



AARTH COMMUNITY HAPPENINGS



Years of Service



APRIL 2025
WWW.AARTH.ORG

Chronic Disease Self Management Workshop - New Series Starting

FRIDAYS, APR 11-MAY 16 | 3:00-5:30 PM ONLINE

The 6-week interactive Chronic Disease Self-Management workshop will be held virtually starting on April 11th. You will learn how to alleviate your stressors and/or concerns around Chronic Disease. Please join AARTH as we work through the process, transition, and manageability of living with Chronic Disease.



Grocery Give-Away

THURSDAY, APR 17 | 11:00 AM-1:00 PM

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 Rocket Community Fitness, 5720 Rainier Ave S, Seattle, 98118.



Cooking Time

Soulful Cooking with Chef Adunni

SATURDAY, APRIL 12 | 11:00 AM | LIVE & ONLINE
Providence EldersPlace
1404 Central Ave S Suite, 110 | Kent, 98032

This month's recipe is Southern Fried Cabbage. Chef Adunni's approach to cooking emphasizes fresh, whole ingredients, vibrant flavors, and balanced nutrition. Join us for a wonderful culinary experience!



Members of the LGBTQ Community are encouraged to join us!

Register online at www.aarth.org/volunteers



Get that GIVING feeling!
Be part of GiveBIG on May 6-7

more details to come



REGISTER FOR ALL WORKSHOPS at www.aarth.org

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2025 Senior Farmer's Market Nutrition Program
Application period: April 7 – May 9



Providing King County seniors with fresh fruits and vegetables from local farmers markets

Applications will be entered into a random selection process. If your name is selected, you will receive your SFMNP card by mail in June.

Eligibility for an \$80 SFMNP card

To apply, all of the following must be true:

- Age 60+ (or age 55+)
- if you are American Indian or Alaska Native) by June 15th
- Low income (no more than \$2,413 monthly income for one person or \$3,261 for two people—for each additional person, add \$848)
- King County, WA resident

APPLY ONLINE: AgingKingCounty.org/SFMNP

Need help? Call Community Living Connections at 1-844-348-5464

or visit communitylivingconnections.org

Sawubona is a beautiful Zulu phrase that translates to "I see you," It speaks to acknowledging each other's humanity, regardless of our differences.



Sawubona means "I see you" in Zulu.

Saturday, May 17 | 12:00-4:00 pm

Bellevue College | Building U, Level 3 | 3000 Landerholm Circle SE, Bellevue

(VC)Bynum Arts & Education, in collaboration with Bellevue College Umoja Scholars and AARTH, invite you to the Sawubona Festival! This day of celebration will feature live performances of dance, music, and poetry, health awareness information, children's corner, vendors, food, and a Q&A panel of community members. It's FREE to attend, and all are welcome.

Interesting in Vending, Volunteering or More Info
visit www.weinspirehumanity.org

Thank you to our Community Partners

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



Health Corner

Black Maternal Health Week

April 11-17, 2025

Black women face significantly higher risks during pregnancy and childbirth. In fact, Black women are three to four times more likely to die from pregnancy-related causes.

This situation is tragic and completely unacceptable. But there are steps pregnant women and their families can take to increase the likelihood of a safe and healthy birth experience.

- Tell your healthcare provider if anything doesn't feel right.
- Know the urgent warning signs. These include: severe headache, swelling of hands or face, trouble breathing, changes in vision, and heavy vaginal bleeding or discharge.
- Share recent pregnancy history during each medical care visit for up to one year after delivery.

Health professionals and advocates, including the Black Mamas Matter Alliance, are working to improve Black women's experiences during pregnancy and childbirth.

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