often resurfaces when times are good, or when most of our needs are met.

I am merely saying most, because I sincerely believe that, as sufferers of trauma, we cannot self actualize until we reclaim our narrative, and by doing so, we can start to achieve that inner peace.

I am not only talking about professional narrative therapy. We can reclaim the stories around our trauma in numerous ways. Think about Take Back the Night events for sexual assault survivors, art therapy, journaling. There are many ways to reclaim one's narrative.

[2025/11/06 13:59] Delia Lake: Thank you.

Q: Namaara, from your perspective, what would you like to add about this topic, No Health Without Peace?

[2025/11/06 13:59] Namaara MacMoragh: First I want to thank everyone who have presented and shared their expertise, their experiences, and their suggestions on this topic. I think we can all agree that we've barely scratched the surface.

That said ... Having a disability does not mean a person is not healthy. It does, however, mean that access to appropriate and affordable health care is difficult.

In the US, those with a disability are twice as likely to be a victim of violence than non-disabled persons. You may not be aware, but individuals with cognitive challenges, for example, are 7 times more likely to be sexually assaulted. This doesn't make someone feel safe or have a sense of peace.

The most repeated experience I've had with brain injury is how we're treated because of the nature of "hidden" disabilities like this.

I can't tell you how often I've heard someone say, "You don't look like you have a brain injury" or "You're really smart for someone with a disability" and, as many of you already know, the list goes on.

The hardest part of that dynamic is that the healthcare system is just as prejudicial in their assumptions.

For example, and I hope I'm not taking too much time here, my wife has terrible headaches since her injury 20 years ago and when she would talk with doctors about it they attributed it to migraines which is not a headache, but that's another story. One neurologist told her it was depression.

I share that because misdiagnoses like these mean that incorrect medical treatments are prescribed which is harmful on so many levels.

So, the points that Stealth and Kay shared are all examples, along with what I've shared, that illustrate the numerous situations in which there is a lack of peace without health.

[2025/11/06 14:04] Delia Lake: Thank you.

Q: Given what your fellow panelists have said, what questions do you have for either of the other panelists?

Please put your question in chat with the panelist's name.

[2025/11/06 14:04] Stealth (Cicero Kit): My question is for Kimberly. I like how you point out that equity goes beyond equal treatment; that people with disabilities often need additional equipment or resources just to gain access to the same opportunities as able-bodied individuals. Many things that benefit the disabled also benefit able-bodied individuals, such as automatic doors. What about those things that able-bodied people deem as perks, and sometimes try to encroach upon? Something like disabled parking, special seating at events. Is there a way where we can better communicate that this is not preferential treatment, but equitable treatment?

[2025/11/06 14:06] Sypha Techno (SyphaTechno Resident): KL: Thank you for the question. It's important.

I think about service dogs at airports.

We think about priority seating or accessible entrances. These aren't bonuses. They make things possible for disabled individuals.

They help in an environment not designed with disabled people in mind.

It's the difference between entering a building or being left outside.

There's a sense of scarcity. Some feel that accommodating someone takes away from others.

Accessibility isn't about favoritism but allowing everyone to be able to participate in public life.

We should respect the need for these access points.

These barriers prevent participation.

There should be reframing around our responsibility to ensure all folks have access.

[2025/11/06 14:10] Delia Lake: Other panelist questions?

[2025/11/06 14:10] Namaara MacMoragh: Equity, as Kim talked about it, is really important. I appreciate that you've talked about this today.

My question though is for Stealth and I hope I'm not putting you on the spot. :-)

Stealth talked a bit about rural healthcare, specifically the dearth of emergency medical services. Also the need for hospitals and medical providers in these communities to have

access to reliable internet. Do you think, Stealth, that there are specific community initiatives we can support or even introduce that addresses the needs of those with disabilities?

[2025/11/06 14:13] Katie (Katie Cunningham): CK: One of the big things that communities can do, especially small town boards, consider reaching out to the people in your community, perhaps paid as part of property taxes to introduce municipal Wi-Fi so there is community internet

Many rural areas dependent on Hughes which is not optimal for medical services - local governments can facilitate expanding on access

In Wisconsin there's been a bipartisan push for this

Also there's been a push for clinics to be headed by a Nurse Practitioner so clinics could be expanded

There is a bipartisan push for that as well

Those are a couple of ways

[2025/11/06 14:14] Namaara MacMoragh: Thank you :-)

[2025/11/06 14:15] Delia Lake: Thank you

[2025/11/06 14:15] Carolyn Carillon: DL: Other questions?

