



Colorado Black Health Collaborative

Resource Directory 2010





“Help me and let me help you.”



Colorado Black Health Collaborative

The Colorado Black Health Collaborative (CBHC) is a network of organizations committed to improving health and wellness in Colorado’s Black, African, and African American communities through collaborations and partnerships with community based organizations, non-profits, public organizations, private entities and government agencies.

Welcome to the Health Directory

Do you know a Black doctor, dentist, psychologist or other health care provider in Colorado? Do you know what organizations have been specifically formed or have targeted efforts addressing Black health and wellness? The *Colorado Black Health Collaborative Resource Directory* will help answer these questions and more. This project is a result of a “Family Reunion” meeting convened by the Colorado Black Health Collaborative. With input from the “Family,” this directory is perhaps the first of its kind. Although other resource directories exist, there is not a directory of statewide Black health providers and resources. We would like to take a moment to thank every individual and organization that gave input, with special thanks to the entire staff of Brother Jeff’s Community Health Initiative. We especially want to thank Brother Jeff Fard for all of his creativity, networking, and energy that helped to make this project a reality.

It has taken many meetings, conversations, collaborations and hours of hard work to reach this first step. As we continue to strive to eliminate health disparities, we are counting on the readers and users of this directory to assist us in improving our work. In other words, who have we missed, what else should be included, have we missed any resources? This directory is a vital link in the continual effort to improve the health for all Coloradans.

Please contact us at ColoradoBHC@yahoo.com with any comments, omissions, corrections, or suggestions.



“Help me and let me help you.”

Specials Thanks

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*Here's
to our
Health*



HIV/AIDS



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HEALTH COLLABORATIVE



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Organizations to Know



Black Transplant Action Committee
 2335 Gilpin Street
 Denver, CO 80205
 303.331.2498
www.blacktransplants.org

Black Transplant Action Committee is committed to: Participation: communication, recruitment, and inclusion of Blacks in Organ Procurement Organizations and transplant programs; Advocacy: developing sensitivity to the special needs, health concerns, and issues that affect Blacks within the professional community of the transplantation and donation programs; and Education: educating the African American (Black) population on organ/tissue donation and transplantation.



Colorado Council of Black Nurses
 PO Box 7272
 Denver, CO 80207
 303.773.5862
www.coloradoblacknurses.org

The Colorado Council of Black Nurses, Inc. has existed as a local non-profit health education and prevention intervention unit for 40 years. Our mission is to provide Black and African American people with the tools to obtain high level health care. CCBN's strength is tenacious because they come from a long line of forerunners whose shoulders were strong enough to bring forth generations of dedicated Black nurses, such as Mary Mahoney (the first Black nurse in Colorado).



Northeast Women's Center
 4821 E 38th Avenue
 Denver, CO 80207
 303.355.3486
www.nedenverwomenscenter.org

The Northeast Women's Center (NEWC), a Mile High United Way agency, is a non-profit, community-based agency created to serve women and their families in Northeast Denver. NEWC offers: job readiness workshops which includes interviewing skills, dressing for success, resume writing and job referrals; GED (General Equivalency Degree), tutorial assistance and referrals to accredited programs; parenting classes focused on parenting and life skills development; and Microsoft Office computer classes including basic word-processing, customer service etiquette, appropriate dress and job referrals.

CCBN recommends the kind of care that you should expect from medical providers. We provide advocacy and health promoting opportunities so that our people may obtain the highest quality of medical and illness preventive services. The self-determining workshops we offer is our overarching goal. It determines our leadership among health care providers. We are the continuing education center around health promotion in the Black community.

Today CCBN is a group of committed black men and women who work in various institutions throughout the state with the common goal of making the health status of black people higher and of lowering their risks of illness and death. We teach healthy lifestyles as if our very lives depended upon it. We pride ourselves in getting the health behavior messages out.



HIV & AIDS



HIV (human immunodeficiency virus) is the virus that causes AIDS. This virus may be passed from one person to another when infected blood, semen, or vaginal secretions come in contact with a person's broken skin or mucous membranes. In addition, infected pregnant women can pass HIV to their baby during pregnancy or delivery, as well as through breast-feeding. People with HIV have what is called HIV infection. Some of these people will develop AIDS as a result of their HIV infection. This section highlights organizations working directly with the Black community. Working in collaboration these organizations plays a vital role in educating the community and helping ensure those infected with HIV have access to services from providers that understand the unique challenges Black/African Americans face in dealing with HIV disease.



Brother Jeff's Community Health Initiative

608 26th Street, Second Floor, Denver, CO 80205
303.297.0024 • www.brotherjeff.com

Brother Jeff's Community Health Initiative's mission is to reduce the disproportionate HIV and AIDS rate among African Americans and to enhance the quality of life for African Americans living with HIV and AIDS regardless of age, faith, background or sexual orientation.

Greater Denver Interfaith Alliance

3030 Downing Street, Denver, CO 80205
303.297.8010 Ext. 116 • Fax: 303.296.3468 • projectredempt@qwest.net

The Greater Denver Interfaith Alliance proudly introduces: Project Redemption. The purpose of the project is to positively impact substance abuse, HIV/AIDS, and hepatitis prevention/intervention in communities of color in Denver. The GDIA is a collaboration including faith-based institutions, community-based organizations, service providers, government agencies, and community participants.

It Takes a Village

1475 Lima Street, Aurora, CO 80010
303.367.4747 • www.ittakesavillagecolorado.org

It Takes A Village is a non-profit, tax-exempt organization whose mission is to reduce health and social disparities among people of color in the Denver/Aurora metropolitan area.

ITAV programs utilize peer educators who have intimate knowledge of the issues being addressed and with whom the community can identify. It Takes a Village's principles are based in culture, compassion, respect, kindness, and a commitment to excellence. The community's health and social problems are rooted in history and culture, and can only be solved by recognizing and incorporating knowledge of that history and culture in It Takes a Village programs.

The HIV/AIDS EPIDEMIC

The HIV/AIDS epidemic in Black/African American communities is a continuing public health crisis in Colorado and the United States. About half (46%) of the estimated 1.1 million people living with HIV infection in the U.S. are Black/African American. While Blacks represent approximately 12 percent of the U.S. population, they continue to account for a higher proportion of cases at all stages of HIV/AIDS—from infection with HIV to death with AIDS—compared with members of other races and ethnicities. More than half a million people have died of AIDS, to date, and more than 195,000 of them are Black/African American.

The incidence of AIDS is 25 times higher in Black/African American women than in white women. In fact, Black/African American women, who primarily contract HIV through heterosexual contact, represent 60% of all new cases of HIV in women. The incidence of AIDS is eight times higher in Black/African American men than in white men.

In 2007, the leading cause of HIV infection in Black/African American men was sexual contact with other men, followed by heterosexual contact and intravenous drug use. The incidence of AIDS in Black/African American children is also a cause of concern because they accounted for 65% of children living with HIV/AIDS in the US and 63% of all new AIDS diagnoses in 2004.

Finally, African Americans were more likely to receive a diagnosis of AIDS within 1 year of HIV diagnosis, resulting in them missing opportunities for preventing and effectively treating AIDS that are offered to those who are tested earlier in the disease process.

Colorado organizations, influential leaders and community members are very engaged and committed to reducing disparities and decreasing HIV/AIDS among Blacks/African Americans. Know your status. Get the facts and act.

Like other communities, African Americans face a number of risk factors that contribute to the high rates of HIV infection:

Sexual risk factors include high-risk sexual contact such as unprotected sex with multiple partners or unprotected sex with persons known to have or be at a high risk for HIV infection.

Colorado Department of Public Health and Environment— HIV Care & Treatment Programs



COLORADO AIDS DRUG ASSISTANCE PROGRAM (ADAP)

ADAP provides HIV/AIDS medications to those with no access to insurance at no cost to Colorado residents who qualify for the program.

HEALTH INSURANCE ASSISTANCE PROGRAM (HIAP)

HIAP helps those with access to private insurance or Medicare to access HIV/AIDS medications at a reduced cost.

Contact Us: ADAP 303-692-2716 or 303-692-2748 • Insurance 303-692-2783 • Toll Free 1-877-640-0006

People may be unaware of their partner's sexual risk factors or have incorrectly assessed them.

Injection drug use may add to the higher rates of infection for African Americans. In addition to being at risk from sharing unclean needles, casual and chronic illegal substance users may be more likely to engage in unprotected sex under the influence of illegal drugs and/or alcohol.

Sexually transmitted diseases (STDs) continue to be experienced at higher rates within the African American community, more so than any other race/ethnicity in the United States. The presence of certain STDs can significantly increase one's chances of contracting HIV infection. A person who has both HIV infection and certain STDs has a greater chance of spreading HIV infection to others.

Lack of awareness of HIV serostatus is risky for African American men and women. In a recent study of **men who have sex with men (MSM)** in five cities, 46% of Black MSM were HIV-positive and 67% of those men were unaware of their infection.

Stigma, a "negative social label that identifies people as deviant," also puts too many African American communities at a high risk of infection. Any behavior deemed deviant (i.e. MSM) has been highly stigmatized. Many at risk for HIV infection fear stigma more than knowing their status, choosing instead to hide their high-risk behavior rather than seek counseling and testing. Therefore they continue to be at risk and may infect others.


The **socioeconomic issues** associated with poverty, including limited access to high quality healthcare, housing and HIV prevention education may directly or indirectly increase the risk factors for HIV infection.



ACE facilitates and promotes collaboration and networking among diverse organizations and populations throughout the state of Colorado.

We also produce the comprehensive Colorado HIV/AIDS Resource Directory.

Visit ACE online
www.acecolorado.org



THE ISSUE OF BLOOD OUTREACH AND CONSULTING SERVICES

An outreach entity of excellence dedicated to training, education and leadership development around HIV/AIDS awareness and prevention.

HOME: 303.321.1372
CELL: 303.523.1500



"HIV has not stopped me and it does not have to stop you. Together we can stop HIV."

AIDS activist Gerald Borden

Brother Jeff's community health Initiative

HIV education • Referrals • Outreach • Advocacy



2836 Welton Street
Denver, CO 80205
303.293.0024
www.brotherjeff.com

IT TAKES A VILLAGE

1475 LIMA STREET, AURORA, CO 80010 303.367.4747 • WWW.ITTAKESAVILLAGECOLORADO.ORG



Joseph Owusu-Boateng, an African physician, said, “The riddle of HIV will not be solved by individuals working in isolation, but by the collective work of many people with differing perspectives.” It Takes A Village is a non-profit, tax exempt organization whose mission is to reduce health and social disparities among people of color in the Denver/Aurora metropolitan area. Our principles are based in culture, compassion, respect, kindness, and a commitment to excellence. Although many programs focus on HIV prevention and care, we provide other services as well. They include:

PHENOMENAL WOMEN, providing skills-building groups for African-American women which meet the second and fourth Thursday of each month. Free child care, dinner and door prizes are provided.

PREVENTION COUNSELING, GROUPS AND SERVICES for African-Americans living with HIV or AIDS in order to reduce their risk for transmitting HIV and to support their adherence to HIV treatment regimens. Support services include financial assistance, food, clothing, substance abuse treatment, and housing referrals/assistance.

NON-MEDICAL CASE MANAGEMENT, providing individual support for HIV positive individuals of all races who need assistance navigating the medical and care systems, and understanding treatment options.

BROTHAS4EVER, providing skills-building groups, activities and support for African-American same gender loving men, with groups every Monday night, HIV testing and fun activities.

COMMUNITY WITHOUT WALLS, providing individualized counseling, assistance and skills-building groups for HIV positive men recently released from incarceration.

HIV AND STD TESTING AND COUNSELING, providing daily testing, counseling and referral free of charge.

SUBSTANCE ABUSE TREATMENT, with counseling and groups for HIV positive individuals who abuse substances. Groups are Wednesday, Thursday and Friday from 11:00 am to 12 noon.

TRANSACTION, providing advocacy, HIV prevention, and support groups for the transgender community, including those who have recently been released from incarceration or are in various stages of transition. TransAction groups are Tuesdays 1–2:30; Wednesdays 4–6 pm and Mondays 4–6 pm en español.

SEEKING SAFETY, providing skills-building groups and substance abuse treatment to women who have experienced domestic violence and other forms of trauma in their lives. Support services include housing referrals, acupuncture, food, clothing and financial assistance.

HOMELESSNESS PREVENTION AND RE-HOUSING PROGRAM, providing rent and deposit assistance to prevent homelessness.



COLORADO BLACK HEALTH COLLABORATIVE

The Colorado Black Health Collaborative (CBHC) brings together health care resources and information targeted at servicing African Americans throughout Colorado. The objective of the collaboration is to improve the health care services being delivered to the Black/African American community by identifying culturally sensitive service providers, along with disease prevention programs and resources. The Colorado Black Health Collaborative also provides quick, easy access to information and resources targeting the African American community. An African American community healthy in mind, body and spirit, filled with individuals taking responsibility for their own health will contribute to the enrichment of the community.

The Colorado Black Health Collaborative also offers resources to health care professionals such as public and professional education materials, notices of upcoming meetings, conferences, and exhibits. The CBHC will provide help to our overall community by providing health care information leading to healthier lifestyles, making better health care decisions, and a greater quality of life.





Dear Friends & Family,

Family has always been important in our community. The Colorado Black Health Collaborative (CBHC) believes that health is a family affair and they are the most valuable assets we have. We always celebrate birthdays, weddings, graduations, holidays, and other treasured moments in our lives. Just as we celebrate these momentous occasions, why not come together and celebrate good health. What better way to celebrate your family than to come together and learn about the health of your family? In order for us to continue to enrich our future and celebrate these occasions, we must focus on our health. We can work to improve and preserve our family heritage by sharing ideas and finding better ways to address our health issues. We are obliged to come together to discover what's necessary to develop key elements to keep us healthy and strong as a people and help tackle the health disparities that exist in our family. Each one of us is a link in our family's chain, and we know a chain is only as strong as its weakest link. United we can stand strong and healthy.



Family, to take a step back for a moment, consider the fact that despite the strides African Americans and Blacks have made in America there continues to be health and health care disparities both nationally and in Colorado. There are countless reports demonstrating that African Americans are disproportionately affected—access to care, heart disease, colon cancer deaths, you name it and Blacks/African Americans are at the top of the list. Even among African Americans with higher income and health insurance disparities exist. These facts are well documented, but simply documenting doesn't solve the problem. "It is time for solutions"!! That was the theme of the first "Family Reunion" that served as the seed for the Colorado Black Health Collaborative in August 2008. We used the "Family Reunion" theme as a means to allow the community to tap into our strengths of family, unspoken trust, and togetherness. We had open and honest discussions about the state of our health and what we could do about it. However, the group did not want to stop at just a one-time event. No, the community requested to continue the process, the process of healing ourselves and becoming healthy and whole.

To this end, a group of community members, advocates, and health care providers had several additional meetings and together formed the Colorado Black Health Collaborative. CBHC is passionate in its quest to mobilize local assets to improve the quality of life for individuals disproportionately impacted by disease. This group is committed to improving health and wellness in Colorado's Black, African, and African American communities through collaborations, partnerships, and teaming arrangements with community based organizations, non-profits, public organizations, private entities and government agencies.

The mission of the Colorado Black Health Collaborative is to achieve health equity in Colorado's Black community. That means having access to excellent quality health care and living stronger, productive, healthy lives equal to the healthiest in our nation.

ENERGY, PASSION, diversity of skills, and volunteer spirit has driven CBHC's work to date. Family do you feel us?

We want this guide to be a constant resource when you have health needs. We have designed it with the special care and consideration that the family deserves.

It's truly a family affair.
Colorado Black Health Collaborative





We are Family, Too!!!

At the first Colorado Black Health Collaborative (CBHC) Family Reunion, lesbian, gay, bisexual, or transgender (LGBT) family members made it clear that they do not want to be shunned, ignored, or cast out of the family. These remarks remind us of the once highly taboo issue that is perhaps now coming out of the closet. As a community, we need to tear the closet door down. LGBT Blacks and African Americans are our fellow church members, schoolmates, co-workers, grocery clerks, hairdressers, and teammates. They are mothers, fathers, aunts, uncles, sisters, and brothers—family. CBHC recognizes that we can leave no stone unturned in our quest to improve the health of the Black/African American community. We must begin to cross the old divides, seek understanding, and create unity in order to reach the ultimate state of “healthfulness” for all members of the family.

Consider the following facts. Though there may be differences in sexual orientation, LGBT African Americans experience some of the same gaps in health as the straight population. While many of the influences that negatively affect health are widely experienced by straight as well as LGBT individuals within the African American community, stigma, discrimination, homophobia, bias, myths, violence, as well as policies and laws specifically related to sexual orientation and gender identity, exacerbate levels of health disparities among LGBT African Americans. In general, there is limited data regarding health conditions occurring among LGBT African Americans due to lack or unformed collection of this information. Surveillance of HIV disease is an exception to this pattern and provides strong evidence of the disproportionate impact of HIV on African American men who have sex with men. LGBT African Americans may also experience high rates of certain cancers affecting women (e.g., breast and ovarian cancer) and men (e.g., anal cancer), obesity (women), tobacco use, alcohol /substance abuse, and mental health problems.

While many of the health conditions above reflect the influence of more “upstream” factors (e.g., limited number of venues in which to meet other LGBT individuals beyond clubs and bars where smoking and alcohol are prevalent, low self-esteem following experiences of discrimination and bias), poor health outcomes among LGBT individuals also reflects access to health care services. Data collected through the California Health Interview Study found that African American LGBT participants were more likely to have delayed or not sought health care (29%) and delayed or not obtained prescription medicine (30%) compared to African American participants who were heterosexual (21% and 19%, respectively). LGBT African American women were less likely to have had a mammogram in the past two years (35%) compared to heterosexual African American women (69%). Diabetes was also found to be more prevalent among LGBT African American survey participants (20%) compared to heterosexual African Americans (8%).

Achieving health equity for LGBT African Americans will require the collective effort of the FAMILY, LGBT leaders, health and other service providers, insurers, researchers, planners, policy-makers, and legislators. Initiatives and services that effectively promote and secure health among LGBT African Americans will need to be mindful of and responsive to the intersection of various aspects of race, ethnicity, culture, and the larger societal forces that impact health.



RESOURCES AND INFORMATION:

Check out the resources in this guide: Brothas4Ever, The Kaleidoscope Project, TransAction Program, and more.

LGBT Disparities Report—www.americanprogress.org/issues/2009/12/lgbt_health_disparities.html

Coming Out Resource Guide—www.hrc.org/documents/AfricanAmericanResourceGuide.pdf

National Black Justice Coalition—www.nbjc.org

Gay Men of African Descent, Inc—www.gmad.org

Voted Best LGBT blog, several years—www.pamshouseblend.com/showDiary.do?diaryId=8013



WE die more! This simple statement is clear and profound. If you are black or brown or tan and have been diagnosed with cancer, this should speak to your heart.

“African Americans have the highest death rate and shortest survival of any racial and ethnic group in the US for most cancers. The causes of these inequalities are complex and are thought to reflect social and economic disparities more than biologic differences associated with race. These include inequalities in work, wealth, income, education, housing and overall standard of living, barriers to high-quality health care, and racial discrimination.” (From 2009 American Cancer Society)

This statement of fact should move us to action. Will it?

WE need help! Not just here in Denver, but in communities all across the country. We need caring programs aimed at reducing the risk of cancer, detecting cancer as early as possible, ensuring affordable treatment, and empowering brothers and sisters facing cancer to cope and maintain the highest possible Quality of Life. To help reduce incidence and improve outcomes, should be at the heart of programs aimed at prevention, detection and treatment for all peoples at high risk of prostate, breast, ovarian, lung and colorectal cancers.

The U.S. Census Bureau estimates that in 2010 there will be approximately 40.5 million African Americans living in America. This is approximately 13 percent of the US population. The African American population is not equally dispersed throughout the country. This point is noteworthy. Where we live may determine what we know. Ethnic pockets with vibrant social networks in New York, California, Illinois, Georgia and Washington, D.C. may communicate the cancer message better. But, whether the message or the messenger, we must communicate accurate knowledge to one another wherever we live.

Since we don't all have access to the same education and advocacy programs nationwide; we must create, promote and communicate our own, right here in the Rocky Mountain Region.

CANCER is not prejudiced. Yet, the death disparity exists. In recent statistics gathered in 2005, “the death rate for all cancers combined continued to be 33% higher in African American men and 16% higher

in African American women than in white men and women.” (ACS)

CANCER is opportunistic! Much of what we do causes our cancer. We can actively prevent certain cancers if we stop smoking, improve our diet, exercise more, reduce obesity, and expand the use of established screening tests.

CALL to action!

Here in Denver, Minerva is a breast-cancer survivor, she knows the facts.

Here in Denver, Nick is a testicular-cancer survivor, he knows the truth.

Minerva's Corner and MBI Promotions, their local businesses, have recently partnered with the American Cancer Society and Look Good...Feel Better organizations to help address local needs in our Rocky Mountain Region cancer community. Using the theme, “Love is Glue” they are raising funds specifically to buy “real-hair” and synthetic wigs and round-trip- taxi-cab vouchers for local patients and survivors of all cancer types.

“Local women going through radiation and chemotherapy have this specific need,” Minerva observes. “I've been in the women's fashion industry most of my life, and dressed elegant Denver women from both 5 Points and the Polo Club for the last 24 years. I survived cancer, my husband Frank survived cancer, and my brother, Sterling is in a hospice in Detroit right now battling cancer. I've needed “real-hair wigs” and I've needed taxi-rides myself. Believe me, I know the truth that “Love is Glue.” That's how I daily stick to my God, my family, and my community of friends!”

Love is Glue calls to mind the words at 1 Cor. 13:7,8 “Love endures all things. Love never fails.” This outreach effort is designed to target minority populations with health disparities (Hispanic, Asian, African-American and Native-American). In order to build relationships with these racial groups, we offer an expanded message with inviting messengers. Organization leaders interested in supporting our cancer-related programs should contact Nick at 720-447-7380 or Minerva at 720-468-7957.



www.silversneakers.com

What is the SilverSneakers Fitness Program?

The SilverSneakers Fitness Program offers a unique blend of physical activity, healthy lifestyle and socially oriented programming that enables older adults to take greater control of their health. It is available at no additional cost to individuals who belong to participating Medicare health plans or Medicare Supplement carriers. When you enroll in SilverSneakers you receive:

A free basic membership at a local participating fitness center with access to conditioning classes, exercise equipment, pool, sauna and other amenities that accompany the basic membership.

Access to any participating fitness center throughout the U.S. while traveling.

Customized SilverSneakers classes designed exclusively for older adults wanting to improve their strength, flexibility, balance and endurance.

Health education seminars and other events that promote the benefits of a healthy lifestyle.

