

TRANSITIONS



Volume 3, Issue 1 • 2005

COUNCIL MEMBERS

- Susie P. Marks**
President
- LaShannon Spencer**
Vice President
- Hester Criswell**
Secretary
- Mary L. Williams**
Chaplain
- Barbara Douglas**
- Cassandra Green**
- Pamela Petty**

CENTER STAFF

- Joyce M. Raynor**
Executive Director
- Katrina Stigger**
Outreach Coordinator

IN THIS ISSUE

- CENTER SALUTES MINORITY HEALTH GURU JUDY S. SMITH, EXECUTIVE DIRECTOR OF THE ARKANSAS MINORITY HEALTH COMMISSION**
- CENTER LENDS ITS SUPPORT TO NATIONAL MINORITY CANCER AWARENESS WEEK**
- LITTLE ROCK KICKS BUTTS**
- 85TH GENERAL ASSEMBLY HEALTH BILLS UPDATE**

CENTER PREPARES TO GET IN MOTION!

Picture It! More than 14,000 kids statewide, representing schools in Northwest Arkansas, Southern, Central, Southeast and Eastern areas of the state, all come together at one time and one place for four days of sheer pleasure. What a notion! It's more than a notion – It's Education in Motion at Magic Springs.

The WCAA Tobacco Coalition was selected in 2004 to educate the youth masses on the ills of Tobacco products and en-



STAMP OUT SMOKING
Arkansas Department of Health
stampoutsmoking.com
Call it quits
1-866-NOW-QUIT

couraged them to Stamp Out Smoke. It's that time again! On April 28, May 5, 12 and 19, 2005, the coalition will again expose these youth to the idea of being smoke-free, the notion of never starting, and the reality and consequences of not quitting that life-altering habit.

The WCAA Tobacco Coalition has invited partners to assist in the efforts. For more information on Education in Motion, you may contact us at 372-3800.

Director's Note

Dear Readers,

It's amazing how fast time flies, when people and services meet. The Center for Healing Hearts and Spirits staff and volunteers have been beating the pavement serving the multitude. We have worked with our many partners over the past nine months to deliver critical services to our diverse client base. In the past six months, we have provided direct services to more than 25 clients in the area of victims outreach, over 3,000 youths and adults have received substance abuse and tobacco education through program literature and community forums, and educated nearly 200 youth regarding teen pregnancy. We continue to assist individuals as they transition through life's obstacles.

We have been blessed and enriched by our partners and hard working volunteers who help us to ensure the success of the Center's many programs. We are currently proud of the opportunities afforded us to serve Central Arkansas and surrounding counties. Unfortunately, our community needs are so great, that we have yet to make a dent in the work that has to be done. Black on Black Crime continues to be at an all time high. Tobacco product usage is a major problem in our community and kills more people than murder, AIDS, drug abuse, car crashes, fires and suicides combined. We realized that if we are to make significant changes in our community, we need your help! We are in need of both monetary and volunteer contributions.

We are appreciative of the faith that you have placed in us to be servants in our community and we will work hard to deliver the highest quality services. We ask that you assist us in assisting you by giving us your feedback on our program services by e-mailing us at hhscenter@sbcglobal.net. We all can make Greater Little Rock a better place to work, live, and play. For more information about the Center for Healing Hearts and Spirits and its services you may click www.hhscenter.org or call 375-HEAL (4325).



Joyce M. Raynor, Executive Director

THE CENTER FOR HEALING HEARTS AND SPIRITS LEND'S ITS SUPPORT TO NATIONAL MINORITY CANCER AWARENESS WEEK

The American Cancer Society will celebrate National Minority Cancer Awareness Week with community health partners and local radio stations. National Minority Cancer Awareness Week, April 17th – 23rd, educates minorities and special populations about the importance of early detection and preventative cancer screening.

Activities in Little Rock will begin with a kickoff celebration on Sunday, April 17th at Philander Smith College. The celebration will be hosted by KATV Weekend News Anchor Pamela Smith and Power 92 radio personality, Broadway Joe. The program will include an awards ceremony for individuals and organizations

who are addressing overall health disparities in Arkansas. Awards will be given to an organization for community outreach, an organization or person for advocacy, and a person(s) for contributions to education of cancer and health in his/her community.