[2025/11/06 14:15] Gentle Heron: I have enjoyed this panel discussion. QUESTION for anyone, including Delia- We heard in a previous session a speaker claim "I am not disabled. My environment disables me." (or something to that effect). How can we as disability advocates flip the discussion to look at equity from that point of view? I've seen that cartoon demonstrating equality vs equity with 3 kids (tall, medium, short) on boxes trying to look over a fence to see a ball game. I wondered what would happen if we turned that cartoon around and looked at the kids over/hidden by the fence?

[2025/11/06 14:17] Carolyn Carillon: DL: It's interesting that you phrase the question this way

In RL, I've worked with Rutgers U

For a couple of years we've had some health focused symposia

One is the Social Determinants of Health

It touches in this area

How do you build a culture of health that includes everyone?

That doesn't look at one kind of ability that's better than another

This is a social issue

It starts in communities

We can't legislate this if we don't have advocates and allies

We need both in our local communities

[2025/11/06 14:19] Katie (Katie Cunningham): CK: the short kid is definitely invisible, and many of us are invisible

For me, when I am out and about, people will say, "oh, you look good," yeah, but you don't see me very often do you

But having ways to interact such as SL or Zoom, that is much more accessible for me

Certainly work at home benefits everyone, abled and disabled alike and bosses are saving on overhead

That's my editorial

[2025/11/06 14:21] Sypha Techno (SyphaTechno Resident): KL: I have a thought.

As an abolitionist I would recommend taking the fence away altogether!

We can look for ways the collective can support one another and create community.

[2025/11/06 14:21] Elektra Panthar: NM: to piggy back on that, I agree, it has to be community based

[2025/11/06 14:22] Namaara MacMoragh: I won't repeat her presentation, but definitely watch the video later. I bring it up because employment, education, housing, and safe spaces are often barriers for our community as is transportation which Erica talked about. I also believe the longer our relationship with the non-human world around us remains broken the equity of our social systems will continue to degrade. Creating safe spaces with the right community support, health care systems, and food security (which we haven't talked about) all contribute to peace.

Creating peaceful, engaging, safe spaces is what we've focused on providing at Etopia as an extension of the physical world work we've done over the years.

[2025/11/06 14:21] Mook Wheeler: COMMENT to Gentle: The underpinnings of "democracy", or a democratic system, which believes --and thus legislates-- that the majority opinion/need should be the correct one, is actually one of the barriers facing equity proposals. Conceptual democracy has actually led to selfishness, that "the needs of the many outweigh the needs of the few". What happens next is obvious.

[2025/11/06 14:24] Carolyn Carillon: DL: I have a question

After my question, Stealth has a poem to read

[2025/11/06 14:24] Delia Lake: Q: A further question from me. While there can be no health without peace, it seems to me that the converse is equally true. There can be no peace without health. I have some thoughts about that but please, panelists, what do you think?

[2025/11/06 14:25] Katie (Katie Cunningham): CK: and there can be no peace without health

[2025/11/06 14:25] Cicero Kit: I think this is why health care needs to be classified as not only a human need, but a basic human right, and should be available to everyone, in every nation. In the United States, there are many threats to health care accessibility.

Not only are health insurance premiums becoming less affordable, but we see rural hospitals shuttering because they depend on Medicaid dollars, which are being cut, along with the killing of broadband Internet expansion into these communities.

I live in Wisconsin, home of Epic Systems, the top medical database company based on market share. It is imperative that hospitals and clinics have access to high speed, reliable Internet.

One of the biggest issues threatening peace in rural areas of the United States is the dearth of emergency medical services in these areas. If you live and work in a rural area, and you experience an emergency, the nearest ER could be 40 miles (64 kilometers) away or more. We need our farmers. It is a job that cannot simply be replaced by AI. It is a job that comes with risks, and knowing that if something happens to you, there is a great likelihood that you could die on the way to the nearest ER, how can you be at peace with that?

You know, I didn't list all the jobs I had in my intro. When I was in college, I took a lot of different jobs to help pay for my education. I have done factory work, and know that it is hard, but I have also been a farm laborer.

There is no job that is more difficult than farming. I say that as someone who has worked in education (including teaching middle schoolers). The health of our farmers needs to be a priority.

[2025/11/06 14:27] Gentle Heron: amen Cicero

[2025/11/06 14:27] Carolyn Carillon: DL: absolutely  
I'm also thinking of it from a larger cultural perspective

If you have a culture that is unhealthy, that doesn't include everyone, do you have a healthy culture?

Can you have peace if you have a culture that is unhealthy?

[2025/11/06 14:28] Namaara MacMoragh: We have to stop thinking in terms of us and them. I think that's the first step to healthier cultures.

