



# AARTH COMMUNITY HAPPENINGS



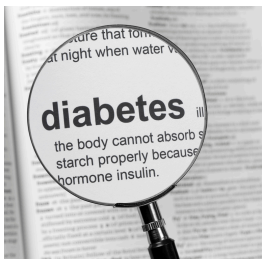
Years of Service



NOVEMBER 2024  
WWW.AARTH.ORG

## Diabetes Self Management Workshop

SATURDAYS, NOV 9- DEC 14 | 10:00 AM | ONLINE



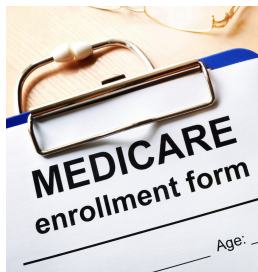
The 6-week interactive Diabetes Self-Management workshop will be held virtually every Saturday starting on November 9th. Please join AARTH as we work through the process, transition, and manageability of living with Diabetes. Participants will make

weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Access to zoom is required.

## Medicare Open Enrollment Workshop

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

Let a Statewide Health Insurance Benefits Advisor (SHIBA) help you with your Medicare Plan! In this FREE, in-person lunch and learn session, we'll discuss:



- What you can do during Open Enrollment
- Choosing and changing plans
- What Medigap plans are available
- How to get help paying for Medicare

Registration is required.

## Come Grow With AARTH WE ARE HIRING

The African American Reach and Teach Health Ministry (AARTH) is thrilled to announce the hiring of a new full time Training Coordinator to further enhance its mission of empowering people of the African diaspora through education, advocacy, and support.

WE ARE HIRING

SCAN ME



## Be the Change Survey

DEADLINE: JANUARY 15, 2025

AARTH is committed to improving the ability of communities within the African diaspora to better manage their health, partner with providers to improve their health outcomes, and positively contribute to the health of our community.

The information you provide will help inform AARTH about the type of health and social services we can provide for individuals who participate in our program's services. Participants who complete the survey by January 15, 2025 will be placed in a raffle for a \$50 gift card. The survey link is on the AARTH website.



## Governor Inslee proclaims November as Family Caregivers Month

Washington proudly celebrates National Caregivers Month, to honor the selfless dedication of caregivers across the state, recognizing the essential roles they play in supporting loved ones facing aging, illness, or disabilities.



REGISTER FOR ALL WORKSHOPS at [www.aarth.org](http://www.aarth.org)

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## Boo Bash Bash with AARTH , in Rainier Valley with Things 1 and 2

At the Boo Bash with Ramona & Kim, the vibes were high, as kids and adults stopped by.

Thing 1 and Thing 2 took a spooky bow, and handed out candy—at least for now!

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Thanks to all who stopped by our table!

### 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/>

### Save The Date 2024 WORLD AIDS DAY

Sunday, December 1, 2024  
 Seattle First Baptist Church - Fellowship Hall

Plans are underway by The Sankofa Collaborative for a community celebration of World AIDS DAY in Seattle. This year's keynote speaker will be Sheley Secrest, President of the NAACP State Area Conference for Alaska, Oregon, and Washington. A light meal will also be served. Please visit the AARTH website for final details.



### Closed for the Holidays!

AARTH will be closed for the holidays:  
 Nov 9 - Veteran's Day  
 Nov 28 & 29 - Thanksgiving

## African American Caregivers Forum: Legacy of Love

Saturday, November 2 | 10am-3pm | Northwest African American Museum | 2300 S. Massachusetts, Seattle

- Keynote Speaker: Beverly Kimmons, Director - Diversity, Equity, Inclusion & Community Outreach, Alzheimer's Association, Washington State Chapter
- Panel: Caregiver experiences with moderator Sharon Outlaw
- Q&A: With filmmaker David Wild, discussing his film "Today Was a Good Day"
- Presentation: End of Life Pre-Planning with Cydney Barnes, Owner, and CEO, Live to Leave Your Legacy

Pre-register to receive event updates: [tinyurl.com/24LegacyOfLove](https://tinyurl.com/24LegacyOfLove)

## 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.



## AARTH TEAM

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