Mental Wealth Group With Rickey Leachman
SATURDAY, SEP 10
10:00-11:00 AM | ONLINE

Join AARTH and Rickey Leachman for group discussions on mental wealth. The groups will meet virtually once a month on Saturday's at 10:00 AM. The first session will dive into mindfulness, and the breakdown of brain structure, such as the amygdala brain, and the prefrontal cortex. The groups are geared toward unpaid caregivers, but all are welcome!

Wellness Group with Dr. Harvey
THURSDAY, SEP 15
6:00-7:30 PM | ONLINE

Join AARTH and Dr. Harvey for group discussions on wellness. The groups will meet virtually once a month on Thursday's at 6:00 PM. During this session Dr. Harvey will dive into mental health self-care. The group discussion is free to join, and all are encouraged to join! 10 participants will receive a $50.00 gift card. This workshop is geared toward African American seniors 55+. Attendees will be entered in a raffle to receive a gift card.

Free Covid-19 Tests Available at AARTH - contact renam@aarth.org
Soulful Cooking with Chef Adunni

FRIDAY, SEP 30 | 10:00 AM | ONLINE

Join AARTH, and Chef Adunni as she prepares a healthy heart conscious meal. Chef Adunni Graduated from Johnson and Wales University with a degree in Science and Culinary Nutrition. She is also a Food Scientist, and business owner of Taste Tutor LLC. Recipes for previous workshops are available on the nutrition page of our website.

Chronic Disease Self-Management Workshop

THURSDAYS, THRU -SEP 22
12:00-1:00 PM
BY PHONE

AARTH presents the six week self-management phone conferencing workshop; a Self-Management Resource Program with SMRC! We will work through the process, transition, and manageability of living with Chronic Disease. A phone is required to participate, and each participant will receive a $50.00 gift card.

World AIDS DAY - SAVE THE DATE!

Each year, on 1 December, the world commemorates World AIDS Day. People around the world unite to show support for people living with HIV and to remember those who have died from AIDS-related illnesses.

This year’s theme is End inequalities. End AIDS. End pandemics. AARTH is working on their plans to commemorate World AIDS Day. If you would like to help support this effort, please connect with Dr. Renee McCoy at reneem@aarth.org.

FREE EYE EXAMS & PRESCRIPTION EYEGLASSES
October 20-23 at Seattle Center
More Info: seattlecenter.org/patients
Email: SKCClinic@seattlecenter.org
Phone: 206.684.7200
K-12 students in Washington State must be up-to-date on the vaccinations required for school on or before the first day. That's whether they'll be attending classes in-person or remotely. Along with pencils and notebooks, vaccines such as Tdap, DTap, MMR, hepatitis B, varicella, and polio may be on your child's back-to-school list. There are also COVID-19, HPV, and meningococcal vaccines that your child may need to stay healthy and happy.

Washington HAF connects you with a housing counselor who provides free and confidential support and can assist you with many options to prevent foreclosure. Call the Hotline at 1-877-894-4663 for a no-cost assessment and referral to a housing counselor in your area.

Do not pay anyone who offers to help you for a fee. Washington HAF is the only program authorized to distribute HAF funds in Washington state.

Why is Providence ElderPlace a great option for older adults?

At Providence ElderPlace the focus is on you, the participant. Our team of medical and social care professionals, called Interdisciplinary Team (IDT) is dedicated to coordinating and providing your health and long-term care services. Your IDT is experienced in caring for older adults and provides individualized attention based on your needs and preferences. Frequent touch points and a team approach mean even small changes in health and well-being can be addressed preventively.

Vaccines are required on the first day of the 2022-23 school year

AARTH provides brief (15 – 20 minutes) personalized, one-on-one coaching sessions to help increase knowledge and offer encouragement and support. Contact Dr. Renee McCoy, reneem@aarth.org.
September is Prostate Cancer Awareness Month (PCAM), and for patients, survivors, caregivers and loved ones, this is YOUR month. Prostate cancer is the most common non-skin cancer diagnosed in men, and the second leading cause of cancer deaths in men, after lung cancer.

The prostate is a gland in the male reproductive system located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds part of the urethra (the tube that empties urine from the bladder). The prostate gland produces fluid that makes up part of semen. According to the National Cancer Institute (NCI), almost all prostate cancers are adenocarcinomas (cancers that begin in cells that make and release mucus and other fluids). Prostate cancer often has no early symptoms. Advanced prostate cancer can cause men to urinate more often or have a weaker flow of urine, but these symptoms can also be caused by benign prostate conditions.

Because of effective screening options for prostate cancer, the disease is often caught before it spreads, and as a whole, survival rates are good for this type of cancer. Working together, the inspiring prostate cancer community will spread one very important PCAM message: EARLY DETECTION SAVES LIVES!

Thank you to our Sponsors

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