



# COMMUNITY HAPPENINGS

MARCH 2022  
WWW.AARTH.ORG

## Chronic Disease Self-Management Workshop!

WED, MAR 2 -APR 6 | 12:30-3:00 PM

Join AARTH for our six week online, and interactive workshop. We will work through the process, transition, and manageability of living with Chronic Disease. An audio microphone, and video camera on your technical device is required to participate. This workshop is geared towards African Americans living with High blood pressure. Weekly attendance, and active participation are requested for the success of the workshop.

### Workshop Takeaways

- 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.
- Communication, and the use of You versus I messages.
- Effectively working with you healthcare provider, and medication usage tips.



## Wellness Circles with Dr. Harvey

THUR, MAR 10-APR 21 | 3:00-4:30 PM

Your Wellness Matters! Join AARTH and Dr. Harvey for a 6-part series on Wellness. Dr. Harvey has over thirty years of experience in mental health, serving government, education and private practice settings. This is a safe place for us to congregate,

No class on March 31



## UPCOMING COVID CLINICS

**West Seattle Clinic**  
sponsored by City of Seattle  
Fridays, Mar 4, 11, 18, 25  
4:00-7:00 pm  
Saturday, March 5, 12, 19, 26  
10:00 am-1:00 pm

**New Beginnings Church**  
KENT, WA  
Saturday, March 12  
10:00 am-1:00 pm

1st, 2nd & Booster vaccines  
Pfizer, Moderna, Johnson &  
Johnson. Vaccines are FREE but  
registration is required.

**REGISTER AT [WWW.AARTH.ORG](http://WWW.AARTH.ORG)  
FOR ALL VACCINE CLINICS**



# Healthy Cooking with Chef Adunni

LEAD AND TOXINS RISKS AND EXPOSURE CONVERSATION

SATURDAY, MAR 12 | 10:00 AM | ONLINE



Join AARTH, and Chef Adunni as we prepare a Nigerian inspired dish, AKARA Bean Fritters with Spicy Groundnut Dipping Sauce. In addition to the cooking demonstration with Chef Adunni, we will host King County's lead and toxins team. The team will discuss important items like cook wares which contain lead, and how to reduce the risks of exposure.

The first 2 people to register will receive Taste Tudor Special Seasoning Package. Free Fresh Health Food bag given to the first 20 participants compliments of the Emergency Feeding Program.



SUN, MAR 6 | 2:00 PM PST | ONLINE

NAMI Washington is to launch our FaithNet with this amazing Virtual Panel. NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness.

The Panel will be moderated by Rabbi Yohanna Kinberg (pictured above). Rabbi Yohanna Kinberg has served as Kol Ami's rabbi since 2014. Other panelist include:

- Chaplain (Major) Nana Bassaw (Ret.) served in the US Army Chaplain Corps for 20 years
- George Draffan is a Seattle-based Buddhist practitioner and the Executive Director of the Northwest Dharma Association.
- Imam Adam Jamal has a degree in Islamic Studies from IESH in France, and a Master's in Education from the University of Gloucestershire in the United Kingdom.
- Rabbi Lauren Kurland most recently served as director of student engagement at the Stroum Center for Jewish Studies at the UW.
- Deacon Ronnie San Nicolas is a social worker and ordained Roman Catholic permanent deacon serving in the Archdiocese of Seattle.
- Charis Weathers is the pastor at Burlington Lutheran Church in Burlington, WA

REGISTER AT <https://bit.ly/FaithnetMar6>



**Seniors Matter!**  
*Tune into Rainier Ave Radio for Brenda Charles-Edwards weekly show, Seniors Matter!*

*Tune in at:*  
<https://rainieravenuedio.world>  
<https://facebook.com/1405804529835443>  
*(Seniors Matter!)*

Fridays | 12:30-1:00 pm

## OTC & Masks Available

Call the Front Office to arrange a pick up of Over The Counter Covid Tests & K995 masks at 206.850.2070.





Every year on March 10 — and throughout the month of March, we come together to shed light on the impact of HIV and AIDS on women and girls and show support for those at risk of and living with HIV. This year marks the 16th annual observance of National Women and Girls HIV/AIDS Awareness Day (NWGHAAD).

We continue to make progress towards eliminating HIV and AIDS in the U.S., but women remain vulnerable to infection — especially black or African-American and Hispanic women. Black women accounted for the largest share of new HIV diagnoses among women in the U.S. in 2018. Poverty, stigma, medical mistrust, and fear of discrimination often prevent some women from getting tested or from seeking care.



Happy Birthday to AARTH! It is with great pride and honor that we celebrate 20 years of providing access to people of African descent in response to HIV/AIDS, Covid-19, and other major health issues.

Thank you to the co-founders, Rev. Mary Diggs Hobson & the late Reginald Diggs for your vision to collaborate with faith based organizations to support health equity for Black people. A toast to 20 more!



