

TRANSITIONS

Volume 7, Issue 1 • 2009



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LEARNING TO RECOGNIZE THE MANY FACES OF DOMESTIC VIOLENCE

Somewhere in America, a woman is battered every 15 seconds. Are you that woman? Only about 1/2 of domestic violence incidents are reported to law enforcement. Is this your case? Every day in the United States, more than 3 women are murdered by their husbands or boyfriends. Was she someone you knew? Sixty-five percent

of children from violent homes become abusive adults. Are these your children? Eighty percent of domestic violence cases are alcohol or drug related.

Who are the victims of domestic violence? They could be anyone you know - the individuals who teach Sunday school, the man who works on your automobile, the child in

your car pool, the nurse who does your blood work, the teller who makes your deposits, or the person you call grandmother. No one is immune; domestic violence reaches across all ethnic, class and religious barriers. They live in rural America, suburbia, on main street, wall street and on skid row.

Continued on page 8

TOBACCO TAX = WIN WIN

Smokers in Arkansas began paying 56 cents more per pack in state tax for cigarettes on March 1. An additional federal tax which began in April increased the price per pack by 62 cents. The tobacco industry is also poised to implement an increase in the price of cigarettes in near future. Smokers will be spending more money on a dangerous addiction, a killer, a habit which in many cases decreases life expectancy by as much as 14 years compared to that of the average nonsmoker.

According to an article in SOS News, "Arkansas spends more than \$620 million a year in health care costs directly related to cigarette smoking." The lives of innocent recipients of second-hand-smoke (people and pets) are placed in jeopardy along with the smoker.

The tobacco industry's marketing expenditures nationwide equals about \$13.4 billion (\$36+ million per day). The estimated portion spent in Arkansas each year is approximately \$160.5 million.

Approximately 4,900 adults die each year in Arkansas from their own smoking. Secondhand smoke claims lives of approximately 510 adult nonsmokers according to information obtained from Campaign for Tobacco-Free Kids (02/27/09).

Thanks to the cigarette tax in Arkansas, the state will be able to provide a statewide trauma system and improve other health care programs in the state. The package offers something for everyone and will benefit every Arkansas: flu shots for every Arkansas who wants one, health

insurance for small businesses, cancer research and treatment, and stroke research and treatment. It will also fund adult dental care, drug and alcohol treatment for pregnant women and for children, and services for children with autism.

The tax along with federal matching dollars and the expected \$86 million in new revenue should generate more than \$170 million annually. The trauma system, which not eligible for federal matching funds, will cost about \$28 million a year.

The cigarette tax will not only help fund statewide health programs, it will and has encouraged many smokers to stop using tobacco altogether.

If you are a smoker and want to quit, please call 1-800-QUIT-NOW.

