



AARTH

COMMUNITY HAPPENINGS

FEBRUARY 2023
WWW.AARTH.ORG

Soulful Cooking with Chef Adunni

SATURDAY, FEB 4 | 10:00 AM | ONLINE

Join AARTH, and Chef Adunni as she prepares dirty rice and hot honey brown butter brussels sprouts. 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.



TUES, FEB 7 | ONLINE



In conjunction with National Black HIV Awareness Day and local churches, AARTH is managing the launch of Ending HIV One Prayer at a Time Campaign. This endeavor is designed to engage people of ALL FAITHS in prayerful responses to HIV. The goal is to sign up at least 1,000 individuals to commit regularly and pray for one person living with HIV during the next year. Everyone is invited to intentionally activate the power of prayer to help END HIV. Prayer is simply a way to connect and communicate with a higher power, one that is outside of ourselves, so we change conditions in and around us for the better.

Register online to become a PRAYER PARTNER

Dr. Renee McCoy is available to come to your organization and speak about the program. Contact her at reneem@aarth.org.

REGISTER FOR ALL WORKSHOPS at www.aarth.org



Free Food Box Distribution

THURSDAY, FEB 9
11:00 AM-1:00 PM

Register to receive a free, and healthy food box, which will contain a mixture of perishable, and non-perishable items. The food boxes will be located at the AARTH office for pick up. Online registration is required. Anyone is welcome to register for a free food box.



**EMERGENCY
FEEDING
PROGRAM**

Pick up at POCAAN Office this month.
901 Rainier Ave N. Suite B-103, Renton

AARTH Team celebrated HIV/AIDS Awareness Sunday at
New Beginnings Christian Fellowship



Pictured: DesSetta Smith, Renee McCoy, Twanda Hill, Rena Cann, Angeilea Yancey-Watson, Joycelyn Thomas, Kathleen Wilcox.

Brain Health in Black Communities

SATURDAY, FEB 11
12:00-1:30 PM | ONLINE

Join us virtually to learn more about Alzheimer's disease, ask questions and share personal experiences. Get information about available resources, how to access help, and ways you can support people in our community impacted by memory loss and dementia.



Beverly Kimmons
WA St Alzheimer's Assoc



Karen Winston, MSW

Spring Decluttering with Shantae Duckworth

WEDNESDAY, MAR 22 | 4:00 PM | ONLINE



Spring cleaning is here. Join AARTH and Shantae Duckworth, owner of Shantae-ize Your Space for an informative workshop on decluttering, and organizing your home. Shantae is also a member of the National Association of Black Professional Organizers. All participants will be entered into a raffle to receive a gift card.

Healing with Dr. Shaka Hatcher

SATURDAY, MAR 25 | 10:00 AM | IN PERSON
New Beginnings | 19300 108th Ave SE, Kent,

Join us at New Beginnings Christian Fellowship for a conversation on chiropractic care. Dr. Shaka Hatcher will share tips & tricks proven to support maintaining physical & mental strength. Participants will learn powerful breathing and stretching techniques.



AARTH MOVED TO A NEW LOCATION

Effective February 1



PHYSICAL ADDRESS

1111 Harvard Ave
Seattle, WA 98122

MAILING ADDRESS

PO Box 428
Renton, WA 98057

SAME PHONE NUMBER

206.850.2070

SEATTLE/KING COUNTY CLINIC

VOLUNTEERS NEEDED

APRIL 27 – 30, 2023
at Seattle Center

Help Provide Free Dental, Vision & Medical Care for People in Need

DENTAL PROFESSIONALS:

- Dentists & Oral Surgeons
- Dental Assistants & EFDAs
- Hygienists
- Lab Techs

VISION PROFESSIONALS:

- Optometrists
- Ophthalmologists
- Opticians
- Ophthalmic & Optometric Technicians/Assistants

GENERAL SUPPORT:

- Patient Registration & Escorts
- Interpreters (especially Spanish, Mandarin, Cantonese, Vietnamese, Amharic, and ASL)
- Patient Line Support
- IT Support
- Administrative Support
- And More...

