



AARTH COMMUNITY HAPPENINGS



SEPTEMBER 2023
WWW.AARTH.ORG



African Americans Reach and Teach Health (AARTH) Ministry is proud to celebrate 21 years of service to the community. In 2002, Rev. Mary Diggs-Hobson co-founded AARTH with her beloved son, the late Reginald L. Diggs, to respond to HIV/AIDS and other chronic health conditions that disproportionately affect people of African descent.

AARTH continues to be a trailblazer advocating for health equity for Black and Brown people. Current director, Kathleen Wilcox, is proud of AARTH's history and confident that the amazing heartfelt work of AARTH will continue to grow and provide resources that produce positive health results in the community.

Thank you community for your support and we look forward to the next 21 years!

2nd Annual Healthfair

SATURDAY, SEP 16 | 11:00 AM

MLK Baptist Church | 4519 NE 10th St. | Renton

AARTH & Providence Elders Place invites you to Aging in Place in Peace. This fun-filled event will be both indoors & outdoors, providing a plethora of activities including:

- A live cooking demonstration
- Resources and goodies from 10+ organizations
- Free food and refreshments
- Music, games, and more

Wellness Group with Rickey Leachman

SATURDAY, SEP 2 | 10:00 AM

Rickey Leachman will provide monthly online support group sessions for unpaid caregivers. Topics will touch on providing basic psychic education to improve quality of life. Classes are held on ZOOM.



Healthy Cooking with Chef Adunni

SATURDAY, SEP 9 11:00 AM

Join Chef Adunni as she prepares KENYAN BEEF & BROWN RICE PILAU with FRESH KACHUMBARI, an easy, healthy meal for two in under 60 minutes. Chef Adunni graduated from Johnson and Wales University with a degree in Science and Culinary Nutrition. She is also the owner of Taste Tutor LLC. Classes are held on ZOOM.



Chronic Disease Self-Management

SESS 1: WEDNESDAYS, OCT 18-NOV 22 | 6:00 PM

SESS 2: TUESDAYS, OCT 31-DEC 5 | 12:00 PM

We are continuing with the theme of communal growth. We partner with the Self-Management Resource Center (SMRC) to present the Chronic Disease Self-Management program. In this weekly two hour virtual session, you will learn ways to improve your health, and fine tune your self-management skills! Access to zoom is required to participate. Weekly attendance, and active participation are requested for the success of the program. The workshop is free. Spots are limited, register now!



REGISTER FOR ALL WORKSHOPS at www.aarth.org

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AARTH is **HIRING**

JOIN OUR TEAM

OPEN POSITIONS

- Office Administrator
- Training Coordinator

Learn More

www.aarth.org

New COVID-19 Subvariant EG.5

A descendant of Omicron, Eris is already the dominant coronavirus subvariant in the country. Doctors are commonly seeing upper respiratory complaints, like sore throat, cough, congestion, and runny nose. Other COVID-19 symptoms, like loss of taste and smell, are less common with newer variants.

It is difficult to determine whether you have COVID-19 by symptoms alone, the best way to verify an infection is through testing. All COVID-19 tests—including PCR tests administered by medical professionals and rapid tests administered at home—should be able to detect EG.5.

There is not a specific vaccine targeted towards the EG.5 or “Eris” variant; however, the forthcoming updated XBB.1.5 booster vaccines will target a closely related strain. The new COVID vaccines will likely be available starting in late September or early October of this year.

Reference: Washington State Dept of Health

Grocery Give-Away

THURSDAY, SEP 21 | 11:00 AM

In partnership with the Emergency Feeding Program AARTH will be providing free food boxes, which contains a mix of perishable, and non-perishable food items. No ID, or proof of residence is required. Food boxes are limited to prevent food waste. Online registration is required. Pick up will be at the POCAAN Office on Rainier.



AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@arth.org

Rena Cann
Outreach Coordinator
renac@arth.org

Dr. Renee McCoy
HIV/AIDS Project Manager
reneem@arth.org

Angeilea' Yancey-Watson
Lead Program Coordinator
angeileay@arth.org

Kimberly Breland
Accountant

Twanda Hill
Consultant
twandah@arth.org

1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057

Follow us on Social Media



GRANDPARENTS DAY & AFRICAN AMERICAN ELDERS DAY

In partnership with AARP and Mayor's Council on African American Elders, NAAM will celebrate Black elders and recognize our 2023 Elders Circle cohort.

SEPTEMBER 10 | 2PM AT NAAM

Complimentary admissions for seniors.
www.naamnw.org

Engage Health Kent

A collaboration of
Harborview Medical Center
Public Health - Seattle & King County
Catholic Community Services of Western WA

1225 W Smith Street Kent, WA

Low-barrier/walk-in healthcare and support services for people living and working in south King County. No insurance or ability to pay required.

Hours: M, T, TH, F 10-3pm
General: 206-744-7172
Clinical: 206-600-9074

Thank you to our Sponsors

AARTH is able to provide the workshops and classes for FREE thanks to grants and support from our sponsors.