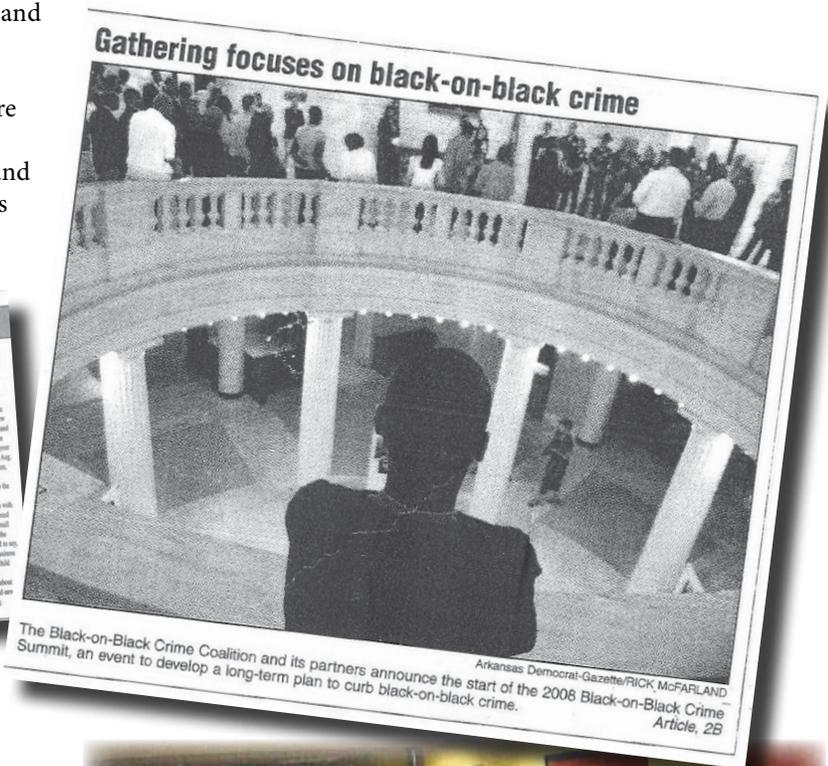
GRANT YIELDS POSITIVE RESULTS

The City of Little Rock has seen its community come together for the benefit of all its residents like never before, especially in the area of building safer communities. The months of April and May have been particularly busy with domestic violence outreach activities and National Crime Victims Rights Week observances. The Center and many of our partners, victim advocates and providers have been working hard to educate the

general public on the causes and remnants of violent crime.

Community town hall meetings and workshops were simultaneously conducted during the months of April and May. The town hall meetings were designed to identify

Crime Summit



**Youth Town Hall Meeting
(Dunbar Community Center, March 9, 2009)**



Dr. Emma Kelly Rhodes



problems, evoke dialog, and to develop recommendations and implement solutions. We saw a height of enthusiasm and energy like never before. Whether the town hall meeting was a community venue like Dunbar Community Center or a business setting like the Arkansas State Chamber of Commerce, an institution of higher learning such as Pulaski Technical

College, even a location where laws are made like the Arkansas state Capitol, and lest we forget where victims have paced over their disgust or grieved through their loss – our Center, a real sense of “we are in this together” evolved as a result.

We listened to youth participants and heard their unwillingness to accept what is happening in their respective

schools and communities. We heard from parents and other community residents in attendance on pressing issues such as drug use and abuse, gang activity, abandoned buildings, and late night activities on parking lots and in night clubs. They expressed time and time again the need to educate our youth on reducing risky behaviors that lead to crime. A common thread that ran through all of the town hall meetings was the lack of the “village approach.” There is not enough caring about people, neighborhoods or communities.

Pulaski County is most fortunate when it comes to resources, more specifically, human resources - People who are specialists and possess the expertise to speak authoritatively on the subject where it relates to violence and reversing its trends. We heard from such notable speakers like Ms. Selandria Jackson, Director of Dunbar Community Center; Dr. Emma Kelly Rhodes, educator, owner and Founder of the House of Vision; Mr. Kareem

Moody, program director at Pulaski Technical College, just to name a few, who educated audience during two-hour sessions. Attendees included parents, educators, faith-based organizations, leaders and advocates.

Throughout the intense dialog, a consensus from participants concluded that a hands-on approach would be an initial step, starting with the parents. Other concerns discussed: the rate of juvenile truancy, parental involvement related to education, performance in the classroom, drop-out rate of African American males, and connecting families to needed resources.

The Faith-based community is an absolute must in working to break the cycle of violence. Church members in the midtown district at 1st Keep It Real Ministries joined the forces to combat black on black crime, kicking off an event with over 40 youth and parents. An empowering message addressed the congregation from Rev. Charles E. Hunter

**Adult Forum/Town Hall Meeting
(Dunbar Community Center, March 24, 2009)**



Selandria Jackson





Shaunda Williams



Young Adult Forum/Town Hall Meeting
(My Brothers Keepers Ministries)
March 31, 2009

victims of domestic violence. Ms. Maria Hoskins wrapped up the event with a motivational testimony that inspired all in attendance to seek help, seek refuge, and work within the system. She left a lasting impression that as a result of her journey, "She has a new attitude!"



