

TRANSITIONS

Volume 6, Issue 1 • 2008

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BLACK ON BLACK

Black-on-Black Crime: Whose Responsibility is It Anyway?

Nationally, homicide is the leading cause of death for black men and second leading cause of death for black women ages 15-24. The United States spends an average of over \$4.5 billion on emergency and physical/occupational therapy associated with crime-related injuries/deaths. Violent crime claims more 25-44 year old black men than heart disease, cancer, or diabetes; and kills more 15-24 year old black men than anything. While African Americans comprise 12% of the U.S. population, 45% of all murder victims are African American, 91% of whom were killed by African Americans. While the national statistics are startling, the local statistics are following the same trends. Black-on-Black Crime still remains at epidemic proportions. So whose responsibility is it to reverse these trends? Are our schools missing the mark? Are the faith and community based organizations backsliding? What about our legal system? Is it all about punishment? Has corporate America turned its back on us? What about you and me?

Time to Reverse the Trend!

The Center for Healing Hearts and Spirits and the Black-on-Black Crime Coalition believe



it's time – time to effect a change, time to reverse the trend. To this end, we are hosting the 2008 Black-on-Black Crime Summit on August 13 -17, 2008. The mission of the Summit is to engage a wide array of Arkansans from across the state in results-oriented discussions and workshops designed to respond to Black on Black Crime. In sessions on "Legal Justice System," "Education and Economic Justice," and Healthcare and Public Health," participants will define the problem(s), determine skills, training and resources needed to address the problem(s), and determine action steps. Audiences comprised of community residents, neighborhood association leaders, faith-based leaders, youth and youth leaders, educational experts, crime prevention specialists, government officials, law enforcement agencies, individuals who are interested in creating safe and healthy communities will be in attendance.

While African-Americans comprise 12% of the U.S. population, 45% of all murder victims are African-American – 91% of whom were killed by African-Americans.

Parent Forum

World renowned author and motivational speaker Chef Jeff Henderson will engage, educate, and motivate youth and parents on "Da Real Deal." He will share his life story

from cooking cocaine to becoming one of the most influential chefs in America during a three-hour "Youth Talk / Parent Forum" on Wednesday, August 13, 2008.

A Continuation of Work

The Summit will be a continuation of the work that the Center initiated in 2002. The Center provides crime prevention education, outreach and awareness, intervention and victim services to residents in Little Rock and throughout Pulaski County, Arkansas to combat the epidemic of violent crime.

The Center was approved for Federal Appropriations in December 2007 through the leadership of Senator Blanche L. Lincoln for the continuation of its Black on Black Crime Initiatives. Senator Lincoln is committed to reversing the trends of Black-on-Black Crime through legislation and community involvement. Governor Mike Beebe will serve as honorary co-chairman along with Attorney

General Dustin McDaniels, Judge Andree Roaf, and Judge Olly Neal.

For more information, please call (501) 372-3800.

BLACK-ON-BLACK CRIME SUMMIT **SCHEDULE**

August 13th

- 9 am **Legislative Meeting or Public Hearing**
Old Supreme Court Building
- 11:15 am **Press Conference on Capitol Steps**
Capitol Rotunda
- 2 pm **Law Enforcement Roundtable**
Supreme Court Building
- 5 pm **Youth Panel / Parent Forum**
Dunbar Community Center

"Youth Talk" featuring Chef Jeff Henderson



A two hour forum designed to engage, educate, and motivate youth on how their choices will result in serious consequences which will affect their futures. Topics will include, but not limited to, abstinence, drugs and violence prevention, peer pressure, parental and positive vs. negative career choices

"Parent Forum"

A two hours "Straight Talk" with parents and adults on managing, coping, and listening to what youth are doing, hearing, seeing, and saying!