A specially trained Senior Advisor at the fitness center to introduce you to SilverSneakers and acquaint you with their site.

*The SilverSneakers Fitness Program is a winner of the 2004 HAN Award from the Healthcare and Aging Network of the American Society on Aging.

SilverSneakers is a national program with participating facilities throughout the country and Colorado. Visit www.silversneakers.com for the location nearest you.

Hiawatha Davis, Jr. Recreation Center

3334 Holly St., Denver, CO 80207
(303) 331-4006 • www.denvergov.org

Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Resistance Training Equipment; Pool—Year round

Montclair Recreation Center

729 Ulster Way, Denver, CO 80202
(720) 865-0560 • www.denvergov.org

Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Pool—Year round

Aurora Center for Active Adults

30 Del Mar Cir., Aurora, CO 80011
(303) 739-7950

Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Resistance Training Equipment

Paul Beck Recreation Center

800 Telluride St., Aurora, CO 80011
(303) 739-6886 • www.ci.aurora.co.us

Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Hot Tub / Whirlpool; Resistance Training Equipment; Pool—Year round; Steam and/or Sauna

The Aquatic and Fitness Center

280 S. Union Blvd., Colorado Springs, CO 80910
Phone: (719) 385-6035

Amenities: Cardiovascular Equipment; Hot Tub / Whirlpool; Pool—Year round
Located in Memorial Park

Penrose—St. Francis Health Learning Center

1644 Medical Center Point, Colorado Springs, CO 80907
Phone: (719) 776-4761

Amenities: Cardiovascular Equipment; Group Exercise / Aerobics Area; Resistance Training Equipment

SENIOR TRANSPORTATION RESOURCES

1ST RIDE 720.540.5566

SENIORS INC. 303.300.6908

AMERICAN RED CROSS 303.722.7474

COLORADO EASTER SEAL COMMUNITY TRANSIT SERVICES 303.202.9143

REGIONAL TRANSPORTATION DISTRICT 303.299.2960 • **access-a-Cab**

303.244.1388 (Denver Metro Area) **access-a-Ride** 303.292.6560 (Denver Metro Area) • **call-n-Ride 303-434-8989** (Boulder/Broomfield/North Jefferson Counties only) • **seniorRide** 303.299.6503

SENIOR RESOURCE CENTER 303.235.6972 (Denver Metro Area) 303.674.2843 (Evergreen) Seniors' Resource Center Transportation Services provides accessible and affordable door-through-door transportation to older adults and persons with mobility impairments in Adams and Jefferson counties only.

SENIOR CITIZENS



Many programs and services exist throughout Colorado focusing on senior populations; several of these programs are African American specific. Seniors have always played a vital role in the quality of life and well being within the African American community. They hold positions of honor, provide guidance, impart wisdom and serve as historical links between generations.

This section provides resources for African American Seniors to stay active and presents fitness options and a broad range of services that will lead to a much better quality of life.



The **Silent** Epidemic of Alzheimer's Disease



The Alzheimer's Association has identified an emerging public health crisis among Blacks/African-Americans—the Silent Epidemic of Alzheimer's Disease. Findings from recent research indicated that Alzheimer's disease was found to be more prevalent among African-Americans than among whites—with estimates ranging from 14% to almost 100% higher; that there is a greater familial risk of Alzheimer's in African-Americans; and that genetic and environmental factors may work differently to cause Alzheimer's disease in African-Americans. Advances in genetics and imaging, combined with our increased understanding of the mechanisms of Alzheimer's, provide immense opportunities to examine the disease in African-Americans in ways that would not have been possible even five years ago. Alzheimer's research targeted to all populations, but especially to African-Americans, is therefore vital.

One of the most promising areas of research where additional funding is needed is the growing body of evidence that vascular disease may be a key mechanism in triggering Alzheimer's disease. Data from longitudinal studies suggest that high cholesterol and high blood pressure may be significant risk factors for Alzheimer's. Effective therapies for prevention of vascular disease already exist—including cholesterol lowering drugs (statins) and anti-hypertensive medications. Research also indicates that these drugs may also protect against cognitive impairment and Alzheimer's disease.

Age is a key risk factor for Alzheimer's disease in all racial and ethnic groups. One in seven of those over 65, and nearly half of those over 85 have Alzheimer's disease. Dementia is 14% to 100% higher in African-Americans, with Alzheimer's being the most common form. The number of African-Americans age 65 and over will more than double

from 2.7 million in 1995 to 6.9 million by 2030. The number of African-Americans age 85 and over is growing almost as rapidly, from 277,000 in 1995 to 638,000 in 2030, reaching 1.6 million by 2050.

Studies also show that those with a history of either high blood pressure or high cholesterol are twice as likely to get Alzheimer's disease and those with both risk factors are four times. 65% of African-American Medicare beneficiaries have hypertension, compared to 51% of white beneficiaries. They are also at higher risk of stroke. Data from the Current Medicare Beneficiary Survey also shows African-Americans have a 60% higher risk of type 2 diabetes, a condition that contributes directly to vascular disease. African-Americans also have a higher rate of vascular dementia than white Americans.

As the largest private funder of Alzheimer research, the Alzheimer's Association has invested nearly \$120 million to find answers to this disease. In addition to accelerating the search for answers, more must be done to help and support those who are dealing with the disease right now. Alzheimer's disease is underreported in African-Americans, and diagnosis often occurs at a much later stage of the disease. This has great consequences. People aren't getting the help they need, and families struggle on their own at great personal, emotional and financial cost. Many miss the opportunity for the treatments that now exist, which are most effective in the early stages of the disease. The Association is working to improve care and support for people with Alzheimer's disease. Chapters of the Alzheimer's Association across the U.S., including Colorado, have stepped up outreach to African-American communities and are developing specific tools for outreach, education and services at no cost to families. For help and hope call today at 800-272-3900.

Susu Gray

Multicultural Outreach Coordinator

African American Outreach Focus

Alzheimer's Association Colorado Chapter

455 Sherman St. Suite 500, Denver, CO 80203

susu.gray@alz.org

303-813-1669

Helpline 24/7: 800-272-3900

www.alz.org/co



10 WARNING SIGNS OF ALZHEIMER'S DISEASE

1. Memory changes that disrupt daily life
2. Challenges in planning or solving problems
3. Difficulty completing familiar tasks at home, at work or at leisure
4. Confusion with time or place
5. Trouble understanding visual images and spatial relationships
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood and personality

Senior Citizens

African Americans in Gerontology

PO Box 8148, Colorado Springs, CO 80907 • 813.317.4147
www.blacksngerontology.org

The African Americans in Gerontology (AAIG) is a national non-profit organization designed to provide guidance and professional development opportunities, encourage networking, and promote community activism for African American professionals and students in the field of gerontology, in order to improve the quality of life for the African American elderly.

African American Caregiver Support Group (Lutheran Family Services of Colorado)

African American Caregiver Group

Nichelle Stiggers, Geriatric Care Manager
2825 High Street, Denver, CO 80205 • 303.217.5856

"Advice and inspiration for caregivers and their older loved ones."

Expert Nursing & Companion Services, Inc.

For more information or to schedule an appointment call: 877.717.0946
www.expertnursingandcompanionservices.com

The Expert Nursing & Companion Services (ENCS), Inc. was founded by a fourth generation Denver native in 1986 with the idea of offering excellent and (personal) home health services. The founder has worked at several other home health agencies and local hospitals and has seen the great need for one-on-one service that are many times needed within one's life time, either personally or with someone close to you.

The ENCS mission is to be the expert in home health care by providing clients with continuity of care in a professional and caring manner, while offering no cost care and maintaining high ethical standards through quality assurance programs. ENCS not only services the physical ailment, but also the person within. ENCS realizes that a person who is ill needs more than physical healing; they are in need of emotional and spiritual understanding.



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Maya Wheeler Community Outreach Liaison
3345 Forest Street, Denver, CO 80207
ph: 303.393.7600 • www.forestst.org

Nadia Personal Care Service

HOME HEALTH CARE AGENCY

Denise Lyons, *President*

3425 East 28th Avenue, Denver, CO 80205
office 303.831.4277 • cell 303.257.1938 • fax 303.831.1270

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DOREEN LYONS, DIRECTOR
7470 W. 38TH AVENUE
WHEAT RIDGE, CO 80033

720.364.3806

Senior Citizens



Forest Street Compassionate Care Center

3345 Forest Street, Denver, CO 80207 • 303.393.7600 • www.forestst.org

The Forest Street Compassionate Care Center mission is to deliver exceptional, compassionate care to individuals experiencing a wide range of medical conditions. The Forest Street Compassionate Care Center takes an integrated, multidisciplinary approach to meet each resident's medical, emotional, and spiritual needs while respecting the dignity and rights of each person. Forest Street is licensed in the State of Colorado and accepts Medicare, Medicaid, VA Contracts, private funds and numerous private insurances.

The Caregiver's Guardian, LLC

303.394.1963 • www.caregiversguardian.com

The Caregiver's Guardian founder, Nadine R. Cornish, Caregiver Consultant, knows firsthand the challenges of care giving and the voids that exist for the caregiver. With more than 12 years experience as a family caregiver, and a background in public health education, she has launched a business from the perspective of someone who knows and understands. TCG is a consulting service designed for the family caregiver seeking support, resources, inspiration and motivation to assist in the challenging task of caring for a chronically ill loved one. TCG serves the entire Rocky Mountain Region. Consultation services, training and speaking engagements are offered nationwide. The TCG goal is to support the family caregiver with quality services infused with compassion, ethical understanding, and empathy.

Zion Senior Center

5151 E 33rd Avenue, Denver, CO 80207 • 303.333.5746

www.zionseniorcenter.org

Zion Senior Center is a non-profit organization dedicated to senior citizens. Established in Denver, CO in 1978, the Center provides a community place for the senior citizens in and around the community, but not limited to the Park Hill area. Any senior citizen is welcome! Seniors can meet together, receive services, and participate in activities that will enhance their dignity, support independence, and encourage their involvement in and with the Denver community.

18 | Colorado Black Health Collaborative



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AFRICAN AMERICAN DENTISTS



Even if you brush twice a day, floss once a day, use mouthwash and have white healthy looking teeth, you should still visit a dentist regularly. It is important to prevent tooth decay, gum disease and other conditions. Dental exams identify these and other conditions that risk your dental health.

When you go to the dentist you will be asked what care you have taken of your teeth since your last visit (which in some cases may have been years.) They will then continue to check the health of your teeth, gums and mouth tissue. Dentists will use a probe and mirror to check the crown of all of your teeth; they check these for either plaque, decay or general looseness. In relation to your gums they should be firm and pink, if they are soft, red and/or swollen it could be a sign of gum disease.

Dentists will also check to see if you have any pockets (deep depressions) where the tooth meets the gum. If you have healthy teeth and gums and no sign of gum disease, there should only be slight depressions rather than deep as mentioned above. When having a thorough check up, the dentist will take x-rays of your mouth, this could flag tooth decay or even abscesses.

After your teeth have been checked, the dentist may recommend a professional clean. A professional clean will remove tough plaque/bacteria build ups and will also polish your teeth, which will get rid of unwanted stains (yellowish). Your dentist will run through this in more detail.

If the dentist finds a cavity you may need to return to have it filled at a later date, or if you have other issues you may be referred to an orthodontist or other specialist.

It is recommended that you visit the dentist for a check up twice a year; with only a small cost to you. If you neglect your teeth and do not visit the dentist regularly, however, you may be looking at massive dentistry costs in years to come. How many people can afford unplanned dentistry works?

If you require additional information on looking after your teeth and gums visit www.lookingafteryourteeth.blogspot.com

African American Dentists

Cecil Bottenbley, DMD

Oral Surgery & Maxillofacial Surgery
1776 Lincoln Street, Ste 820, Denver, CO 80203
303.980.8833

575 Union Blvd, # 300, Lakewood, CO 80228
303-980-8833

Morris Clark, DDS

Professor of Oral Surgery
University of Colorado Denver School of Dental Medicine
13065 E 17th Avenue, Aurora, CO 80045
303.724.6900

Kenneth Crichlow, DDS

General Dentist
6795 E Tennessee Avenue, Ste 350, Denver, CO
303.388.1112

Falona Glenn, DDS

1732 S Chambers Road, Aurora, CO 80017
303.751.6916

Gerald Glenn, DDS

1732 S Chambers Road, Aurora, CO 80017
303.751.6916

Robert Greer, DDS

General Dentist
180 Adams Street, Ste. 250, Denver, CO 80206
303.320.6827

Carlton J. Floyd, DDS, MS

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20971 E Smoky Hill Road, Ste. 201, Centennial, CO 80015
303-368-7402 • JAFXR3@aol.com • www.drjcfloyd.com

Dr. Floyd is a leader in the field of Oral and Maxillofacial surgery. He has numerous published papers and he is recognized as an expert in his field both locally and nationally. Oral and Maxillofacial surgery is a specialty of dentistry that involves the diagnosis, treatment, & surgery of diseases, defects, injuries & deformities involving the mouth & facial region.

Collis Johnson Jr., DDS

General Dentist
1756 Vine Street, Denver, CO
303.322.1177

Sere Myers Jr., DDS PC

14100 E Arapahoe Rd., Ste 310, Centennial, CO 80112
303.699.5804

Americas Children Dental Clinic - John Trahan, Owner

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Jennifer Rankin, DDS

5492 S Parker Road
Aurora, CO 80015
Phone: 303.690.4000 Fax: 303.672.6875 • www.smilesoftherockies.com

As a practice, we are true believers that preventative care and education are the keys to optimal dental health. We strive to provide dental health care vs. disease care. That's why we focus on thorough exams checking the overall health of your teeth and gums, performing oral cancer exams, and taking x-rays when necessary. We also know that routine cleanings, flossing, sealants, and fluoride are all helpful in preventing dental disease. Not only are we focused on the beauty of your smile, we are also concerned about your health. A review of your medical history can help us stay informed of your overall health, any new medications, and any illnesses that may impact your dental health.



Donald R. Rice, DDS

General Dentist
7701 E 1st Place, Unit B, Denver, CO
303.399.4444

Norris Sadler, DDS

3025 W 38th Avenue, Denver, CO 80211
303.458.7051 • www.sadlerdds.net

Norris Sadler specializes in beautifying smiles, maintaining your dental health, and helping you improve your appearance. Our experienced and friendly staff takes great pride in keeping your smile beautiful. Our promise to you is that the veneers, fillings, crowns, and bridges we create will look as good as or better than the teeth nature gave you. And to make sure we keep that promise, the products we recommend and use are the highest quality and incredibly durable. You can trust your smile with us.

Major Tappan, DDS

3216 High Street, Denver, CO 80205
303.394.0231

The Honus Maximus Award, the highest community service/leadership honor MDDS bestows upon its members, was received by Major W. Tappan, DDS. Dr. Tappan, a Denver-based general practitioner, was recognized for his progressive vision, selfless dedication to children and numerous contributions to the profession over the span of his 60-year career. Most recently, as a leader in the quest to eliminate childhood cavities, he founded the Total Oral Prevention Strategies (TOPS) program which provides preventive care to preschool aged children.

Nicole Ward, DDS

General Dentist
2131 S Chambers Road, Denver, CO 80247
303.750.2273

David Webb, DDS

1911 Leraray Street, Colorado Springs CO 80909
719.633.7774



OFFICE OF HEALTH DISPARITIES

Colorado Department of Public Health and Environment

The Office of Health Disparities serves in a coordinating, educating and capacity building role for state and local public health programs and community based organizations. Its mission: The Office of Health Disparities is a state program of multi-cultural health professionals dedicated to eliminating racial and ethnic health disparities in Colorado by fostering systems change and capacity building through multi-sectoral collaborations.

The office is responsible for the following functions:

- Administrating and coordinating the Health Disparities Grant Program
- Publishing data reports documenting health disparities
- Offering trainings on racial and ethnic health disparities and cultural competence
- Improving interpretation and translation services within public health systems
- Building capacity within communities to offer or expand public health programs to better meet the needs of diverse populations
- Conducting state-level strategic planning on minority health improvement
- Providing technical assistance to the Colorado Department of Public Health and Environment as well as local health departments, community based organizations and communities state-wide
- Promoting workforce diversity within the health field
- Coordinating and staffing the Minority Health Advisory Commission
- Coordinating and supporting the Interagency Health Disparities Leadership Council
- Coordinating the Recruiting and Retaining Youth of Color in the Health Professions Task Force

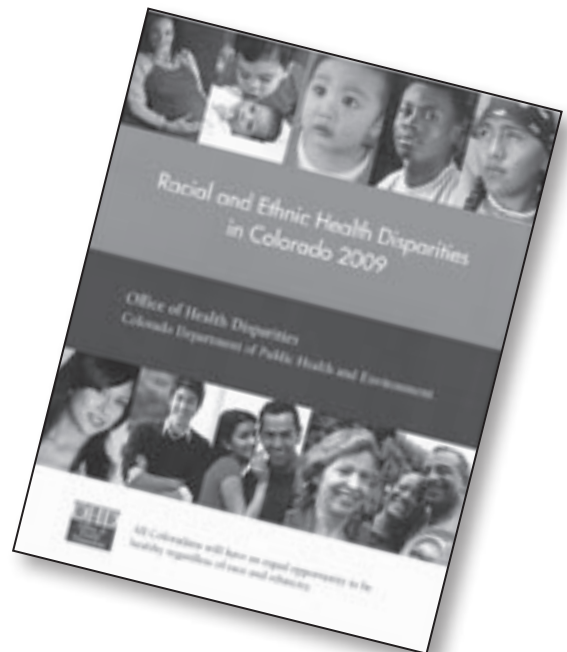
In 2009, the Office of Health Disparities released a third report examining racial and ethnic health disparities in Colorado. The *Racial and Ethnic Health Disparities in Colorado 2009* Report updates and expands on the findings of the second report, published in 2005, while retaining a focus on Colorado's four major communities of color: Hispanics/Latinos, African Americans/Blacks, American Indians and Asians/Pacific Islanders.

The report consists of an average of 40 health indicators based on recent Colorado data for each of the four communities of color. Each section begins with an overview of each group. Health indicators are listed based on life cycle stage (maternal and infant health, child and adolescent health, and adult health), risk factors (smoking, nutrition, etc.) and leading causes of death (heart disease, cancer, etc.). Each section includes a discussion on data limitations, one or more summaries of initiatives in Colorado to address disparities and recommendations for reducing disparities for each group.

The introduction is followed by five more general sections which are as follows:

- Determinants of health
- Immigration
- Cultural Competence
- Mental Health
- Cost of Health Disparities

In addition to the Health Disparities Report, the Office of Health Disparities has published "Health Disparity Fact Sheets" on the four major communities of color in Colorado.



Contact the Office of Health Disparities for a copy of the report or data sheet or view them online at: www.cdph.state.co.us/ohd/
Office of Health Disparities: 4300 Cherry Creek Drive South, Denver, CO 80246, t: 303.692.2087, f: 303.691.7746, cdphe.edohd@state.co.us

CUTTING CARDIOVASCULAR RISK IN BARBERSHOPS



Cardiovascular disease (CVD) is the leading cause of death in the US with the highest death rates among Blacks/African Americans and men. Controllable risk factors, such as smoking, high cholesterol, high blood pressure, overweight, obesity and physical inactivity are major contributors to CVD.

Many people do not know that they are at elevated risk for CVD and fewer than half of the people in the US have their risk factors evaluated, treated or controlled. In fact, studies show that racial and ethnic minorities have lower awareness of their CVD risk and lower risk factor control despite being at higher risk for the disease.

Denver Health Community Voices employs trained Patient Navigators (PN) to work in barbershops to screen primarily African American men for CVD risk and share ways to decrease their risk. The expected benefit of the program is that participants will become aware of their numbers (blood pressure, cholesterol, glucose, body mass index, BMI), and their risk of developing CVD. Additionally, individuals at moderate and high risk for CVD are identified and linked to follow-up medical care and are offered resources to assist them in changing behaviors related to nutrition, physical activity and smoking.

Currently, 22 barbershops located in Denver neighborhoods are participating in the program.

Stanley Thomas and Russell Grant are the PNs that do the health screenings, provide basic counseling and education on CVD risk and refer individuals to a health care provider and community resources. They also follow up with clients to encourage follow through among those needing health care and other resources. Since most of the barbers have participated in the program, they also serve as role models for their clients.

The PN typically visits each barbershop on a weekly or bi-weekly basis. Clients are screened one at a time and the screening includes cholesterol, blood pressure, glucose and BMI (from measured height and weight) and self-reported data on family history, physical activity, healthy eating, tobacco, and presence of CVD. This information is used to identify CVD risk factors (overweight, inactivity, smoking, and high blood pressure) and an overall risk score. PNs also ask whether clients knew their risk status prior to the screening/assessment.

Screening and risk information is shared with clients on a *Prescription for Good Health* card.

The PN also enters data on referrals to primary care and community resources, and works with the client in developing a plan for follow-up. Each client at moderate to high risk receives a phone call within two weeks to encourage and assist the client in making an appointment with a primary care provider. Clients are also told that the PN will take their blood pressure anytime at the barbershop, and that cholesterol and glucose testing can be repeated every 90 days.

Over the course of the first two years, the PNs screened a total of 1674 people in 15 barbershops.

The screening results indicate that clients visiting barbershops are indeed at risk for CVD and other health conditions. One quarter had a medium and 8 percent a high Framingham risk score (i.e., risk for CVD in next ten years). In terms of changeable risk factors, over a quarter of screened clients were current smokers (28 percent) and over one quarter had blood pressure above the normal range (16 percent considered to have mildly high, 8 percent moderately high and 1 percent severely high blood pressure). Only 25 percent were considered to be of a healthy weight (39 percent were overweight and 34 percent obese) according to BMI measures. Finally, 55 percent were found to have desirable, 36 percent borderline high, and 9 percent high cholesterol levels.

Of particular interest, 41 percent of screened clients reported having no knowledge of their CVD risk before the screening—a finding that supports the value of using PNs to screen and educate clients about risk and risk reduction in community screenings at barbershops. Our experience indicates that these screenings went beyond information and education: PNs referred 279 clients to health and health care resources in the Denver area (e.g., QuitLine), and had over 200 follow-up visits with the same clients over time.

Barbershops are great places for reaching African Americans who are at risk, and, often unaware of their risk of CVD. For more information about the program, contact Pedro Arevalo Rincon at 303-436-4182 or pedro.arevalo@dhha.org

Mayfair Vision Clinic Seeing is Believing



Owned by Dr. Janice Jarrett since 1995, Mayfair Vision Clinic has been in business for nearly 25 years and has been in its present location since 1993. Dr. Jarrett has been in practice since 1986 and has spent her entire career practicing in the Denver metro area.

