



AARTH

COMMUNITY HAPPENINGS

OCTOBER 2021
WWW.AARTH.ORG

Chronic Disease Self- Management Workshop

WEDNESDAYS, OCT 6, 13, 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....

Do You Qualify for a PFIZER 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 Pfizer dose on or before April 9, (6 months)

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



get vaccinated

12 YEARS & ABOVE

Pfizer Vaccine
Administered
1st, 2nd & Boosters

UPCOMING CLINICS:
New Beginnings Church
OCT 9
NOV 6

REGISTER AT
WWW.AARTH.ORG

REGISTER FOR ALL CLASSES & WORKSHOPS at www.aarth.org



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

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

WEDNESDAY, OCTOBER 20 | 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

Holistic Health for Elders & Disabled People: Reclaiming Intimacy, Joy, and Autonomy for Marginalized Communities

SATURDAY, OCTOBER 16 | 11:00 AM-1:00 PM | ONLINE

AARTH is hosting a workshop for our community to reclaim intimacy, joy, and bodily autonomy in all aspects of life. Facilitator and Community Sexual Health Educator, Ahkia Rayne, will lead participants through a BRAVE experience of learning how to be an advocate for self, family, and community when it comes to holistic health and wellness.

In this training participants will learn. . .

- To advocate for and participate in bodily autonomy
- To work toward accepting their identities, bodies, and unique accessibility
- About their personal needs and how they are impacted by their health and medication regimen
- To advocate for sexual health for self and others.



Ahkia Rayne is by their own definition "just a Chi-town gurrlll. Living in a lonely world". Ahkia Rayne identifies as a nonbinary queer black disabled femme. They have worked hard to provide healing spaces for communities that share their intersections as well as training for entities that service these communities. They have made it their life mission to connect people back to their pleasure and souls. They use self-awareness and accountability to increase humor and healing, while promoting positive self-image and understanding.





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



Dr. Carmela Washington-Harvey

Fridays, Oct 1, 8, 15, 22

4:00-5:30 PM

Online

Unpaid Caregivers, please join AARTH, and Dr. Washington-Harvey for our support group series, which will cover several aspects of self-care. The areas of self-care will include physical, social, mental, spiritual, and emotional. Join us in October for the final 4 meetings of the 9-part support group series. Each participant will work to create their own individual, and family self-care plans.

WHAT THE WORLD NEEDS NOW: A DREAMATHON

DREAM WITZH US!

Join us and create community-led solutions to #StaySafeTogether.

Here's how it works:

1. Dream a Solution
2. Share Your Brilliance
3. Join the Finale
4. Help WA State #StaySafeTogether

October 22
Virtual Dance Party

October 23
Live Stream Finale Events!

PRESENTED BY THE
AFRICAN AMERICAN
HEALTH BOARD

Register at
WWW.AABHWA.ORG

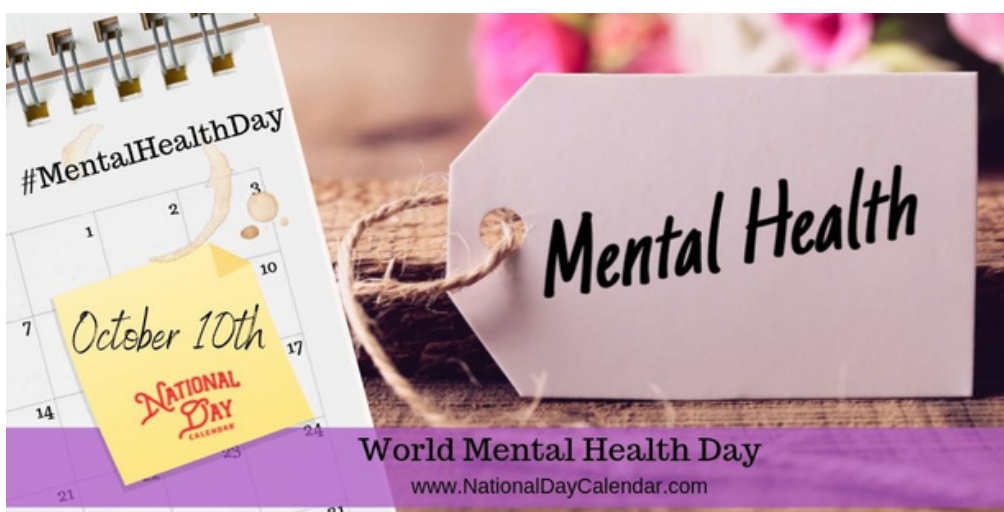
TECHNOLOGY VIDEOS ONLINE FOR ELDERS

Earlier this year AARTH offered 3 workshops to help elders navigate the Technology maze. All trainings were recorded and can be viewed on AARTH's website along with the training manual. From the Home page select:

- Our Program
- Digital Equity Project

to access the following trainings.

1. Elements of a Laptop
2. Getting Started with Zoom
3. Face Book Basics



World Mental Health Day
www.NationalDayCalendar.com

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

Healthy Soulful Cooking Workshop

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

SATURDAY, OCT 23 | 3:00-4:00 PM | ONLINE



Join us as Chef Adunni demonstrates how to prepare plant based red velvet cake 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.

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

TUESDAY, OCTOBER 12 & 26 | 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 NAMI Seattle.

PNW African American Male Wellness Agency's Zoom Meeting

TUESDAY, OCTOBER 12 & 26 | 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 NAMI Seattle.

AARTH TEAM

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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.