August 14th

(Day Long Conference -15 minutes between segments)
Wyndham Hotel | North Little Rock

- 9 am **PLENARY SESSION**
(50 Minutes)
- 10:05 am **WORKSHOP I**
Problem Identification (3 Concurrent workshops)
(55 Minutes)

Legal Justice System

"Mental Health: There may be a reason that they are driving you crazy"

Education and Economic Development

"Education: The Early Antidote"

Healthcare / Public Health

"How Black on Black Crime is Making Us Sick:
Health Care / Public Health Costs"

August 14th (continued)

- 11:15am **WORKSHOP II**
Skills & Training (3 Concurrent workshops)
(55 Minutes)
- Legal Justice System**
"The People's Court - Remember We the People"
- Education and Economic Development**
"Books and Beyond"
- Healthcare / Public Health**
"Crime Prevention Prescriptions for Racial and Ethnic Health Disparities"
- 12:25 pm **Luncheon**
- 1:45 pm **WORKSHOP III**
Action Plan (3 Concurrent workshops)
(55 Minutes)
- Legal Justice System**
"Attorneys - Community and Civil Advocates"
- Education and Economic Development**
"Economic Justice: The Ultimate Crime Buster"
- Healthcare / Public Health**
"Finding a Cure to Black on Black Crime Through Health Measures and Outcomes"
- 2:55 pm **CLOSING PLENARY SESSION**
(35 Minutes - ending @ 3:30pm)

August 15th

- Black-on-Black Crime... A Media In-Depth Review

August 16th

- Let Our Violence End "Shining a Light on Crime"
A County-wide Leave Your Porch Light On event

August 17th

- Worship for Peace - A Plea from the Pulpit
An area churches collaboration
- Omega Psi Phi Fraternity, Inc.
LRPD Community Block Party

Crime Summit Honorary Co-chairs

Governor Mike Beebe
Attorney General
Dustin McDaniels
Judge Olly Neal
Judge Adree Roaf

Summit Partners

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P. A. R. K.
Pulaski County Youth Services
The Design Group
The Friday Law Firm
34th Street Baptist Church
UAMS Center for Diversity Affairs
WECAN, Inc.
Yelder Law Firm

FREE
Register by
August 8, 2008

BLACK-ON-BLACK CRIME SUMMIT **REGISTRATION FORM**

CLE and CE Credits May Be Available • Cost of Registration: Commitment to Reducing Crime

Please return this form by August 8 to:

Center for Healing Hearts & Spirits
Black on Black Crime Summit
2416 South Chester Street
Little Rock, AR 72206

Or you may fax it to 501-372-2150.

For more information, call 372-3800.

Name: _____

Address: _____

Phone: _____

Email: _____

Youth Forum

August 13, 2008
5 - 8 pm

Number Attending: _____

Names: _____

Parent Talk Session

August 13, 2008
5 - 8 pm

Number Attending: _____

Names: _____

Plenary Sessions / Concurrent Workshops

Aug 14, 2008

Workshop preferences: ___ 1st ___ 2nd ___ 3rd

Number Attending: _____

Names: _____

CRIME VICTIMS REMEMBERED

Each April since 1981, the Office of Crime Victims has helped lead communities throughout the country in their observances of National Crime Victims' Rights Week (NCVRW). Rallies, candlelight vigils, and a host of commemorative activities are held each year to promote victims' rights and to honor crime victims and those who advocate on their behalf.

The Center for Healing Hearts and Spirits, through its WCAAA Victims Services Program, highlighted National

Crime Victim's Right Week on Thursday, April 17, 2008 with more than 35 clients, sponsors, and supporters in attendance. The celebration began with the lighting of memorial candles, a restoration of life by planting a rainbow of flowers on the Center grounds, and concluded with a light lunch and an interview by KARK Channel 4.

If you would like to become a volunteer and work with our Victims Services Program,

please call Alma Stewart, our Coordinator, at (501) 372-3800.



HELP OUR BACK-TO-SCHOOL DRIVE

Big yellow buses, parent carpools, passenger cars, SUVs, and trucks... Yep, you guessed it; it's back to school time again! Each August, many streets around Pulaski County see an influx of vehicles taxiing their passengers to various schoolhouses.

For the past six years, the Center for Healing Hearts and Spirits, with overwhelming community support, has worked

with Pulaski County Schools to ensure that over 500 students are provided with some, if not all, of their school supplies. Backpacks filled with school supplies and helpful information on smoking, violence prevention, and other valuable resources will be distributed during our 2008 Black-on-Black Crime Summit.