County. A collective effort supported by Little Rock Police Department, Black on Black Crime Coalition, and Omega Psi

Attorney's Office Pulaski County, Arkansas Coalition Against Domestic Violence, Safe Places, Inc, and Family Service Agency were also in attendance. They discussed how a coordinated community response benefits

STOP! Domestic Violence Workshop
(March 19, 2009)

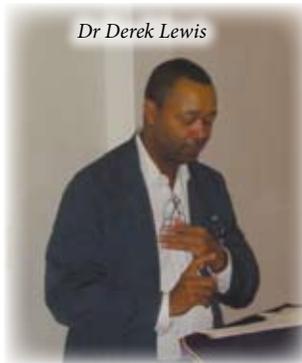


Sabra Miller

Phi, Inc. (Pi Omicron Chapter) provided guests with direct contact with law enforcement agencies, clinicians, service providers and survivors of crime, addressing domestic violence. Dr. Derek Lewis sparked conversation with a powerful depiction of injuries suffered by entertainer, Rihanna, an alleged domestic violence victim. The workshop was infused with personal details of attendees who had lived and survived domestic violence situations. Valuable information was provided and direction given to the appropriate points of contact and crime victim's assistance. Representatives from the LRPD, Prosecutor's

stating, "To reach our brothers and sisters, who through life's circumstances and challenges have been battered by the storm can achieve through counseling, encouragement, strengthening, re-building, empowerment, and one-on-one workshops will result in trusting each other again through anointed fellowship and fun."

A "Stop Domestic Violence" Workshop was hosted in April. It was four hours of one-on-one dialog with 75 participants in attendance around Pulaski



Dr Derek Lewis



Lt. Ernest Whitten



Kandy Hause



Asst. Chief Carlos Corbin



Kathy Findley



Pat Blackstone

STRONG PARTNERSHIP FIGHT DIABETES

In 2009, the Center for Healing Hearts and Spirits in collaboration with the Midtown Health Alliance continued its Diabetes Education and Outreach Program to ensure residents in Pulaski County are equipped to combat the disease.

Diabetes is a disease in which your blood glucose, or sugar, levels are too high. Glucose comes from the foods you eat. Insulin is a hormone that helps the glucose get into your cells to give them energy. With Type 1 diabetes, your body does not make insulin.

With Type 2 diabetes, the more common type, your body does not make or use insulin well. Without enough insulin, the glucose stays in your blood. Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, and nerves. Diabetes can also cause heart disease, stroke and even the need to remove a limb. Pregnant women can also get diabetes, called gestational diabetes.

Symptoms of Type 2 diabetes may include fatigue, thirst, weight

loss, blurred vision and frequent urination. Some people have no symptoms. A blood test can show if you have diabetes. Exercise, weight control and sticking to your meal plan can help control your diabetes. You should also monitor your glucose level and take medicine if prescribed.

Over the past six months, the Center and Midtown Health Alliance have educated over 300,000 residents through Lunch-n-Learn and Snack-n-Learn Series, Diabetic Cooking Classes, Information Dissemination, a Media

Awareness Campaign, and other community outreach activities. Area residents were provided pedometers, healthy cookbooks, refrigerator magnets, educational brochures, active living exercises, in an effort to encourage them to adopt healthier life styles. If you are or know someone who is suffering with diabetes and cardiovascular diseases (heart attack, stroke, hypertension, etc.) and would like to receive more information, please call us at 372-3800.

CASH OR CREDIT? CREDIT OR DEBIT?

More and more young adults are getting credit cards as they leave high school, and they may not understand the responsibility, or inherent risks, of having a credit card.

Tips to remember before getting a credit card are:

Credit Cards are loans.

If payments are not paid on time, the results are late charges, increased interest rates, and sometimes over-limit fees.

Is the "free gift" really free?

Many credit card issuers lure people into opening an account by giving them a "free gift," such as t-shirts or tanning visits. Be sure to read the fine print. Are there annual fees attached? Low interest rates only while you are a student?

Know the difference between a credit card and a debit card.