She was born and raised in Kansas City, Kansas, received a Bachelors Degree from Kansas State University, and a Doctor of Optometry Degree from Indiana University School of Optometry. She was drawn to the field of Optometry through curiosity about what her eye doctor was doing as she sat through eye exams year after year. She enjoys interacting with the wide variety of people who come into her office as much as the challenge of taking care of their eye and vision needs.

African American Optometrists

Mayfair Vision Clinic

Janice Jarrett, O.D.
1336 Leyden Street, Denver, CO 80220
303.333.9898 • Fax 303.333.0719 • www.mayfairvisionclinic.com

Mayfair Vision Clinic provides comprehensive eye exams, including testing for glaucoma and cataracts, glasses and contact lenses; treatment of minor eye injuries and infections; surgical co-management for laser vision correction and cataracts.

Boulder Vision Associates

Richard Cross, O.D.
5305 Spine Road, Suite B, Boulder, CO 80301
303.530.2020 • www.bouldervision.com

At Boulder Vision Associates a routine eye examination includes a computer-assisted refraction to determine your best possible vision correction. Visual field screening and tonometry are performed to help detect sight-threatening diseases such as glaucoma and retinitis pigmentosa. This comprehensive eye health assessment can help diagnose diabetes, high blood pressure, multiple sclerosis and many other diseases.

Sears Optical

Pamela Ragsdale, O.D.
1550 Bragrate Boulevard, Colorado Springs, CO 80920
719.597.0757

During a typical eye exam, adults will be tested for visual acuity and general eye health. The doctor will check for signs of cataracts, glaucoma and other eye diseases.

For children, a routine eye exam consists of tests for near and distance vision; peripheral vision; eye/hand coordination; the ability to use both eyes together; and the ability of the eyes to move smoothly across a page and shift quickly and accurately from one object to another—all critical for learning to read.

Why Are Eye Exams Important?

Regardless of your age or physical health, it's important to have regular eye exams.

During a complete eye exam, your eye doctor will not only determine your prescription for eyeglasses or contact lenses, but will also check your eyes for common eye diseases, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.

Who should get their eyes examined?

Eye examinations are an important part of health maintenance for everyone. Adults should have their eyes tested to keep their prescriptions current and to check for early signs of eye disease. For children, eye exams can play an important role in normal development.

Vision is closely linked to the learning process. Children who have trouble seeing or interpreting what they see will often have trouble with their schoolwork. Many times, children will not complain of vision problems simply because they don't know what "normal" vision looks like. If your child performs poorly at school or exhibits a reading or learning problem, be sure to schedule an eye examination to rule out an underlying visual cause.



What's the difference between a vision screening and a complete eye exam?

Vision screenings are general eye tests that are meant to help identify people who are at risk for vision problems. Screenings include brief vision tests performed by a school nurse, pediatrician or volunteers. The eye test you take when you get your driver's license renewed is another example of a vision screening.

A vision screening can indicate that you need to get an eye exam, but it does not serve as a substitute for a comprehensive eye exam.

A comprehensive eye examination is performed by an eye doctor and will involve careful testing of all aspects of your vision. Based upon the results of your exam, your doctor will then recommend a treatment plan for your individual needs.



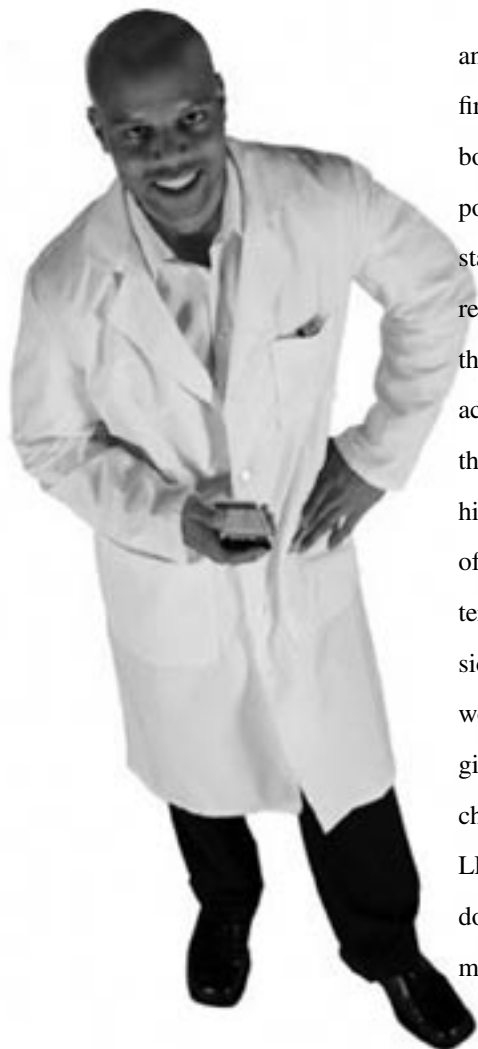
We believe in a **HEALTHY** Colorado.

African Americans face unique health challenges, such as increased risk for diabetes, high cholesterol, high blood pressure, and some forms of cancer. The Colorado Kaiser Permanente African American Center of Excellence (AACE) is a virtual center that focuses on health issues impacting African Americans. We seek to identify, reduce, and ultimately eliminate health disparities among Kaiser Permanente members and the broader African American community.

kp.org



AFRICAN AMERICAN DOCTORS



Black doctors play a central role in the health and wellness of all Coloradans and continue to build on the legacy of pioneers such as Dr. Justina Ford, Colorado's first black female licensed physician and Dr. Bernard Gipson Sr., the first Black board-certified surgeon in Colorado. From practice, research, administration and policy, Black doctors hold some of the most prestigious positions throughout the state. For example, Dr. M. Roy Wilson, Chancellor of the University of Colorado is responsible for operations and oversight including the institution's two campuses, the Downtown Campus and the Anschutz Medical Campus, and satellite offices across Colorado, in Beijing, China, and Jeddah, Saudi Arabia. Dr. Robert Winn is the University of Colorado School of Medicine Dean of Admissions. In addition to his administrative duties, his research interest has centered around the cell biology of cancer. Dr. Jandel Allen-Davis serves as Vice President of Government and External Relations for Kaiser Permanente. The selection of the health plan's first physician vice president comes at a time when community and legislative leaders are working closely with clinicians to develop health care solutions. Dr. Reginald "Reggie" Washington, a national force in fighting cardiovascular disease and obesity in children, has been appointed the first Chief Medical Officer for HCA-HealthONE LLC's new Rocky Mountain Hospital for Children. These and many other Black doctors are the pioneers who are leveling the playing field and creating the diverse medical workforce of today and tomorrow.

African American Doctors

Access Family Medicine

Oswaldo Grenardo, MD

Family Practice

19284 E Cottonwood Drive, Ste 201, Parker, CO 80138
303.990.0950 • www.accessfamilymed.com

Ageless Remedies

Herbert (Herb) Brown

2610 3rd Avenue, Denver, CO 80205
303.320.1515

Auraria Health Center

Carolyn Coker-Ross, MD

Internal Medicine

955 Lawrence Way Plaza Building, Ste 150, Denver, CO 80217
303.556.2525 • www.mscd.edu/healthcenter

Care Point Swedish Hospital

Charlotte Brigham, MD

Internal Medicine

3531 S Logan, D-347, Englewood, CO 80113
303.321.9700

Center for Women

Asela Russell, MD

Obstetrics and Gynecology

125 Inverness Drive E, Ste 210, Englewood CO 80112
303.755.0120 • www.tc4w.com

Center for Plastic Surgery

Gregory Franklin Bland, MD

Plastic Surgery

3920 N Union Blvd, Ste 300, Colorado Springs, CO 80903
719.634.0107

Colorado Hearing and Balance Clinic

Cameron Shaw, MD

Otolaryngology

10103 Ridgeway Parkway, Ste 125, Lone Tree, CO 80124
303.662.8600 • www.coloradoear.com

Denver Health Medial Center

Vincent Collins, MD

Psychiatry

777 Bannock Street, Pavilion K Unit 9, Denver, CO 80204
303.436.5712 • www.denverhealth.org

William Edwards Jr., MD

Pediatrics

501 28th Street, Denver, CO 80205
303.436.4600 • www.denverhealth.org

Essential Woman's Care

Dana Roper-Johnson

Obstetrics and Gynecology

4545 E 9th Avenue Ste 506, Denver, CO 80220
720.941.8266

Front Range Orthopedics

Orderia Fleming Mitchell, MD

Orthopedics

175 S Union Blvd, Ste 200, Colorado Springs, CO 80910
719-473-3332 • www.fro.com

Family Physicians of Greeley

Chima Nwizu, MD

Family Practice

909 E Railroad Avenue, Fort Morgan, CO 80701
970.378.8000

Green Valley Ranch Medical Clinic

Augustine Obinnah, MD

Internal Medicine

4809 Argonne Street, Denver, CO 80249
303.344.8700 • www.gvrmedical.com

Health Care Partners

Grace Nweke, MD

Internal Medicine

3934 Sandalwood Lane, Pueblo, CO 81005
719-583-2273 • www.hcpcareteam.com

Health South Rehabilitation Hospital of Colorado Springs

Stefan Humphries, MD

Physical Medicine & Rehabilitation

325 Parkside Drive, Colorado Springs, CO 80910
719.630.2308 • www.healthsouthcoloradosprings.com

KAISER PERMANENTE

Phyllis Bouvier, MD

Head and Neck Surgery

2045 Franklin Street, Denver, CO 80205
303.338.3800 • www.kp.org

Jandel Allen-Davis, MD

Vice President of Government and External Relations

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303.338.3800 • www.kp.org

Ifeoma R. Eleazu, MD

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Ozioma Thelma Evans-Nwosu, MD

Family Medicine

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Denise Hunter, MD

Internal Medicine

1375 E 20th Avenue, Denver, CO 80205
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Karen Lucas, MD

General Surgery

2045 Franklin Street, Denver, CO 80205
303.338.3800 • www.kp.org

Sharman Reed, MD

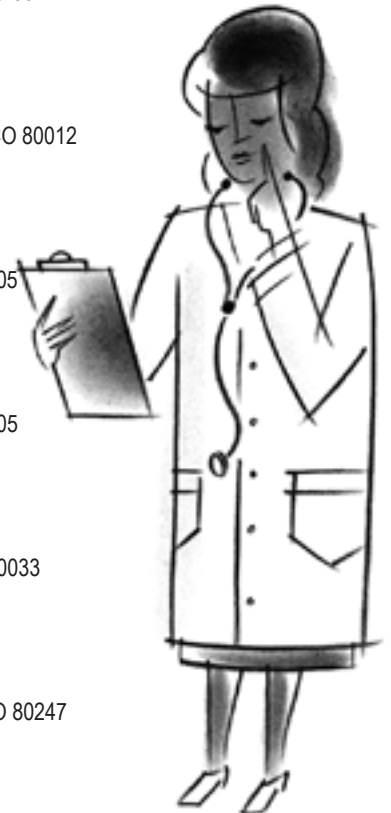
Obstetrics and Gynecology

4803 Ward Road, Wheat Ridge, CO 80033
303.338.3800 • www.kp.org

Terri Richardson, MD

Internal Medicine

10400 E Alameda Avenue, Denver, CO 80247
303.338.4545 • www.kp.org



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2045 Franklin Street, Denver, CO 80205
303.338.3800 • www.kp.org

Mark Watts, MD
Neurological Surgery
2045 Franklin Street, Denver, CO 80205
303.861.3688 • www.kp.org

Mobile Physicians Network
Gentry Dunlop, MD
Assisted Living
4745 S Helena Way, Aurora, CO 80247
303.400.2930 • www.mobilephysicians.net

National Jewish Medical Center
Valerie Hale, MD
Radiology
Campus Box A004
303-398-1611

Northwest Surgical Association
Nelson Mozia, MD
General Surgery
8550 W 38th Avenue, Ste. 205, Golden, CO 80401
303.467.8987

Park Avenue Medical Group
Deborah Green, MD
Family Practice
315 Park Avenue, Fort Lupton, CO 80621
303.857.6111

Peak Vista Community Health Center
Brenda E. Walker-Conner, MD
Family Medicine
225 S Union, Colorado Springs, CO 80910
719.329.7100 • www.peakvista.org

Lasaundra Watson, MD
Internal Medicine
5636 N Union, Colorado Springs, CO 80918
719.329.7100 • www.peakvista.org

Pediatrix Medical Group
Beverly Anderson, MD
Pediatrician-Neonatal
1601 E 19th, Ste 5300, Denver, CO 80218
303.839.7440

Platte Valley Medical Center
Jeremiah Bartley, MD
Obstetrics and Gynecology
1929 E Egbert, Ste H, Brighton, CO 80601
303.659.7161 • www.pvmc.org

Provident Adult and Senior Health
Bernard Gipson Jr., MD
Internal Medicine
2535 S Downing, #480, Denver, CO 80210
303.322.4951

PS1 Healthcare Clinic
Alfred Nash, MD
Family Practice
4896 Chambers Road, Denver, CO 80239
303.371.7263

Russell Simpson, MD
Internal Medicine
4896 Chambers Road, Denver, CO 80239
303.371.7263

Rocky Mountain Cancer Center
Charles Lenard, MD
Radiation Oncologist
7951 E Maplewood Ave, Suite 300, Greenwood Village, CO 80111
1-888-259-7622 (Toll Free) • www.rockymountaincancercenters.com

Shalom Park
Shirlee Turner, MD
Medical Director
14800 E Belleview Drive, Aurora, CO 80015
303-680-5000 • www.shalompark.org

Tender Hearts PC
Francisca Onuoha, MD
Internal Medicine—Nursing Home Care
PO Box 461356, Aurora, CO 80046
877.844.3888

University of Colorado Denver
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Assistant Professor Emergency Medicine
Campus Box F524, Aurora, CO 80045
303.724.0250

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Anschutz Medical Campus
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12631 E 17th Avenue, Campus Box F493, Aurora, CO 80045
303-724-1264

M. Roy Wilson, MD
Chancellor
1380 Lawrence Street, 14th Floor, Denver, CO 80204
303-315-2500 • www.ucdenver.edu

Robert Winn, MD
Dean of Admissions
Associate Professor Department of Medicine,
Pulmonary Sciences/Critical Care Medicine
Campus Box C272—Research Complex II, Room 9012, Aurora, CO 80045
303-724-6092

Western Cardiology Associates
Reginald Washington, MD
Pediatrics, Pediatric Cardiology
1601 E 19th Avenue, Ste 5600, Denver, CO 80262
303.860.9933

Western OB/GYN, MD

Johnny E. Johnson

Obstetrics and Gynecology

7701 E 1st Place, Unit D, Denver, CO 80210

303.261.3825 • www.drjohnnyjohnsonmd.com

Private Practice

Pius Kamau, MD

General Surgery

1411 S Potomac Street, Ste 320, Aurora, CO 80012

303.751.0300

Asa Yancey, MD

Pediatric / Adolescent Psychiatry

7310 E Arapahoe Road Ste 200, Centennial, CO 80112

303.740.0400



Generations of Wellness

Generations of Wellness®—Serving the unique needs of African Americans with the latest health tools for UnitedHealthcare members and their families.

The **Generations of Wellness®** health initiative is included in every UnitedHealthcare plan at no additional premium. It offers African American members enhanced health information and tools that speak specifically to their cultural needs.

Components include:

Health Tip Flyers about conditions that disproportionately affect African Americans, such as high blood pressure, high cholesterol, diabetes, and obesity.

An Online Wellness Center with exercise suggestions and healthy recipes.

An Online Directory of African American physicians.

http://www.uhc.com/generations_of_wellness.htm

One Source Consulting, LLC

During the past 26 years I have had the privilege to deliver health care and witness the incredible accomplishments that science and medicine have had to offer. While no one would disagree that as Americans we have utilized our resources in science and technology to improve our lives, at the same time our population's health is progressively worse each year.

There are many contributing factors to our collective declining health status. When you combine our food industry, our built environment and the financial/social stressors Americans live with daily, it is no surprise that we are less healthy each year.

Though the numbers are not currently in our favor, the good news is that we can do something about it if we work together. Health care providers can improve care delivery with or without a national healthcare plan. Much of what is needed inside the system could be done by getting creative with the resources we already have.

With the assistance of the provider, patients can become "activated" with regard to their own health. There is no better expert on your body than YOU! Our current model places the patient in the position of passivity relying on the provider and or medical system to be the "hero" in repairing what is "broken" with regard to health. The flaw in this ideology is that patients live 99% of their lives away from the medical provider and system which once again fosters unrealistic dependency.

My "bearing witness" of how the current model impacts patient engagement inspired establishment of One Source Consulting, LLC. We provide evidence based behavioral training for providers and patients by providing simple tools that assist behavior change from the "whole person" perspective.

Contact info

One Source Consulting, LLC

Beverly Barber RN, BSN—Principal

720-323-9603

blsource@q.com



NATIONAL SEND a CARD DAY

-for healing, for encouragement, for support-



What is National Send a Card Day all about?

National Send a Card Day (NSACDay), October 22nd, is a day set aside each year to send a cancer related greeting card from the NSACDay commemorative collection, to someone who has been directly or indirectly affected by cancer.

National Send a Card Day is an exciting project, especially when receiving a greeting card means so much. In this time of instant communication such as emails, text messages, and voicemails, studies show that a greeting card or a handwritten note are still preferred methods of communication when it comes to relaying more personal and heartfelt sentiments.

October 22, 2010 will mark the third annual NSACDay project. Founder, Cynthia Martin received support getting this project up and running from artist Ardythe Sayers, wife of Football Hall of Fame recipient Gale Sayers, artist Alyson Hargraves-Warren, an elementary school art teacher, and fundraising partners such as Quinn Chapel AME Church in Chicago, IL, the Rosalind Martin-Handsome Lung Cancer Foundation, and Bethsaida Christian Center in Denver, CO.

Why we do what we do.

Cancer in and of itself is a devastating reality to endure. Enduring it while experiencing the anxieties of meeting everyday financial obligations certainly adds stress. It's a known fact that stress is a catalyst for many diseases. If this is true, it's also safe to say that stress can interfere with the healing process of someone who is fighting for his or her life. This being said, we are committed to doing all we can to reduce stress that is a result of financial troubles for as many cancer patients as possible.

We pray for a cure. We hope and believe that a cure will soon come. But with prayer, and while we are waiting, there is still a responsibility to do all we can to help right now. For us, this opportunity presents itself through greeting cards. It allows us to encourage people, make a contribution, and provide a platform for you to do the same.

Founder Cynthia Martin's statement of inspiration...

This project is important to me for the same reason it may be to you. My father succumbed after a lengthy battle with several diseases (stomach cancer being the one that eventually took his life). My mother is a breast cancer survivor. During her battle, one thing that stood out to me was the financial difficulties that became a part of her fight. She received disability, which provided only a portion of her

normal income. She acquired numerous additional bills as a result of co-pays, medication, and other unexpected expenses. Finally, when she received a doctor's release to go back to work she was terminated. Upon witnessing everything she went through; chemotherapy, followed by radiation treatments, and financial difficulties, my heart was broken for her. It was difficult for me to know how to reach out to her, because I didn't fully understand her experience. What I did understand was, if this was happening to her, there are many others who need help too. That is when God showed me a way to honor and support her, as well as others—it is called National Send A Card Day.

Our goal is to be instrumental in ensuring there are always funds available to distribute to cancer patients in their time of need.

Fortunately, there are organizations that work directly with the people we will assist. We have no intention of reinventing that wheel. We do, however, have every intention of creating an additional revenue stream to make sure these organizations can reach more cancer patients.

According to the Greeting Card Association, Americans purchase 7 billion greeting cards every year. Annual retail sales of greeting cards are estimated at more than \$7.5 billion. According to statistics provided by the American Cancer Society, in 2009 to date, approximately 1.4 million people in the United States have already been affected by cancer. That figure multiplied by friends and families (those affected indirectly) of people directly affected by cancer leads us to believe that the NSACDay project could very easily accomplish its goal of providing substantial financial support to people who are experiencing financial difficulties during their illness.

Other plans for this project include a national call-for-entries for both artists and writers. We will facilitate the first call in conjunction with the 2010 NSACDay project. This will be the method used to create each year's commemorative collection going forward. The NSACDay project will also generate job opportunities for cancer patients who are unable to return to their normal jobs following cancer treatments.

We would like for you to join us. It is our hope that every person who has been affected by cancer will receive a greeting card. Help us encourage every heart that has been touched, and at the same time, provide financial assistance directly to cancer patients as they fight.

Contact Cynthia Martin for additional details at 720.364.1202 or visit www.nsacday.com.



2010 FREE DAYS

DENVER ZOO

2300 Steele St., Denver
303-376-4800

Wednesday, October 13, 2010
Thursday, October 21, 2010
Sunday, November 7, 2010
Saturday November 13, 2010

DENVER ART MUSEUM

100 West 14th Ave. Pkwy, Denver
720-865-5000

Saturday, March 6, 2010
Saturday, April 3, 2010
Saturday, May 1, 2010
Saturday June 5, 2010
Saturday, August 7, 2010
Saturday, September 4, 2010
Saturday, October 2, 2010
Saturday, November 6, 2010
Saturday, December 4, 2010

DENVER MUSEUM OF NATURE & SCIENCE

2001 Colorado Boulevard, Denver
303-322-7009

Monday, March 1, 2010
Sunday, April 18, 2010
Sunday, August 8, 2010
Monday, August 30, 2010
Monday, September 13, 2010
Sunday, September 19, 2010
Sunday, October 3, 2010
Monday, October 18, 2010
Sunday, November 14, 2010
Monday, December 6, 2010

DENVER BOTANIC GARDENS

1005 York Street, Denver
720-865-3500

Thursday, April 22, 2010
Thursday, July 22, 2010
Wednesday, August 25, 2010
Sunday, September 26, 2010
Thursday, October 23, 2010

DENVER BOTANIC GARDENS @ CHATFIELD

8500 Deer Creek Canyon Rd, Littleton
303-973-3705

Friday, January 1, 2010
Friday, February 5, 2010
Friday, March 5, 2010
Friday, April 2, 2010
Friday, May 7, 2010
Friday, June 4, 2010
Friday, August 6, 2010
Friday, November 5, 2010
Friday, December 3, 2010



**Committed
to
Colorado**

www.gayandlesbianfund.org

A Woman's Worth

Presents

The Jump Start Program



**Jump Start Your Health
Body, Soul & Spirit
A 12-Week Journey
to Enjoying Your Life**

Saturday Mornings, 9:30 am-12:00 pm
Montbello Recreation Center
15555 E 53rd Ave., Denver, CO

Call 303.472.7948 or 303.364.1183
or send an email to awwdenver@yahoo.com
to register/more information.