To help us continue to provide these much needed supplies, please contact at 501-372-3800.

AFTER SCHOOL PROGRAM UPDATE

The WCAAA / Brothers United Neighborhood and Afterschool Program is growing and doing quite well. The program is currently in summer mode which means that the youth are participating in a cadre of recreational and cultural activities. The city-funded program requires slots for a minimum of 20 youth. However, due to the overwhelming need for these services and the availability of youth who needs services, we are averaging 28 youths daily this summer, which represents a capacity of 140%.

The program continues to be housed on the campus of Arkansas Baptist College. Activities are conducted on and off-site. Participants are supervised by three mentors and a summer city intern. A routine day starts with a nutritious breakfast, some educational activities to improve math, reading, and language skills, free time is allotted, a full hot lunch is provided in the campus cafeteria, and then the day typically concludes with guest speakers and afternoon activities.

This summer our youths have enjoyed trips to the Little Rock Zoo, the movies, Chuck-E-Cheese's, and Wild River Country – first time trips for many of them.

Enjoying ice cream at Park Plaza Mall.

The participants have also had presentations on tobacco, drug and alcohol awareness, career development lectures, and motivational speeches from members of the business community.

Over the next three weeks, participants will be doing some hands on activities facilitated by the Mosaic Templars Cultural Center. The Cultural Center designed this program

to teach youth about Little Rock's black entrepreneurs of the past, and owning their own businesses.

The Women's Council on African American Affairs, Inc is very appreciative of the confidence that the City of Little Rock's Office of Community Programs, Mayor Mark Stodola, City Board of Director, City Manager Bruce Moore, and area parents placed in us to provide the neighborhood after-school program. For more information, you may call 372-3800.



Dr. Shannon Nelson gives a speech on what it takes to become a doctor.

Youth participants outside of the Little Rock Zoo.



ARKANSAS PROTECTION FROM SECONDHAND SMOKE FOR CHILDREN ACT (ACT 13) FACT CARD

- There is no safe level of exposure to secondhand smoke. Even brief exposure can be harmful to children. That is why ...
- According to Act 13, smoking is now prohibited in all motor vehicles carrying a child less than six years of age and weighing less than 60 pounds. The child should be restrained by a child passenger safety seat in accordance with the law.
- Violating Act 13 law is a primary offense. A vehicle can be pulled over and the driver cited for this infraction alone.
- Any first offender who proves they have entered a smoking cessation program may have his/her fine voided.
- Call 1-866-NOW-QUIT for a free, proven program to help you quit tobacco NOW! Because ...

"Our children deserve clean air."

For more information, visit us at: www.stampoutsmoking.com



WOMEN'S COUNCIL RECEIVES \$126,000 IN GRANTS FOR TOBACCO CONTROL

The Women's Council on African American, Inc.(WCAAA) was approved for another round of funding from the Arkansas Department of Health and the University of AR at Pine Bluff Minority Sub-Recipient Initiative

Program. These funds will afford the WCAAA's Tobacco Prevention Coalition to continue its educational outreach in tobacco control

within six counties in Arkansas. These counties are Pulaski, Saline, Lonoke, Garland, Prairie, and Faulkner. The WCAAA Tobacco Prevention Coalition is entering its seventh year of work to change communities in the Greater Little Rock Metropolitan Statistical area's norms in the way in which they currently view tobacco usage and seeks to educate its citizenry on the ills of tobacco products and ultimately encourage many of its citizens to become tobacco prevention advocates through these grant offering.

The tobacco prevention initiative is a collaborative effort that impact Arkansas's youth by addressing their consumption of tobacco

products. The program seeks to encourage, implement and cultivate the creation of tobacco free workplaces through the implementation of Arkansas' first Clean Indoor law; create and implement a plan to reduce youth access and decrease tobacco sales to minors; decrease

advertising and promotion of tobacco products; to build a coalition of diverse partners to participate in tobacco prevention activities; address disparities, and lastly, promote increased utilization of cessation resources.

In 2007, the WCAAA's Tobacco Prevention Initiatives touch over 300,000 residents either through direct education and awareness or indirectly through advertisement via radio, TV, and print media.

