



AARTH COMMUNITY HAPPENINGS



JANUARY 2024
WWW.AARTH.ORG



Years of Service

Welcome New Hires



Shakira Mungai



Risha Sharma



Ramona Shyne

Please join AARTH in welcoming our 3 newest staff members:

- Shakira Mungai - Office Assistant
- Risha Sharma - Training Coordinator
- Ramona Shyne - Training Coordinator

We are thrilled to have you on board and excited about the wealth of knowledge, skills, and positive energy that you bring to our team. Starting a new job is an adventure, and we believe that your journey with us will be both rewarding and fulfilling.

Check out the AARTH [website](http://www.aarth.org) to view their bios.

Chronic Disease Self-Management Program

SATURDAYS, JAN 20 - FEB 24 | 10:00 AM

Join facilitators Rena L. Cann & Callie Vassall for a six-week virtual series on managing chronic diseases. You can expect to gain confidence around techniques to deal with the symptoms of chronic disease:

- fatigue, pain, stress, and depression
- appropriate exercise, better breathing strategies, and healthy eating
- problem solving, and decision making strategies

Classes are limited to 15 people. Register TODAY!

Join the CALL TO ACTION!

DEC 1, 2023 - JANUARY 31, 2024

In remembrance of Blacks/African Americans who died from HIV in the Pacific NW.



call
my
name

AIDS MEMORIAL QUILT



Help us call the names of lives lost HIV/AIDS by making a panel for the AIDS Memorial Quilt that honors, celebrates and remembers their stories by registering to complete a 3' x 6' panel.

Completed panels will be displayed to the community on February 7, 2024 as part of National Black HIV Awareness Day. Register for more information and thank you for participating.



REGISTER FOR ALL WORKSHOPS at www.aarth.org

PAGE 01



EDUCATE. ENGAGE. EMPOWER

Wednesday, Feb 7

National Black HIV/AIDS Awareness Day is a day to address the impact of HIV on Black communities. Together, we can make HIV Black history by working to overcome structural barriers to HIV testing, prevention, and treatment. Community and faith-based organizations are encouraged to join us and help plan for the 2024 National Black HIV/AIDS Awareness Day. Reach out to Dr. Renee McCoy and join a collaborative community event.

Black communities have made great progress in reducing HIV. Yet, issues such as racism, discrimination, and mistrust in the health care system may affect whether Black people seek or receive HIV prevention services.

Together, we can overcome structural barriers to HIV testing, prevention, and treatment, and stop HIV stigma, we help reduce HIV-related disparities and health inequities in Black communities.

JOIN US!

Contact reneem@aarth.org.

Come Join Us! Stop by the AARTH table!

The City of Bellevue and Bellevue Alumnae Chapter of Delta Sigma Theta Sorority, Inc., cordially invites you to the

20th Anniversary of Dr. Martin Luther King Jr.

MLK HEALTH FAIR

Theme: Health Equity

Monday, Jan. 15, 2024 | 11 a.m.-4 p.m.

Crossroads Mall Public Market | 15600 NE 8th St, Bellevue, WA 98008

Join us at the MLK Health Fair on January 15, 2024, for a fun-filled event promoting health equity! This in-person gathering aims to honor the legacy of Dr. Martin Luther King Jr. and his commitment to equity. Offerings include:

- Performances by local artists
- Health & Wellness presentations
- Feminine hygiene & diaper products
- Local community vendors
- Keynote speakers
- Raffles, door prizes & more

Registration requested not required.

2024MLKHealthFair@eventbrite.com



Are you a CAREGIVER?

Did you know? A lot of people don't think of themselves as caregivers until there is a crisis. If you routinely support a family member, neighbor, or close friend, then you are a caregiver.

AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@aarth.org

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

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

Risha Sharma
Training Coordinator
rishas@aarth.org

Ramona Shyne
Training Coordinator
ramonas@aarth.org

Shakira Mungai
Office Administrator
shakiram@aarth.org

Kimberly Breland
Accountant

Twanda Hill
Consultant
twandah@aarth.org

Physical Address
1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057

Follow us on Social Media



Thank you to our Sponsors

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



FOR MORE INFORMATION VISIT www.aarth.org

PAGE 02