**The Colorado Black Health
Collaborative welcomes
your participation.**

AFRICAN AMERICAN YOUTH



Youth who participate in fun activities that support good physical health are more likely to take those habits into their adult lives. Sports, dancing, swimming and bicycling play a role in good physical health.

Youth are often physically active with other friends or groups. They cheer each other on and have a good time while being active. Find a local school track or park where you can walk or run with your friends, or join a recreation center so you can work out or take a fun fitness class together.

Good physical activity can also be for short periods of time throughout the day, and remember any activity is better than none; so let's make some small changes to your daily routine, and stay physically active.

Youth Resources

Assistant Coach Inc.

3050 Josephine Street, Denver, CO 80205
303.525.1170 • www.assistantcoachinc.com

Assistant Coach is a non-profit program designed to develop a player's game through basketball fundamentals by offering individualized lessons to players in one-on-one or group sessions. Taught by two of Colorado's finest players, sessions are geared to assist each player in mastering his or her full game potential.

Equally, or perhaps more importantly, coaches empower players through mentoring and reinforcing positive behaviors taught first in the home. Life skills are incorporated on the court, addressing age appropriate topics ranging from health and hygiene to avoiding peer pressures. Speakers are also utilized to enhance relevant topics. Coaches at Assistant Coach strives to provide another positive community link for youth to feel connected to caring adults.

Athletics and Beyond

PO Box 111172, Aurora, CO 80042
303.725.0811 • coachnarcy@hotmail.com • www.athleticsandbeyond.com

The purpose of Athletics & Beyond is to give at-risk children from economically deprived families access to camps and clinics, which may not have previously been available because of financial and logistical reasons. A & B camps and clinics will 1) Provide positive sports experiences that combine athletics, education, and life skills; 2) Promote the development of sports skills and knowledge by teaching proper technique, form and discipline; 3) Emphasize the importance of education and academic success; 4) Encourage the development of positive attitudes, respect for self and others, perseverance and determination; 5) Provide exposure to positive adult role models in professional sports, and also exposure to positive high school role models; 6) Provide participants with opportunities to explore sports-related careers both on and off the field ; and 7) Emphasize the development of sportsmanship.

Colorado Starlite Pom-Pom and Drill Team

13262 Elizabeth Street, Thornton CO 80241
720-434-9428

Denver Marching Knights, Inc

PO Box 181042, Denver, CO 80218
720.863.4592 www.coloradamarchingknights.org

Denver Marching Knights is a non-profit organization established in 2001 for inner city youth between the ages of 15–21 as an alternative to street gangs and violence. DMK teaches leadership skills through drum and dance.

Greater Denver CARES Mentoring Movement

6140 S Gun Club Rd. K6-183, Aurora, CO 80016
303-814-6910 • info@greaterdenvercares.org • www.greaterdenvercares.org

Greater Denver CARES Mentoring Movement (GDC) is part of the National CARES Mentoring Movement (NCMM) whose mission is to recruit and retain able, stable African American men and women to mentor our vulnerable youth. The organization serves as a pipeline to existing mentoring organizations who would like to have African American men and women in their pool of mentors. Susan Taylor, Editor-in-Chief Emeritus of Essence Magazine, began the movement and has issued a call to African American men and women across the country to link arms and aims and become a mentor.

Open Door Youth Gang Alternatives

1615 California Street, Suite 712, Denver, CO 80202
Phone: 303-893-GANG (4264) or 1-800-ASK-GANG • Fax: 303-893-4208
Email: info@opendooryouth.org • www.therev.org

The mission of *Open Door Youth Gang Alternatives* is to reduce street gang recruitment activities and the causes of gang violence by providing positive alternative activities and family support to at-risk youth. Open Door strives to provide the healthiest environment for our youth to grow by reducing violence and re-enforcing healthy behaviors. This mission is achieved utilizing a combination of in-school and after-school-based, community outreach and summer programs.

Open Door uses a multi-pronged approach to accomplish its goals. Our programs provide awareness, gang prevention and intervention services to youth, families, and to the community.

Sacred Sister Circle Leadership Program

2836 Welton Street, Denver, CO 80205
303.297.0823 • sacredsistercircle@yahoo.com

Sacred Sister Circle Leadership Program (SSCLP) is a program of Brother Jeff's Cultural Center designed to help young sisters ages 15 to 18 achieve their goals by providing them with the necessary tools to become successful leaders. This program offers a framework for positive future growth and decision making skills, academic assistance, career advice, confidence and self-esteem building classes, leadership skills training, and helping sisters develop their vision for the future and college preparation.

Montbello Cheetahs Track Club

John Trahan
www.cheetahstrackclub.org
Competitive Team meets year-round, girls and boys 9–18 years old
CARA Recreational Team meets June–July, girls and boys 5–16 years old
Practice location: Montbello High School



Seeds For The Future (Tri For Success)
200 Quebec Street, Building 300, Suite 111-42, Denver, CO 80230
seedsforthefuture@comcast.net

Seeds For The Future, a non-profit agency, was founded in 2004. Our mission is to inspire youth and teenagers to broaden their horizons in terms of what they can accomplish in life, despite financial or social limitations.

Seeds For The Future, is gearing up to launch the 3rd Annual "TriForSuccess" Triathlon for children ages 7 to 15. This program is designed to help children succeed at new athletic challenges and attain greater self-esteem in the process. Our goal is to provide mentoring and encouragement for children to engage in an activity that will build self-confidence and self-reliance.

We have witnessed that triathlon participation will translate into a positive experience that children can use as an education tool, and as a model for attaining personal goals. We also provide information about health, nutrition and safety during the training period.

Shaka Franklyn Foundation
www.shaka.org

The Shaka Franklyn Foundation is a non profit organization founded in 1990 to address the serious problem of youth suicide. Hundreds of presentations have been given on suicide, depression & self destructive behavior to schools, youth groups, parents, teachers and professionals. The Foundation has positively touched the lives of thousands of young people across the world.

The Shaka Franklin Foundation has expanded to offer all young people opportunities to enrich their education and cultivate their creativity. We provide a welcome, protected & loving environment for children.

Shaka's Place Youth Technology Center is located at 5929 E. 38th Ave in Denver and is the hub for our educational and creative projects. This 5,000-square-foot center has 18 computer stations, a 21-seat theater, a conference room that doubles as a classroom, a video editing room, an open production studio and two music/audio studios. These resources are available for young people ages 3 through 18 to learn and enjoy.

The Prodigal Son Initiative, Inc.
3400 Holly Street, Denver, CO 80207
303.953.1541 or 720.635.7085 • www.prodigalsoninc.org

The Prodigal Son Initiative, Inc., offers after school programs that include tutoring, mentoring, and education about healthy lifestyles. The Initiative offers regular opportunities for at-risk children to be a part of positive activities throughout the Denver metro community.

Grass Roots Vision—the Prodigal Son Initiative's signature program. This after-school program helps and tutors children with: their homework; develops relationships with the children so they can speak freely about peer pressure, family issues and community issues they are experiencing; and educates the children about nutrition, health and opportunities/activities outside their community.

Un-Cut Diamond—the goal of this program is to show juveniles in youth detention facilities that they can still be valuable members of society and that with the proper mentorship and guidance, they can become positive members of the community. Representatives from the Prodigal Son Initiative go to youth facilities to educate and build relationships with juveniles.

Rewards for Work—the goal of this program is to reward children for community service, improved grades and choosing healthy lifestyles. Children are taken on field trips to meet community leaders, visit museums, attend sports games or amusement parks and travel into the high country to experience high country activities such as rafting, hiking, camping and rock wall climbing.

The Urban Farm at Stapleton

Cultivating Kids, Crops and Animals

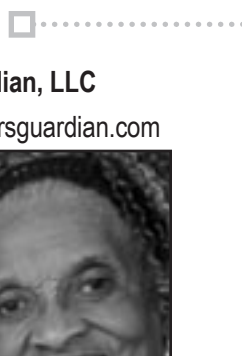


The Urban Farm's signature program, Embracing Horses, is an extremely popular program in which children ages 5 through 18 learn to care for and ride horses. A skills-based program, children progress through a variety of levels of riding and horsemanship. The program includes opportunities for kids to ride once a week, as well as opportunities for youngsters who are interested in becoming accomplished equestriennes and in competing at local, regional, or even national levels. Embracing Horses has a great track record for launching girls, especially into science-related fields of study. Yearly, about 360 kids participate in the program.

10200 Smith Road, Denver, CO 80239
303.307.9332
www.theurbanfarm.org

Full Circle Inter-Generational Project
 2895 Fairfax Street, Denver, CO 80207
 303.333.7595

Full Circle Inter-Generational Project is a community-based organization, founded in 1991, to serve at-risk youth and their parents living in Northeast Denver. The project: encourages youth to strive for excellence in their social, cultural, personal, and academic development; empowers youth with the conviction that they are expected to participate in creating a meaningful quality of life; and helps youth develop skills and support systems necessary to make positive, healthy, crime-free lifestyle choices. Current programs include: senior/youth partnership; summer tutorial; Sistah Girls Coming Full Circle; community health and wellness; and child passenger seat fit station.



The Caregiver's Guardian, LLC

303.394.1963 • www.caregiversguardian.com



The Caregiver's Guardian's founder, Nadine R. Cornish, Caregiver Consultant, knows first hand the challenges of caregiving and the voids that exist for the caregiver. With more than 12 years experience as a family caregiver, and a background in public health education, she has launched a business from the perspective of someone who knows and understands. TCG is a consulting service designed for the family caregiver seeking support, resources, inspiration and motivation to assist in the challenging task of caring for a chronically ill loved one. TCG serves the entire Rocky Mountain Region. Consultation services, training and speaking engagements are offered nationwide. Our goal is to support the family caregiver with quality services infused with compassion, ethical understanding, and empathy.



The Kaleidoscope Project
 Expanding Community Perspectives

The Kaleidoscope Project

2499 Washington Street, Denver, CO 80205
 303.647.5599 • www.thekaleidoscopeproject.org

The Kaleidoscope Project is designed to provide programs uniquely designed for the African American community. We recognize and value the diversity within the African American community and seek to provide services that respond to those diversities. We take an expanded look at healthy living by addressing a diversity of important areas in our lives. We will launch several health-related programs that address the specific healthcare concerns of the African American community. One of our newest programs, SmokeFree GLBT, has been tailored specifically for the African American GLBT community. The Kaleidoscope Project, along with several other SmokeFree GLBT taskforce members across the state of Colorado, are committed to provide high quality tobacco/smoking cessation and educational support for GLBT communities.



Nurturing Our Village Association

PO Box 390757
 Denver, CO 80239
 303.371.2273
 www.novalsm.org

Nurturing Our Village Association (N.O.V.A.) founder in 2005 Bridgette Larkin, a single parent, an advocate and active parent to a teenage son with cognitive "special needs." Due to Ms. Larkin's determination and assertive advocacy on behalf of her son's developmental disability, he is an accomplished young teen. Through extensive experience working with clients with disabilities, their families and serving organizations, Ms. Larkin is acutely aware of the intricate complexities and barriers to quality service in the education and healthcare systems, particularly for disabled African American children.

African American **FAITH & HEALTH**



Faith has traditionally played a part in the healing and care process for centuries. Faith institutions today are providing an array of services that are not only specific to their members but the greater community. Although a person's faith is entirely personal, the benefits of emotional support, self esteem, and coping skills are universal. The connection of the mind, body, and spirit are undeniable, individuals who have a strong faith background have demonstrated an increased positive outlook, which has been shown to influence immune functions and other physiological factors that influence health.



AGAPE CHRISTIAN CHURCH • CHARITY'S HOUSE MINISTRIES

2501 California Street, Denver, CO 80205
303.296.2454 • www.agapechurch.wmww.org

Agape Christian Church Charity's House Ministries (CHM) provides resident aftercare for men. CHM ministers to the needs of men who might have alcohol/drug issues, family issues, or issues with the criminal justice system. Employment, training, and counseling conducted in an intensive manner assist the resident to succeed in his personal, family and career development. Bible studies, church attendance and group therapy are mandatory.

A WOMAN'S WORTH

PO Box 390004, Denver, CO 80239
www.awwdenver.org

A Woman's Worth is a non-profit, faith-based outreach ministry. AWW goals are to promote total wellness by addressing the needs of the body, soul, and spirit. AWW gives emphasis to health awareness and personal growth coupled with the Word of God to promote healing and transformation from within. Dedicated to the prevention of cancer, stroke, and other chronic diseases, our hope is to inform the community about health disparities in an effort to encourage healthy choices for abundant living.

FAITH-HEALTH CONNECTION

El Paso County Department of Human Services
Training Academy Supervisor
719.444.5360 • Fax: 719.444.5597

The El Paso County DHS provides health and wellness information to the Colorado Springs church community. They offer information and education emphasizing prevention and empowers participants to make good choices on diet, exercise, check ups and quitting bad habits. They provide counseling for grief, pre marital, economics, and whatever the body needs. Our goal is to empower and inspire the Mind, Body and Spirit. Participating churches include:

Peoples United Methodist Church
Willie Straws
williestraws@msn.com

Solid Rock Family Life Center
Charalotta Gunter
charalotta@msn.com

Trinity Missionary Baptist Church
Mary Carnell
Mary.Carnell@cecintl.com

Emmanuel Missionary Baptist Church
Adrienne McMillian
719.444.5360 • fax: 719.444.5597
AdrienneMcMillian@elpasoco.com • www.godiswithus.org

FREE INDEED DELIVERANCE MINISTRIES

P.O. Box 111716
Aurora, Colorado 80042
720.436.2691

Free Indeed Health Ministry encourages healthy lifestyle choices by providing safe sex information, condom distribution and HIV/AIDS resources. Also as the body is the temple we provide Temple Living Healthy Living Workshops, that teach people how to budget, shop, and cook healthy tasty food.

GREATER DENVER INTERFAITH ALLIANCE

3030 Downing Street, Denver, CO 80205
303.297.8010, Ext. 116 • Fax: 303.296.3468 • projectredempt@qwest.net

The Greater Denver Interfaith Alliance proudly introduces: Project Redemption. The purpose of the project is to positively impact substance abuse, HIV/AIDS, and hepatitis prevention/intervention in communities of color in Denver. The GDIA is a collaboration including faith-based institutions, community-based organizations, service providers, government agencies, and community participants.

GUIDANCE BEHIND THE WALLS

608 26th Street, Denver, CO 80205
303.317.2800

Guidance Behind The Walls is a non-profit organization with an all-volunteer staff that is dedicated to the impoverished Denver Metro community. Its target population are the newly-released/formerly incarcerated and their families. GBTW services include: job readiness, referrals and training, housing referrals, clothing bank, food bank, thrift center, case management and substance abuse testing.

NORTHEAST DENVER ISLAMIC CENTER

303.297.8010

Northeast Denver Islamic Center, through the Colorado Fatherhood Council, is offering free parenting classes for fathers and to stop domestic violence. The mission of the coalition is to collaboratively work to initiate, promote and support effective programs that decrease barriers and increase healthy father's involvement with children, families and communities.

PARK HILL SEVENTH DAY ADVENTISTS

3385 Albion Street, Denver, CO 80239
303.333.5089 • Fax: 303.333.0467 • www.denverparkhillsda.org

Park Hill Seventh Day Adventists Health Ministry goal is to help people live longer here and find eternal life—the more abundant life; to help with church growth and nurturing and to help reduce the heavy burden of premature death, and preventable suffering in the African American community. They provide hypertension screening, diabetes, power to End Stroke Program, heart and InStep For Life Programming.

RISING STAR MISSIONARY BAPTIST CHURCH

Intervention & Prevention Ministry
1500 S. Dayton Street, Denver, Colorado 80247
303.752.0546 • Contact Person: Roosevelt Glover Chairperson

Rising Star Missionary Baptist Church Intervention & Prevention Ministry is an inter-referral service ministry dedicated to providing effective referral services to members of the church congregation and the community-at-large who are in crisis.

Working God's Plan

Byron Conner, MD graduated from medical school in 1979. He then spent 2 years with the public health service in the San Joaquin Valley in California, 3 years in Ethiopia (East Africa), and then 21 years working for Kaiser Permanente in Denver. Dr. Conner and his wife, Alfredia Conner, RN, have been doing community ministry since returning to Denver from Africa in 1987. God has blessed them and they have a mandate from Him to do preaching, teaching and healing in the African American community.

After retiring from Kaiser Permanente in May 2009, Dr. Conner and his wife formed Health Ministry Associates (HMA) an organization engaged in doing health seminars in churches and other venues in the Denver Metro area. They provide screening for hypertension, cholesterol and diabetes in churches as well as annual hypertension screening and health education at Denver's Juneteenth celebration and the Black Arts Festival.

HMA offers seminars on the following topics: diabetes, hypertension, heart disease, exercise, proper nutrition, stress, healthy cooking, smoking cessation and AIDS/HIV. HMA is currently active



working to get churches involved in HIV/AIDS ministry throughout the country.

Dr. Conner is an Elder in his church and his wife serves as the Health Ministry director. They consider their organization as more of a ministry than an income generating business and the community benefits greatly as these health advocates tirelessly work God's plan.

Health Ministry Associates

19939 East Belleview Lane
Aurora, CO 80015
303-680-4064



Tri-County Health Department

Serving the residents of Adams, Arapahoe
and Douglas Counties in Colorado



Tri-County Health Department is the largest local health department in Colorado serving the 1,250,000 residents of Adams, Arapahoe, and Douglas Counties.

Everyone in Adams, Arapahoe and Douglas Counties is now eligible for H1N1 vaccine. See your healthcare provider, pharmacy, or visit one of our FREE Clinics.

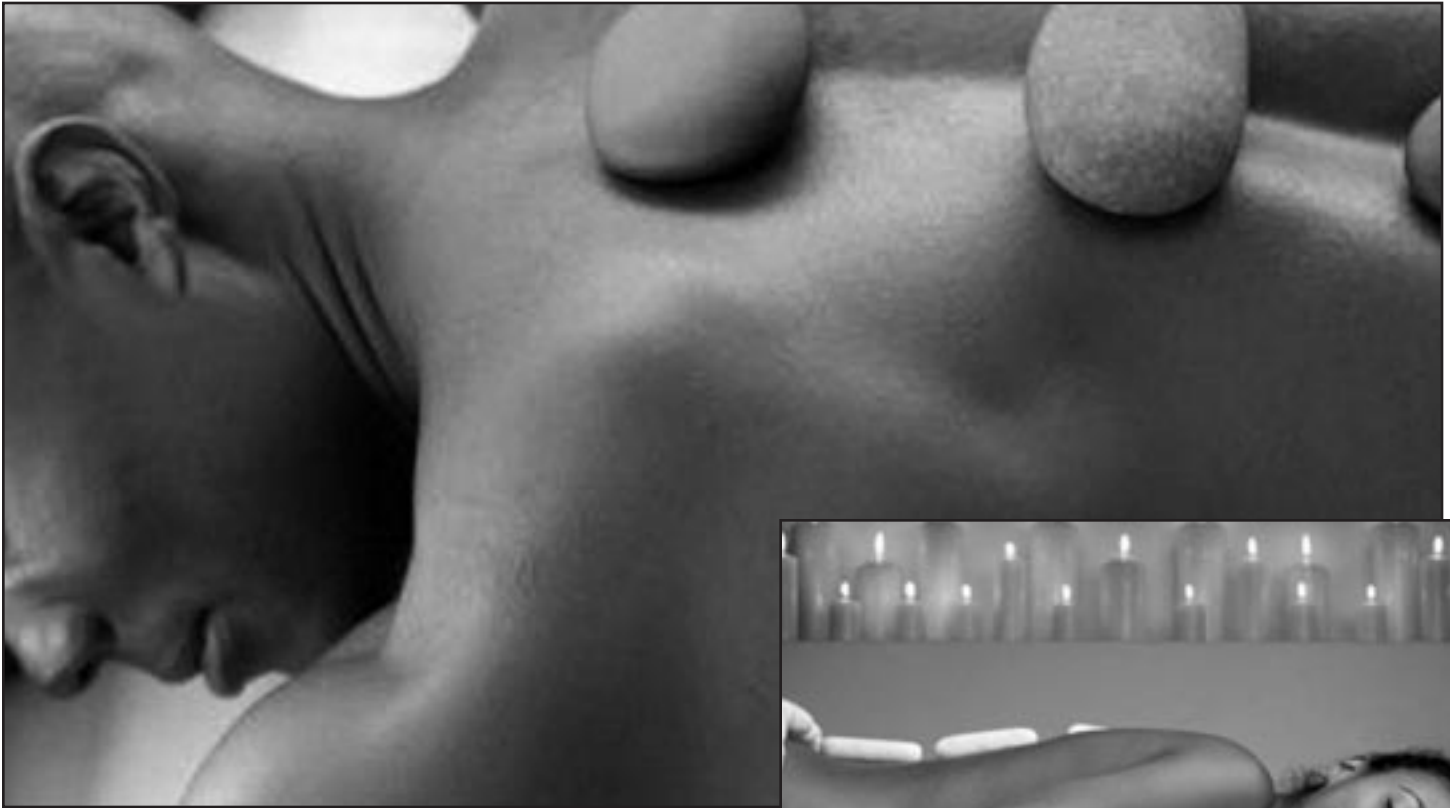
Call 303.363.3031 for an appointment

www.tchd.org

Administration Office: 2000 East Belleview, Suite #301
Greenwood Village, CO 80111-1628 • 303.220.9200

IN PURSUIT OF WHOLISTIC HEALING

By Nanana (Evelyn) Gordon CN, CCT



Within the African American community the pursuit of wholistic healing is thwarted by several obstacles. All of these obstacles can be overcome once they are addressed. First, understanding what wholistic healing is, second, answering the questions, “Is it right for me?” and “Does it really work?” and third, how to access it...personal responsibility (doing the work and paying for it) and finding a practitioner.

Understanding wholistic healing is the beginning of the path to achieving and sustaining good health. Wholistic healing means to acknowledge our health as being comprised of physical, spiritual and mental components that must all be treated and work together in order for us to be healthy and balanced. This balance is achieved by addressing the whole person rather than a specific disease. Wholistic healing also means seeing ourselves as part of an orderly process on the earth whereby we must live in accordance with nature. All wholistic modalities are extensions of nature and those energies and substances that exist in nature. Wholistic healing approaches the body as a whole unit or system rather than viewing each organ or organ system as a separate entity requiring isolated treatment. Last but not least, wholistic healing is based on the premise that the body has the ability to heal itself and is always in the process of seeking balance. It is the duty of the practitioner to aid the client in determining how best to support whatever the body needs. The intuitive and spiritual awareness of the client is key to determining what is happening with the body and is always respected and incorporated into the healing process.

