

AARTH COMMUNITY HAPPENINGS









OCTOBER 2023 WWW.AARTH.ORG



Grocery Give-Away

THURSDAY, OCT 12 | 11:00 AM

In partnership with the Emergency Feeding Program AARTH will be providing free food boxes, which contains a mix of perishable, and non-perishable food items. No ID, or proof of residence is required. Food boxes are limited to prevent food waste. Online registration is required. Pick up will be at the POCAAN Office on Rainier.

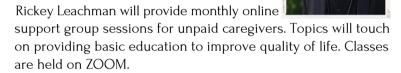
Chronic Disease Self-Management

SESS 1: WEDNESDAYS, OCT 18-NOV 22 | 6:00 PM SESS 2: TUESDAYS, OCT 31-DEC 5 | 12:00 PM

We are continuing with the theme of communal growth. We partner with the Self-Management Resource Center (SMRC) to present the Chronic Disease Self-Management program. In this weekly two hour virtual session, you will learn way's to improve your health, and fine tune your self-management skills! Access to zoom is required to participate. Weekly attendance, and active participation are requested for the success of the program. The workshop is free. Spots are limited, register now!

Wellness Group with Rickey Leachman

SATURDAY, OCT 14 | 10:00 AM





SATURDAY, OCT 14 | 11:00 AM

Join Chef Adunni as she prepares SALTFISH,

ACKEE and CALLALOO, an easy, healthy meal for two in under 60 minutes. 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.



- Office Administrator
- **Training Coordinator**

Learn More

www.aarth.org





CDC Endorces 2023-2024 COVID-19 Vaccines For Use

The benefits of COVID-19 vaccination continue to outweigh any potential risks. Serious reactions after COVID-19 vaccination are rare.

The new COVID-19 vaccine recommendations are as follows:

- Children 6 months 4 years old who are unvaccinated should complete a multidose initial series (2 doses of Moderna or 3 doses of Pfizer-BioNTech 2023-2024 COVID-19 vaccine)
- Children 6 months 4 years old who were previously vaccinated are eligible to receive 1 or 2 doses of a 2023-2024 COVID-19 vaccine (timing and number of doses to administer depends on the previous COVID-19 vaccine[s] received).
- Anyone aged 5 years and older regardless of previous vaccination is eligible to receive 1 dose of a 2023-2024 COVID-19 vaccine at least 2 months since the last dose of any COVID-19 vaccine.
- People who are moderately or severely immunocompromised should complete a 3-dose initial series with at least one dose of the 2023-2024 COVID-19 vaccine and may receive 1 or more additional 2023-2024 COVID-19 vaccine doses.

Covid-19 Home Tests AVAILABLE FOR FREE The government iust launched 4 free Covid tests per household. https://www.covid.gov/tests Please share this link with others.

Health & Wellness Fair SATURDAY, OCT 7 | 9AM-4 PM

Family Matters-Speak and Self-Care

9 am Walk & Talk with Mt. Zion Baptist Church Cancer Support Group for Breast Cancer Awareness at Mt. Zion Baptist Church 1634 19th Ave S. | Seattle, 98122

Following the walk, join us at the First Annual "Community of Color Collaborators" Health and Wellness Fair at Lakewood Seward Park Community Club 4916 S. Angeline St. | Seattle 98118

- Local African American physicians and health professionals
- Forums for multicultural and intergeneration audiences

Join us for an educational and inspiring afternoon with national award-winning speaker Loretta Veney!



WEDNESDAY, OCTOBER 11

1-2 p.m. Caregiver Workshop

Understanding Alzheimer's and What to Expect Learn the symptoms of each stage of the disease and come away with strategies for handling common caregiving challenges.

3-4 p.m. LEGO "Building Memories" Workshop

In this unique demonstration, discover ways to use LEGO bricks to build connections with people living with memory loss. Open to people with memory loss, caregivers, and the wider community.

Location: Central Area Senior Center 500 30th Ave S. Seattle



Offered in partnership by the UW Memory and Brain Wellness Center, Aging and Disability Services, and the Alzheimer's Association. Light refreshments included.

Register at the Central Area Senior Center Front Desk or call 206.726.4926.

AARTH TEAM

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SAVE THE DATE

Friday, Dec 1 more details to come....

Thank you to our Sponsors

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

































