Free Food Box Distribution

THURSDAY, NOV 10 - CLOSED
THURSDAY, NOV 17
10:00 AM-1:30 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.

Over The Counter Covid-19 Tests, Sanitizer & Clorox Wipes Available
If you or your organization need any of these supplies, please contact renac@aarth.org and arrange a pick up time. We get new supplies regularly to share with the community. #TBYG - Test Before You Gather.

Every 4 days one Black or Hispanic person in Washington becomes infected with AIDS

Over 40 million people have died from AIDS related illnesses since the start of the HIV/AIDS pandemic; today, over 38 million people are living with HIV/AIDS. In Washington, there are over 14,000 persons living with HIV. Like so many other issues, HIV/AIDS continues to have a disproportionate impact on people of color. Although Blacks are only 4% of the population of the Washington, they are over 19% of the new HIV infections. Hispanics are 13% of the population of the state, yet they are over 21% of new infections.

Interfaith Service
WORLD AIDS DAY
THURSDAY, DECEMBER 1
6:00 PM Educational Vendors | 7:00 PM Service

GLOBAL SOLIDARITY, SHARED RESPONSIBILITY

Rev. Dr. Leslie Braxton
New Beginning Christian Fellowship
Keynote Speaker

LIVE & ONLINE
PLYMOUTH CHURCH
1217 SIXTH AVE
SEATTLE 98101

ORGANIZERS:

For more information contact Dr. Renee McCoy, Reneem@AARTH.org
Chronic Disease Self-Management Workshop Reminder

THURSDAYS, NOV 3, 10, 17
6:00-7:00 PM | BY PHONE
This six week self-management phone conferencing workshop is a Self-Management Resource Program with SMRC! We will work through the process, transition, and manageability of living with Chronic Disease.

Soulful Cooking with Chef Adunni

SATURDAY, NOV 12 | 10:00 AM | ONLINE
Join AARTH, and Chef Adunni as we prepare Spiced Hazelnut Sweet Potato Pie. 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.

Wellness Group with Dr. Harvey

WEDNESDAY, NOV 16 | 6:00-7:30 PM | ONLINE
Join AARTH and Dr. Harvey for group discussions on wellness. This will be our final session, and we will discuss physical self-care and healthy relationships. This group discussion is geared towards unpaid caregivers, but all are welcome and encouraged to join!

End of Life Planning

FRIDAY, NOV 11 | 2:00 PM | ONLINE
Join AARTH and Brenda Charles-Edwards for an informative presentation on end of life planning. We will discuss end of life plans, and stages, funeral costs, and insurance. Brenda is the chair of the Mayor's Council on African American Elders, and is certified in end of life planning.

Grief and Loss

FRIDAY, NOV 11 | 3:15 PM | ONLINE
AARTH and Brenda Charles-Edwards will provide an informative presentation on Grief and Loss. We will discuss how to recognize grief, how to care for yourself, and help others you are caring for. Brenda is the chair of the Mayor's Council on African American Elders, and is certified in end of life planning.

Mental Wealth Group

Rickey Leachman

SATURDAY, NOV 19 | 10:00-11:00 AM | ONLINE
Join AARTH and Rickey Leachman for group discussions on mental wealth. The groups will meet virtually once a month on Saturday’s at 10 AM. This session will dive into environmental, and external factors of self-care. The groups are geared toward unpaid caregivers, but all are welcome!

Community Events!

King County Community Forum

THURSDAY, NOV 3 | 10:30 AM - 12:00 PM | LIVE & ONLINE
Learn about Alzheimer’s, dementia and memory loss in this brief community-focused listening session. Contact: Kimber Behrends
Email: kibehrends@alz.org
The Centers for Medicare & Medicaid Services (CMS) recommends that beneficiaries review coverage options each year because the needs of each beneficiary and the coverage offered by each plan often change.

A 2021 Kaiser Family Foundation report found that seven of 10 beneficiaries did not compare coverage options during the 2018 OEP. Moreover, the report found that this share was even higher among beneficiaries who

- were Black or Latino
- had not attended college or vocational school
- were younger than 65 or older than 75
- had an income of less than $20,000 per year
- lived in a rural area
- reported their health status as “fair” or “poor,” and
- were enrolled in Medicaid.

Contact 1-800-MEDICARE.
November is
NATIONAL FAMILY
CAREGIVERS MONTH

#CaregiverAnd

Celebrated each November -- is a time to recognize and honor family caregivers across the country. Celebrating Family Caregivers during National Family Caregivers Month enables all of us to:

- Raise awareness of family caregiver issues
- Celebrate the efforts of family caregivers
- Educate family caregivers about self-identification
- Increase support for family caregivers

10 Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

Thank you to our Sponsors

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