



# AARTH

## COMMUNITY HAPPENINGS

MAY 2023

WWW.AARTH.ORG

### Chronic Disease Self-Mangement

TUESDAYS, MAY 2-MAY 30  
12:00 PM | ONLINE



Rena Cann



DesSetta Smith

This is an evidence based program. Data on the program from the Self-Management Resource Center found people who completed this program, compared to people who did not, improved their health status, and decreased their days in the hospital. Learn ways to improve your health, or fine tune your self-management skills!

### Free Food Box Distribution

THURSDAY, MAY 11 | 1:00 PM



Register to receive a free, and healthy food box, which will contain a mixture of perishable, and non-perishable items. Online registration is required. Anyone is welcome to register for a free food box.

Pick up will be at the POCAAN Office on Rainier.

### Journey to Aging in Place Health Fair

FRIDAY, JUNE 9 | 11:00 AM - 2:00 PM | IN PERSON  
1404 Central Ave S, Suite 110 | Kent, WA

AARTH, Providence Elderplace, and other community organizations are hosting a health fair! This years theme is: Journey to Aging in Place. There will be food, music, and more. Join us to learn about the different local resources that support healthy aging. This event is free to attend and open to everyone.



### Wellness Group with Rickey Leachman

SATURDAY, MAY 6  
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.

### Healthy Cooking with Chef Adunni

SATURDAY, JUNE 3  
11:00 AM | ONLINE



Join AARTH, and Chef Adunni as she prepares a Roasted Potato Salad using whole foods. Chef Adunni graduated from Johnson and Wales University with a degree in Science and Culinary Nutrition. She is also a Food Scientist, and business owner of Taste Tutor LLC.



REGISTER FOR ALL WORKSHOPS at [www.aarth.org](http://www.aarth.org)

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## Get that GIVING feeling

When you give, good things happen in your community.

GIVE   
**BIG**  
POWERED BY  
GIVING  
MAY 2-3



**DONATE TODAY**

#GIVEWHEREYOU LIVE  
#ThatGivingFeeling



2023 CONFERENCE

# THE INTERSECTION OF EFFECTIVE CHRONIC DISEASE MANAGEMENT

THURSDAY, JUNE 22 | 8:00 AM - 5:00 PM | PLYMOUTH CHURCH

1217 6th Avenue \* Seattle, WA 98101 \* Special Parking at IBM Garage

Register at [www.aarth.org](http://www.aarth.org)

**SAVE THE DATE**

Dr. Michelle Peake-Andrasik  
Principal Staff Scientist  
Fred Hutch



Sharon Turner, Keynote Speaker  
Acting Director, Region 10, HHS  
Regional Director, HRSA, Seattle



Health practitioners and medical students are invited to join us for a full day conference complete with 8 workshops and 3 plenary sessions focused on Chronic Disease Management and resources available to support effective treatments. Meals are included as well as an opportunity to network with other BIPOC healthcare professionals.

## Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949. Every year during the month of May, NAMI joins the national movement to raise awareness about mental health. Together, we fight stigma, provide support, educate the public and advocate for policies that support the millions of people in the U.S. affected by mental illness.

This year, NAMI is celebrating Mental Health Awareness Month with the More Than Enough campaign! It's an opportunity for all of us to come together and remember the inherent value we each hold — no matter our diagnosis, appearance, socioeconomic status, background or ability. We want every person out there to know that if all you did was wake up today, that's more than enough. No matter what, you are inherently worthy of more than enough life, love and healing. Showing up, just as you are, for yourself and the people around you is more than enough.



FOR MORE INFORMATION VISIT [www.aarth.org](http://www.aarth.org)



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## Mayor's Council on African American Elders w/Mayor Bruce Harrell

FRIDAY, MAY 19 | 2:00-3:30 PM | IN PERSON  
Central Area Senior Center  
500 30th Ave S, Seattle, WA 98144



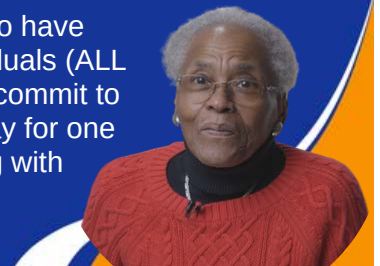
The Mayor's Council on African American Elders (MCAAE) was established in 1995 by former Seattle Mayor Norman B. Rice to oversee the development of a comprehensive continuum of services to serve the needs of African American elders. The MCAAE serves as an intermediary between City government and the community.