For more information on the WCAAA Tobacco Prevention Initiatives, how you

can assist our effort, or how you can access our services you may contact us at 501-375-HEAL (4325) or via e-mail at hhscenter@sbcglobal.net.



Joyce Raynor explains the need to be smoke free in athletics.



THE SOSWORKS FAX-BACK REFERRAL PROGRAM

Let's be honest: Quitting tobacco is never easy.

If the hardest part is taking the first step, we're here to make it a whole lot easier. The SOS team has a program to help you quit and free yourself of tobacco, whether it's cigarettes or spit tobacco.

SOSWorks is a free, proactive, referral system that links patients and others to the state-sponsored cessation services. Through SOSWorks, tobacco users are linked to state tobacco cessation services in three simple steps:

- Health care providers are prompted to ask all patients about tobacco use, patients then consent to SOSWorks contact them via the HIPAA compliant SOSWorks Referral Form.
- The SOSWorks Form is faxed to SOSWorks by the health care provider.
- SOSWorks calls the tobacco user at their convenience and discusses cessation options, provides motivational counseling, and refers them to cessation services or provides self-help and/or motivational and tailored materials.

Providers are given feedback on all referrals, and all referrals are followed for three months.

For more information on the SOSWorks Program you may call us 372-3800. If you would like to kick the habit today, download the form at www.stampoutsmoking.com/pdf/hipaaEnglish.pdf

ONE MORE WAY TO QUIT

**WANTED:
WE
NEED
YOU
TO
VOLUNTEER!**

We need energetic, hard-working, health-conscious, community-oriented individuals to volunteer at least 2 hours a month. Interested parties please call 375-HEAL(4325).

By Susie Marks

The Center Circle of Friends is an opportunity for victims to help victims. Going into its 3rd year, the Center Circle of Friends, which meet monthly, has seen major turnarounds in the lives of the victims and survivors of violent crime and terminal illness that we help. This group continually works to uplift themselves as they face different challenges and learn to overcome.

The emotionally gripping stories focus on love, friendships and the pursuit of overcoming the tragedies that they have experienced. Those who have been a part of the Center Circle of Friends now serve as mentors to those that are new to the program. The words of Point of Grace say it for the Center Circle of Friends--

"If you weep, I will weep with you.

If you sing for joy the rest of us will lift our voices, too.

But no matter what you feel inside there's no need to pretend."



THE CENTER *Circle of Friends*

VICTIMS Services Program

We assist crime victims and their affected families to improve the quality of victim's services delivery in high-crime, urban and rural areas of Pulaski County. For more information, contact the Center for Healing Hearts and Spirits at 501-370-4TLC (4852).



"We Connect People To Services That Affect Their Hearts, Minds, Souls and Bodies."

2416 South Chester Street, Little Rock, Arkansas 72206 • joyce.raynor@sbcglobal.net • www.hhscenter.com

AN EVENING TO HEAL A HEART TOUCHES MANY



Mr. and Mrs. Lloyd W. Black are presented with the Sharing Hearts Award.

Dr. Winona Bryant Williams is presented with the Top Heart Supporter Award.



Mr. James McCarther is presented with the Heart of a King Award.

February was American Heart Month, and love was definitely in the air! So too was another opportunity to heal the hearts of victims, survivors, and families affected by violent crime and terminal illness. On Friday, February 15th, the Center for Healing Hearts and Spirits continued to connect people with services during its annual Evening to Heal a Heart reception. The 801 Markham Building was the venue whereby the Center celebrated countless hearts with culinary delights, soulful sounds, and wonderful gifts. The reception was a fundraising event for the Center initiatives but it also was a chance to heighten the awareness of heart disease and its underlying causes such as tobacco usage, cardiovascular diseases, obesity, diabetes, etc.

Approximately 100 of the Center's closest friends and supporters were in attendance to help honor 2008 recipients, Mr. and Mrs. Lloyd W. Black, Sharing Hearts Award, Mr. James McCarther, Heart of a King Award, and the Arkansas Minority Health Commission, Dr. Winona Bryant Williams, Top Heart Supporter Award.

