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 Angeleia 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.

FOR MORE INFORMATION VISIT www.aarth.org
Social Security Celebrates Women’s History Month

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 expectancy 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 Eldercare 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 Isegren & 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

This is an evidence-based program designed to teach participants to become positive self-managers of their chronic health condition. There are six 2-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 Eldercare 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.

FOR MORE INFORMATION VISIT www.aarth.org

REGISTER FOR ALL WORKSHOPS at www.aarth.org