Credit Cards are loans to be paid back at a later date. A debit card removes money directly from your bank account, sometimes whether you have the full amount needed or not. If you do not have the full amount in your

account, it could put your account in overdraft status, thus costing additional fees.

Find the best rate.

Research not only the best rate, but how long the rate will last, fees (annual, monthly and penalty), and grace period. Two good websites are www.bankrate.com and www.cardratings.com.

Be selective with purchases and keep a low debt level.

Save room in case you need to use the card for emergencies, never charge more than you can pay off each month (don't get caught up in the minimum payment routine). If you do get into the minimum payment mode, make sure you pay more than minimum, as you can, and don't let the debt accumulate to more than 30% of your total limit allowed.

Only get 1-2 cards.

More will cause you to lose control of your debt.

If you are having problems with credit card debt, contact Consumer Credit Counseling Service at 501-753-0202 or 1-800-255-2227; or visit CCCS online at www.affordablecredithelp.com.

25 YEARS OF REBUILDING LIVES: CELEBRATING THE VICTIMS OF CRIME ACT

Each April since 1981, OVC 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.

Scheduled Events

Below is a list of local activities that were held in observance of National Crime Victims Rights Week.

Plea from the Pulpit: Area Churches Appeal to Stop Violence

Sun., April 26
9:00 a.m. – 2:00 p.m.

Press Conference

State Capitol Rotunda
Mon., April 27 • 1 p.m.

Local Observance and Candlelight Vigil Ceremony

Thurs., April 28
Philander Smith College
11:30 a.m. – 12:30 p.m.

Crime Victims' Service Restoration Ceremony: Planting of Flowers and Shrubbery (Lunch included)

Tues., April 28
Center for Healing Hearts and Spirits
12 noon – 2 p.m.

Clearing the Air for Communities of Color Conference

Pine Bluff Convention Center
Wed., April 29
8 a.m. – 3 p.m.

Community Service and Volunteer Advocates Appreciation Day

Thurs., April 30
8 a.m. – 5 p.m.

Cradle to Prison Pipeline Summit

Doubletree Hotel
Thurs., April 30 – Sat., May 2
8 a.m. – 3 p.m.



SPECIAL THANKS TO OUR 2008-2009 DONORS AND SPONSORS

Alicia Abraham	John Green
Arkansas Juvenile Justice Commission	Stella Hayes
Arkansas Minority Health Commission	Carlette and Don Henderson
Wanda Bynum Ashley	Paul Latture
AT&T	Lynn Lincoln
Bank of the Ozarks	Annette Lindsey
Lloyd W. and Elsie Black	Little Rock Police Department
Angela Bradford	MH Marketing Company
Shelia F. Campbell, Attorney at Law	Susie Marks
Church at Rock Creek	James McCarther
City of Little Rock	Nancy McGill
Terri Clark	Metropolitan National Bank
Ruthie Cobb	Dr. Letha Mosley
Linda Curtis	Claretha Nelson
Cross, Gunter, Witherspoon, and Galachus	Sandra Paradise
Tamika and Quincy Edwards	Johnnie Pugh
Joyce Elliott	Leroy Randolph
David Featherstone	RSVP Catering
Derrick Flowers	Erma Sheffield
Friends of Blanche Lincoln Campaign Committee	Carol Silverstone
Office of Senator Blanche Lincoln	Alma Stewart
	Joan Velek
	Mary Louise Williams
	Mary Sue Whitelaw
	Melanie Yelder