Monday, April 18th is devoted to women's cancer education. Women who visit the Fashion Fair Cosmetics counter in Park Plaza Mall will receive a special message regarding cancer in minority women. Baptist Health will host an evening Look Good...Feel Better® party for minority women who are currently in cancer treatment. Look Good...Feel Better® is a makeup party devoted to lifting the spirits of cancer patients.

Tuesday, April 19th is Active For Life day at Dunbar and East Little Rock Community Centers. Representatives from the UAMS/ Cancer Control Outreach Center will lead workout sessions that promote physical activity among the senior citizens who attend the centers.

Wednesday, April 20th is a Let's Talk About It® session for minority men to discuss prostate cancer and other prevalent cancers affective men of color. The men's awareness day will be lead by the Arkansas Prostate Cancer Foundation. In conjunction with the discussion, local barbershops will distribute a health message to their clients about cancer in minority men.

Thursday, April 21st is the American Cancer Society Legislative Day with the Arkansas Legislative Black Caucus. The day will include a medical briefing about important cancer legislation that affects minorities and why the support of the Black Caucus is needed.

Friday, April 22nd is Kid's Health Day at Bale Elementary with 4th and 5th grade students. The students will participate in physical fitness activities, mind stimulation games, and tobacco prevention and education.

On Saturday, April 23rd, the American Cancer Society and its partners will conduct educational sessions at Blues on the River in downtown North Little Rock.

AFRICAN HEALTH CONFERENCE & SYMPOSIUM: THE STATE OF HEALTHCARE FOR WOMEN IN AFRICA



“Where we Were, Where we Are and Where we are Going!”

A 15-member African Health Delegation will be visiting Arkansas for the AWHPI Annual African Health Conference and Symposium from May 18 thru May 21, 2005. The Distinguished Senator Musiliu Obanikoro, Lagos Central Senatorial District, Federal Capital City, Abuja, Nigeria and Ghana, and representatives from the office of the governor from each states.

African Women's Health Project International is a non-profit, non-partisan corporation dedicated to bringing free medical care to the women and children of Africa. The foundation was formed to improve health care needs of women in Africa who will otherwise not have a collaboration with Senator Obanikoro Foundation of Lagos, was launched in November 2004 in Nigeria, West Africa with a mission focused in the following areas: 1) Medical mission trips to Africa to provide primary and general medical care for women and children. 2) Women health issues su

Providing medical the foundation is to set-up FREE Medical Clinics and Hospitals in impoverished areas in West Africa, notably Nigeria and Ghana.

The four day African Health Conference and Symposium will consist of the following:

| | | |
|--------------|-----------------------|--|
| May 17, 2005 | 6 p.m. | VIP Reception at Clinton Presidential Library (invitation only) |
| May 18, 2005 | 10:30 a.m. - 1 p.m. | UAMS Luncheon, Talk & Tour at UAMS College of Public Health |
| | 5:30 p.m. - 8 p.m. | African Health Dinner Reception at Philander Smith College |
| May 19, 2005 | 11:30 a.m. | International Trade Luncheon at Little Rock Regional Chamber of Commerce |
| | 8:30 a.m. - 4:30 p.m. | Conference and Health Fair at Statehouse Convention Center |
| May 20, 2005 | 8 a.m. - 10 a.m. | Prayer Breakfast and Global Health Business Meeting at Peabody Hotel |
| | 7 p.m. | African Health Gala at Peabody Hotel – Clinton Presidential Ballroom |

If you need additional information on how to register, please contact Deun Ogunlana at 501-343-5780. Or email Deun at deunogunlana@yahoo.com



Deun Ogunlana

CENTER SALUTES MINORITY HEALTH GURU MRS. JUDY S. SMITH, EXECUTIVE DIRECTOR OF THE ARKANSAS MINORITY HEALTH COMMISSION

Judy S. Smith is currently the Executive Director of the Arkansas Minority Health Commission. Judy was hired as director of the commission in March, 2002.

