



AARTH COMMUNITY HAPPENINGS



JUNE 2025
WWW.AARTH.ORG



Years of Service

Soufful Cooking w/ Chef Adunni

Piri Piri Roasted Chicken Breast with Coconut Curry Roasted Broccoli

A Flavorful High Protein Meal

SATURDAY, JUNE 14TH, 2025 | 11:00 AM



Martin Luther King Jr Memorial Baptist Church
4519 NE 10th St, Renton, WA 98059

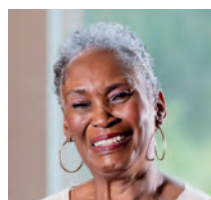
Join us for a flavorful culinary experience! Chef Adunni is serving up Piri Piri Roasted Chicken Breast with Coconut Curry Roasted Broccoli in a live cooking and online demonstration—and it's free to attend! Join us in person or online—everyone's invited!



The AARTH offices will be closed in observance of Juneteenth on Thursday, June 19. There are a multitude of celebrations happening around the city. We hope to see you there!

www.atlanticstreetcenter.org
www.casrcenter.org
www.naamnw.org

REGISTER FOR ALL WORKSHOPS at www.aarth.org



TAKE CONTROL OF YOUR

HEALTH

Chronic Disease Self-Management Program Series

Tuesdays, June 17 - July 22 | 12:00-2:30 PM | Online

Living with a chronic condition like diabetes, arthritis, heart disease, or chronic pain can feel overwhelming — but you don't have to manage it alone. This interactive, evidence-based class is designed to empower you with practical tools and strategies to take charge of your health and improve your quality of life. Whether you're newly diagnosed or have been managing your condition for years, this class offers fresh insights, support, and tools to help you live a fuller, more active life.

Registration Required. Space is Limited.

Thank You for Getting That Giving Feeling

To our incredible community of donors — thank you from the bottom of our hearts. Your generosity during GiveBIG 2025 made a powerful impact, and we are deeply grateful.

You gave. You cared. You made a difference.



SAVE THE DATE

"BOOTS ON THE GROUND"

**30TH ANNUAL COMMUNITY FISH FRY &
80TH BIRTHDAY CELEBRATION FOR DAWN MASON**

WED, JULY 9 | 5:30-8:00 PM

Registration opens June 9, 2025 | Rainier Valley Address provided after registration.



Participate in Memory Sunday

June 7 & 8
or any Sunday in June

Memory Sunday or Sabbath is an Alzheimer's awareness campaign for African American churches. It is a day to talk about living with memory loss. Below are some suggestions on planning your event.

- Encourage your Health Ministry to assist with Memory Sunday/Sabbath.
- Recognize the caregivers and their loved ones in your congregation and offer a special prayer
- Organize a resource table to distribute information about Alzheimer's and dementia and resources for family caregivers.
- Post information about Alzheimer's and dementia on your website and newsletters.

Contact ebonyh@aarth.org if you need help gathering resources.



JUNE IS
ALZHEIMER'S
AND BRAIN AWARENESS
MONTH

Alzheimer's and Brain Awareness Month, observed in June, is a period dedicated to raising awareness about Alzheimer's disease and dementia, as well as promoting brain health and wellness.

The "4 A's of Alzheimer's" refer to key symptoms that often present in individuals with Alzheimer's disease:

1. Amnesia (memory loss)
2. Aphasia (language difficulty)
3. Apraxia (motor skill impairment),
4. Agnosia (difficulty recognizing familiar objects or people).

Don't hesitate to contact your doctor if you have memory concerns. An early diagnosis of Alzheimer's offers a range of benefits, including greater access to treatment options.

AARTH TEAM

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A heartfelt thank you to all the volunteers, attendees, and vendors who made the 1st ever Sawubona Festival a beautiful success! Your energy, support, and presence helped create an unforgettable celebration of culture, community, and connection.

Our Health Room was a big hit with complimentary massages & foot care by Body of Essence and Reflexology by Vicky. Gratitude to our incredible partners, VCBYnum Arts & Education Movement and Umoja Scholars at Bellevue College, for hosting this powerful and inspiring event.

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.