CALENDAR OF EVENTS

National Crime Victims Right Week <i>April 25 – May 2, 2009</i>	Annual Teen Conference Dunbar Community Center <i>October 17, 2009</i>
Education in Motion Magic Springs <i>May 1, 8, 15, 22, 2009</i>	National Domestic Violence Week Observance
AR Procurement Opportunity Conference Statehouse Convention Center <i>June 2, 2009</i>	Domestic Violence Workshop <i>October 20, 2009</i>
Center Circle of Friends <i>4th Saturday Monthly</i>	Red Ribbon Week Outreach Area Schools <i>October 23 – 31, 2009</i>
National Tobacco Conference Phoenix, AZ <i>June 9 – 13, 2009</i>	Woman, Thou Art Worthy Conference Dunbar Community Center <i>November 5, 2009</i>
Annual Back To School Drive <i>August 19 – 22, 2009</i> Area Public Schools	Great American Smoke-out <i>November 19, 2009</i>
Congressional MED Week <i>Sept. 6 -12, 2009</i>	American Diabetes Month Lunch -N-Learn <i>November 18, 2009</i>
Annual Striking Out Tobacco in Arkansas Conference <i>September 2009</i>	Smoke-free Homes for the Holidays Campaign <i>Nov. 23, 2009 – Jan 5, 2010</i>
	World Aids Day Community Awareness Forum <i>December 1, 2009</i>

ON THE AIR



Joyce Raynor shares the ills of violence and tobacco, and how to live well with diabetes, during local talk shows on Hallelujah 94.9FM with host Sheree Evans (above) and KARN News Radio with host Bob Steele (left).

RECOMMENDATIONS FROM THE EXECUTIVE DIRECTOR

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

"KICKING BUTTS FOR A CAUSE!"



The Little Rock Department of Community Programs' KICK Tobacco Coalition, WCAA's Tobacco Free Coalition, and LRSD Coordinated School Health hosted the Annual KICK BUTTS DAY on April 16 and 17, 2009 from 4:00 p.m. to 6:00 p.m. Over 500 boys and girls at the James H. Penick, Dalton Whetstone, Billy Mitchell, and William E. Thrasher Boys & Girls Clubs participated in community-wide KICK BUTT activities. The event was conducted by the KICK Coalition and other Little Rock sponsors.

"KICK BUTTS DAY" celebrates youth advocacy, leadership and activism towards tobacco prevention and cessation. In addition, we educated youth about tobacco and other harmful drugs.

Volunteers Make A Difference

Have you ever wondered what you could do to make your community a better place to work, live, or play? Was your answer "I will give back - I will become a volunteer!" That is what Dollie Cooperwood Fountain did! She devoted nearly 250 volunteer hours to the Center in 2008. She staffed events, worked with clients, made phone calls, and remained on call when the need arose. Some would say "Dollie, get a Life!" Guess what? She has one that she is very proud of.

Dollie is a Mother of two sons and a grandmother of two grandsons. She is recently widowed and retired from Levi Strauss Com-

pany after 22 years. She serves her church, Pilgrim Valley Baptist Church as Usher President; a member of the Union District Association, Arkansas Ushers

THE CENTER

Circle of Friends



Federation, and Southern Regional Ushers conference, just to name a few.

She came to the Center after suffering a devastating loss of her lifelong friend and husband of 32 years through her friendship of Ms. Alma Stewart.

She was inspired to take her energy and put it into meeting the needs of others. Her motto, "to serve and not be served," resonates in her commitment.

Mrs. Fountain, we commend your hard work and commitment!

ARKANSAS CANCER COALITION HOSTS ARKANSAS CANCER SUMMIT

Put nearly 200 experts in a room for two days, power up the PowerPoint's, allow for "Chocolate Breaks" and catered meals, and it's likely everyone walks away with a better-informed expertise.

That's exactly what happened when the Arkansas Cancer Coalition hosted Arkansas Cancer Summit X at the Holiday Inn Conference Center on March 30 - 31, 2009. Politicians, public health officials, physicians, and community organizers brainstormed on all things cancer, with a special emphasis on this year's theme "Cancer Survivorship: Embracing the Journey."

The summit began with a reception on March 30th honoring Arkansas' tobacco control advocates, such as the Women's Council on African American Affairs. All present offered special applause for prominent figures in the state

legislature, both Speaker of the House Robbie Wills and Representative Greg Reep were on hand, noting hard earned legislative successes on tobacco cessation. The next day, summit attendees were treated to a varied panel of speakers who invigorated the room with insights and opinions on their knowledge of Arkansas' cancer burden.

