



AARTH COMMUNITY HAPPENINGS



Years of Service



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.



Wellness Group with Rickey Leachman

SATURDAY, OCT 14 | 10:00 AM

Rickey Leachman will provide monthly online support group sessions for unpaid caregivers. Topics will touch on providing basic education to improve quality of life. Classes are held on ZOOM.



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 ways 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!

Healthy Cooking with Chef Adunni

SATURDAY, OCT 14 | 11:00 AM

Join Chef Adunni as she prepares SALT FISH, 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.



AARTH is HIRING
JOIN OUR TEAM

OPEN POSITIONS

- Office Administrator
- Training Coordinator

www.aarth.org

Learn More

+ YES,

you can get a flu vaccine & a COVID-19 vaccine at the same time.

+

vaccinateyourfamily.org/current-flu-season

GOOD HEALTH WINS

NATIONAL COUNCIL OF NEGRO WOMEN, INC. • VACCINATE YOUR FAMILY

REGISTER FOR ALL WORKSHOPS at www.aarth.org



CDC Endorses 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 just 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

WORLD AIDS DAY

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.