Special thanks were conveyed to the event attendees and the many event sponsors and supporters. All proceeds from the event assisted with the Center's ongoing outreach efforts.



WCAAA HOSTS "AFRICAN-AMERICAN EMPOWERMENT BRUNCH" AND UNVEILS NEW INITIATIVES

On May 3, 2008, the Women's Council on African-American Affairs, Inc. hosted its first "African-American Affairs Empowerment Brunch." More than 150 African-American leaders were invited statewide. The empowerment brunch had two functions: to honor African-American staff of elected leaders at the local, state, and federal levels and to set the stage for a major summit on the state of African-Americans in Arkansas to explore, promote, and strengthen unity of purpose.

The Brunch unveiled two new projects of the WCAAA – *The Arkansas Educator: The Minority Perspective* and the Arkansas

Non-Profit Consortium. The Brunch concluded with a well-defined mission for the group to develop and create an ongoing dialogue among African-American leaders of the State of Arkansas to address the issues that face African-Americans. This effort will be accomplished through summits that use evidence-based practices and best-practice principles in conjunction with new and novel approaches to address issues in crime, education, economics, leadership and networking.

For more information about the new WCAAA projects, call Joyce M. Raynor at 372-3800.

The Arkansas Educator: The Minority Perspective

An educational, annual publication specifically designed to showcase African-American leaders in the state of Arkansas and to serve as a valuable resource tool for career development, business referrals, leadership recruitment, etc.



Arkansas Non-Profit Consortium (ANPC)

WCAAA Coalition created to empower and strengthen the capacity of non-profit organizations to delivery vital social services.



SUMMER INTERN PROGRAM ANOTHER SUCCESSFUL YEAR!

We have all heard the saying "Each One, Teach One, Reach One." These words must resonate and be implemented throughout our communities if we expect our

communities to flourish. Reaching and teaching need to start with our children – our future. Every year, youth are afforded opportunities in Little Rock through the City of Little Rock Community Programs for summer employment. Most are young people who have never worked in any formal setting or have not had job training. Each time a young man or woman come through the Center's doors, it takes me back to my first summer job, that is the first formal job, not the ones where I spent countless hours in Eastern Arkansas working in the cotton fields or okra patches.

My first job was bussing tables and waitressing at Julio's Cafeteria. The job presented unique opportunities for me. It allowed me to make my own money that I could control, buy my school clothes and it taught me my first lesson about saving money. I believe the greatest lesson that I learned was that money was not

easy to come by, but very easy to spend. I am hopeful that at least one of these lessons was learned by the Center's summer interns.

The Center's staff and board were afforded opportunities to employ three summer interns through the City of Little Rock and Pulaski County. Students worked collectively over 6 weeks at two different locations to achieve their individual results. Employing and supervising summer interns can be challenging, but rewarding. This undertaking is time consuming, but educational for both the interns and staff. Tasks ranged from light clerical duties, to working in the afterschool program, to planting flowers to painting door entrances, from assembling supplies to

laminating bookmarks. There was never a dull moment. For the employers who say, "I just don't have the time," the Center staff and board says, "Make the time!" We applaud the City of Little

Rock and Pulaski County for supporting the youth of our city by providing financial resources.



Marci Flowers
Age 19
Sophomore, UAPB



Derrika Lewis
Age 18
Freshman, Paul Quinn College



Kristal Jackson
Age 17
Senior, Hall High

COUNCIL'S CORNER

Joyce Elliott



On May 20, 2008, one of our board members, Joyce Elliott was elected to the Arkansas State Senate, District 33, Little Rock. Since she does not have opposition in the November General Election, the May 20 result is final. However, she does not take office until the second Monday in January 2009, the first day of the Legislative Session.

Joyce is not new to legislative work. She served six years in the Arkansas House of Representatives, where she was Chair of the Education Committee, before being term limited December 31, 2006. A long-time public servant, Joyce says she is privileged and humbled by the faith that District 33 has placed in her and that she will not squander this opportunity to serve the people. Congrats to Joyce!