From Representative Fred Allen's transforming the conference into a congregation, speaking on the role faith played in his successful battle with prostate cancer, Colon Club's Hannah Vogler challenging those in attendance to embrace clinical trials, to Dr. Peter Emanuel's presentation on the ambitions of the Winthrop P. Rockefeller Cancer Institute, speakers highlighted subjects that challenged conventional thought, instigated debate, and preached best practices. Questions, answers, and still more questions

with debate permeated the conference.

The Arkansas Cancer Coalition thanks their partners for their participation in this endeavor, and encourages even more energy for next year's Arkansas Cancer Summit XI.



ABOVE: Joyce Raynor receives an award for WCAA's Tobacco Control Efforts from Mrs. Cornelya Dorbin and Dr. Carolyn Dresher, during the Arkansas Cancer Summit reception.



ABOVE: Arkansas Cancer Summit attendees (left to right) Ms. Douglas, Rep. Wills, Rep. Reep, Ms. Dorbin and Dr. Dresler.

Domestic Violence

Continued from Page 1

Domestic abuse, also known as spousal abuse, occurs when one person in an intimate relationship or marriage tries to dominate and control the other person. An abuser doesn't "play fair." He or she uses fear, guilt, shame, and intimidation to wear down and gain complete power over the victim. He or she may threaten to harm the victim or those around the victim. Domestic abuse that includes physical violence is called domestic violence. If you find yourself in any of these situations

or know of someone who is, please call the following Domestic Abuse Helpful Numbers.

- Arkansas Coalition Against Domestic Violence: 800-269-4668
- Arkansas Access to Justice Commission: 800-952-9243
- Arkansas Legal Services Partnership: 501-376-3423
- Crisis Response Team: 501-803-3388
- Dorcas House: 501-374-4022
- Safe Places, Inc.: 501-374-7233
- Victim/Witness Program: 501-340-8000
- Women and Children First: 501-376-3219

TEEN CONFERENCE



Mr. Elroy Brown

That's Whats Up! Sex, Lies, Drugs and Violence - the theme that resonated continuously during the 2008 Teen Conference with over 200 youth in attendance.



Rev. James McCarther

HELP OUR BACK-TO-SCHOOL DRIVE

Big yellow buses, parent carpools, passenger cars, SUVs, and trucks... Yes, you guessed it; it's time again to make plans to assist families with Back to School Supplies! Each August, many streets around Pulaski County see an influx of vehicles transporting students to their 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 in mid-August.

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

EVENING TO HEAL A HEART

Another day to live yields another day to love! That is the philosophy of the Center staff and WCAAA board of directors, especially during the month of February - American Heart Month. Yes, 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 13th, the Center for Healing Hearts and Spirits continued to connect people with services during its annual Evening to Heal a Heart Awards Gala. Dunbar Community Center was the venue whereby the Center celebrated countless hearts with culinary delights, soulful sounds, and wonderful gifts. The event was a chance to heighten the awareness of heart disease and its underlying causes such as tobacco usage, cardiovascular diseases, obesity, diabetes, etc.

Approximately 75 of the Center's closest friends and

supporters were in attendance to help honor 2009 recipients, Mr. Keith Jackson, former NFL player and founder of Positive Atmosphere Reaches Kids (P.A.R.K.), Inc. received the 2009 Heart of Gold Award for tireless commitment to our youth. The Little Rock Police Department and Arkansas State Police were the recipients of the 2009 Heal A Heart Action Awards for their commitment and dedication to reducing violent crime. We honored our many clients who have survived and overcome devastating losses due to crime over the past few years. We also highlighted our outstanding volunteers who gave unselfishly of their time and patience to the organization.

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.



LEFT: Assistant Chief Carlos Corbin of the Little Rock Police Department received a 2009 Heal A Heart Action Award, presented by Susie Marks, Joyce Raynor and the Honorable Mary Louise Williams.

