

WE'VE MOVED

PHYSICAL ADDRESS
1111 Harvard Avenue
Seattle, WA 98122
(2nd Floor at First Baptist Church Building)

MAILING ADDRESS
PO Box 428
Renton, WA 98057

206.850.2070 | www.aarth.org



CPR & First Aid Training

SATURDAY, MAR 11 | 3:00 PM

New Beginnings | 19300 108th Ave SE | Kent

This free training will provide real solutions for emergency situations, including:

- Basic Life Supports
 - Get Started with CPR
 - Get Started with First Aid
 - Real-life Demonstration Narcan Administration
- Open to the public 18 years & older, Limited to 20 spots

Collaboration Partners

AARTH, New Beginnings Christian Fellowship & Renton Fire Department
Opioid Based Office Treatment (OBOT) Clinic



Take the AARTH Community Survey

OPEN UNTIL MARCH 31

The information you provide will help inform AARTH about the types of health-related education, trainings and services you would like for us to provide as we plan future programs. Questions? Contact Angeilea Yancey-Watson at 206.850.2070.

<https://tinyurl.com/AARTH2023Survey>



Thank you to our Sponsors

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



Veterans, Seniors & Human Services Levy



AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@arth.org

DesSetta Smith
Office Administrator
Training Coordinator
desettas@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

Asantewa Antobam
Data Entry Support

Twanda Hill
Consultant
twandah@arth.org

NEW Physical Location
1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057



AARTH

COMMUNITY HAPPENINGS

MARCH 2023
WWW.AARTH.ORG



Wellness Group with Rickey Leachman

SATURDAY, MAR 4 | 10:00 AM | ONLINE

Rickey Leachman will provide nine support group sessions for unpaid caregivers. Topics will touch on providing basic psychic education to improve quality of life.

Spring Decluttering with Shantae Duckworth

WEDNESDAY, MAR 22 | 4:00 PM | ONLINE

Spring cleaning is here. Join AARTH and Shantae Duckworth, owner of Shantae-ize Your Space for an informative workshop on decluttering, and organizing your home. Shantae is also a member of the National Association of Black Professional Organizers. All participant's will be entered into a raffle to receive a gift card.



Healing with Dr. Shaka Hatcher

SATURDAY, MAR 25 | 10:00 AM

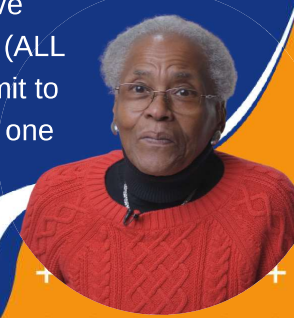
New Beginnings Christian Fellowship Church

19300 108th Ave SE | Kent, WA 98031

Join us at New Beginnings Christian Fellowship for a conversation on chiropractic care. Dr. Shaka Hatcher will share tips & tricks proven to support maintaining physical & mental strength. Participants will learn powerful breathing and stretching techniques.



Our goal is to have 1,000 individuals (ALL FAITHS) to commit to regularly pray for one person living with HIV during 2023.



Rev. Dr. Renee McCoy

More Information:

www.aarth.org/one-prayer

Endorsed By:

New Beginnings Christian Fellowship

Plymouth Congregational Church
Unity Senior Fellowship Outreach





Observing National Women and Girls HIV/AIDS Awareness Day 2023

For the past 17 years, March 10 has signaled the observance of National Women and Girls HIV/AIDS Awareness Day (NWGHAAD). Throughout the month of March, people across the country are urged to acknowledge the continued impact of HIV on women and girls. We are also encouraged to renew our support for those living with this disease or at risk for getting this lethal virus.