I read a study, "How political engineering can make health a bridge to peace: lessons from a Primary Health Care Project in Myanmar's border areas". This case study analyses a health project that focused on peacebuilding in addition to service provision, and the impacts of this dual focus in contested territories of Southeast Myanmar.

The study demonstrates that health can play a valuable role in peace formation, if relationships are engineered in a politically sensitive way, at the right time.

[2025/11/06 14:30] Gentle Heron: Link to that study

[https://gh.bmj.com/content/7/Suppl\\_8/e007734](https://gh.bmj.com/content/7/Suppl_8/e007734)

[2025/11/06 14:31] Carolyn Carillon: DL: about something Stealth said, there are many ways to achieve health

One path she's taken is to reclaim your own narrative

Stealth has written a poem she's willing to share

[2025/11/06 14:32] Katie (Katie Canningham): CK: <reads poem about taking back her narrative>

<surviving and healing after a terrible attack by a trusted person>

[2025/11/06 14:35] Elektra Panthar: CK: "2023"

Took a year to address my trauma

I was tired of being controlled by the drama

I reclaimed my story and made it my own,

Reinforced this foundation, built on these good bones.

But then I was asked what I had been up to

A difficult question because so many never knew.

I kept quiet about all the shit that I had gone through,

Breaking my silence had been decades overdue.

When you're a survivor of such a rare disease

Your story can seem hard to believe

The way I was abused is not what most people think

Unexpected lead to neglecting the truth I would seek

It was the end of a pandemic, and maybe a new start.

The end of my silence, and the reclaiming of my heart.

Justice is elusive, and it still slips from my grasp.

Naming my assailant could be slander, so I must settle for truth at last.

Don't owe that bitch my guilt, silence or shame.

Why does it matter if I ever say her name?

I was eight years old, left in the care of one I loved.

Eight years old, didn't know too much of

Life and all the ugliness that little girls often face

In one afternoon, she had destroyed the whole place.

So I ran and I cried, my childhood had died.  
I buried the memory; hid it down deep inside.  
I built these walls around myself, and walls around others too,  
The things she did to me, I'd make sure she wouldn't do  
Again.

Now the walls have given way, and new light has broke through.  
It is time to move along as much as I am able to.  
Time to find my voice, time to make a choice,  
Time to reclaim time, and time to rejoice.

I cleaned out this closet, and got rid of these old clothes.  
The guilt, the pain, the shame are things she now owns.  
I've found a way to finally be free  
That is how I spent my 2023.

by Cicero Kit aka Jennifer Dolan

[2025/11/06 14:34] Namaara MacMoragh: WOW!!

[2025/11/06 14:34] Buffy Beale: wow very good!!!

[2025/11/06 14:34] Mook Wheeler: Is there a notecard with the poem?

[2025/11/06 14:34] Stealth (Cicero Kit): yes

Gentle will give out notecards for anyone wanting a copy

[2025/11/06 14:34] kayjaybelle Resident: Thank you, Stealth

[2025/11/06 14:34] Namaara MacMoragh: I'd love a copy.

[2025/11/06 14:34] Elektra Panthar: yes please

[2025/11/06 14:35] Lorin Tone: Thank you for a copy, please

[2025/11/06 14:35] Stealth (Cicero Kit): It was someone close to me, whose care I was left  
in

[2025/11/06 14:36] iSkye Silvercloud (iSkye Silverweb): ♥

[2025/11/06 14:36] Alita Starling: clap

[2025/11/06 14:36] Stealth (Cicero Kit): ♥

[2025/11/06 14:36] Elektra Panthar: NM: Thank you for sharing your journey with us

[2025/11/06 14:36] Carolyn Carillon: DL: we'll pivot but we'll never forget the poem

[2025/11/06 14:36] Delia Lake: Itico (itico.spectre): Question: We talk about equity a lot,  
which is needed, but there are a lot of people who firmly believe that people with disabilities  
should not participate because they have a narrow idea of what a disabled person is able to  
do. How do we begin to hack at this wall of ignorance?

[2025/11/06 14:37] Carolyn Carillon: DL: this is one of the reasons I mention allies  
The change in norms should not rest on the shoulders of the person with disabilities

It's up to allies who don't have those same disabilities to speak out

[2025/11/06 14:38] Katie (Katie Cunningham): CK: I think this is a good argument against  
the sheltered workplace - we need people integrated into the community at large

People need to be made aware of the differently abled amongst us

With me, my disability is largely invisible, people think I'm able to do way more than I'm  
really capable of

It's hard to broaden understanding without being seen

[2025/11/06 14:40] iSkye Silvercloud (iSkye Silverweb): "Nothing about us without us."

