



AARTH

COMMUNITY HAPPENINGS

JULY 2023

WWW.AARTH.ORG

Grocery Give-Away

THURSDAY, JULY 13 | 11:00 AM

THURSDAY, AUG 10 | 11:00 AM

In partnership with the Emergency Feeding Program AARTH will be providing free food boxes, which contain a mix of perishable, and non-perishable food items. No ID, or proof of residence is required. Food boxes will be limited to prevent food waste. Online registration is required.

Pick up will be at the POCAAN Office on Rainier.



Zero HIV Stigma Day

FRIDAY, JULY 21

Zero Stigma Day represents a movement to unite people, communities, and countries to help raise awareness about HIV stigma and learn about ways to help stop it. This observance is also in honor of Prudence Mabele, the first Black South African woman to publicly share her HIV status.



#ZEROHIVSTIGMADAY



SAVE THE DATE

Providence ElderPlace and AARTH
2nd ANNUAL Senior Health Fair
Friday, August 11 | 11 AM - 3 PM

Know me. Care for me. Ease my Way

Connect with local health services and community resources.

Enjoy entertainment and refreshments while engaging with services available in our community!

Thank You

The 2023 Intersection of Effective Chronic Disease Management was a huge success. All presentations are available for download at www.aarth.org/2023-health-conference.



REGISTER FOR ALL WORKSHOPS at www.aarth.org



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5 Ways to be Ready for Smoky, Hot Days

1. Talk to your healthcare provider about heat, smoke, and your health conditions.
2. Check air quality daily during wildfire season, from May to October. Visit pscleanair.org.
3. Manage symptoms from smoke exposure: coughing, headache, sore throat, burning eyes, and wheezing.
4. Stay indoors on smoky days. Consider using N95 masks if you must spend time outside in wildfire smoke.
5. Improve indoor air quality on smoky days. Consider getting air purifiers with HEPA filters or visit the Puget Sound Clean Air Agency's [DIY Air Filter website](#) for instructions.



**healthy
vision
month**

This #HealthyVisionMonth, let's help the older adults in your family prevent eye problems. Getting a dilated eye exam is the best way to catch eye diseases early, when they're easier to treat. Need an eye doctor? Learn more how to find one from @NationalEyeInstitute: <https://nei.nih.gov/FindADoctor> #EyeHealthEducation #EyeHealth

AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@aarth.org

Rena Cann
Outreach Coordinator
renac@aarth.org

Dr. Renee McCoy
HIV/AIDS Project Manager
reneem@aarth.org

Angeilea' Yancey-Watson
Lead Program Coordinator
angeileay@aarth.org

Kimberly Breland
Accountant

Twanda Hill
Consultant
twandah@aarth.org

1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057

central
AREA SENIOR CENTER
**BLOCK
PARTY**



HEALTHY HABITS, FUN TIMES

FREE TO ATTEND!

FOOD VENDORS

HEALTHY FOOD SAMPLES

GAMES

MUSIC

BINGO

SLIDERS

YOUTH ACTIVITIES

BACKPACK GIVE-AWAYS



**SATURDAY,
JULY 8TH**

12:00-4:00 PM

500 30TH AVE S.
SEATTLE, WA 98144

www.casrcenter.org

Questions? Contact:
Ovetah@casrcenter.org
206.726.4926

Seattle
Neighborhoods



GRACE UNITED METHODIST CHURCH

2023 ANNUAL COMMUNITY FISH FRY

HOST:
Dawn Mason

CO-HOSTS
Chipalo Street, Girmay Zahilay

WED, JULY 12 | 5:30-8:00 PM



Invited Guests of Honor
Mayor Bruce Harrell
KC Executive Dow Constantine
Vocalist, Josephine Howell

MENU
Fried Fish | Baked Beans
Collard Greens | Corn Bread
Peach Cobbler

THANKS TO OUR SPONSORS:



Pre-Register
bit.ly/2023ACFishFry
Dinner & Raffle -
By Donation - pay what you can
Location provided after registration.
• Limited on street parking in neighborhood
• #7 Bus Stop - Rainier & Graham
• Children Welcome

Register at
bit.ly/2023ACFishFry

DR. MIMMS PRESENTS INC.



Sat, Aug 12 | 2 pm
Langston Hughes
www.drmimmspresents.com

Thank you to our Sponsors

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