There are 1.1 million people living with HIV in the US; 258,000 (23%) of them are women and girls. The theme for this year is “Prevention and testing at every age; care and treatment at every stage”. This means that we must work to stop new infections and improve the health of those living with HIV. Although there have been many advances in testing, treatment, and prevention, Blacks continue to be disproportionately affected by HIV; Black and Hispanic women account for the largest share of new diagnoses among women due to social determinants of health. Multiple factors prevent some women from getting tested or seeking care including poverty, fear of discrimination, stigma, intimate partner violence, and lack of accurate knowledge about HIV. As we move deeper into another year, combating HIV must become a priority for all of us. The Office of Women’s Health suggests a number of ways we can work to end this disease:

- If you are having sex, you can risk getting HIV regardless of your race, ethnicity, age, or sexual orientation or sexual identity. Protect yourself and your partner by using condom every time you have sex.
- Sexually transmitted infections (STIs) make it more likely that you will get HIV if you are exposed to it. If you have or think you might have an STI, get tested and get treated.
- Get tested for HIV. Talk to your partner about past sexual behaviors and get tested together.
- Talk to your doctor about taking pre-exposure prophylaxis (PrEP), especially if you are unsure of the HIV status of your partner(s) or use drugs. PrEP is a pill you can take daily to lower your risk of getting HIV through sex by over 90%.
- If you know you have HIV but have been avoiding going to the doctor, stop what you’re doing, make an appointment, and start getting medical care. Medical treatments are available today that will help you feel better and live longer. Then take your medications daily as prescribed.

Social Security Celebrates Women's History Month



The Smith Sisters l to r: Abimbolah, Edenau, Eleanor (deceased), Mafori, Asantewa.

It is an opportunity to recognize and celebrate the achievements of women. Social Security provides vital benefits and financial protection for women.

Nearly 55% of the people receiving Social Security benefits are women. Today, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation’s history.

Women also have longer average life expectancies than men and tend to live more years in retirement. This means women have a greater chance of exhausting other sources of income. It’s important for women to plan early and wisely for retirement.

The online booklet, Social Security: What Every Woman Should Know found at www.ssa.gov/pubs/EN-05-10127.pdf, provides detailed information about how life events can affect a woman’s Social Security retirement benefits. These events may include marriage, death of a spouse, divorce, self-employment, and other life or career changes.



Introducing AARTH & Providence Elders Place

MONDAY, MAR 6 | 6:00 PM &
FRIDAY, MAR 17 | 2:00 PM

New Beginnings | 19300 108th Ave SE | Kent

Join AARTH for a one-hour community presentation about programs and services we offer including some organizational updates. Brian Osburn of Providence Elderplace will discuss PACE, Program of All-Inclusive Care for the Elderly model that helps keep older adults as healthy as possible. PACE participants receive comprehensive health care and social services to help them remain independent and living in their community. This event will be hosted at New Beginnings Christian Fellowship Church in Kent.

Swedish Neuroscience Center: Brain Health and Testing

FRIDAY, MAR 17 | 12:00 PM | ONLINE

Dr. Nancy Isenberg & Dr. Emma Dotson from Swedish Neuroscience Institute are accepting new patients. They both specialize in brain health and will share up to date information on the services they can provide. They will also share recent findings regarding brain health relevant to King County residents.

Chronic Disease Self-Management Program

TUESDAYS, MAR 7, 14, 21, 28 | 5:00 PM | ONLINE



Callie Vassell



Jerome Polite

This is an evidence-based program designed to teach participants to become positive self-managers of their chronic health condition. There are six (6) 1-hour virtual workshops, which cover subjects such as medication management, communication skills, problem solving, goal setting, handling difficult emotions, healthy eating, and physical activity. This workshop is open to the public, but aimed at caregivers or people living with/at risk for chronic conditions.



New Year Self Care Recap

Last month AARTH partnered with Providence Elderplace for a self-care themed health fair. We distributed bags filled with ways to monitor your health as well as AARTH information. We focused on how to identify and develop a beneficial relationship with healthcare providers. We also did blood pressure testing. It was a great way to start the new year.

