



# COMMUNITY HAPPENINGS

NOVEMBER 2021  
WWW.AARTH.ORG



**get  
vaccinated**  
BOOSTERS AVAILABLE!



## Do You Qualify for a Booster Shot?

- ✓ Yes, I am over 65.
- ✓ Yes, I am 18-64 with underlying medical conditions.
- ✓ Yes, I am a resident aged 18 years and older in long-term care settings.
- ✓ Yes, I am 18-64 and at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting
- ✓ Yes, I received my second vaccine dose on or before May 6, (6 months)

**If you answer yes to one of the above, you should register for the next clinic.**

## Moderna Booster Clinic Only

First AME Church | 1522 14th Ave | Seattle, WA  
Tuesdays, Nov 2 & December 7 | 9:00 am - 4:00 pm  
This clinic is for AARTH supporters that received their first shots at FAME in February & March, 2021.  
Sponsored by Central Area Senior Center (CASC) (206.726.4926)

UPCOMING CLINICS:  
New Beginnings Church  
KENT, WA

Saturday, Nov 6  
Saturday, DEC 4  
10:00am-1:00 pm

Pfizer Vaccine  
Administered  
1st, 2nd & Boosters  
available

REGISTER AT  
WWW.AARTH.ORG

**REGISTER AT WWW.AARTH.ORG FOR ALL VACCINE CLINICS**



# Healthy Cooking Recipe - Plant Based Red Velvet Cake

By Taste Tutor, LLC - Chef Adunni Ogunlanoh, Owner

## For Red Velvet Cake:

- 1½ cups Flour, all-purpose
- 1 cup Flour, cake
- 1½ teaspoon Baking soda
- 1 teaspoon Salt
- 1 tablespoon Cocoa powder, alkalized (Dutch processed)
- 1 cup Oil, canola, or vegetable
- ½ cup Vegetable shortening (I recommend Crisco brand)
- 1 ½ cups Sugar, granulated
- 1 tablespoons Food coloring (any color you like but red is traditional)
- 1 teaspoon Vanilla extract
- 2 tablespoons Flax meal (finely ground flax seeds)
- 6 tablespoons Water
- 1 cup Vegan sour cream (I recommend Follow Your Heart Brand)
- 1½ teaspoon Vinegar, white distilled

## Plant Based "Cream Cheese" Frosting:

- 16 ounces Vegan cream cheese (I recommend Follow Your Heart Brand)
- 7½ ounces Vegan butter, salted (I recommend Earth Balance Brand)
- ½ cup Vegetable shortening (I recommend Crisco brand)
- 1 teaspoon Vanilla extract
- 1 large Lemon, zested
- 6 cups Powdered sugar (start with this and add ½ cup more at a time as needed)

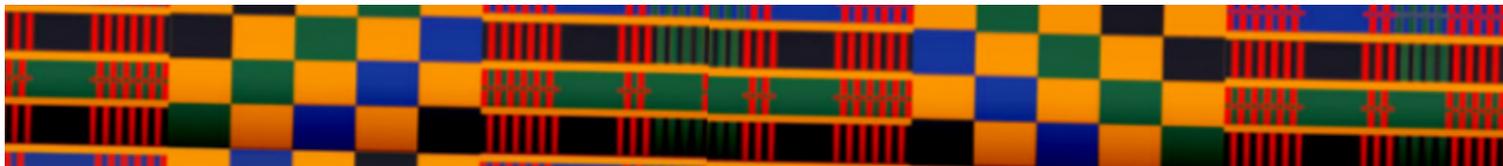
## Plant Based "Red Velvet Cake:

1. Preheat oven to 350F. Prepare your cake pans by lining them with parchment paper and lightly greasing with oil or spraying with non-stick pan spray.
2. In a small cup or bowl, stir together flax meal and water. Set aside to thicken. This will provide the same binding functionality you would get if you were to add 2 eggs which is what the non-plant based version of this recipe calls for.
3. Mix flours, baking soda, salt, and cocoa powder in a bowl and set aside.
4. Mix oil, shortening, sugar, food coloring, and vanilla in a separate bowl until smooth.
5. Whisk flax meal mixture into the wet mixture.
6. Fold 1/3 of dry mixture into wet mixture then whisk in 1/3 of the vegan sour cream.
7. Keep alternating mixing in dry ingredients and vegan sour cream until everything is incorporated. Batter will be VERY thick.
8. Add vinegar and whisk. This will provide some of the aeration and leavening (rise) functionality you would be getting from the egg whites in the 2 eggs the non-plant based version of this recipe calls for. Immediately scoop batter into cake pans and bake at 350F degrees for 30-35 minutes.
9. Check it after 20 minutes. You'll know it's done when you stick a toothpick in the cake, and it comes out clean.
10. Cool cakes completely in the fridge. Once completely cooled, frost cake with plant based cream cheese frosting.

