



AARTH COMMUNITY HAPPENINGS



Years of Service



OCTOBER 2024
WWW.AARTH.ORG

Soulful Cooking with Chef Adunni



SATURDAY, OCT 5 | 12:00 PM
ONLINE

Join us for a wonderful culinary experience! This month's recipe is Toasted Coconut Pound Cake. Chef Adunni's approach to cooking emphasizes fresh, whole ingredients, vibrant flavors, and balanced nutrition. This is the last class for the year! Don't miss it!



**Chronic Disease
Self-Management Workshops
ONLINE**

**CONTINUES SATURDAYS THRU OCT 19
10:00 AM - 12:30 PM**

A reminder for those who have already registered. Facilitators Rena L. Cann & Jerome Polite will continue this virtual series on managing chronic diseases. You can expect to gain confidence around techniques to deal with the symptoms of chronic disease.

FREE Opioid Overdose & Narcan/Naloxone Training

SATURDAY, OCT 26 | 11:00 AM - 2:00 PM
Washington Hall | 153 14th Ave | Seattle 98122

Join AARTH and the Odessa Brown Children's Clinic (OBCC) team to connect individuals in King County to address the roles of harm reduction and crisis response in the opioid public health crisis. You will receive live instructor demonstration and participant hands-on practice including administering the opioid overdose medication Narcan with mannequins.

Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible
to order 4 free at-home tests.



COVID-19 testing can help you know if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others. Your order of COVID tests is completely free – you won't even pay for shipping. Shipping tests begins the week of September 30. Order online at <https://special.usps.com/testkits> or call Call 1-800-232-0233 (TTY 1-888-720-7489).



Stop by and
visit AARTH
at the Boo
Bash!

Sunday, Oct 27 | 2:00-5:00 PM | 8825 Rainier Avenue S. Seattle, 98118

REGISTER FOR ALL WORKSHOPS at www.aarth.org



PAGE 01

GREEN DOLPHIN STREET LOUNGE
Live Music
3rd Friday 6-9 pm

Michael Powers

"Michael Powers' music seamlessly and simultaneously honors the past, celebrates the present, and fearlessly reaches into the future!"

RSVP
206.726.4926
No Host Bar & Appetizers

Tickets on Sale Now!
www.casrcenter.org

500 30TH AVE S
SEATTLE, WA

Advance Tickets Sales: \$25 Lifetime Member | \$30 Annual Members | \$35 General & At Door

Visit www.casrcenter.org for tickets.

DON'T FORGET

COVID-19 vaccines and booster shots are 100% free for every individual living in the United States - even if you do not have insurance.

Vaccine Locator
<https://vaccinelocator.doh.wa.gov/>

AARTH TEAM

Kathleen Wilcox
Executive Director
kathleenw@aarth.org

Dr. Renee McCoy
HIV/AIDS Project Manager
reneem@aarth.org

Angeilea' Yancey-Watson
Lead Program Coordinator
angeiley@aarth.org

Ramona Shyne
Training Coordinator
ramonas@aarth.org

Shakira Mungai
Office Administrator
shakiram@aarth.org

Kimberly Breland
Accountant

Yolanda Drew
Consultant
yolandad@aarth.org

Twanda Hill
Consultant
twandah@aarth.org

Physical Address
1111 Harvard Ave
Seattle, WA 98122
206.850.2070

Mailing Address
PO BOX 428
Renton, WA 98057

Follow us on Social Media



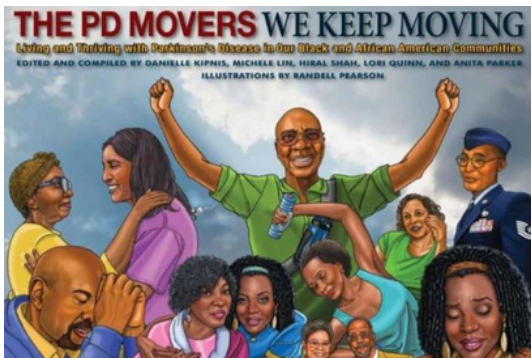
Medicare Open Enrollment

FRIDAY, NOV 15 | 11:00 AM
Burien Community Center
14700 6th Ave SW | Burien 98166

Medicare Open Enrollment is coming up and the Statewide Health Insurance Benefits Advisors (SHIBA) can help! SHIBA helps King County residents understand their Medicare rights and options. Our well-trained volunteers counsel people of all ages – including people under age 65 living with disabilities, people getting ready to turn 65, and those already enrolled – about their Medicare choices and options.

Medicare Open Enrollment runs from Oct 15 - Dec 7th and is the only time of the year for people with Medicare coverage to make changes to their health and drug plans for the next year.

Continuing the Conversation on Parkinson's Disease



Here are 3 Ways You Can Help Improve Health Equity for People with PD:

1. Participate in research studies and help diversify research.
2. Help spread Parkinson's awareness on Social Media.
3. Share your story. Your story may inspire someone who has a similar experience navigating Parkinson's disease.

Thank you to our Community Partners

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