Susie Marks Women's Council Chairman



Susie Marks has earned her Certified Chamber Executive designation. She will receive her official award at a dinner during the American Chamber of Commerce Executives Annual Convention in August. With this designation she has officially established herself among the ranks of exemplary industry leaders, professionals who have dedicated themselves to master the skills and knowledge necessary to achieve excellence in chamber management. To remain committed throughout this rigorous process is indeed a major accomplishment.

With this honor, she joins a premier group of chamber professionals. Since the program was initiated more than 40 years ago, only 475 individuals have earned this highest designation in the industry. It is truly a measure of an individual's success to have successfully challenged their skills, knowledge and character.

CENTER WELCOMES NEW STAFF MEMBERS



Corinne Altheimer
Diversity Outreach Coordinator



Linda Curtis
Bookkeeper



Kalisa Miller
Research Outreach Specialist



Alma Stewart
Victims Services Coordinator



Dorothy Raynor
Receptionist

"WOMAN, THOU ART WORTHY" *Empowerment Conference*

Friday, November 7, 2008 • 8:30 am - 3 pm
DoubleTree Hotel Ballroom
Broadway and Markham, Little Rock

This full-day conference empowers women in areas of Spirituality, Economic Development, Health and Wellness, and Finance. Women will meet other women who are practitioners of self-empowerment; women who have moved from co-dependency to self sufficiency, from displacement to entrepreneurship, from low self-esteem to bold faith, and from "faking it" to "making it." Truly a conference for women by women! Only \$40 to participate. To register, please call 372-3800.



2008 HOST COMMITTEE



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Karen Castle
Barbara Douglas
Joyce Elliott
Regina Favors
Yolanda Hughes
Jackie Jones

Lori Lemley
Susie Marks
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Joyce Raynor
LaShannon Spencer
Mary Louise Williams
Melanie Yelder

*Empowered
women
engaged
in 2007
Conference
Activities*

*Register today!
Call 372-3800.*



IT TOOK A VILLAGE

By Joyce Raynor

The ancient African proverb teaches eternal truth. No man, woman, or family is an island. But life is sure easier when you are part of a network of friends, supporters, family, and a neighborhood. Those were the sentiments I expressed over and over again as I was honored with an Individual Achievement Award during the Martin Luther King Jr. "Salute to Greatness" Gala in February and a Community Service Awards during the KARK Community Service Awards Show in July.

The Salute to Greatness Community Service Award Gala honors individuals who have dedicated their lives to helping those who are less fortunate.

Since 1978, KARK-TV, the Arkansas Department of Health and Human Services Division of Volunteerism, and the Office of the Governor have recognized individuals and companies that serve others in extraordinary

ways. These special Arkansans are honored for their volunteer work with the Community Service Awards, which includes an annual ceremony televised by KARK-TV and presented by St. Vincent Health System.

I constantly remind my clients, friends, family, and community that the work I do and the services I render results in a "good tired" at the end of each day. I am proud to serve my community and I am blessed to be afforded the opportunity to work with a diverse population.



CALENDAR OF EVENTS

Crime Summit

Aug. 13 - 14, 2008
Legislative forum, law enforcement roundtable, Teen Forum, Back-to-School Drive, Parent Talk, Plenary Sessions and Workshops

Tucker Prison Workshop

Aug. 19, 2008

6th Annual Striking Out Tobacco in Arkansas Conference

Sept. 4, 2008

Employee Wellness Fair

Sept. 5, 2008
Hot Springs

Arkansas State Chamber Annual Meeting

Oct. 15, 2008

AMBDR Faith-Based Conference

Oct. 21 - 23, 2008

Red Ribbon Week

Oct. 23 - 31, 2008

Woman, Thou Art Worthy Conference

Nov. 7, 2008

Smoke-Free Homes for the Holidays Campaign

Nov. 24, 2008 -
Jan. 3, 2009

RECOMMENDATIONS FROM THE EXECUTIVE DIRECTOR For The Spirit

Books

- "If God is So Good, Why Are Blacks Doing So Bad?" Rev. James Dixon II, Author
- "Cooked" Chef Jeff Henderson, Author