Former State Representative Judy Seriale Smith was born the second daughter of sharecroppers in 1953; raised by her grandparents in South Louisiana. From an early age, Judy learned the value of hard work and education. Working every day picking cotton and attending school an average of only three days a week, Judy still became the first member of her family to graduate from high school. Due to the extraordinary sacrifices of her mother, Judy attended and graduated from Grambling State University. She worked her way through college and earned her Bachelor's degree in Social Work in three years. Judy served as the Executive Director for Arkansans for Drug Free Youth in Camden, Arkansas, a non-profit substance abuse and violence prevention organization serving young people in Ouachita County for over 18 years.

In 1990, after defeating a twenty-four year incumbent, Judy Smith was elected to the Arkansas House of Representatives. She served in the Arkansas General Assembly for eight years until term limits. As State Representative, Judy



was elected Deputy Majority Leader; served as vice chair for the House Public Health, Welfare, & Labor Committee and chaired its Human Services sub-committee. She also served on several local, state and national committees.

Judy has received numerous awards and honors. Most recently, she was the recipient of the Barbara Jordan Political Leadership Award. In 1998, she was named one of the Top 10 Women in Arkansas by Arkansas Business Weekly, in which she was recognized in 1995, 1996, and 1997 as one of the Top 100 Women in Arkansas. The Arkansas Democrat Gazette named Judy Smith as a Top 10 Legislator in 1993. She has been a Flemming Fellow with the Center for Policy Alternatives and in 1992 Judy was one of eleven Americans selected by the American Council of Young Political Leaders, to serve as a Delegate to Japan.

Judy Smith's community involvement has ranged from serving working with young children to helping youth develop intergenerational activities.

Judy has been married to Sylvester Smith, Jr. for 29 years and has two sons, Sylvester III and Joseph. She is a member of the Greater St. Paul Missionary Baptist Church in Camden. Dr. George E. Smith is her pastor.

ARKANSANS RALLY TO SUPPORT SMOKE-FREE WORKPLACES

Submitted by Katherine Donald

On Tuesday March 29, 2005, the steps of the Arkansas State Capitol was draped with Arkansans demonstrating their support for initiatives to create smoke-free workplaces. The speakers encouraged Arkansans to seriously consider the effects of secondhand smoke on their daily lives. Among the presenters were Barbara Kume with the

American Heart Association, Dr. Cesar Compadre, Katherine Donald and Phyllis Moore-Cooke from Blytheville.

"We wanted to publicly demonstrate our support for smoke-free workplaces," stated Katherine Donald, Executive Director of CTFA. "While many Arkansans may be able to avoid secondhand smoke, there are so

many workers that are suffering the consequences of undesired secondhand smoke exposure. We want Arkansas workplaces to be beneficial, not detrimental to employees and customers."

Did You Know?

- Most "blue collar and service industry workers" are not protected from exposure to

secondhand smoke in the workplace, while most "white collar workers" are protected.

- Restaurant and bar workers have 50-90% higher risk of dying from lung cancer because of exposure to secondhand smoke in the workplace than other workers.

RECOMMENDATIONS FROM THE EXECUTIVE DIRECTOR

For more info about recommendations, please call 372-3800.

For The Mind

Personal Trainer

Murphy Pro Fitness

Publications

Power Play and The Dirty

Movie

The Diary of a Mad Black Woman

Retail Shop

J&K Faith Décor and Accessories

For The Spirit

“Delight thyself also unto the Lord, and he will give thee the desires of thine heart.”

Psalms 37:4

For The Body

Recognizing a Heart Attack

Heart disease is the leading killer of Americans, and a heart attack is the most visible sign. When someone has a heart attack, time is critical. In fact, the amount of damage to the heart increases with every passing minute. Some heart attacks occur suddenly and are intense. However, most begin with a slow, mild pain and discomfort. With

this in mind, it's important to recognize the common symptoms of a heart attack.



