



# AARTH

## COMMUNITY HAPPENINGS

SEPTEMBER 2021  
WWW.AARTH.ORG

### Chronic Disease Self- Management Workshop

WEDNESDAYS, SEP 15 - OCT 20 | 12:00-2:30 PM | ONLINE

Please join AARTH for our 6- week online, and interactive workshop. We will work through the process, transition, and manageability of living with Chronic Disease. An audio microphone, and video camera on your technical device is required to participate.

#### Class Objectives:

- Techniques to deal with the symptoms of chronic disease, fatigue, pain, stress, and depression
- Appropriate exercise, and healthy eating
- How to work more effectively with your health care providers
- Appropriate use of medication

and more....

### COVID-19, Ableism, and Fatphobia Training part 3

MONDAY, SEPTEMBER 30 | 3:30-5:00 PM | ONLINE



This series will examine the inequitable health outcomes for Black, fat, and disabled communities during the covid-19 pandemic. The historical context for these inequities and the historical impact on these particular groups, and the present and future implication of COVID 19 on multiply marginalized communities. Facilitated by ChrisTiana ObeySumner.



## get vaccinated

12 YEARS & ABOVE

Pfizer Vaccine Administered

**UPCOMING CLINICS:**  
**New Beginnings Church**  
**SEP 7, 25**  
**OCT 16**  
**REGISTER AT**  
**WWW.AARTH.ORG**

REGISTER FOR ALL CLASSES & WORKSHOPS at [www.aarth.org](http://www.aarth.org)



PAGE 01



## Rhythm & Ritual: Healing The Body with Storytelling Through African Music, Movement and Medicine

### LIVE: CONGOLESE RUMBA LINGALA DANCE

WEDNESDAY, SEPTEMBER 22 | 4:00-5:00 PM | ONLINE

Guest Speaker Fatimah Mateen is a Cultural Educator and African Dance Performer with over 35 years experience. She is also the founder of the Rhythms & Rituals movement model, and owner of Integrity Solutions cultural products. Learn how our expression of culture affects our health and how we treat each other.



### THE LINGEN, A SOCIAL DANCE IMITATING A BIRD'S FLIGHT

WEDNESDAY, OCTOBER 22 | 4:00-5:00 PM | ONLINE



Two attendees will receive a thank you gift via mail!  
All Participants have the options to receive a fresh & healthy food bag courtesy of the Emergency Feeding Program

#### What can you expect to learn/gain?

1. How to tap into ancestral healing
2. Historic healing practices
3. The benefits of muscle memory
4. Experience the connection between movement & healing

#### What materials should I bring?

1. A bowl or basket
2. Paper & Pencil for writing affirmations

#### What should I wear?

Comfortable clothing & shoes, we will be doing some light movements



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PAGE 02



# Join AARTH and Dr. Washington-Harvey For The Virtual Self-Care Support Group Series

Friday's at 4:00 PM - 5:30 PM starting  
August 27th - October 22nd, 2021 for  
Unpaid Caregivers!

THE 9-PART SERIES WILL INCLUDE THE  
FOLLOWING LEARNING OBJECTIVES:

## SESSION 1 & 2

Meet and greet with Dr. Washington-Harvey,  
and overview of self-care.

## SESSION 3 & 4

Overview and open discussion of physical and  
social self-care.

## SESSION 5, 6 & 7

Overview and open discussion of mental,  
spiritual, and emotional self-care.

## SESSION 8 & 9

Developing individual, and family self-care  
plans.

**Anyone is welcome to attend!**

**The first two people to register will  
receive a Safeway Gift Card. All  
participants are eligible to receive  
a Healthy Food Bag.**

**Register Now:**

**<https://bit.ly/aarthsupportgroup>**



Dr. Carmela Washington-Harvey

**UPDATED: Inslee issues  
two proclamations for  
facial coverings, vaccine  
requirements**

- Proclamation 20-25 is amended to adopt the most recent face covering order issued by the Secretary of Health, Order 20-03.4. Under this order, every person in Washington must wear a face covering when they are in a place that is generally accessible to any person from outside their household, subject to specific exceptions and exemptions.
- Proclamation 21-14 (Vaccination Requirement) is expanded to include all WA State employees, on-site contractors and on-site volunteers at all public and private K-12 schools, public and private 2- and 4-year institutions of higher education, and early learning and child care programs serving children from multiple households.

The statewide mask requirement went into effect on Monday, August 23, 2021. Amendment to Proclamation 21-14 (Vaccination Requirement) is effective immediately.

## PEER EDUCATORS NEEDED AT AARTH

AARTH is looking for volunteers to support upcoming community events. Volunteers are stipend for their participation. For more information contact TariqS@aarth.org. Training available.

# Healthy Soulful Cooking Workshop

By Taste Tutor, LLC, Adunni Ogunlanoh, Chef, Owner

SATURDAY, SEP 18 | 3:00-4:00 PM | ONLINE



Join us as Chef Adunni demonstrates how to prepare plant based cornbread using nature's best ingredients. This is a great recipe for those living with hypertension, diabetes, high blood pressure, and other chronic diseases.



## Learn how to:

- Cook delicious, fast, and healthy meals.
- Marry different spices and foods that you can apply to all your future kitchen adventures.



## Mental Health Certification with the National Council for Mental Wellbeing

WEDNESDAY, SEPTEMBER 22 | 8:00AM - 4:00 PM

This training teaches you how to identify, understand and respond to mental illness and substance use disorders. Learn how to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

## AARTH TEAM

Kathleen Wilcox  
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## Thank you to our Sponsors

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



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Seattle  
Neighborhoods  
OUTREACH & ENGAGEMENT



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



NEW BEGINNINGS  
CHRISTIAN FELLOWSHIP