Entertainment

- "Hallelujah - 94.9 FM Radio"
- "Never Would Have Made It" Rev. Marvin Sapp

For The Body

Advice to Live By - The 10 Things Women Need to Know About Heart Disease

1. Heart disease is the #1 killer of American women
2. Cardiovascular disease kills more women than men
3. Cardiovascular disease can be different in women
4. Signs and symptoms of heart disease can be different in women
5. Some tests are less accurate in women
6. Today treatment options exist for heart disease
7. Women can reduce their risk of heart disease
8. Know your numbers
9. Adopt the AHA's heart healthy lifestyle
10. Every woman can take action to improve their heart health

SPECIAL THANKS TO OUR 2007-2008 DONORS AND SPONSORS

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LR Job Corp

LRCVB

Mark Pryor for U.S. Senate

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Wal-Mart

Washington Mortgage

Mary Sue Whitelaw

Mary Louise Williams

Clarence S. Williams Sr.

Brenda Winston

Carolyn Witherspoon

Edward Woodford

Woods Group Architects, Inc.

Melanie Yelder

Clevon Young

PHOTO GALLERY



Lynn Lincoln with the Midtown Health Alliance provides cardio-vascular education to seniors.



Center staff and WECAN, Inc. volunteers encourage healthy eating habits during diabetic cooking classes.



Center staff demonstrates proper use of pedometers during Cycle Breakers Health Fair.



Attendees learn how to manage diabetes during "Lunch-n-Learn" at AR State Chamber of Commerce.

PHOTO GALLERY



KARK's
Dave
Woodman
interviews
Joyce Raynor
& Susie
Marks for
CSA Award.

AR Minority Business Roundtable hosted Matchmaking
Reception at Pyramid Art Gallery

Ron Woods,
Donell Meadows,
Mary Louise
Williams



Joyce Raynor and
John Iglehart, MBDA
Regional Director



Congressman Vic
Snyder networks
with small business
owners.



Today's THV Alyson Courtney
interviews Joyce Raynor during
American Heart Month.



Christmastime at the
Center means "A Time of
Remembering and Giving"



En lace hosts "No More
Scars" Conference to
highlight domestic
abuse.

The Center for Healing Hearts and Spirits, through its collaboratives, provides individuals with tobacco prevention education on the ills of tobacco products' usage.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH

stampoutsmoking.com

Call it quits
1-866-NOW-QUIT



Funding provided through the Arkansas Department of Health and the Minority Initiative Sub-Recipient Grant Office at the University of Arkansas at Pine Bluff.



Each year in the U.S., smoking kills more people than murder, AIDS, drug abuse, alcohol, car crashes, fires and suicides combined. Health care costs in Arkansas alone total more than six hundred and thirty million dollars a year.

"We Connect People To Services That Affect Their Hearts, Minds, Souls and Bodies."

Joyce M. Raynor
Executive Director

STAMPING OUT SMOKING!

Center for Healing Hearts & Spirits
2416 S. Chester, Little Rock, AR 72206
501-375-HEAL • www.hhscenter.com



A project of the Women's Council on African American Affairs, Inc.



We Connect People to Service That Affect Their Hearts, Minds, Souls and Bodies.

Our mission is to promote and nurture individuals in areas of education, economic and community development, healthcare issues, public safety and race relations.

The Center for Healing Hearts and Spirits was created to assist victims of violent crimes and terminal illnesses and their affected families to improve the quality of their economic and social environment, transition back into the workforce and to provide for self-sufficiency.

How You Can Help...

We are a 501(c)3 non-profit organization. We operate solely on private and public donations. Your tax-deductible dollars will help us in assisting in our community. If you would like to contribute, please use the form at right.

We also need energetic, hard-working, health-conscious, community-oriented individuals who are committed to living smoke-free lives to volunteer at least 2 hours a month. Interested parties please call Joyce at 375-HEAL (4325).

Donation Form

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____ Fax _____

E-Mail _____

Donation Amount _____

In Honor Of: _____

____ Check is enclosed. (Please make payable to Women's Council on African-American Affairs, Inc.)

____ Please invoice me at the address above.

Signature _____ Amount _____

Please return completed form to: Center for Healing Hearts & Spirits, 2416 S. Chester, Little Rock, AR 72206, or you may fax it to 501-372-2150. For more information, call 501-372-3800 or visit www.hhscenter.org