



AARTH COMMUNITY HAPPENINGS



Years of Service



MARCH 2025
WWW.AARTH.ORG

Reginald L. Diggs Legacy Memorial Month



Remembering the late
Reginald L. Diggs,
Co-founder of AARTH

March 15, 1965 – March 20, 2007

AARTH proclaims March as the Reginald L. Diggs Memorial Legacy month. AARTH exist today because of Reginald and serves at a legacy and tribute to the work he inspired and forged.

Rest in Paradise Reginald. Gone but never forgotten!
View video: <https://bit.ly/LegacyReginald>



Grocery Give-Away



THURSDAY, MAR 20 | 11:00 AM-1:00 PM

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 Rocket Community Fitness, 5720 Rainier Ave S, Seattle, 98118.

Soulful Cooking with Chef Adunni



SATURDAY, MAR 8 | 11:00 AM
ONLINE

Join us for a wonderful culinary experience! This month's recipe is Catfish Pepper Soup. Chef Adunni's approach to cooking emphasizes fresh, whole ingredients, vibrant flavors, and balanced nutrition.



Diabetes Self Management Workshop (continues)

FRIDAYS, THRU MAR 28 | 3:00-5:30 PM ONLINE

The Diabetes Self-Management workshops continue through March.

Chronic Disease Self Management Workshop - New Series Starting

FRIDAYS, APR 11-MAY | 3:00-5:30 PM ONLINE

The 6-week interactive Chronic Disease Self-Management workshop will be held virtually starting on April 11th. You will learn how to alleviate your stressors and/or concerns around Chronic Disease. Please join AARTH as we work through the process, transition, and manageability of living with Chronic Disease.



REGISTER FOR ALL WORKSHOPS at www.aarth.org

PAGE 01



Volunteer w/AARTH

Members of the LGBTQ Community are encouraged to join us!

Are you passionate about making a difference? AARTH is looking for dedicated volunteers to support caregivers, seniors and LGBTQ communities in Seattle.

Opportunities include: table events, Bingocize, lead peer support groups and more. If you are ready to contribute your time and skills, please fill out the form online. We look forward to connecting with you!

<https://www.aarth.org/volunteer>

American Diabetes Association Alert Day - Tue, Mar 6

TUESDAY, MAR 6



American Diabetes Association Alert Day, which is held every fourth Tuesday in March, is a one-day wake-up call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing Type 2 diabetes.

Take the PreDiabetes Test
<https://www.cdc.gov/prediabetes/risktest>

Celebrate Women's History Month

For 2025, the National Women's History Month Committee proudly presents the theme of: "Moving Forward Together! Women Educating & Inspiring Generations". This theme celebrates the collective strength and influence of women who have dedicated their lives to education, mentorship, and leadership.



Show your support for women and girls affected by HIV and AIDS on social media and use the hashtag #NWGHAAD.

AARTH TEAM

Vinson Latimore
 Interim Director
vinsonl@arth.org

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

Ramona Shyne
 Training Coordinator
ramonas@arth.org

Shakira Mungai
 Office Administrator
shakiram@arth.org

Kimberly Breland
 Accountant

Yolanda Drew
 Consultant
yolandad@arth.org

Twanda Hill
 Consultant
twandah@arth.org

Physical Address
 1111 Harvard Ave
 Seattle, WA 98122
 206.850.2070

Mailing Address
 PO BOX 428
 Renton, WA 98057

Follow us on Social Media



Thank you to our Community Partners

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