You are invited to attend the next meeting with special guest Mayor Bruce Harrell. Please register by calling The Central at (206) 726-4926, or contact Karen.Winston@seattle.gov.

Join the Campaign



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

[www.aarth.org/one-prayer](http://www.aarth.org/one-prayer)



[elderplace.give.providence.org/2023TY5K](http://elderplace.give.providence.org/2023TY5K)  
Call: 206-507-8036

## 2023 Senior Farmers Market Nutrition Program



Providing King County Seniors with fresh fruits and vegetables. Apply by **May 19** at [AgingKingCounty.org/SFMNP](http://AgingKingCounty.org/SFMNP) or contact Community Living Connections at 206-962-8467

## Stay Safe From Online Fraud Beware of what you share!

- Don't click on links in unsolicited emails or texts.
- Don't share personal information unless you verify the request is legitimate.
- Be wary of emails that include a promise you won something or a warning an account is locked.
- Because it's on the internet, doesn't make it true!

TechConnect WA hotline (800-216-1132), which residents can call with concerns or questions—from "I think I've been victimized" to "What's this button on my cellphone?"



BCPH PUBLIC HEALTH SUMMER INSTITUTE  
PRE-COLLEGE PROGRAM FOR HIGH SCHOOL STUDENTS

[CLICK TO LEARN MORE](#)

BCPH Summer Institute and Medical Academy 2023 Applications Due:  
**May 15, 2023** | For more info: <https://bcph.org/>

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REGISTER FOR ALL WORKSHOPS at [www.aarth.org](http://www.aarth.org)

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## Latest News



Health officials support second updated booster. U.S. health officials have given the green light for people age 65 and older and those with compromised immune systems to receive a second bivalent vaccine. Older adults are now eligible to get a second booster at least four months after receiving their first omicron-specific shot. People with weakened immune systems are eligible for a second booster two months after their initial one. And after that, those with severely compromised immune systems are eligible for additional boosters at their health care provider's discretion. The additional boosters continue to be free of charge. Health officials have also decided to retire the original Pfizer-BioNTech and Moderna monovalent mRNA vaccines in favor of the updated formula used to target omicron subvariants as well as the original coronavirus.

Americans can still order free at-home COVID tests from the government. The federal government has restarted its free at-home testing program. Every U.S. household can order four free at-home COVID-19 tests at [covidtests.gov](https://covidtests.gov); shipping is also free.

## Free Veggie and Fruit Box! FarmboxRx

DELIVERING FOOD AS  
MEDICINE NATIONWIDE



A free weekly box of fruit and veggies for healthy eating as a prescription to maintaining a healthy lifestyle. Meal Kits are also available. Most seniors will qualify through their insurance. The website lets you check eligibility.

FarmboxRx is available through your Medicaid or Medicare program as an Advantage Benefit, part of your Over the Counter (OTC) Card benefit, or as a part of your Healthy Food Card benefit.

[www.farmboxrx.com](https://www.farmboxrx.com)  
to see if you qualify

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Thanks to our Community Navigator  
Chalice Stallworth for sharing this tip.

## AARTH TEAM

Kathleen Wilcox  
Executive Director  
[kathleenw@aarth.org](mailto:kathleenw@aarth.org)

DesSetta Smith  
Office Administrator  
Training Coordinator  
[dessettas@aarth.org](mailto:dessettas@aarth.org)

Rena Cann  
Outreach Coordinator  
[renac@aarth.org](mailto:renac@aarth.org)

Dr. Renee McCoy  
HIV/AIDS Project Manager  
[reneem@aarth.org](mailto:reneem@aarth.org)

Angeilea' Yancey-Watson  
Lead Program Coordinator  
[angeileay@aarth.org](mailto:angeileay@aarth.org)

Kimberly Breland  
Accountant

Twanda Hill  
Consultant  
[twandah@aarth.org](mailto:twandah@aarth.org)

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1111 Harvard Ave  
Seattle, WA 98122  
206.850.2070

Mailing Address  
PO BOX 428  
Renton, WA 98057

## Thank you to our Sponsors

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