Once we have defined and understand wholistic healing we can move on to answering the question, “Is it right for me?”. I would

suggest that the appropriate answer is to follow your gut or your intuition. For example, if you are drawn to using herbs and energy work vs. prescription medications and surgery, then this is right for you. If you do not “trust” natural healing and feel safe and confident with conventional medicine, then you should go that route. Some people will try to combine conventional or allopathic and natural approaches to health care. This can be achieved provided your doctor and your wholistic practitioner are aware of your wishes and will work together to support you. Conventional medicine has proven to be successful in trauma and emergency situations while natural healing lends itself toward prevention of illness, health maintenance and reversal of ailments.

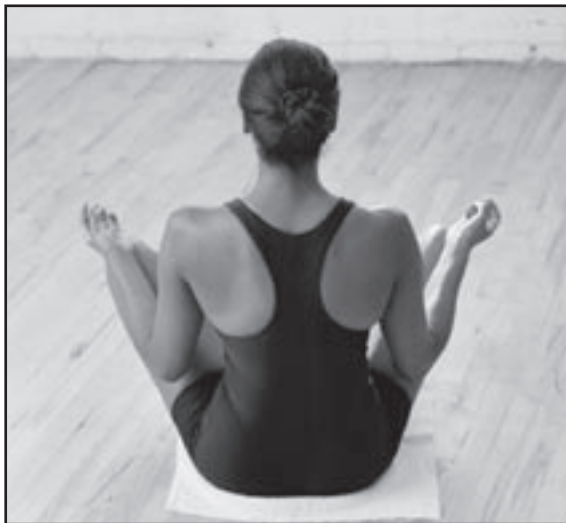
The response to the second question, “Does it really work?” can be determined by simply accessing data via the Web or talking to those who have experienced natural health care. You will find many testimonials from individuals who have released themselves from the grips of prescription medications by using natural remedies. Trained practitioners in the wholistic field can put you in contact with people who have found success in using a variety of modalities such as acupuncture, visural manipulation, reflexology, massage, healing touch and many more. The most profound and long lasting results through wholistic healing are related to using food as medicine, specific herbal regiments and purging the eliminative system and the spirit of toxins. Chemical and emotional toxins are two of the body’s greatest enemies. If you look closely you will find that those who feel they were not successful with natural healing techniques are usually the ones who were not willing to make dietary and lifestyle changes in order to achieve the goals.

A major difference between allopathic and wholistic health care

is the notion of personal responsibility. Western medicine is built on a model that places the physician and the hospital staff ahead of the patient in determining treatment. Another integral part of the western or allopathic model is intervention rather than support. Intervention can bring about good results in trauma and emergency situations but falls short when the time comes to stabilize the client and reverse the illness or condition. Additionally, the allopathic approach requires very little of the patient other than taking the prescribed medications and/or submitting to surgery. Wholistic health care emphasizes self-care and actively seeks to aid the client in being empowered to assume responsibility for changing his/her condition. Natural health care providers understand that the client is the only true healer. The food, the herbs, and the hands-on modalities are only adjuncts to the client's willingness and active participation in the healing process. This usually means that the client must either stop doing something or start doing something they have not done in the past. These behavior and life style changes are often referred to by natural health care providers as "doing the work." The client must do the work in order to heal.

Another piece related to personal responsibility is paying for the services that are provided. We live within a system where insurance companies dictate the quality and quantity of health care services that are dispensed to any individual. The payment decisions made by insurance companies are designed to support allopathic medicine. This fact of life presents a major stumbling block for many who seek wholistic health care. Unfortunately, there are those who prefer natural healing methods but will submit to allopathic treatment rather than not have any health care at all just because their insurance will cover the bill. There are a few insurance companies that are starting to recognize some wholistic modalities. It would be wise to contact your insurance prior to seeking services and find out how much they will cover. Also, keep in mind, one of the most powerful healing agents is at your disposal and you spend money on it on a regular basis and that is food. One visit to a wholistic nutritionist may be all you need to move your health in the right direction. Since you have to eat anyway you might as well understand how to use food as medicine.

The Prodigal Son Initiative



Free Community Yoga Programs
303.953.1541

Sankofa Wholistic Health Care

This non-profit organization has been in existence for four years and specializes in providing natural healing information to the African/African American community in Denver. They do this via their speaker's bureau, monthly health samplers and workshops. Sankofa Wholistic Health will provide references to competent wholistic healers in the African-American community. Just let them know your needs and they will connect you with a practitioner. To get more information view their web site www.bsankofahealth.org or call their message phone 303-355-5881.



Jovi
Yoga Instructor
5713 Yukon Street, Ste C
Arvada, CO 80002
303-350-0856

Rudy McClinton Jr. B.S., CFT, PT
Fitness Trainer
550 Alton Way, # 7154
Denver, CO 80230
720-323-2239
www.ruaprofitfitness.com

Nanana Gordon
Nutritionist / Colon Therapist
1761 Ogden Street
Denver, CO 80218
303.863.9670

Miriam Ohimai
Colon Therapist
2020 Clinton Street, Suite A
Aurora, CO 80010
303-344-5375

Mary Marshall
Colon Therapist
720-281-5379

Phyllis Reid
Herbalist/Nutritionist
303-368-8894
P Senakhu Riddick
Reflexology
720-901-9416

Dr. Roberta T. McClinton
Doctor of Naturopathy
550 Alton Way, # 7154
Denver, CO 80230
720-323-2239
www.healthy-souls.com

Shankara
Massage / Accupressure
ishasprohealthcenter@yahoo.com



AFRICAN ORGANIZATIONS

Colorado has excellent African organizations committed to educational and social service programs. These programs help newcomers from African countries gain personal independence and become self-sufficient economically.

In addition, these organizations provide community outreach and promote awareness about issues for and about the African Community. These organizations have bilingual and multicultural staff members with diverse cultural heritages that provide preventive health education and information sessions throughout the state.

Participate in African culture in Colorado by taking a dance, drumming, marimba or singing class from local African culture experts. This section is a resource for K–12 teachers and others in the community interested in bringing African culture into classrooms and the lives of Colorado citizens.



AFRICA AGENDA

PO Box 370894, Denver, CO 80237

303 341-1301 • office@africaagenda.org • www.africaagenda.org

At Africa Agenda, our goal and objective is to help with garnering positive press for Africa by utilizing the powerful concept of media agenda setting in society. We do our work by organizing events, workshops, seminars, forums and conferences and by executing projects that speak to a better, stronger, stable, prosperous and democratic Africa in the 21st century. By doing what we do, we become a catalyst for education, economic development and democracy.

AFRIC AID

25958 Genesee Trail Rd., PMB-234 Golden, CO 80401

www.africaid.com

AfricAid is a nonprofit organization that supports girls' education in Africa in order to provide young women with the opportunity to transform their own lives and the futures of their communities.

AFRICA CENTRE

Boulder, CO

303 442 2637 • www.africacentre.org

Africa Centre is a vast online resource. The Centre distributes a newsletter of African culture events in Colorado; maintains a 2,000-item library of African books, music, maps and more; offers fiscal agency sponsorship of select projects; publishes the Directory of Africanist Resources in Colorado: this includes African restaurants & grocery stores, music & dance instructors/performers, etc; offers online listings of African culture resources; provides consulting services for finding educational curriculum, performers, teachers and exhibits; and links African resources to schools and communities.

AFRICAN COMMUNITY CENTER

1201 E Colfax Avenue, Suite 201, Denver, CO 80218

303-399-4500 • Fax: 303-399-4502 • www.africancommunitycenter.net

The African Community Center is a Program Office of the Ethiopian Community Development Council, Inc. Our goal is to help families and individuals integrate into the Denver community to become successful contributing members of society.

AFRICAN HERITAGE CELEBRATION INC.

PO Box 221294, Denver, CO 80222

720.732.4638 • heritagecel@aol.com • Africanheritagecelebration.blogspot.com

African Heritage Foundation, led by Mohamadou Cisee, a native of Senegal, raises funds to benefit school children in the Senegalese communities of Bargny, Diorbivol and Keur Samba Kar. The organization began with the "senseless murder" of Oumar Dia at a Denver bus stop in November 1997. The death of Oumar Dia, a house keeper at the Denver Hyatt Regency downtown at the time, has since turned into opportunities, with top leaders in Denver putting their hearts and souls to help those he loved back in his native Senegal. The pouring out of support for Oumar's community has included trips and donations to Senegal ranging from donations of medical supplies by Project CURE, the construction of water facilities to help the people of Senegal, and a visit by a delegation of Denver city officials to Senegal.

AFRICAN STUDENT ASSOCIATION

University of Colorado • University Memorial Center

UCB 207, Boulder, CO 80309

303.492.1354 • asa@colorado.edu

The ASA aims to be a social forum for all students of African descent as well as students who are interested in sharing the African experience at CU Boulder.

BEAD FOR LIFE

1143 Portland Place, Ste 1, Boulder, CO 80304

303-554-5901 • Fax: 303-444-0462 • www.beadforlife.org



BeadforLife eradicates extreme poverty by creating bridges of understanding between impoverished Africans and concerned world citizens. Ugandan women turn colorful recycled paper into beautiful bead jewelry, and people who care open their hearts, homes and communities to buy and sell the beads.

CIRCLES OF TEN: WOMEN FOR WORLD PEACE

PO Box 18923, Boulder, CO 80308

303-494-6503 • sarah@peacecircles.net • www.peacecircles.net

Circles of Ten: Women for World Peace envisions a world community whose women, men and children are actively living in peace. Their mission is to make visible the worldwide culture of peace by gathering in circles to identify what peace means to us and to translate that vision into acts of courageous peacemaking in our personal lives, our communities and our world.

COLORADO AFRICAN ORGANIZATION

PO Box 471111, Aurora, CO 80047

720-231-8632 • Fax: 303-937-3798

managementafrica@aol.com • www.coloradoafricanorganization.netfirms.com

Colorado African Organization was formed in August 2003 by a pioneering team of members from several countries from Africa. Our vision was to establish an organization that for the first time and with one voice would advocate for the issues that uniquely affect the entire African immigrant community in Colorado. Our mission as an organization is to foster greater unity among us, to increase the level of our participation in the activities of the Colorado society we live in, and to insure our inclusion and representation in dialogues affecting community policies and opportunities.

COLORADO GHANA CHILDREN'S FUND

1820 Lee Street, Lakewood, CO 80215

www.cgcfund.org

The Colorado Ghana Children's Fund assists street children (children working on the streets, often with only one or no parent) between the ages of 7 and 18 to attend school. The CGCF pays their school fees, medical expenses and other school costs, as well as providing them with a daily living allowance so they do not need to work. Education is a valued, precious commodity in the Ghanaian culture, and the children are eager to begin or return to school and take their studies seriously. Children are supported in primary, secondary and vocational schools depending on their age. Education is the way to make their dreams possible and to contribute to a more prosperous future, for themselves and their nation.

African Organizations

COLORADO HERITAGE CAMPS

2025 Elm St, Denver, CO 80207

www.heritagecamps.org

We serve as a post adoption resource and advocate for children and families with diverse heritages. We accomplish this by facilitating annual heritage camps, which provide culturally relevant and family-centered experiences for every member of the family. Each summer we run a camp exclusively created for families who have adopted African American children or have children born on the African continent.

DENVER SISTER CITIES INTERNATIONAL

2480 W 26th Ave, Suite 20B, Denver, CO 80211

303-832-1336 • Fax: 303-832-2173

denversistercities@yahoo.com • www.denversistercities.org

Denver's African Sister Cities are Axum, Ethiopia and Nairobi, Kenya. Denver Sister Cities International is an affiliate of a global "peace through people" effort. Membership in this organization is filled with rare opportunities to experience business and cultural exchanges; to attend numerous festivals and international events; to participate in home stays to host visitors from other lands; to receive scholarships; to build lasting friendships; and to become a personal diplomat.

ETHIOPIAN STUDENTS ASSOCIATION

UMC #440 (Broadway and Euclid) University of Colorado, Boulder, CO 80309

www.colorado.edu/studentgroup/esa/frames.html

The purpose of the Ethiopian Students Association at the University of Colorado at Boulder is to bring Ethiopian students together. The organization works towards creating a strong community, furthering our knowledge about various aspects of the Ethiopian culture and advancing awareness of the Ethiopian culture at the University of Colorado and the Boulder community.

IMMIGRANT INTEGRATION INITIATIVE

Bemis Public Library

6014 S. Datura St., Littleton, CO 80120

303-795-3968 • Fax: 303-795-3984 • aharguth@littletongov.org

Immigrant Integration Initiative helps newcomers with information—by providing a One-Stop Information coordinator, a Health and Wellness coordinator and a School/Parent liaison. They connect people with each other—through Their Citizenship Mentoring Program and the Two Way Integration Committee, which offers training and events designed to help all members of the community learn about and appreciate other cultures. Immigrant Integration Initiative encourages citizenship and civic and community involvement—through English as a Second Language and work with organizations like Western Welcome Week.

ROCKY MOUNTAIN SURVIVORS CENTER

1547 Gaylord Street, Denver, CO 80206

303-321-3221 • Fax: 303-321-3314 • www.rmsdenver.org

The RMSC assists survivors of torture and war traumas and their families to create a new future. We achieve this by providing mental health counseling and providing access to health care, legal and social support services. RMSC has assisted more than 600 survivors. Currently, we assist clients from 34 countries such as Somalia, Sudan, Ethiopia, Eritrea, and the Democratic Republic of Congo.

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SOMALI AMERICAN COMMUNITY CENTER OF COLORADO

1582 S Parker Rd, Suite 210 Denver, CO 80231

303-369-5998 • Fax: 303-369-5225

SomaliCommunityCenter@msn.com • www.somaliamerican.org

The aim of SACCC is to provide the Somali community with assistance to become self-sufficient by providing education, access to technology, and assistance to integrate into American society; as well as to reach out to other, under-served communities. Based in Denver, the Somali Community Center of Colorado was established in 1999 to promote education and cultural awareness, and to provide social and business programs for refugees and immigrants.

SOUTH AFRICANS IN COLORADO CLUB

www.sacolorado.org

Our club connects South Africans who live in Colorado. We have our own community of fellow South Africans; we organize braai's and other get-togethers throughout the year. Our club was founded with the purpose of serving fellow and ex-South Africans, whether living in or only visiting Colorado. We have no political affiliations and welcome members of any race.

SUDANESE AMERICAN INTERNATIONAL CORPORATION

2430 S University Blvd, Suite 108, Denver, CO 80210

303-722-0036 • Fax: 303-722-2663

The mission of the Sudanese American International Corporation is to provide critical resettlement and community integration services to Sudanese refugees in Colorado. We were established as a non-profit in 2000. The founders are themselves Sudanese refugees who have been living in the United States. We assist Sudanese refugees in coping with the myriad of cultural differences that exist between life in Sudan or Africa in general, and life in the Denver area. Services the organization has provided include translator assistance and guiding new arrivals through the process of adjusting to their new surroundings. We also provide practical help in obtaining education, employment, housing, food and health care.



ECDC/ACC's

SAFARI SECONDS

Come by and find a great selection of clothing, furniture, appliances, books, music and much more. Meet the team of refugees that help run the store, listen to the ethnic music that welcomes you, donate an item that you don't use that will surely be

valuable to someone else, and help support refugee resettlement. **All profits support the cause and donations are tax deductible.**

The store is open: Monday–Saturday 10:00 a.m. to 6:00 p.m & Sunday 12:00 p.m. to 5:00 p.m.

Don't miss our monthly free clothing giveaways that take place the last Friday of every month!

Safari Seconds is located at 414 Broadway in Denver, next to the 404 Lounge. Going South on Broadway, Safari Seconds is on the East side of Broadway, before 4th avenue. Pull into the parking lot just before the 404 Lounge. If you have problems, or questions about making a donation, call the store at **303-722-4500 x39**.

African American CHIROPRACTORS

The word chiropractic comes from the Greek words meaning “treatment by hand,” which is exactly what chiropractors do—they use their hands to manipulate the body and promote healing and wellness.

The chiropractic philosophy is based on the following belief statements:

All bodily functions are connected and the healing process involves the entire body.

A healthy nervous system, particularly the spine, is the key to a healthy body. The spinal cord carries information throughout the body and is responsible for all bodily functions including voluntary movements (such as walking) and involuntary functions (such as breathing). When the systems of the body are in balance, it is called *homeostasis*. Disorders of the bones, muscles, and nerves can disrupt homeostasis and increase the risk of disease and other health problems.

When body systems are in harmony, the human body has the remarkable ability to maintain health and heal itself.

Chiropractic has come a long way since its beginnings. Today, there are over 50,000 licensed chiropractors practicing in the United States. Because of its success in treating back and neck problems

and as a result of recent research and changing attitudes, chiropractic services have become more accepted and is now considered by many to be a part of mainstream Western medicine. In fact, many hospitals now have chiropractors on staff, and they are a part of the Medicare/Medicaid systems. Chiropractors are currently being incorporated into the U.S. military health system. Chiropractors are also recognized by the court system as expert witnesses in their field.

Dwaine Hollaway D.C.

1761 Ogden Street
Denver, CO 80218
303.861.1774

Ngozi Onyeali D.C.

1409 Bruce Randolph Avenue
Denver, CO 80205
303.295.0478

Rochelle Smith D.C.

2101 S. Blackhawk Street, Ste. 140
Aurora, CO 80014
303.337.1321



Dr. Tracey Holmes, D.C.

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Have you been ignoring your pain; is your condition getting worse?

Chiropractic care is a natural way to heal the body

- No surgery
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Chiropractic care is for those who...

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- Have numbness and tingling in the arms and legs
- Sit or stand for long hours
- Have headaches
- Have been in auto accidents
- Want wellness care

Call to make an appointment at 303.759.5575

Insurance is accepted

Affordable payment plans are available for the uninsured

400 S. Colorado Blvd., Suite 300
Located at Colorado Blvd and Alameda

Organizations to Know

Another Life Foundation

801 N. Weber, Suite 204
 Colorado Springs, CO 80903
 719-216-7238

anotherlifefoundation@hotmail.com
 www.anotherlifefoundation.org



Another Life Foundation was founded in 2005, out of a need for support for individuals battling with suicidal behaviors. As our community has grown we have expanded our services to include individuals battling with all mental illnesses. We continue to be used as a resource for other mental health organizations. In 2007, our services went national. We now have Chapters in numerous cities and states. And we are steadily growing. Our mission is to promote wellness, empowerment, and support to save lives and reduce suicidal behaviors by education, training, mentoring, and linking people with a variety of resources.

Amplified Art

(A program of Community Development Associates, LLC)
 Michael McLeod, Founder/Program Director
 4340 E. Kentucky Avenue, Suite 350
 Glendale, CO 80246-2065
 303.887.0040 • Amplified.Art.info@gmail.com
 Facebook page: Amplified Art

Mission: to teach, model, and practice using art to promote health and wellness.

Services: conduct focus groups/surveys, grant writing, skill building workshops, evaluation research.

Association of Black Social Workers—Denver Chapter

4821 E 38th Avenue
 Denver, CO 80207
 720.272.3787

NABSW was established in 1968 to advocate and address important social issues that impact the health and welfare of the Black community. Our affiliate chapters, including student chapters, are spread throughout the United States. Additionally, we have chapters and affiliate groups in Africa and the Caribbean.

In Colorado, the Chapter is actively involved in issues that are pertinent to our community: adoption and foster care, child welfare, community reintegration, criminal justice, domestic violence, health and homelessness. We have members active in areas of juvenile justice and civil and human rights. We distribute a quarterly e-newsletter and we support the efforts of our brothers and sisters throughout the Rocky Mountain region with the Center for African American Health, the Rocky Mountain Chapter of the National Association of Black Psychologists, the National Association of Blacks in Criminal Justice, the NAACP, the Sam Carey Bar Association, U.A.C. (United Adoption Consulting), and N.O.V.A. (Nurturing Our Village Association), working with parents of children with special needs.

ABSW Colorado Chapter meets quarterly to bring our constituents together to brainstorm ideas and ways to support our community.

AFRICAN AMERICAN MENTAL HEALTH

When you are in a situation that seems overwhelming it may seem that you have no alternatives but to keep dealing negatively with the situation. Therapy can help you move forward from where you are, based on your commitment to treatment. When you work with a therapist, you can start to move in a different direction that may provide greater understanding of yourself and others. You are always the one who decides where you go with therapy. A good therapist will help you look at areas that may be difficult to look at on your own. They will also help you move forward in ways that you may not have thought possible. Remember that anything you want to accomplish starts with small steps.

Choosing a therapist

It is very important that both the client and the therapist are comfortable with each other. If you find that you are not connecting with your current therapist, a referral to a different therapist may be necessary. Always remember that it is crucial for there to be a “good fit” between the client and the therapist. If you find that the reason you are not connecting with the therapist is because you are moving into territories you are afraid to explore, it is a good idea to talk to the therapist about those issues before you decide to terminate your treatment.

Benefits of therapy

A number of benefits are available from participating in therapy. Therapists can provide support, problem-solving skills, and enhanced coping strategies for issues such as depression, anxiety, relationship troubles, unresolved childhood issues, grief, stress management, body image issues and creative blocks. Many people also find that counselors can be a tremendous asset to managing personal growth, interpersonal relationships, family concerns, marriage issues, and the hassles of daily life. Therapists can provide a fresh perspective on a difficult problem or point you in the direction of a solution. The benefits you obtain from therapy depend on how well you use the process and put into practice what you learn.

How can therapy help?

Some of the benefits available from therapy include:

- Attaining a better understanding of yourself, your goals and values
- Developing skills for improving your relationships
- Finding resolution to the issues or concerns that led you to seek therapy
- Learning new ways to cope with stress and anxiety
- Managing anger, grief, depression, and other emotional pressures
- Improving communications and listening skills
- Changing old behavior patterns and developing new ones
- Discovering new ways to solve problems in your family or marriage
- Improving your self-esteem and boosting self-confidence



African American Mental Health

Robert Atwell

1723 S Logan Street, Denver, CO 80210
303.698.0446

James Bell MA, LPC, CACIII

255 Canyon Blvd, #200B, Boulder, CO 80302
303.444.0138 / 720.327.0079

William Bowman MD, CSPT, CFI, CACIII

14062 E Iowa Drive, #619, Aurora, CO 80012
720.213.4092 • bowmandrdenver@comcast.net

Randy Craven MA, LPC, CACIII

15632 E 6th Avenue, Aurora, CO 80011
720.331.4878 • randallcraven@msn.com

Marylyn Cook M.ED, LMFT, CACIII

4142 E Dickenson Place, Denver, CO 80222
303.504.6778 / 720.329.1008

Robert Davis M.ED, LPC, LMFT, CACIII

720.220.2241

Evelyn Green, LPC, CST

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Carnita M. Groves, MA, LPC, CSPT, CACIII, NCC

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Mary English LCSW, CSPT

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Karen Higginbotham, PsyD

4100 E Mississippi Ave, Suite 680, Glendale, CO 80246
303-380-0114

Tricia Hudson MA, CACIII, CSPT, CFI

12101 E 2nd Avenue, #203, Aurora, CO 80011
720.436.9558 • crossculturalcenter.com

Reo N. Leslie, Jr. D.Min., LMFT, LPC, NCC, ACS, RPTS, CAC III DAACS

12101 E 2nd Avenue, #101, Aurora, CO 80011
720.859.0464

Rev. Marjorie Lewis, Ph.D., Min., MFT, LAC, CSPT, NCACII

1600 Downing Street, #200, Denver, CO
303.831.4500 • ccesj@attglobal.net

Percy Lyle

303.399.5587

Will Miles Ph.D

303.321.9001

Dr. Ann Garrett-Mills

2745 Welton Street, Denver, CO 80205
303.477.3522 • mindfultherapy.tp@gmail.com

Dr. Ralph Jones

4900 Cherry Creek Drive South, Suite B, Denver, Colorado 80246
303-691-5000

The Colorado School for Family Therapy



...founded in 1995 by Reo Leslie, Jr., provides an advanced learning experience and direct clinical practice with families, couples and individuals. It provides clinicians with the necessary training to become skilled systemic/relational therapists.