MEDICAL PROFESSIONALS TO PROVIDE:

- Nursing Support Throughout the Clinic
- Patient Intake & Medical Triage
- Physical Exams including Women's + TNB Health
- Radiology, X-rays, Ultrasounds & EKGs
- Foot Care & Podiatry
- Wound Care
- Dermatology
- Immunizations
- Naturopathy
- Acupuncture
- Chiropractic Care
- Physical & Occupational Therapy
- Mental/Behavioral Health – Assessment & Referrals
- Pharmacy – Administration & Counseling
- Nutrition Counseling
- Lab Services

HEALTHCARE RESOURCE PROFESSIONALS:

- Social Workers
- Health Insurance Navigators



Volunteers Also Needed For:
Set-Up (Apr 25–26) & Take-Down (May 1)
Eyeglasses Dispensing (June 2–5)

REGISTER ONLINE
seattlecenter.org/volunteers



Celebrate
BLACK HISTORY
February 2023

FOR MORE INFORMATION VISIT www.aarth.org



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Random Acts of Kindness Day

FRIDAY, FEB 17

Participate in the first annual #KindnessExperience on Random Acts of Kindness

make kindness the norm.

Day. You might just change someone's life—maybe even your own! Can you imagine a world where kindness is the norm? That's the world we want. That's why we do what we do. And it



requires some intentional actions. We love connecting people with ideas and resources. We encourage and celebrate acts of kindness. It's definitely not normal. But it might be soon.

www.randomactsofkindness.org

NEW INFO FROM WA ST DEPT OF HEALTH

School and Child Care Immunizations Information for Families

We acknowledge the medical system has had a history of racist and discriminatory practices and beliefs. This history may make it more difficult for families to trust vaccines or medical professionals.

We want to assure you that Washington state school and child care requirements are handled very differently. The Washington State Board of Health is a diverse group that oversees school and child care vaccine requirements. They operate under the goal of improving the health and safety of all people in Washington. Many medical professionals are trained to educate families about vaccination. We encourage you to find a trusted medical professional you can talk to if you have questions about vaccination.

<https://doh.wa.gov/community-and-environment/schools/immunization/families>



MONDAY, FEB 20

Every year on February 20, the World Day of Social Justice promotes the importance of fair and just relations between the individual and society. The day also tackles issues such as poverty, exclusion, gender equality, human rights, and social protections.

To participate:

- Learn why social justice is important.
- Commit to always treating others fairly and justly.
- Watch a movie with a social justice theme, such as The Hate U Give, Fruitvale Station, and Selma.

Spread awareness for this important day on social media with #SocialJusticeDay

SCHOOL OF DENTISTRY
UNIVERSITY of WASHINGTON

WATER FLUORIDATION STUDY
WE WANT TO HEAR FROM YOU!

PARTICIPATE IN:

- A research study and share your opinion on fluoridated tap water

YOU MUST:

- Be adult 18+ years old
- Be Black, Indigenous, and Person of Color (BIPOC)
- Live in Washington (Adams, Franklin, King, Okanogan, Snohomish Counties)
- Speak English

PARTICIPATION INVOLVES:

- A 30-minute interview over telephone or video chat (eg. Zoom)
- A \$20 gift card as a thank you for your time

For more information and to participate contact
Deeksha Nemawarkar, dnemaw@uw.edu, or
(206) 221-8926

Dr. Donald L. Chi, DDS, PhD
Principal Investigator
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Scan here for more information

Join us on Social Media

Please like/subscribe to our pages on social media.





Understanding risk factors for heart disease and how to live a heart-healthy lifestyle are a part of practicing self-care for #OurHearts. Heart disease is the leading cause of death in the United States. But you can do a lot to protect your heart. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease,

- Choose Heart Healthy Foods
- Aim for a Healthy Weight
- Get Regular Physical Activity
- Manage Sleep
- Quit Smoking
- Get Enough Good-Quality Sleep

Thank you from Women United



We would like to extend our gratitude to AARTH for always thinking of Women United/Pepper Pot Kinship Support Group. We love our self care bags and all the wonderful contents inside

--Alesia Cannady, President

Pictured: L-R Debra Chester, Gloria Johnson, Cynthia Burns, Wendy Fortney. Absent: Sadie Pimpleton, Mae Edwards, Nina Smith, Betty Campbell

Thank you to our Sponsors

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



AARTH TEAM

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