[2025/11/06 14:40] Mook Wheeler: COMMENT: Awareness is also a language, though; it must be taught, you are not born with it. But once taught, it should remain a tool you can use.

[2025/11/06 14:40] Namaara MacMoragh: I think that's where Stealth's idea about taking back the narrative is so important.

[2025/11/06 14:40] kayjaybelle Resident: Agree

[2025/11/06 14:42] Elektra Panthar: NM: when we talk about being seen or not, in my community's case of brain injuries or damage for other factors, we have difficulty getting over people's condescension

When we ask for accommodations at work, for travel, etc, there are so many kinds of accommodations that we need to interact with the world around us

It's important that our allies are informed

We need to be able to work with one another and with that we can expand on it

[2025/11/06 14:42] Stealth (Cicero Kit): /me nods

[2025/11/06 14:44] Leondra Larsson: nods

[2025/11/06 14:44] Delia Lake: yes

[2025/11/06 14:44] Katie (Katie Canningham): CK: what accessibility really is - it's not that someone necessarily does something for me

Using technology, or someone helping with heavy lifting - everyone needs help from time to time in any case

And there are all kinds of accessibility devices out there and all kinds of support - we want to be part of the community, we don't want to be left out of things

[2025/11/06 14:45] Namaara MacMoragh: Exactly, Stealth! Thank you for articulating my thoughts so well :-)

[2025/11/06 14:46] kayjaybelle Resident: So well said. Thanks

[2025/11/06 14:44] Itico (Itico Spectre): Comment: My question is more about how we convince people who believe that if you're disabled you're not be able to do "normal" things because your "disabled". That's why I used "a narrow definition" of disability. It's like, there's more than one kind of blind. There's 16.2 million kinds of blindness but if you say that you're blind to a lot of people, they just put you in the "can't see" box.

[2025/11/06 14:46] Gentle Heron: QUESTION= Tom Boellstorff sometimes says that people without disabilities should learn from people with disabilities. What do you think we PWDs have to teach them?

I'm thinking of what Stealth just said about pairing up to complement our disabilities

My disability may be YOUR ability

[2025/11/06 14:47] Elektra Panthar: NM: it comes back to not us vs them but everyone needing a certain level of assistance to some extent - see glasses for example

Yes Gentle

Each of us has skills that can help others, no matter the physical challenges any of us might have - if we work together and raise awareness about universal needs we can evolve

Also very important is to heal our relationship with the rest of nature

Sorry my off the cuff comments sound a little rambling. I have a lot going on in my head on this topic. :-)

[2025/11/06 14:50] Leondra Larsson: :)

[2025/11/06 14:50] Itico (Itico Spectre): I suffer from the same condition, Nam. :)

[2025/11/06 14:50] Elektra Panthar: no worries at all :) I completely agree

[2025/11/06 14:50] Gentle Heron: I think this whole conference has put a lot of thoughts swirling into all our heads

[2025/11/06 14:51] Suellen Heartsong: /me nods

[2025/11/06 14:51] Stealth (Cicero Kit): yes, very true

[2025/11/06 14:51] Elektra Panthar: it's the beauty of these conferences

[2025/11/06 14:51] kayjaybelle Resident: I've really enjoyed my time here today

[2025/11/06 14:51] Namaara MacMoragh: Thank you Itico :-)

[2025/11/06 14:51] Stealth (Cicero Kit): Thank you everyone

[2025/11/06 14:52] Namaara MacMoragh: I'm glad I'm not alone :-))

[2025/11/06 14:51] Gentle Heron: It's about time to thank our panel and get ready for our last presenter

[2025/11/06 14:52] Katie (Katie Cunningham): +\*☆\*+\*\*•, APPLAUSE APPLAUSE  
•\*+\*☆\*+

[2025/11/06 14:52] Leondra Larsson: ♥ Thank Youuuuuuuuu!! ♥

[2025/11/06 14:52] Suellen Heartsong: thank you!!

[2025/11/06 14:52] Lorin Tone: Great discussion, thank you!

[2025/11/06 14:52] Sherah Psaltery: applause

Informative, enlightening

[2025/11/06 14:52] Gentle Heron: Thank you all so much

[2025/11/06 14:52] kayjaybelle Resident: Thank you

[2025/11/06 14:52] Elli Pinion: Excellent and informative!

[2025/11/06 14:52] James Heartsong (PeacefulJames Heartsong): yes

[2025/11/06 14:52] Daisy Gator (TheGator Resident): applause

[2025/11/06 14:52] Carolyn Carillon: <<transcription ends>>