We provide Certified Addiction Counseling (CAC) classes in Aurora, Denver and Colorado Springs

12101 East Second Ave, Ste 101
Aurora, CO 80011
tel 720.859.0464 fax, 720.859.2970
www.familyplaytherapy.net

Dawn Wilson
1405 Federal Boulevard, Denver, CO 80204
303-504-1523 • dawn.wilson@mhcd.org

Tonya Rozencwajg, BS, CACIII
1532 Galena, #210, Aurora, CO 8017
720.227.8750

Linda Williams, MA, LPC, CACII, RPT,
3840 York, #202, Denver, CO 80205
303.861.2004 • ljwi64@msn.com

Johnn Young RSCP
Spiritual counselor
PO Box 18746, Denver CO
202-254-4013

THE DENVER CENTER FOR CRIME VICTIMS

HONORING 20 YEARS OF SERVING CRIME VICTIMS The Denver Center for Crime Victims (DCCV) is a nonprofit agency that provides culturally and linguistically responsive services to victims of crime and crime prevention education. DCCV serves all victims of crime regardless of age, gender, ethnicity, race, religion, sexual orientation, disability or national origin. All services are offered at no cost in over 41 languages and dialects.

www.denvervictims.org

1000 East 16th Avenue Denver, CO 80218 (303) 860-0660

ETTA B. JACKSON CULTURAL VILLAGE MENTAL HEALTH SERVICES



Linda J. Williams MA, LPC, CACIII, RPT
3840 York Street, Suite 202, Denver, CO 80205
303.861.2004 • www.lindajwilliamstherap.com

Denver–Rocky Mountain Association of Black Psychologists



The Denver–Rocky Mountain Association of Black Psychologists (D-RMABPsi) was established in 1977 as a chapter of the national Association of Black Psychologists (ABPsi) and is incorporated as a Colorado nonprofit corporation and has 501 (c) 3 federal tax exemption status. Its first meeting was convened by Drs. Barbara Miller and Joyce Washington at the Stapleton Hotel September 1977 with several individuals from the Denver metro area, Colorado Springs, and Cheyenne, Wyoming in attendance.

Since its inception in 1977, the D-RMABPsi has engaged in numerous activities in pursuit of the goals outlined by the national organization. A partial itemization of these activities include psychology student recruitment conferences; providing graduate level scholarships; conducting symposia for psychiatrists, social workers, and other mental health related professions; providing consultation to local nonprofit organizations on African American mental health issues; and sponsorship of annual conferences which address mental health issues from an African American perspective.

Annual conferences have covered a wide range of mental health related topics including child abuse, strength based interventions with African American families, and cultural competence training on cross cultural issues. Additionally, the D-RMABPsi has sponsored three national Association of Black Psychologists conventions (1981, 1992, & 2001).



D-RMABPsi meetings are held the 1st Saturday of the month, 3 to 5 pm, in the first floor conference room of the Blair-Caldwell African American Research Library (2401 Welton Street) in Denver.

Soul Food...Not Your Mamma's Recipe...



Soul food makeover! We *can* prepare dishes in healthier ways and still enjoy great soul food! Here's how:

Use smoked turkey breast instead of fatback. Fatback is a cut of pork fat, typically taken off the back of a pig. Used to flavor dishes from beans to greens, it is very high in saturated fat and cholesterol. Use a small piece of skinless smoked turkey breast instead of fatback. It will still have flavor and be kinder to your arteries.

Lose the lard. Lard is made from fatback. It is rich in artery-clogging saturated fat. Instead, fry or lightly sauté with a vegetable oil like canola or olive oil. Also try stretching your cooking oils with low-sodium chicken broth. Broth provides flavor without any added fat.

Cut back on salt. Excess sodium may be a risk factor for high blood pressure and heart disease. Wait until you've tasted your food before you salt it. If you must use salt, use a low-sodium salt or sea salt. Sea salt is a higher quality salt, so you'll need less of it. Try using lots of herbs and spices. Onion and garlic powder, fresh garlic, cayenne, black pepper, ginger and vinegar can go a long way in flavoring dishes. And they're all sodium-free.

Substitute ground turkey and turkey sausage for dishes using fatty ground beef and pork sausage. Turkey is lower in fat, cholesterol and calories. Use less meat overall and increase the vegetable portion of the dish.

Broil, roast and bake meat, chicken and fish instead of frying them. Use whole-wheat breadcrumbs or crushed cornflakes for coating. Stay away from enriched flours. Don't forget to take the skin off the chicken, and use lean cuts of pork. Cut off the extra fat from meat before you cook it.

Use fresh vegetables instead of canned. Canned vegetables can have preservatives and are usually higher in sodium. Fresh vegetables are richer in vitamins than canned. If you have to use canned vegetables, look for labels that say "low-sodium." And make sure there is no added sugar. Another good option is to buy salt-free frozen vegetables.

Use a healthier mayonnaise, like canola mayo or light mayo, for potato salads, coleslaws and other mayonnaise-based salads. This will lower the calories, cholesterol and fat in your dishes. You can also stretch your mayo with a small amount of plain yogurt.

Choose low-fat dairy products, like low fat cheese, low-fat milk and buttermilk, and soft tub margarines. These work wonders in dishes like macaroni and cheese, bread puddings, sweet potato dishes, corn bread and biscuits.

Mouth-Watering Oven-Fried Fish

Makes 6 servings—Serving size: 1 cut piece

Ingredients:

2 lbs fish fillets
1 T lemon juice, fresh
1/4 cup nonfat milk or 1% buttermilk
2 drops hot pepper sauce
1 tsp garlic, fresh minced
1/4 tsp white pepper, ground
1/4 tsp salt
1/4 tsp onion powder
1/2 cup cornflakes, crumbled, or regular bread crumbs
1 T vegetable oil (for greasing baking dish)
1 lemon, fresh, cut in wedges

Preheat oven to 475 degrees F. Wipe fillets with lemon juice and pat dry. Combine milk, hot pepper sauce and garlic. Combine pepper, salt and onion powder with cornflake crumbs and place on a plate.

Let fillets sit in milk briefly. Remove and coat fillets on both sides with seasoned crumbs. Let stand briefly until coating sticks to each side of fish. Arrange on lightly oiled shallow baking dish. Bake 20 minutes on middle rack without turning. Cut into 6 pieces. Serve with fresh lemon.

Nutritional information per serving:

Calories 183 • Fat 2g • Saturated 1g
Cholesterol 80mg • Sodium 325mg

Collard Greens with Smoked Turkey

Makes 8 servings (serving size: 1 cup)

Ingredients:

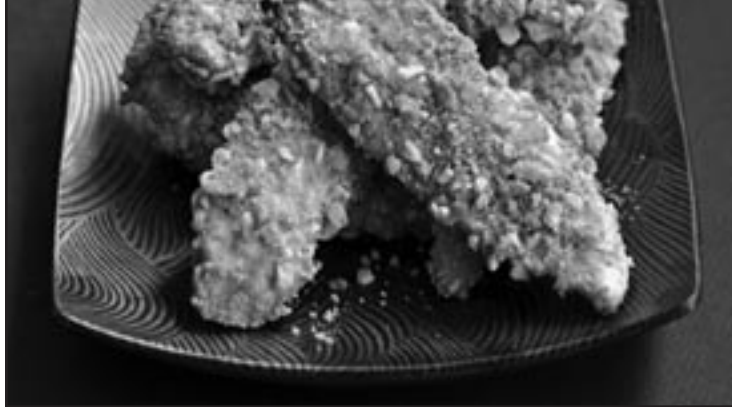
4 lbs collard greens
1/3 lb smoked turkey breast
3 cups reduced-sodium, reduced-fat chicken broth
2 medium onions, chopped
3 whole garlic cloves, crushed
1 tsp red pepper flakes
1 1/2 tsp black pepper

Wash and cut the collard greens and place them into a large stockpot. Add all remaining ingredients; cover with water.

Cook until tender, stirring occasionally, about 3 hours. Let the greens sit for 15 to 20 minutes after cooking to let flavors blend even better.

Nutritional information per serving:

Calories 101 • Fat 1g • Saturated fat 0g • Cholesterol 7mg
Carbs 16g • Fiber 6g • Sodium 410mg



Sweet Potato Pie

- 3 large cooked sweet potatoes, peeled and mashed
- 1/2 cup sugar
- 2 tsp vanilla
- 1 1/4 tsp lemon-flavored extract
- 1 T buttered-flavored extract
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/8 cup brandy
- 1 tsp lemon juice
- 1 1/2 cups evaporated fat-free milk
- 1 (9-inch) pie shell

Heat oven to 350 degrees F. Mix all the ingredients together and beat until smooth. Pour into the pie shell and bake for 40 minutes.

Nutritional information per serving:

Calories 262 • Fat 4g • Saturated fat 1g • Protein 7g
Carbs 55g • Fiber 3g • Cholesterol 1mg • Sodium 159mg

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mochamotive@gmail.com

Stella Nash R. D. M. A.

Registered Dietitian
Nutrition and Food Information



303.369.0683
StellaNash4102@comcast.net

WHY EAT HEART-HEALTHY?



Eating food high in saturated fat, trans fat and cholesterol can raise your blood cholesterol level. High blood cholesterol is a major risk factor for heart disease and stroke. Heart disease is the number one killer of men and women in the United States, stroke is number three.

The secrets to nutrition success are variety and balance. First, aim to eat an overall health diet that includes nutritious foods from all the food groups. Include foods like vegetables, fruits, fish, whole-grain products and fat-free or low-fat dairy products. If you occasionally choose a dish that's high in saturated fat, balance it with low-fat foods such as steamed vegetables or a fruit for dessert. The same idea applies to high trans-fat and salty snacks. Eat small amounts, and balance those snacks with whole-grain foods, fruits, vegetables and fat-free milk products. If you eat enough of the right foods, you will get the nutrients you need.

9 TIPS FOR EATING HEART-HEALTHY

1. Eat a diet rich in vegetables and fruits.
2. Choose whole-grain high-fiber foods.
3. Include at least two servings of fish each week.
4. Use healthful unsaturated oils within caloric limits.
5. Use fat-free, 1 percent and low-fat dairy products.
6. Cut back on foods containing partially hydrogenated vegetable oils.
7. Cut back on foods high in dietary cholesterol.
8. Cut back on beverages and foods with added sugars.
9. Use and prepare foods with little or no salt.



Learn and Live

For more food tips for Heart-Healthy Eating visit the American Heart Association at HeartCheckMark.org

BLACK HEALTH AND THE WORLD WIDE WEB



The Internet has become a powerful tool for African Americans to query and investigate health and medical information. Internet based health care information can assist you in becoming more knowledgeable in speaking and communicating with your physicians, health care service administrators, and family members.

This section includes online information resources providing practical, yet powerful informational tools that will inspire, equip, and energize African Americans to improve the overall health and wellness of themselves and their families. The listed Web sites provide a wide variety of articles, ranging from topics that focus on exercise and nutrition to caring for an aging parent.

Please be advised that information posted by the online web administrators should not in any way be substituted for medical advice from a licensed health professional. The information and recommended links provided should be viewed as supplemental tools to enhance and strengthen a person's knowledge of various health conditions that commonly impact African Americans' lives and their quality of life. It is strongly recommended that visitors of these sites seek medical advice from a licensed health professional in conjunction with reading information on these sites or any other similar health and medical resources.

www.aabaonline.com is the African American Breastfeeding Alliance (AABA) Web site and was established to educate African American women and families about the important maternal and infant benefits of breastfeeding.

www.abpsi.org is the Web site for the Association of Black Psychologists which seeks to organize their skills and abilities to influence necessary change and address significant problems facing black communities.

www.afahc.org is an African American Health Coalition, Inc. Web site whose goal is to build a network of persons committed to improving the health of African Americans.

www.african-american-family-spotlight.com gives advice on various health topics important to families.

www.africanamericanhealth.com is dedicated to everything having to do with African American health, from exercise and fitness to food and nutrition, and everything in between.

www.africanamericanhealthnetwork.com seeks to decrease the health disparities that ravish the African American community by providing practical, yet powerful informational tools.

www.alz.org is Web site where individuals can learn more about Alzheimer's disease. As this site explains, African Americans may be more susceptible to the grips of Alzheimer's disease. Check out this site and learn more.

www.ascaa.org is the Web site to access American Sickle Cell Anemia Association (ASCAA) organization's quality and comprehensive services.

www.babuf.org/aboutBAAHI.html is a Bay Area African American Health Initiative Web site that seeks to promote and build partnerships with organizations to maximize the capacity to serve African-American people and other communities of color.

www.bcoa.org is the Web site for the Black Coalition on AIDS. The mission of BCA is to stop the spread of HIV and eliminate health disparities in the Black community.

www.BlackDoctor.org is a credible and trusted resource for African Americans to get healthy lifestyle information. A "WebMD" for Black consumers is a good way of looking at us. Our aim is to build a comprehensive database of accurate, relevant information and to be the first point of call whenever African Americans need medical/dental information or a referral to a qualified Black doctor.

www.blackhealthcare.com is a culturally oriented and ethnically focused comprehensive internet-based health and medical information provider dedicated to addressing the special health problems of African-Americans. The state of health for African-Americans is especially precarious.

www.blackhealth.org is a Black Health Network online community that allows people to discuss relevant Black health issues. They can read and post news, blogs, events, videos, and more. Users can also interact with each other.

www.blackwomenshealth.com is a Web site for Black Women's Health. The contributors of this site are many, most of whom are doctors, and the site is filled with a lot of health related information, such as nutrition and fitness, spiritual and mental health, and finances.

www.blackwomenshealth.org Web site is the Black Women's Health Imperative. The mission of this imperative is to promote optimum health for Black women across the life span—physically mentally and spiritually.

www.bodyandsoul.nih.gov is a health program developed for African American churches. The program encourages church members to eat a healthy diet rich in fruits and vegetables every day for better health. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits. The church is one of the most powerful elements to African American culture, and clergy leaders are key influencers to their congregations.

www.blackdoctor.org is a Web site for African Americans to find health information for all kinds of various subjects. There is also a referral section to find an African American doctor.

www.drkarolle.com is the Web site for Dr. Carolle's Wellness Center for Midlife Women. Dr. Carolle is a holistic, board certified gynecologist and menopause specialist and this Web site offers her services, along with important information regarding midlife issues.

www.fullcirclehealth.org is the Full Circle Health Web site which provides the unique ability to bridge the divide between psychological, sociological, biological and spiritual health at the individual or institutional level.

health.nih.gov/result.asp/13 is the National Institute of Health's site that provides Blacks health topics in an array of areas in which the Institute has done research.

www.nbna.org is the Web site for the National Black Nurses Association whose mission is to provide a forum for collective action by African American nurses to investigate, define and determine what the health care needs of African Americans are.

www.Minorityhealth.hhs.gov is the Office of Minority Health (OMH) and has as its the mission to improve and protect the health of racial and ethnic minority populations through the development of health policies and programs that will eliminate health disparities. OMH was established in 1986 by the U.S. Department of Health and Human Services (HHS). It advises the Secretary and the Office of Public Health and Science (OPHS) on public health program activities affecting American Indians and Alaska Natives, Asian Americans, Blacks/African Americans, Hispanics/Latinos, Native Hawaiians, and other Pacific Islanders. This Web site has information about funding and resources, statistics, and the health of minority populations.

www.netwellness.org/healthtopics/aahealth is a Web site listing of topics and health issues that affect African Americans. Net Wellness is run by the University of Cincinnati, Ohio State University and Case Western Reserve University.

www.nlm.nih.gov/medlineplus/africanamericanhealth.html links to sites which have been reviewed by librarians at the National Library of Medicine. The topics include News, Nutrition, Prevention/Screening, Research, Specific Conditions/Aspects, Genetics, Organizations, Statistics, Children, Teenagers, Men, Women, and more. This site provides information tips for improving your health, how to eat right, fighting HIV/AIDS in African American communities, weight loss, skin care, and more. Select Espanol from the menu bar for Spanish links.

www.nubianhealthproducts.com is Nubian Health Products Web site. Nubian is a company that sells African American based products, such as vitamins and nutritional supplements. There are an array of articles for site visitors to enjoy.

www.powertoendstroke.org/index.html is the Web site for The American Heart Association and the American Stroke Association. Power to End Stroke is an education and awareness campaign with the mission of reducing stroke and risk of stroke by 25% by 2010. It embraces and celebrates the culture, energy, creativity and lifestyles of Americans. It unites people to help make an impact on the high incidence of stroke within their communities, especially the African American population, where the risk of stroke is twice that of whites.

www.saaphi.org is the Web site for the Society for the Analysis of African American Public Health Issues. The society's mission includes initiating and assisting in the improvement, development, maintenance and utilization of appropriate databases for the understanding of health problems and needs of African American communities.

www.sjaacsa.org is an African American community service agency that has the mission of preserving the dignity and culture of a diverse African American community along with providing services that promote full participation in the general society.

www.womenshealth.gov/minority is amazingly comprehensive Minority Women's Health site, providing African Americans health information on anything from asthma to violence, and everything in between.

www.xculture.org provides information on the Cross Cultural Health Care Program. This program collaborates with ethnic communities to gain full participation in the health care system.

Body^{of} Christ NEWS

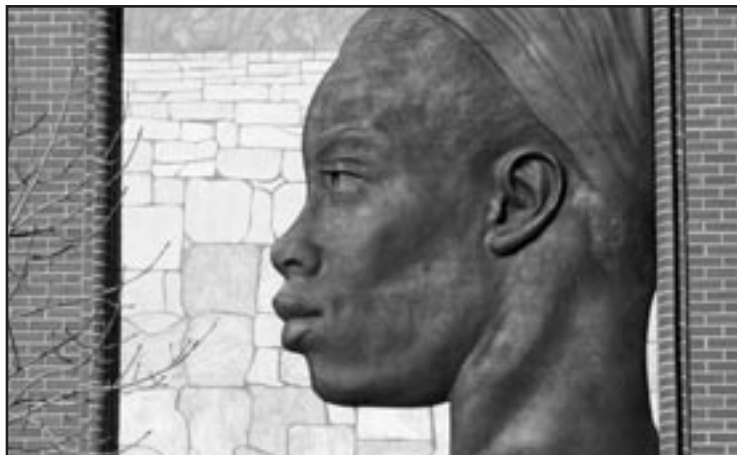
Through a unique mix of news, profiles, commentary, sermons & entertainment, Body of Christ News provides compelling and trusted access to more than 20,000 influential members of Colorado's African-American community.

BOCnews.com



DENVER | AURORA | COLORADO SPRINGS

Public Libraries and the World Wide Web



Public Libraries are often the first or only choice for Internet use to individuals who would not have access otherwise. Nearly 100 percent of all U.S. public libraries provide free public access to computers connected to the Internet. The Internet enables libraries to provide information services beyond the confines of its own collection and staff members are often available to assist with basic use. Demand for library computers continues to increase as more people become familiar with the benefits and necessity of connecting to the World Wide Web. More people are using library computers to locate online health information, enroll in Medicare prescription drug programs, complete online enrollment forms and communicate with health care providers. Get online at your local library and stay connected.

Some libraries that provide internet access: www.denverlibrary.org

Denver Central Library

10 W. Fourteenth Ave. Pkwy.
Denver, CO 80204-2731

Telephone: 720-865-1111 / TTY: 720-865-1472

Blair-Caldwell

African American Research Library

2401 Welton Street
Denver, CO 80205
720-865-2401

Aurora Public Library

14949 E. Alameda Pkwy.
Aurora, CO 80012
303-739-6600
library@auroragoc.org

Pikes Peak Library District

5550 N Union Blvd, Colorado Springs, CO 80918
(719) 531-6333
www.ppld.org

Publiclibraries.com

www.publiclibraries.com/colorado.htm

(This page contains a list of public libraries in Colorado.)

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- build healthy relationships

Donna Whittington holds both Bachelor and Master Degrees in Social Work. She has worked with various diverse groups around sex and sexuality. She holds many certificates on relationships, communication and sexuality. Contact LoveConnections, LLC for your free consultation and learn more about healthy relationships!

Resources and Programs of the Center for African-American Health

The Center for African-American Health creates programs and educational materials to help African Americans prevent disease and help those living with chronic diseases to better manage their conditions, and ...Live Well!

Health Education Materials

- Learn to Live Well with Diabetes
- African Americans and Colon Cancer
- Depression and African Americans
- An African-American's Guide to Breast Health
- The African-American Man and His Prostate
- The African-American Man's Playbook on Cardiovascular Disease
- Cardiovascular Disease and African Americans: What You Should Know

Health Screenings

Call the Center for African-American Health for information about screenings for:

- High blood pressure
- Diabetes
- Prostate cancer
- Colon cancer
- Breast cancer

Disease Management and Health Promotion Classes

- Diabetes self-management
- This highly interactive class teaches individuals with diabetes, and their caregivers, skills related to proper nutrition, exercise, medications, and communicating with their health care providers. It is offered for two hours, once a week, for six weeks.

■ Chronic disease self-management

People with living heart disease, high blood pressure, arthritis, asthma and other chronic health problems learn the skills needed for the day-to-day management of their conditions. The class is offered for two hours, once a week, for six weeks.

■ Nutrition/healthy cooking

Learn to shop and prepare healthy and tasty foods, with an emphasis on culturally popular specialties, by attending nutrition and cooking classes offered throughout the year, including special classes around holidays.

■ Exercise and nutrition classes for seniors

Regularly scheduled exercise and nutrition classes for adults 65 and older are designed to extend their independence and quality of life.