## Plant Based "Cream Cheese" Frosting:

1. Place vegan cream cheese, vegan butter, vegetable shortening, vanilla, and lemon zest in a mixer or mix with a hand mixer. Whip until creamy. Add in powdered sugar until well incorporated and smooth.
2. Refrigerate immediately. Frosting must stay cold to remain set. Cake must be refrigerated.
3. It stays fresh in the fridge for approximately 3 days





**NOVEMBER IS**

**NATIONAL  
DIABETES**



**AWARENESS MONTH**

Whether you've been newly diagnosed, have been fighting against type 1 or type 2 diabetes for a while, or are helping a loved one, gaining a deeper understanding of how you can live a healthier life is key. Knowing the tools, health tips, and food ideas you need provides you options so you can still live your best life.

### **5 FINGER PRE-DIABETES TEST**

Here is how to diagnose pre-diabetes in less than a minute using just your fingers and what you know about your body.

1. Hold up 1 finger if you are a man, none if you are a woman.
2. Hold up 3 fingers if you are over the age of sixty, 2 fingers if you are over fifty, and 1 finger if you are over forty, none if you are under forty.
3. Hold up 1 finger if you believe you do not get enough physical activity, none if you believe you are physically active enough.
4. Hold up 1 finger if anybody in your family has diabetes, none if your family does not have a history of diabetes.
5. Hold up 1 finger if you have high blood pressure, none if you have a normal blood pressure.
6. Hold up 3 fingers if you are severely overweight (obese), 2 fingers if you are overweight, 1 finger if you are slightly overweight and no fingers if you are at a healthy body weight

If you find that, by the end of doing this self-diagnosis that you are holding up five fingers or more then there is a good chance that you have pre-diabetes.

This type of diagnosing makes use of the factors that most researchers believe are associated with an increased risk in diabetes. Even though it is not 100% accurate, most experts believe that it is a good way of assessing your diabetes risk.



### **7 WAYS TO SPOT PHISHING EMAIL**

1. Emails with Bad Grammar and Spelling Mistakes.
2. Emails with an Unfamiliar Greeting or Salutation.
3. Inconsistencies in Email Addresses, Links & Domain Names.
4. Suspicious Attachments.
5. Emails Requesting Login Credentials, Payment Information or Time Sensitive Data.
6. Too Good to Be True Emails.
7. The message creates a sense of urgency.

### **GIVE BIG WA**

Building a more just and equitable world through generosity. AARTH's team of partners have vaccinated over 6,000 Black and Brown people to do our part to stop the virus from spreading.



**Donations accepted and appreciated.  
Show AARTH your GENEROSITY!**  
<https://bit.ly/GIVEBIGAARTH>

# HAPPY THANKSGIVING

Thursday, November 25, 2021

"Feeling GRATITUDE and not expressing it is like WRAPPING a present and never giving it."  
-William Arthur Ward

## NAMI Mental Health Support Group for Black, Indigenous and/or People of Color

EVERY TUESDAY | 5:00- 6:30 PM | ONLINE

This ongoing drop-in support group is open to anyone who identifies as a person of color in need of mental health support (they do not need to have a formal doctor's diagnosis). For more information visit [NAMISeattle.ORG](http://NAMISeattle.ORG)

## PNW African American Male Wellness Agency's Zoom Meeting

TUESDAY, NOVEMBER 23 | 12:00- 1:00 PM | ONLINE

This ongoing drop-in support group is open to anyone who identifies as a person of color in need of mental health support (they do not need to have a formal doctor's diagnosis). For more information visit [NAMI Seattle](http://NAMISeattle.org).

## AARTH TEAM

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206.294.4953 Covid Hotline

## Volunteers Needed at AARTH

Are you interested in volunteering?

AARTH is able to sustain our work because of your generous donations of time and energy. To be added to our contact list of volunteers, please fill out our Google Form on our website at [www.aarth.org/volunteer-with-aarth](http://www.aarth.org/volunteer-with-aarth). Questions? Contact Tariq Sahali, Outreach Coordinator [tariqs@aarth.org](mailto:tariqs@aarth.org)

## Thank you to our Sponsors

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



Veterans, Seniors & Human Services Levy



Seattle  
Neighborhoods  
OUTREACH & ENGAGEMENT



Aging and Disability Services  
Area Agency on Aging for Seattle and King County



NEW BEGINNINGS  
CHRISTIAN FELLOWSHIP