## Mental Health Certification with the National Council for Mental Wellbeing

FRIDAY, MARCH 18 | 8:00AM - 3:00 PM

This training teaches you how to identify, understand and respond to mental illness and substance use disorders. Learn how to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. The deadline to register is March 3, but anyone residing in king county may attend and request a course.

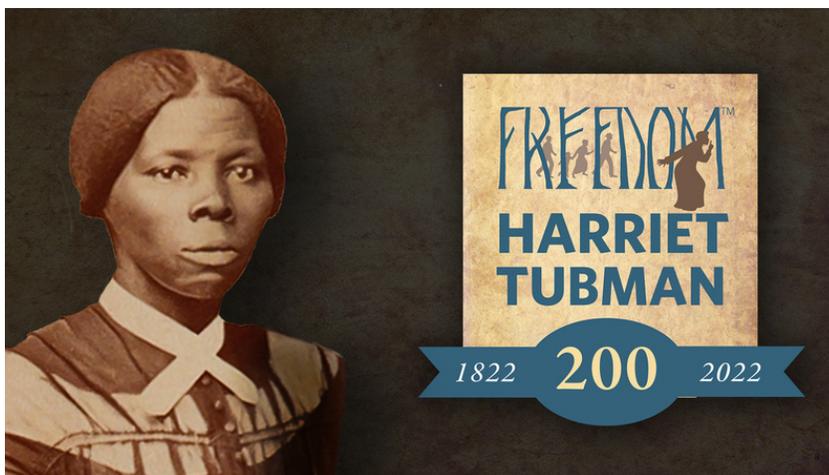


## Seeking Community Navigators

A Community Navigator (CN) is someone who is passionate about the health and well being of people and is invested in making sure others have access to needed services and social connections. A community navigator is a natural people person who loves people and promotes healthy relationships.

Contact [angeileay@aarth.org](mailto:angeileay@aarth.org) for more information.

March  
is  
Women's  
History  
Month!

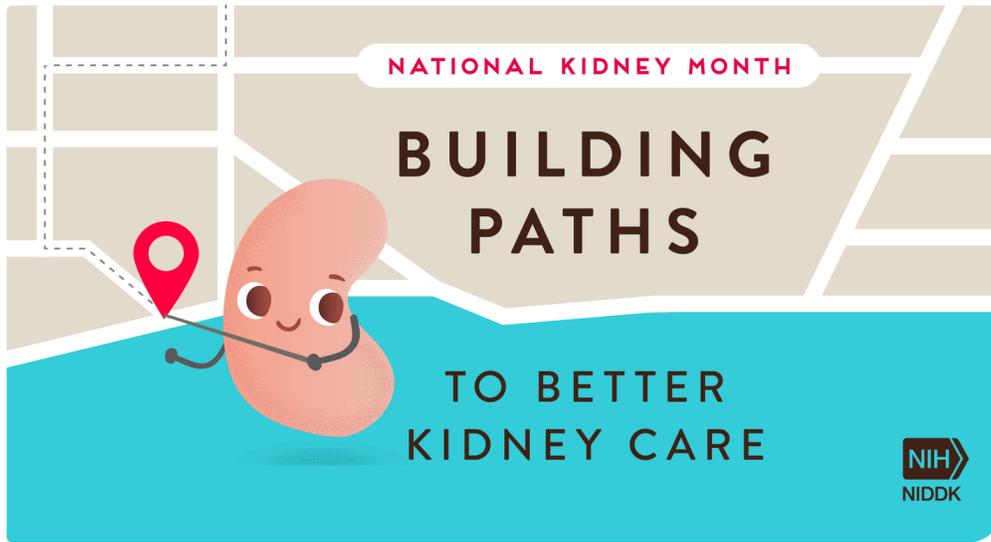


Join us on Social Media

Please like/subscribe to our pages on social media.



# National Kidney Month 2022



Three ways you can build your personalized path to better kidney care:

- Be an active participant in your care. Work with your health care team to create a treatment plan that fits your lifestyle, mobility, health status, and dietary needs.
- Follow your care plan. Take medicine as prescribed and stay up to date on vaccines. The COVID-19 and flu vaccines are especially important for people with kidney disease, who may be more likely to get very sick from COVID-19 or the flu.
- Build a kidney healthy lifestyle. Try to incorporate healthy habits into your daily schedule. This can include healthy foods and beverages you enjoy, physical activity like walking or taking the stairs to help you stay active and manage your weight, or a sleep routine that helps you get enough rest.

For more info visit <https://bit.ly/KidneyDiseaseAwareness2022>

## Covid Testing Site Finder

The City of Seattle strongly urges residents to only use testing locations verified by the City, County, or State and posted on their websites.

Search <https://bit.ly/CurativeAppointments> for sites near you.

## Thank you to our Sponsors

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



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