Special Health Events/Programs

- Breast health navigator program
- Emergency preparedness information
- Senior wellness initiative
- Annual African-American health survey
- Annual African-American Health Fair (February)
- American Heart Month (February)
- National Colon Cancer Awareness Month (March)
- Prostate Cancer Awareness Month (September)
- National Breast Cancer Awareness Month (October)
- American Diabetes Month (November)



**The Center for
African American Health**

Empowering the Community to

Live Well!

For more information about these health classes, programs, and materials, call 303-355-3423, or go to: www.caahealth.org

Empowering African Americans to **LIVE WELL**



*By Grant Jones—Founder and Executive Director
The Center for African-American Health*

According to the 2006 Census, African Americans make up about 4% of Colorado's population, or about 178,000 individuals.

But while we comprise a relatively small percentage of the population, African Americans are disproportionately affected by many of the leading health problems. These differences in the rates of disease, disability and death are called "health disparities."

Consider just some of the disparities that affect us as African Americans:

We're twice as likely as whites to have diabetes.

We have the greatest chance of having cardiovascular disease of any ethnic group and have the highest death rate from the disease.

We also have the highest death rate from cancer overall.

And all together, we have the highest overall death rate and shortest life expectancy.

If you are like most African Americans, it's very likely that you have, or someone close to you has, have diabetes, heart disease, high blood pressure, breast cancer, prostate cancer, or colon cancer.

The reasons why we experience these health disparities are complex. Researchers attribute 30% of the problem to genetics. But scientists estimate that our lifestyle behaviors account for 40% of the problem. In an analogy I think is appropriate, you could say that if genetics loads the gun, our lifestyle behaviors pull the trigger.

The Center for African-American Health was established to alleviate the health disparities affecting African Americans. We provide disease prevention

and disease management programs to African Americans living in the metro Denver area. At the Center, we believe that we can all help empower our families, our friends, neighbors and co-workers with information about how to make healthy lifestyle changes. Folks should seek, if not demand, information on effective prevention and chronic disease management strategies and tools to improve their health literacy. The center has many culturally-appropriate health resources, which we provide free of charge.

Our approach involves a strong commitment to cultural proficiency and community partnerships. The Center works closely with more than 80 black churches in metro Denver—a collaboration we call Faith and Health Ministries as well as a wide variety of health organizations, barbershops, beauty salons and a host of other cultural, social and community based organizations to provide disease prevention and chronic disease management programs to thousands of African Americans each year.

The very best source of information about all of the center's programs and activities can be found on our web site: www.caahealth.org. I encourage you to visit the site, learn about the health issues facing African Americans, participate in one of the many health programs or services we offer, and make a personal commitment today to ... Live Well!

For more information:

The Center for African-American Health
3601 Martin Luther King Blvd. • Denver, CO 80205
303-355-3423 • www.caahealth.org

Blue and Yellow Logic

Cultivating economic, social, and racial diversity in sustainability.

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GREENING BUSINESSES & EVENTS

GREEN WORKFORCE DEVELOPMENT

URBAN AGRICULTURE

URBAN MARKETING & PUBLIC RELATIONS



Our programs include:

- **Collaborative Consulting**
Facilitating connection among grassroots and grasstops by bridging the diverse gifts and needs of businesses, nonprofits, government, academia, philanthropy, and communities of color
- Cultural competency and reclamation training and outreach
- Project visioning and management
- Presents the big picture of sustainability by connecting services and organizations through engaged action toward a triple bottom line (gauging corporate success on three fronts: financial, social and environmental)
- **Greening Businesses & Events**
Partnering with chambers of commerce, property owners, and promoters to engage and inform the process of professional greening
- Sustainability 101/Eco-evaluations
- Basic Retrofits and Weatherization
- Social Innovation Business Incubator
- Programming Expertise and Waste Stream Diversion

- **Green Workforce Development**
Fostering community/self-reliance, through sustainable education to mobilize underrepresented populations in green career workforce programs
- Train High-risk populations in eco-auditing and land stewardship
- Manage year-round Workforce Investment Act Training
- Eco-Cultivator project implementation with integrated curriculum
- Green Jobs Certification, Internships and Fellowship Programs
- **Urban Agriculture**
Restoring healthy sustainable food systems by reclaiming traditional practices, and supporting and building multicultural leadership
- Modeling Community-Powered Gardens
- Composting/Verma-composting and Permaculture Workshops
- Networking Localized Food Security Resources
- Dismantling Racism Symposiums and Social Justice Presentations
- **Green Urban Marketing and Public Relations**
- Green Conceptual Design
- Art Direction
- Promoting Sustainable Service Providers and Products
- Social Media/Guerrilla Marketing



Blue and Yellow Logic | TAXI 2 | 3457 Ringsby Ct. ste 100b,
Denver, CO 80216 | 303.945.2328 | www.BlueandYellowLogic.com

Blue and Yellow Logic is a social enterprise founded and powered by wo(men) of color.



Design: yoshawoman@gmail.com

AFRICAN AMERICANS & THE GREEN MOVEMENT

Historically African Americans have been one with the land, nature and the environment. In other words, Blacks have always been green. Through centuries of forced free labor on southern plantations they not only generated American wealth, but African Americans were also largely responsible for making sure food and clothing reached American households. George Washington Carver, a Black man born before the abolition of slavery, was a leading scientist, botanist, educator and inventor. Acutely in touch with nature and best known for his research into and promotion of alternative crops to cotton, such as peanuts and sweet potatoes, he said, “I love to think of nature as an unlimited broadcasting station, through which God speaks to us every hour, if we will only tune in.”

Carver wanted poor farmers to grow alternative crops both as a source of their own food and as a source of other products to improve their quality of life. In many regards, the visionary environmental and sustainability work of Carver precedes what has been coined today as The Green Movement.

Keeping the spirit of George Washing Carver alive, it is not surprising that Michelle Obama planted an organic garden on the White House South Lawn. Encouraging better eating habits, the First Lady said, “fresh food tastes better and is better for you, so kids and grown-ups alike should eat lots more of it. A real, delicious heirloom tomato is one of the sweetest things you’ll ever eat.”

The White House South Lawn resembles a time when fresh fruits and vegetables could be found in the yards of most African American homes. Fruit trees and gardens were spread throughout the community. Accessing quality food was not a problem; the vegetable aisle was often on the “other side of the fence.” As future generations considered “toiling in soil” a “backward” way of life—something for grandma, but certainly not cool for them, the gardens began to disappear.

Well, green is becoming cool again and there are several individuals and organizations dedicated to ensuring local, affordable, fresh and nutritious food is just as available as soda, potato chips and candy bars. And if the high price of organic food at the market makes you quiver, remember most of those expensive items are simple to grow. Some of the most advisable produce options for starting organic gardening in the home are cherry tomatoes, peppers, strawberries, Swiss chard, kale and lettuce. These items are relatively quick to yield and once established continually produce if harvested regularly. They also don’t require an overabundance of space, just adequate water and lighting conditions.



Blacks
have
always
been
green.

Organizations to Know



The Road Called STRATE

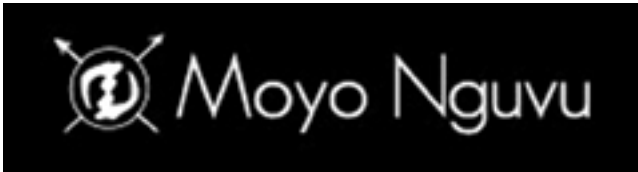
1532 Galena Street, #395
 Aurora, CO 80010
 303.860.9176
www.theroadcalledstrate.com

The Road Called STRATE mission is to improve the quality of life for underprivileged individuals by challenging them to realize their maximum potential for success and to develop and prosper through education, training, and encouragement. In 1999, The Road Called STRATE began providing services to truly fulfill its mission. Serving-Denver Metro, Arapahoe and Adams Counties, its goals and objectives are to: change the behaviors of disadvantaged, at-risk and juvenile offenders; counsel families to change behaviors; mentor and provide positive role models; and provide educational preparation and support for G.E.D. or reentry into school.

Colorado Sickle Cell Treatment and Research Center

University of Colorado Denver,
 Anschutz Medical Campus
 Aurora, CO 80045
 303.724.9070
www.uchsc.edu/sicklecell

The Colorado Sickle Cell Treatment and Research Center is the region's only source of comprehensive medical care and special expertise in hemoglobinopathies. Our mission is to provide comprehensive care to all persons with sickle cell disease and other hemoglobinopathies; to conduct research to elucidate the pathophysiology of sickle cell disease; to develop and implement treatments and systems of care that prevent or minimize complications and that prolong and improve the quality of life.



Moyo Nguvu Cultural Arts Center

5126 E Colfax Street
 Denver, CO 80220
 303.377.2511
www.afrikanarts.org

Founded in May of 1990, The Moyo (Moi-Yo) Nguvu (Ngoo-voo) Cultural Arts Center, Inc. grew out of the need for greater cultural diversity and enhancement in the state of Colorado. The center was formed as a vehicle for cultural education and expression, where the primary purpose is to empower children of color with self-respect and self-awareness.

The mission of Moyo Nguvu Cultural Arts Center is to aid in the establishing of justice and peace through the sharing of cultures. We nurture cultural exchange, teach culture and art and create relationships built on mutual respect. Moyo Nguvu is a Bantu phrase which implies "spiritual strength."

Colorado Sickle Cell Association

4280 Hale Parkway
 Denver, CO 80220
 303.333.2606

EMB Sickle Cell Association of Colorado Springs

719.596.7308

AFRICAN AMERICAN FITNESS & RECREATION



Great fitness programs include variety. Variety will keep you motivated, increase results and decrease boredom. Not only is it important to change exercise routines, it is equally important to periodically change exercise locations. Colorado is known for indoor and outdoor fitness. Taking advantage of the natural environment can be just as rewarding as health clubs and recreation centers. It takes just as much energy to walk or climb a mountain as it does running on a treadmill. The key is to incorporate both. Don't get comfortable doing the same routine. There are so many ways to exercise; the possibilities are limitless. Be creative. Try different equipment. Take the stairs at work. Include individual and group workouts. Try circuit training—moving from one exercise to another with no rest. Change the intensity of your workout. Get a trainer. Remember variety gets results, but having fun will keep you coming back for more. Stay fit and have fun.



TRAINERS

Sisters Tri-ing

info@sisterstriing.com • www.sisterstriing.com

Sisters Tri-ing is a 501(c)3 non-profit organization providing resources to encourage and support women of color in becoming fit and healthy. They believe organized athletic events are a motivating and fun way to facilitate health and wellness. Sisters Tri-ing participates in athletic events such as: sprint triathlons, 5K / 10K / 1/2 marathon running events and cycling events

Sisters Tri-ing offers support, tools, knowledge and a community of women all striving to improve their fitness. Sisters Tri-ing members receive a detailed training plan to provide guidance needed to successfully train for their athletic events. They also provide group training sessions with certified personal trainers to improve participants technique and athletic form.

Monthly newsletters are published to educate and keep participants informed on everything from nutrition guidelines to hair tips. They regularly hold conference calls with Sisters Tri-ing members to give members an opportunity to review training progress, motivate, support and rejoice in one another's accomplishments.

Mile High Fitness

720-436-3899 • www.milehighfitness.com

Founded by Kim Farmer, Mile High Fitness works with healthy and specialized populations to create individualized exercise programs and exercise classes for corporate locations. Don't have a gym membership? No problem. MHF will work with you in the convenience of your own home or place of work and to develop solutions for you that will allow you to maintain your commitment to a healthier lifestyle.

PHENOM 1 FITNESS STUDIO

4239 N Nevada Ave., Colorado Springs, CO 80907
719.594.4793 • JJ@phenom1studio • www.phenom1studio.com

The best fitness training studio in Colorado Springs, Phenom One intends to set a new standard and raise the bar in the personal fitness and body care industry by empowering each individual we serve to grow daily in confidence from both the inside and out. Your goals are our #1 priority and with loving care and boldness we make sure that you walk away with nothing less than a POWER-HOUSE-ELITE-NUMBER-ONE-MENTALITY! Phenom 1 has been in business since 2004, and prides itself on giving clients an unmatched enthusiasm and personal service. The Phenom 1 studio is conveniently located just minutes off of Interstate-25. Services include: Personal Training & Sports Training; Stay Fit Club PT Classes & Pilates; Therapeutic Massage; Body Waxing and Facials; Nutritional Supplements & more.

R-U-A Pro Fitness

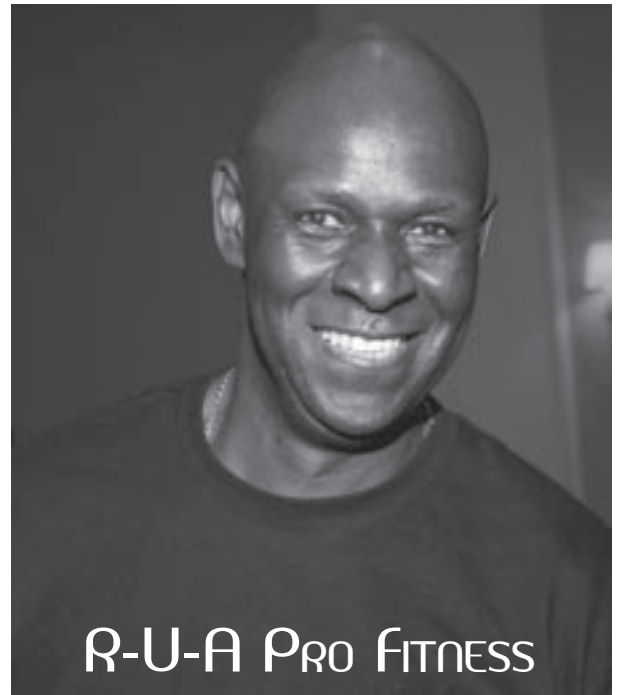
720.323.2239 • www.ruapro-fitness.com

Rudy "Mr Rudy" McClinton has been involved in fitness since the age of 10, when he received the President's Physical Fitness Achievement Award. This was followed by a lifetime of professional sports and physical training. In 2003, Rudy along with his business partner Elissa Diaz, started "R-U-A-Pro Fitness L.L.C. which specializes in helping and working with people with special limitations.

He now wants to share his mind, body and spiritual journey with you. His DVD fitness workout series **Life After Hip Replacement** and **Let's Get Moving** is now available online through his Web site. Besides being a much sought after public speaker, Mr. Rudy also teaches pilates, aerobics and is the president of Sankofa Wholistic Health Care. Rudy has been featured on television, radio, and in magazines and newspapers throughout the nation.



www.milehighfitness.com



R-U-A Pro Fitness

www.ruapro-fitness.com

Mr. Rudy—720.323.2239

Midlife Weight Gain FIGHT BACK!

It will happen to all of us as we reach and surpass the **inevitable 40 year milestone age**: The **muffin top belly** that hangs over our belt line, thighs that meet each other in the middle all too often, and the surprising (and unfriendly) **10–15 pounds that shows up on the scale** “some-how.” With a slowing metabolism, added life stressors and hormonal changes, it makes it that much harder to keep the body we used to have.



Follow these tips to help your body come closer to your pre-40 physique

1 It is easy to **blame our hormones** for our increased stress and/or lack of energy, but in reality **hormones account for only 2–5 pounds of weight gain, the rest is attributed to poor lifestyle choices**. Simply recognizing (and appreciating) that changes occur in your body when you age is the first challenge; the rest will fall in line once you commit to doing everything in your control to keep your body as healthy as it was before changes due to aging started occurring. **Eating less (not more), exercising consistently, and making healthy food choices are just 3 things that are a MUST.**

2 **Work hard NOT to gain weight.** If all other things stay constant and you don't change anything that you are doing, **your body will NATURALLY want to gain weight.** You need to make changes in the amount of food you eat and the type of foods that you eat and what you do for your exercise routine in order to keep your weight constant (unless you are blessed with a naturally high metabolism). The quality and amount of food that you put in your mouth will show its face in your waistline, blood pressure, cholesterol levels and other factors.

Quality is all about eating whole foods, fruits, vegetables, whole grains, and lean protein while avoiding processed foods.

3 **Your goal weight should not increase just because you hit midlife!** In fact a better goal than weight to focus on is body fat percentage and circumference measures. For a man, a body fat percentage of 17% to 23% is pretty good for 40-plus. For

women, 20% to 25% is a good goal. Maintaining a good muscle base with strength training is important in order to get within this range of a body fat percentage. Also, a man should work to keep a waist circumference below 40 inches and a woman below 35 inches.

4 **Change up your exercise routine.** Most people continue to do the same exercise routine for years, but of course your body will acclimate to the same intensity and movement. **Be sure to change up your cardio routine, add strength training intervals and change the intensity to challenge your muscles and your heart.** As you age, your metabolism will decrease making it necessary for most people to either increase the length of their exercise segment to burn more calories and/or eat less.

Fight the aging battle with consistent (and varied) exercise to reduce stress and burn calories, eat quality foods that are nutrient rich, and control portion sizes. This will help keep your body fat percentage and circumference sizes down AND fight risk factors for disease.

Kim Farmer is a Personal Trainer and Clinical Exercise Specialist working in the Denver Metro area. She can be reached at 720-436-3899 or kfarmer@milehighfitness.com or visit her Web site at www.milehighfitness.com.

PARKS & RECREATION CENTERS

Special Needs Program

1849 Emerson Street, Denver, CO 80218
720.865.0820 • Fax 720.865.0821 • www.denvergov.org/recreation

Outdoor Recreation

2080 York Street, Denver, CO 80205
720.865.0680 • www.denvergov.org/recreation

Outdoor Recreation is not a recreation center and does not require a membership.

Urban Riders Snowsports Club for ages 15–18

The Urban Riders Snowsports Club gives local urban youths an opportunity to learn to ski or snowboard at Winter Park Resort—along with a chance to learn about the winter snowsport industry. The club targets high school aged Denver Public School students who normally might not have an opportunity to participate in winter snowsports.

Discovery Snowshoe Program at Echo Lake for ages 10–18

This winter Outdoor Recreation will team up with local schools for a unique hands-on learning opportunity in the Rocky Mountains. Join our team of outdoor professionals on an exploratory trip to Mt. Evan's Echo Lake, one of Denver's Mountain Parks. The program provides a fun, healthy, and educational way for students to be active outdoors while enjoying the natural beauty of the Colorado Rockies in winter.

Learn to Ski and Snowboard Program for ages 7–17

Denver Parks + Recreation is teaming up with Winter Park Resort for a tremendous "LEARN TO SKI & SNOWBOARD" opportunity! This weekday program is designed specifically for groups of first-time and beginner-level skiers and snowboarders, ages 7–17 years old. The program runs November 2009 through March 2010. Winter Park will provide lift tickets, rental gear, and an all-day lesson. Instruction will be provided by professionals at the Winter Park Ski & Ride School. The cost of the program will vary from \$15–\$25 per student depending on the transportation needs of your group.

Community Recreation

1849 Emerson Street • Denver, CO 80218 • Tel 720.865.0840 • Fax 720.865.0841
www.denvergov.org/recreation

Scholars After School Program—Youth

In partnership with the Summer Scholars Foundation and Denver Public Schools, comprehensive after school care is provided as an extension of the school day. Tutoring, educational enrichment and homework help are provided as well as exercises to improve developmental processes. Children are exposed to a variety of creative and recreational activities in order to develop the whole child. Educational enrichment and homework help are provided as well as snacks and challenging physical activity.

Sports Programs—Youth

Community Recreation will offer a variety of clubs at various schools. Clubs will require commitment of participants and will only consist of the club activity. These are no longer licensed programs, therefore homework help and snacks will not be available. The session dates and times will vary depending on the club activity. A list of club sessions, times, and fees will be available in the school office or on our Web site beginning Monday, August 24, 2009.

Middle School Clubs—Youth

Rugby—USA Rugby-certified instructors will impart elements of the game to participants two evenings per week. After reviewing the basics, participants will engage in "Rookie Rugby," a fast-paced introduction to the sport emphasizing sportsmanship, field space awareness, and the creation of advantageous circumstance as well as specific skills drills. You can register at Community Recreation, 1849 Emerson St. For more information contact Curt Garrett at 720-865-0845.

Winter Track—Youth will have an opportunity to train in track and field events and eventually compete in USATF events. The program will be held at East High School (1600 City Park Esplanade, Denver 80206). You can register at Community Recreation, 1849 Emerson St. For more information contact Todd Sutton at 720-865-0844.

Denver Golf

303.370.1554 • www.denvergov.org/Golf

Denver Parks and Recreation manages seven public golf facilities and offers a variety of opportunities for golfers of all abilities. Our amenities include five championship courses, one executive, two par 3's and three junior courses. Most of our facilities feature professional golf shops, driving ranges, and restaurants.

Reservations 303-674-6351. With the purchase of a \$10 advanced reservation tee time card, reservations are accepted seven days in advance for Denver residents and five days in advance for non-residents. Reserve a tee time online at www.denvergov.org/golf or call 303-784-4000.

