



AARTH COMMUNITY HAPPENINGS



NOVEMBER 2023
WWW.AARTH.ORG



Years of Service

Parkinson's in the Black Community

TUESDAY, NOV 7 | 12:00 PM AT AARTH
1100 Harvard Avenue, Seattle 98122

Join us in person in the AARTH Conference Room as we talk about the most up to date information around brain health. Dr. Cyrus Zabestian will discuss:

- Relevancy of Parkinson's in the Black community
- Up to date research and treatment developments
- Modifiable risk factors
- Ways to improve relationship with health care providers

Chronic Disease Self-Management Reminder

SESS 1: WEDNESDAYS, THROUGH NOV 22 | 6:00 PM
SESS 2: TUESDAYS, THROUGH DEC 5 | 12:00 PM

Workshops are continuing for both sessions, even though registration has closed.

Open Enrollment: Navigating Health Insurance

TUESDAY, NOV 14 | 4:30 PM

Join JR Gillespie with Allstar Financial to review:

- Understanding your health insurance plan
- Difference between Medicaid & Medicare
- Where to get help with health plan enrollment



Healthy Cooking with Chef Adunni

SATURDAY, NOV 11 | 11:00 AM

Join Chef Adunni as she prepares BAKED MAC & CHEESE with STEAK and MUSHROOM CREAM SAUCE. Chef Adunni graduated from Johnson and Wales University with a degree in Science and Culinary Nutrition. She is also the owner of Taste Tutor LLC. Classes are held on ZOOM.

FREE Screening Mammograms

FRIDAY, NOV 3 | 7:15-8:15 AM & 1:15-4:15 PM

Franciscan Breast Center at St. Francis
34503 9th Ave, Ste 320 | Federal Way



Women 40-74 years of age, low income, underinsured or uninsured are invited to take advantage of this opportunity. To register call or text Adrienne, 253.227.3454 and mention free screening event.

COVID-19 Vaccine Clinic

SATURDAY, NOV 18
9:00 AM - 1:00 PM

New Beginnings Christian Fellowship
19300 108th Ave SE, Kent, WA US 98031



Due to the Public Health Emergency (PHE) having officially ended, vaccines will be available with insurance. However, there will be a limited quantity of free vaccines for those without insurance. Please bring your insurance card with you on Saturday, if you have one.

988
SUICIDE
& CRISIS
LIFELINE

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mental health support 24/7/365.
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REGISTER FOR ALL WORKSHOPS at www.aarth.org



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WORLD AIDS DAY 2023

FRIDAY, DECEMBER 1

REMEMBER AND COMMIT!

Please join us in Seattle for two community collaborations to remember and respond to the devastation HIV has caused for over 40 years.

Part I: Remember and Learn

11:00am to 1:00pm

Northwest African American Museum
2300 S. Massachusetts St. | Seattle, 98144

Join us for a time of remembrance of loved ones and celebration of those living with HIV.

Representatives of local HIV and health organizations will also be available to provide educational information and suggestions for how we can move forward as a community to eliminate HIV.

ORGANIZERS & SUPPORTERS:



Part II: Community Memorial Service

Annual Interfaith World AIDS Day Memorial Service

6:00pm Light Refreshments | 6:30 pm Service

Liberation UCC (Madrona Grace Presbyterian Church)
832 32nd Ave. | Seattle, 98122

Our featured speaker will be
Rev. Dr. Kelle Brown, Senior Pastor
at Plymouth Church.

These events remind all of us that we have the power to end HIV. Join us to remember and commit to:

- End HIV related stigma
- Honor those lost to HIV
- Celebrate those living with HIV
- Recommit to work for and end to this disease!



AARTH TEAM

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"Gratitude can transform common days into Thanksgiving, turn routine jobs into joy, and change ordinary opportunities into blessings!" --William Arthur Ward

Veteran's Day - Nov 11



AARTH is **HIRING**

JOIN OUR TEAM

OPEN POSITIONS

- Office Administrator
- Training Coordinator

Learn More

www.aarth.org

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

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