RIGHT: Mr. Keith Jackson, founder of Positive Atmosphere Reaches Kids (P.A.R.K.), Inc., received the 2009 Heart of Gold Award, presented by Joyce Raynor, the Honorable Mary Louise Williams and Susie Marks.



LEFT: Commander Henry Lamar of the Arkansas State Police received a 2009 Heal A Heart Action Award, presented by Susie Marks, Joyce Raynor and the Honorable Mary Louise Williams.



RIGHT: The Evening to Heal a Heart was not only entertaining, but also educational. There were displays about heart-related illnesses and a silent auction.



WCAAA TOBACCO PROGRAM

In July 2008, the Women's Council of African American Affairs, Inc. (WCAAA) Tobacco Prevention and

the awesome choice to never begin to smoke (at least, 450 youth), and approximately, 50 adults to stop smoking.



The Coalition has enrolled nearly 40 individuals in cessation programs. The Coalition has also disseminated more than 10,000 pieces of educational materials and secured over 500 surveys asking

Education Program, successfully secured another year of funding through the University of Arkansas at Pine Bluff, Sub-Recipient Minority Grant Office and the Arkansas Department of Health. Each grant affords the Coalition an opportunity to make significant gains through its many outreach programs, such as community forums, school-wide presentations, health fairs, and tobacco education training.

participants about their knowledge of the existence of tobacco-related information in the community. Through the WCAAA's tireless efforts,



The Coalition has collected over 500 pledges from individuals that have made

a large number of local retailers in Pulaski, Faulkner, Saline, Garland and Lonoke counties have pledged not to sell to minors, limit tobacco's accessibility to youth, and minimize their signage of tobacco related products.



WCAAA will continue to its work to reduce the negative impact tobacco and tobacco-related products have in the community.



Center for
Healing Hearts & Spirits

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

501-375-HEAL(4325)
www.hhscenter.org

Center for Healing Hearts & Spirits
2416 S. Chester, Little Rock, AR 72205



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
www.stampoutsmoking.com
Call 800-4-A-QUIT-4357



Funded by grant received through the Arkansas Department of Health by the Minority & Multiple Disadvantaged Groups Office of the University of Arkansas at Pine Bluff

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

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

COUNCIL'S CORNER



Susie Marks Women's Council Chairman

The Women's Council made a powerful statement in late summer of 2008 by hosting its first-time ever Crime Summit. This historic event brought together law enforcement agencies, law makers, medical and mental health professionals, service providers, victims and survivors of crime, youth, and other community residents. Everyone left the event energized and empowered with the knowledge of best practices and next steps to cope with the epidemic of Black on Black Crime.

Our young people are the cornerstones to the future. We must take the 'village' approach to keep them informed as to what lies ahead and how it will shape their futures. The 6th Annual Teen Conference again addressed these important issues with over 200 in attendance.

The Council later saw one of its own, the Honorable Joyce Elliott elected to the Arkansas State Senate. This new

position assisted with fostering the WCAA's mission of promoting leadership development and education. It also teaches women to use their talents to empower themselves in positions that can lead to change.

The Council and friends of the Center made the holidays brighter for several families. Joyce Raynor and I personally delivered gifts to needy families to show continued love and support.

The Council also continues its work in community development and health education. We are glad to see our clients growing and transitioning from violence and terminal illnesses with the help of the Victim Services, Tobacco Prevention, Diabetes Outreach and Neighborhood Afterschool Programs.

As we look and forge ahead this year, we know that our work will be constant because the needs will continue to be great, however, we are encouraged by each of you who stand and work with us address critical issues in our community; who work to heal hearts from losses suffered; and work with us to inform our young people and empower our women.

How can I forget such a momentous 2008, some members of the Council got to see history made while attending the inauguration of our 44th president of the United States, Barack Obama!

HAVE A HEALTHY RETIREMENT

By Lynn Lincoln, LCSW, CPM
ADH, Retired and CYF Commission



This year, the first of the "Baby Boomers" turned 62. (I'm one of them!) Over the next 18

years, the number of retirees will become legion and our health care system will not be able to keep up unless we take responsibility for our own state of health.