CityWide Sports

201 West Colfax Avenue, Denver, CO 80202
ohn.martinez@denvergov.org • www.denvergov.org/citywidesports

CityWide Tennis Programs

Saturday Youth & Adult Classes
Denver Parks & Recreation Citywide Tennis offers classes for players of all skill levels spring through fall at 5 park locations: Berkeley Park, City Park, Congress Park, Lowry, Washington Park North

Glenarm Recreation Center

2800 Glenarm Place, Denver, CO 80205
303.295.4474 • Fax 303.295.4218 • www.denvergov.org/recreation

La Alma Recreation Center

1325 West 11th Avenue, Denver, CO 80204
303.572.4790 • Fax 303.572.4660 • www.denvergov.org/recreation

La Familia Recreation Center

65 South Elati Street, Denver, CO 80223
303.698.4995 • Fax 303.698.5512 • www.denvergov.org/recreation

St. Charles Recreation Center

3777 Lafayette Street, Denver, CO 80205
303.295.4462 • Fax 303.296.5798 • www.denvergov.org/recreation

Twentieth Street Recreation Center

1011 20th Street, Denver, CO 80202
720.865.0520 • Fax 720.865.0521 • www.denvergov.org/recreation

Morey Neighborhood Center

840 East 14th Avenue (inside Morey Middle School), Denver, CO 80218
720.424.0791 • Fax 720.424.0726
<http://mnc.dpsk12.org> • moreyneighborhoodcenter@dpsk12.org

Morey Neighborhood Center is located in Capital Hill. It is a gathering place for kids, adults and seniors that provides a variety of fun, recreational and educational activities for the community. *Doors open at 4:00 PM for youth. The center has two gyms, an indoor pool, a weight room and an indoor running track.*

Ashland Recreation Center

2475 West Dunkeld Place, Denver, CO 80211
 720.865.0510 • Fax 720.865.0511
 Ashland Pool 720.865.0500 • www.denvergov.org/recreat

Aztlan Recreation Center

4435 Navajo Street, Denver, CO 80211
 303.458.4899 • Fax 303.458.4896 • www.denvergov.org/recreation

Stapleton Recreation Center

5090 Broadway, Denver, CO 80216
 303.295.4482 • Fax 303.295.4012 • www.denvergov.org/recreation

Globeville Recreation Center

4496 Grant Street, Denver, CO 80216
 303.294.1800 • Fax 303.294.1804 • www.denvergov.org/recreation

Highland Recreation Center

2880 Osceola Street, Denver, CO 80212
 303.458.4868 • Fax 303.458.4831 • www.denvergov.org/recreation

Scheitler Recreation Center

5031 West 46th Avenue, Denver, CO 80212
 720.865.0640 • Fax 720.865.0641 • www.denvergov.org/recreation

Green Valley Ranch Recreation Center

4890 Argonne Way, Denver, CO 80249
 303.375.3857 • Fax 303.375.3860 • www.denvergov.org/recreation

Hiawatha Davis Jr. Recreation Center

3334 Holly Street, Denver, CO 80207
 720.865.0590 • Fax 720.865.0591 • www.denvergov.org/recreation

Johnson Recreation Center

4809 Race Street, Denver, CO 80216
 865.0600 • Fax 720.865.0601 • www.denvergov.org/recreation

Martin Luther King Jr. Recreation Center

3880 Newport Street, Denver CO 80207
 720.865.0530 • Fax 720.865.0531 • www.denvergov.org/recreation

Montbello Recreation Center

15555 East 53rd Avenue, Denver, CO 80239
 720.865.0580 • Fax 720.865.0581 • www.denvergov.org/recreation

Swansea Recreation Center

2650 East 49th Avenue, Denver, CO 80216
 720.865.0540 • Fax 720.865.0541 • www.denvergov.org/recreation

Cook Park Recreation Center

7100 Cherry Creek Drive South, Denver, CO 80224
 720.865.0610 • Fax 720.865.0611 • www.denvergov.org/recreation

Eisenhower Recreation Center

4300 East Dartmouth Avenue, Denver, CO 80222
 303.692.5650 • Fax 303.692.5628 • www.denvergov.org/recreation

Harvard Gulch Recreation Center

550 Iliff Avenue, Denver, CO 80210
 303.698.4999 • Fax 303.698.4977 • www.denvergov.org/recreation

Montclair Recreation Center

729 Ulster Way, Denver, CO 80220
 720.865.0560 • Fax 720.865.0561 • www.denvergov.org/recreation

Platt Park Recreation Center

1500 South Grant Street, Denver, CO 80210
 720.865.0630 • Fax 720.865.0631 • www.denvergov.org/recreation

Washington Park Recreation Center

701 South Franklin Street, Denver, CO 80209
 303.698.4962 • Fax 303.698.4952 • www.denvergov.org/recreation

Athmar Recreation Center

2680 West Mexico Avenue, Denver, CO 80219
 303.937.4600 • Fax 303.937.4607 • www.denvergov.org/recreation

College View Recreation Center

2525 South Decatur Street, Denver, CO 80219
 303.937.4630 • Fax 303.937.9043 • www.denvergov.org/recreation

Harvey Park Recreation Center

2120 South Tennyson Way, Denver, CO 80219
 720.865.0550 • Fax 720.865.0551 • www.denvergov.org/recreation

Rude Recreation Center

2855 West Holden, Denver, CO 80204
 720.865.0570 • Fax 720.865.0571 • www.denvergov.org/recreation

Southwest Recreation Center

9200 West Saratoga Place, Denver, CO 80123
 720.865.0670 Fax 720.865.0671 • www.denvergov.org/recreation

Parks and recreation centers are incredible Colorado resources. Throughout the state you will find free and low cost facilities offering everything from weight rooms, exercise programs, arts and crafts as well as programs and information that promote healthy living. Colorado is also blessed with incredible gifts of nature. Mountains, gorges, rivers and springs are perfect for endless outdoor activities such as rafting, hiking, mountaineering and walking on trails. Take advantage of the Colorado lifestyle and be sure to include outside activities.

Visit

www.trailsdenver.com

a Web site dedicated to
 off-road bicycling, walking,
 roller-blading, equestrian trails,
 paths, and on-road bicycling
 routes of Denver and its suburbs.



Family Insurance



What is Colorado Family Medicaid?

Family Medicaid is a public health insurance program for Colorado children age 0–18 and for parents with dependent children. The program is funded jointly by a federal-state partnership and is administered by the Department of Health Care Policy and Financing: www.colorado.gov/hcpf

Who is eligible?

- Financially qualified children ages 0–18 and parents with dependent children
- Parents whose income is at or below 60% of the Federal Poverty Level
- Children ages 6–18 whose family income is at or below 100% of the Federal Poverty Level
- Children under the age of 6 and pregnant women whose family income is at or below 133% of the Federal Poverty Level

What does Family Medicaid Cost?

Children and pregnant women do not have to pay any co-pays. Other adults may have a small co-pay

What documentation is needed?

- U.S. citizens need to provide U.S. citizenship and identity information
- Non-citizens need to provide USCIS (INS) documentation for full benefits
- Non-citizens seeking Emergency Medical Services only do not need to provide documentation

How you can apply?

- An application must be completed and sent to the local county social services department
- Applications are available in English and Spanish
- If you have questions about the application, call 303-866-3513 (Denver metro area) or toll free 1-800-221-3943. Se habla Español

Special services

Children under the age of 21 are eligible for special benefits through the EPSDT (Early and Periodic Screening Diagnosis and Treatment) program. Children are automatically referred to EPSDT after enrollment in Medicaid

CLINICS



Denver Health is Colorado's primary "safety net" institution. In the last 10 years, Denver Health has provided more than \$2.1 billion in care for the uninsured. Nearly \$300 million of that care was provided last year and more than 40 percent of the care was provided to uninsured patients. Despite this large financial responsibility, Denver Health remains financially solvent through an efficient, integrated system.

Gipson Eastside
501 28th Street, Denver, CO 80205
303.436.4600

Montbello
4685 Peoria Street
720.956.2730

Park Hill
4995 E 33rd Avenue
303.602.3720

Metro Community Provider Network is a nonprofit organization and has provided medical and health education services to the underserved since 1989. Our mission is to provide excellent health-related services focusing on the underserved. Our current service areas encompass Jefferson, Arapahoe, Adams and Park Counties and the City of Lakewood and Aurora. MCPN has one of the largest population bases of any Community Health Center in Colorado and serves the largest number of underserved individuals in the state.

Potomac Street Health Center
700 Potomac St., Suite A
Aurora, CO 80011-6845
303.360.3712

15132 E Hampden Avenue, Ste G
Aurora CO 80014
303.762.6546
Fax: 303.762.6550

Inner City Health Center

Inner City Health Center endeavors to make a dramatic difference during these dramatic times. Thousands of uninsured individuals and families come to Inner City Health Center from all across the Denver metro area for comprehensive, primary medical and dental care. They receive the highest quality adult, pediatric, and prenatal care available.

More than just another health care facility, we are "called to care" and strive to build relationships with patients, staff, and the communities we serve. This philosophy of care is born from the Center's solid Christian foundation and the extraordinary example set forth by Jesus Christ.

3800 York St, Denver, CO 80205
www.innercityhealth.com

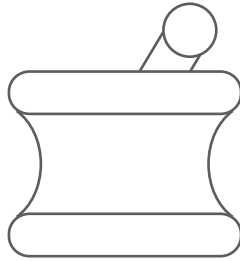


*A
short story
about
Colorado's
only
Black-owned
pharmacy*

Once upon a time there was a small pharmacy nestled one block west of City Park. This little unassuming business housed so many medications, supplies, vaccines and ingredients for compounding it would amaze even pharmacists from a large chain store. Even more important to the customers was that behind the counter were real live, very nice, well-informed pharmacists. These pharmacists were always ready to answer questions, provide medication information, custom-tailor a price bid and compound for any doctor's office who wanted to receive the highest quality products with a personal touch. Even more wondrous was that this little pharmacy would deliver any order straight to a doctor's front desk. It didn't matter whether the order was for one item or thirty.

Does service like this sound like a fairy tale to you? It's not. It's the service you will get when you buy from Cornell Pharmacy. Cornell Pharmacy specializes in superior customer service and low prices. Check out the list of services you can expect when working with Cornell Pharmacy.

- On-hand pharmacist to answer your questions and take your order—Why speak to an uninformed customer service representative when you can talk directly with a pharmacist?*
- Custom Tailored Pricing—Work with our sales representative to create your own price list.*
- Same Day Delivery Available.*
- Compounding—Need pharmaceutical compounding? We can do it for you.*
- Crash Cart Filling Available.*
- Accurate, Up-to date Medication—Need pharmaceutical information? We will provide you with the information you need by phone or fax.*
- New Product Information—Available by phone or fax. Lowest prices available in the marketplace.*
- Over thirty years of experience.*
- Vaccines and injectables in inventory. We can also compound special order injectables.*



*Cornell Pharmacy is not a fairy tale.
For the office manager who orders from us,
it's a dream come true.
Want more information? Call 303-388-8335*

Let us be your prince in a shining lab coat.

The End.



2190 East 18th Avenue, Denver, CO 80206

You Are Not Alone

A fictional short story by Thelma Craig

My voice mail is full. I rush through each message carefully listening for Sharonda's voice, hoping that she has returned my call. Sharonda is a new "case," but I somehow feel a greater connection ... that I really empathize with her. I tried to reach her several times over the past week with no success. I looked up her address and stopped by on Wednesday. She wasn't home. I remember her leaving my office in tears after the clinician gave her the results of her HIV test. Sharonda appeared to be in total denial. She didn't believe that she was HIV positive! Nor did she seem to be aware that she was at risk for a sexually transmitted infection. She stormed out of my office in a frantic rush exclaiming that she had to pick up her child. "My baby, my baby... I have to go get my baby from school! Oh my baby... what am I going to do about my baby?" Those words echoed in my head as I thought of Sharonda and my heart ached to help her. My thoughts are interrupted by the phone ringing. I answer quickly hoping that it's Sharonda. Relief washes over me, when I hear her voice. I promptly ask her if she can come to my office today. Sharonda explains that she only has an hour for lunch, but she will be here at noon. She quickly hangs up the phone and I am left listening to the dial tone.

Sharonda enters my office; her eyes are swollen and bloodshot. Her braids are simply pulled back in a disheveled ponytail. She has no make up on. I notice that she isn't wearing a coat despite the fact that it's freezing outside. She drags herself to a chair in front of my desk and sinks into it. She lets out a loud sigh. I close my eyes, take a few deep breaths and say a little prayer. I begin our conversation by asking a few standard questions. During our conversation Sharonda shares with me that she has only had sex with one person in her 25 years. "It's just not fair, I wasn't sleeping around!" She explains that she has been with her baby's daddy since high school. She loved him right away, because he was always so kind, caring and gentle, yet strong. Shortly after she found out she was pregnant, he was arrested for selling drugs. Eric, her baby's daddy, spent three years in prison, but when he got out they resumed their relationship. During the session, Sharonda constantly asserts that she has been a "good Christian" and doesn't understand why this is happening to her. The tears stream down her face as she tells me that she is almost finished with college, she only has three semesters left. Sharonda throws her face into her hands as she proclaims that she and Eric have never used any protection because she trusted him. When questioned about transmission, she knew very little about the risk factors. "He says he still loves me, but he claims he doesn't wanna see me like this, so he just... just left. I don't know what to do," Sharonda wails. "I've been feeling so low. I can't sleep... I can't eat... I can't do anything." As I attentively listen to Sharonda, I jot down a few notes, vital information especially about her

obvious depression. My mind drifts a bit: *For the life of me, I can't understand how vulnerable and gullible we as women can be sometimes. ... What about Eric? Sharonda describes him as a "nice man." Perhaps this is difficult for him as well. He may not have known how to tell her he was infected and that he was putting her at risk. Or maybe he just didn't have the skills to have this conversation or maybe he didn't know he was infected. Maybe he was just afraid... I shake my head at the thought and remind myself, "Who am I to judge?"* This young woman needs my help. She shares many of the issues I see in our community. We must address the cultural fears, disempowerment, and misinformation that continue to plague us. We need to continue to educate our people. Knowledge is power.

Once Sharonda has quieted, she lifts her head; her eyes are searching for answers. Answers I want to give her. I gently grab a few tissues and hand them to Sharonda as I pull up a chair next to her. I place my hand on hers, but she quickly pulls her hand away. "I'm not trying to be rude, she says, but I just feel so... dirty." "I understand, but having HIV does not make you dirty," I explain. I instantly begin to discuss options with Sharonda while also trying to reassure her. "It would be good for you to talk with a doctor." Sharonda wipes her eyes as she tells me she doesn't have health insurance, let alone a primary care doctor. "There are many agencies in the community that provide services for people in your situation," I explain. "You can go to the Denver Health Clinic, they have a sliding pay scale based on your income. The doctor will want to run a few tests to see where your counts are and to see if you are ready for medications at this time." Sharonda suddenly shouted, "Stop! You just don't know how it felt when the white man at the clinic gave me the results of that test! He was so cold and callous, like he was judging me. He made me feel so ashamed. It felt like I was just another statistic!" I cringed and replied, "Oh Sharonda, I'm sorry that happened to you, but not all providers are like that." Sharonda shakes her head, wipes her nose, and then gathers her things to leave. "Sharonda wait a minute, I plead. Tell me what you are most afraid of." Sharonda begins to pull the strands of her locked braids and begins to weep. I hand her another tissue—I could only imagine how she must be feeling... scared. I let her cry while easing back into my chair. I twitch a bit as I begin reminiscing about the time when I was first diagnosed with breast cancer. I was so afraid, I could not tell anyone. I remember my experience and the strength I gained once one of my girlfriends encouraged me to get checked out. I remember vividly, how my friend told me about her doctor, an African American Gynecologist, Dr. Murph. I felt at ease when Dr. Murph smiled kindly and greeted me warmly. She asked how I was doing. She placed her hands on my shoulder



ever so gently and stated, “Annabelle, you are not alone. I am here to help you. We have found the tumor in time.” She went on to tell me how brave I was to come in when I discovered the lump in my breast. I knew she was right because my own mother, bless her heart, walked around with a lump for almost two years, afraid to go to the doctor. She was afraid that if they opened her up the cancer would go everywhere, a long held myth in our community. I know the shame and pain that is so deeply rooted in our culture. Unfortunately, we are so afraid to seek health care due to lack of education, mistrust, pride or fear. I think about how my dad worked himself to the bone, trying to provide for his family and did not feel he needed to go to the doctor to get checked out. He would simply say, “I don’t feel sick, child. I gotta go to work.” Unfortunately he died from complications of diabetes, a disease he never knew he had because he never was tested. He passed away at the age of 59. A good man lost too soon. My people. God, I love them, help me to hold out. We have to continue emphasizing that your health is your wealth.

My thoughts are interrupted by Sharonda, “I gotta go,” she says shaking her head, “I gotta go back to work. This is too much.” I tell Sharonda that I know how she must feel and don’t hesitate to call me. I place a small HIV pamphlet in her hand and urge her to call the clinic. I squeeze her hand and let my hand linger for a minute. I tell Sharonda that I will be making a follow up phone call in a few days. “You can have a productive life, and things will be ok.” Some people don’t ever get sick, because they were diagnosed early enough. But you never know how it’s going to be. HIV is not a death sentence, it can be managed like cancer and diabetes.” Sharonda shrugs her shoulders and says, “But what about my life? How am I going to tell my family? I feel so alone.” I touch her shoulder softly. “You are not alone,” I assure her. Then that motto, was

sounding in my head, “*Help me and let me help you.*” That’s it! I remembered that I had received the booklet just yesterday. I reached onto my book shelf and handed Sharonda the *Colorado Black Health Collaborative’s Resource Directory*. Sharonda looked at me with a puzzled expression. I began to tell her about the many resources outlined in the guide, that there are people who are skilled, compassionate, and ready to help her. I tell her how she can get connected and become empowered. I tell her about the many doctors, nurses, and psychologists that look like her and some that don’t who are ready and capable to help her. There are medications and therapies that will help her maintain and live with AIDS. I show her the pages where organizations have missions to ensure that they are meeting the needs of people in every aspect of their lives, such as physical, spiritual and mental. I show her that there are women’s support groups available for her to access. “You will realize that you are not alone once you begin to meet other women that are experiencing and surviving a situation similar to yours,” I say. I tell her that we can find strength in each other. I tell her how she can make sure she can take care of her baby. “Times are changing, Sharonda. Black people have to reframe. We must change our old ways of thinking about healthcare and take care better of ourselves. We need to take advantage of the resources that are available to us and learn how to live successfully.” I continue to tell her how she can learn to navigate through the health care systems in the community to get access to great treatment. I talk to her about her feeling low and depressed. “Life with your baby will make you strong each and everyday. You can call me anytime to set an appointment.” Our conversation continues for hours. Sharonda wipes her eyes, looks at me and says, “Thank you.” She takes the *Colorado Black Health Collaborative Resource Directory*, smiles slightly and says “I know that I am not alone.”



The ways that I can not
only improve the lives
of others but my own
life as well.

Ernie Williamson
Master of Public Health &
Preventive Medicine Residency student

a passion for health

At the Colorado School of Public Health, we are training the next generation of **public health** professionals – professionals who have a passion for improving health and eliminating disease and disparities at home and around the world.

If you have a passion for improving health, consider a career in **public health**.

Public health will prepare you to tackle issues facing your community, like chronic disease and access to care. Inspire you to work with community leaders who share your vision. And empower you to change the way that you and others live.

At the Colorado School of Public Health you will find a place where your passion for a healthy today, meets our programs and the path toward a healthy tomorrow. Please visit our website to learn more about a passion for health – **public health**.

<http://publichealth.ucdenver.edu>

Colorado School of Public Health

2040 Partners for Health

Creating A Healthier Community



Get Involved

Partners for Health is a Community-Based Participatory Research (CPBR) and development partnership between North-east Denver Metro Area communities, the University of Colorado, and the Stapleton Foundation; these partners are working together to become a learning community that identifies health disparities and designs, implements and assesses health programs that improve the health of all residents and employees within this community collaborative.

7350 E. 29th Avenue, Suite 300
Denver, CO 80238

Contact Michele
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Property for sale



TEN GREAT REASONS TO BUY A HOME

1. **Quality of life** – a home provides stability and security for you and your loved ones.
2. **Pride of home ownership** – it's *your* personal haven and you're your own landlord.
3. **Historically low interest rates** – around 5.5 percent in the U.S.
4. **Tax Credit** – U.S. government provides a special \$8,000 incentive for qualifying first-time buyers.
5. **Appreciation potential** – your home investment can grow in value.
6. **Equity buildup and debt pay down** – homeowners enjoy an average net worth of approximately \$184,000 vs. \$4,000 for renters.
7. **Leverage** – where else can you buy an investment of this magnitude with 5-10 percent down?
8. **Tax deduction advantages** – property tax and mortgage interest write-offs (in Canada, home owners gain a tax benefit upon selling).
9. **Tax exemption** – up to \$500,000 per couple or \$250,000 per person on sale of a primary residence in the United States (no tax upon sale in Canada).
10. **The real cost of renting** – at \$800 per month, with the average 6 percent rental increase per year, you will pay **\$126,536** over a 10-year period but have *zero ownership* of the property.



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Things Ain't Good in the Hood

Ladies and Gentlemen there are real problems in the African American community. Judges did you know that Youth who drink alcohol are 50 times more likely to use cocaine than those who never drink alcohol states <http://gdcada.org/statistics/alcohol.htm>. According to www.pregnantteenhelp.org More than 2/3 of all teenagers who have a baby will not graduate from high school. Ellen G. White a great prophet says in the Ministry of Healing on page 143 that "Every day testifies to the increase of insanity, murder, and suicide. The bible says in Mark chapter 2:17 "On hearing this, Jesus said to them, "It is not the **healthy** who need a doctor, but the sick. I have not come to call the righteous, but sinners." So my name is Briana and I would like to share this with you from my heart, with the hope that it will move you ... yes you to action.

I wanted to bring this to you in rhyme
There's much to say and not enough time
I've got to be real
Makin the truth plain so you can feel
My world what I'm living in
Where there's no definition of sin
I want to make it understood
Things ain't good in the hood
Young bloods getting HIV, statistics out of sight
25 times the rate of those that are white
Brothers on the down low, sayin they aint gay
It you don't know what I'm talkin' about, let me just say
www.cdc.gov/hiv/down-low's the source
Brothas think it's ok, got no remorse
That they are infecting
Unsuspecting
Sisters, mothers of our progeny
Safe sex not the remedy
I want to make it understood
Things ain't good in the hood
Babies havin babies not realizing their fate
108 babies per thousand teenage girls is the rate
Yet in the church sex is not a topic of discussion
We keep our mouth shut and suffer repercussion
There's no action until the baby starts to show
Then there's rumors and gossip and "you gotta go"
There's no out stretched arms to break the fall
Are you deaf, can't you hear the call?
I want to make it understood
Things ain't good in the hood
14% of all young African American men are incarcerated
That's a high rate and it's still understated
Dehumanized and warehoused in modern day caves
No different from than the times of masters and slaves
When the brotha gets out he's got a record
His intentions are good but his past now is checkered
When hunting for jobs all he hears are no's
Sooo back into the addiction of the street life he goes
I want to make it understood
Things ain't good in the hood

Black health is poorer than most countries overseas
We're chillin' with a sedentary life and eatin Mickey D's
Smokin cigarettes and inhaling nicotine
Burdened with oxygen and dialysis machines
Strokes, diabetes and cardiac disease
Unhealthy lifestyles that bring you to your knees
Please
Somebody stop the cycle of death
So we can live past 50 before we take our last breath
Not to mention the gang life, shooting and deathrides
Greatest cause of death for young blacks is homicides
I want to make it understood
Things ain't good in the hood
Oh and don't let me forget about highschool drop out rates
Black males are the second highest in most states
Without schooling the cycle of poverty is perpetuated
Where did we get the notion you shouldn't be educated?
Knowledge is power to strengthen the soul
Educate every black child should be our goal
Our ancestry was king and queens of distinction
Now our black race is in danger of extinction
So why you're sittin' there shakin' your head
Saying ain't it awful 5 more young blacks are dead
It's time to rise up and do everything you can
Teach our little black boys how to be a real man
Share with young girls the importance of dignity
Teach them how to act and preserve their virginity
This is not about me, this is not about you
Want to fix this, Think ... what would Jesus do
Please ponder on the things that I have just said
My purpose here, is to get into your head
I want to make it understood
Things ain't good in the hood

Briana Nealey

Grade: 8

Oration at the Inaugural Family Reunion

August 2008