So what can we do to have a healthy retirement?

Do something nice for your body –

Add an abundance of fresh fruits and vegetables and whole grains to your meals. Don't worry about what you shouldn't eat. Your plate will be so full of colorful, nutritious food, there won't be any room for poorer choices.

Plan your day around physical activity. If you're just starting out, aim for 30 minutes each day; walking, gardening, or an exercise class will give you social benefits as well. If you're already active, stretch that 30 minutes to an hour, add some strength training to prevent bone loss and, remember, building muscle burns extra calories all day long.

Get regular dental and medical check-ups and the recommended health screenings. Know your family health history because many medical conditions and tendencies toward disease can be inherited. Wear your seat belt.

Do something nice for your mind –

Start your day by doing the crossword puzzle in your newspaper. Take that class you always wanted to take – computers?, photography?, conversational Spanish? Play Scrabble with your grandchildren. Join a book club.

Do something nice for your finances –

If you're planning to retire soon, sock all the money you

can into your company's 401K or other retirement plan. You won't miss the deduction from your paycheck and you'll get a break at tax time. Best of all, while you're earning money, your money will be earning more money for you to enjoy later. Attend retirement and investment seminars so you'll be a savvy retiree! (They usually serve a free meal, too!)

Do something nice for your community –

You have years of knowledge and experience to share and now you'll have the time to do it. Don't complain about problems, work to change them.

Do something nice for Mother Earth –

Recycle, pick up litter, plan your errands to avoid extra trips and use less gas. Lead by example.

What an exciting developmental stage the retirement years can be! Thanks to medical science, the generation now entering retirement can look forward to more years of life but the quality of those years is up to us. The task for a successful retirement is to solidify the things we want to leave behind. For example, I have a friend who is a wonderful gourmet cook. She is making illustrated cookbooks in her own hand for each of her daughters. Another friend saved to give each of her children \$2000 in the year 2000 along a special letter listing each thing that made that child precious to her. Yet another friend provides a foster home for stray animals until a permanent home can be found. No matter how large or small, we each have a sphere of influence where we can make a difference.

A great retirement doesn't just happen. It takes some planning and a commitment to healthy behaviors. Take some time to envision and design your retirement plan but, most important of all, enjoy every minute of every day! This is as good as it gets!

PHOTO GALLERY



ABOVE: Attendees at the Congo Road Baptist Church in Benton receive tobacco prevention education and are encouraged to STAMP OUT SMOKING!



LEFT: Elroy Brown receives the Honorable Mention 2009 Community Activist award for his coalition's work in tobacco control.



ABOVE: Joyce Raynor and the St. Mark Baptist Church Grief Share Ministry remember individuals who are grieving due to loved ones lost to violence and terminal illnesses.



ABOVE: Raye Lloyd and Elroy Brown educate kids at Billy Mitchell Boys & Girls Club on the ills of tobacco use during KICK BUTTS day.



ABOVE: Joyce Raynor joins a distinguished group of honorees for their work in community service and received the 2008 Hope Award.



Dianne Burrell



ABOVE: The Honorable Joyce Elliott, flanked by Pulaski County law enforcement and Arkansas State Police, addresses attendees at a press conference for National Crime Victim's Rights Week observance.



Dr. Charlene Gay

LEFT: Dr. Charlene Gay educated women on health and wellness during the 2008 Woman, Thou Art Worthy Empowerment Conference.



Lynn Lincoln



Alma Stewart



ABOVE: Lynn Lincoln in healthy living activities during the Lunch and Learn Series at the Center offices. The Diabetic Cooking Class results in healthy and tasty meals.



Arkansas Baptist College students



Dollie Fountain

ABOVE: WCAA Tobacco Prevention Coalition educated attendees during the Mid-South Black Expo and Chenal Country Club Health Fair.



LEFT AND BELOW: Joyce Raynor and Susie Marks made certain that Santa came to town for several Center clients.





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 _____

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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

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.org