Women and Heart Disease

Heart disease is often considered a man's disease, but heart attacks, strokes and cardiac arrest are actually the No. 1 killer of women. Heart disease affects one in every three women and claims more women's lives than breast cancer.

SECONDHAND SMOKE FACTS

The tobacco industry claims they're working to make a difference. But the effect of the product they sell hasn't changed a bit. Tobacco continues to kill millions of people around the world every year leaving devastated families to deal with the loss.

Did You Know That...

Secondhand smoke kills about 3,000 nonsmokers each year from lung cancer.

Secondhand smoke causes up to 300,000 lung infections (such as pneumonia and bronchitis) in infants and young children each year.

On average, someone who smokes a pack or more of cigarettes each day lives 7 years less than someone who never smoked.

Secondhand smoke causes wheezing, coughing, colds, and earaches.

Secondhand smoke causes asthma. A smoker can develop emphysema & other diseases from tobacco smoke.

“Putting Tobacco Away for Life”

THE WCAA TOBACCO COALITION NEEDS YOU!

Wanted! Energetic, hard-working, healthy-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).

COUNCIL'S CORNER

IN MEMORY OF REV. WORNESTER MOSLEY

July 3, 1916



January 6, 2005

WHEN SOMEONE YOU LOVE BECOMES A MEMORY, THE MEMORY BECOMES A TREASURE!

Daddy, I will always keep you in my heart!
Joyce M. Raynor

Calendar of Events

For additional information on the above events, contact us at 375-4325.

Education In Motion at Magic Springs

April 28, May 5, May 12, and May 19, 2005

National Minority Cancer Awareness Week

April 17 – 23, 2005

STAMP OUT SMOKING at Riverfest

May 27 – 29, 2005

National Tobacco Health Conference in Chicago

May 4 – 7, 2005

WCAA Tobacco Coalition Meetings

April 27, May 26, and June 23

THE EFFECTS OF TOBACCO PRODUCTS ON THE ORAL CAVITY

By Dr. Niki Andrews

There are so many reasons to avoid tobacco products. Every year more than 30,000 cases of oral cancer are diagnosed.

A mere 50 % of patients will survive 5 years or more.

Nitrosamines are the cancer-causing chemicals in tobacco. Nicotine is the culprit that makes it so hard for people to quit their habit. It is a highly addictive drug and found in all tobacco products.

Specifically mouth cancers are tough to treat. With any malignancy, early detection is the key to a successful treatment.



The signs to watch for in the mouth are red or white patches or sores. If these areas in the mouth are present longer than

14 days, professional advice by your dentist is in order. When caught early, often these lesions are reversible with proper intervention. Neglect can have disastrous effects.

Other negative influences of smoking or tobacco use are bad breath, dirty stained teeth,

bleeding gums and foul smelling saliva. So ask yourself is your oral health and appearance worth quitting this dangerous habit?

LITTLE ROCK KICKS BUTTS

The City of Little Rock Department of Community Programs' KICK Coalition will be sponsoring KICK Butts Day. KICK Butts Day will take place April 13, 2005, at the Little Boys and Girls Clubs, 4:00-6:00 p.m. KICK is partnering with a number of Department of Health funded coalitions and non-profit organizations to host activities at four Little Rock Boys and Girls Club sites with over 300 youth.

KICK Butts Day is a national activity designed by the Campaign for Tobacco Free Kids. This event is designed for community leaders to engage youth in fun activities teaching

the dangers of secondhand smoke and refusal skills. Events include participation from local personalities, government officials, Boys and Girls Club staff, and volunteers.

KICK is an Arkansas Department of Health funded coalition. Partners include Center for Healing Hearts and Spirits, KABF, American Cancer Society, Coalition for Tobacco Free Arkansas, Arkansas Twisters and the Little Rock School District. KICK's funding is utilized to provide educational prevention activities and provide educational research to the community.

THE CENTER FOR HEALING HEARTS & SPIRITS WOULD LIKE TO THANK ITS 2005 SPONSORS AND CONTRIBUTORS

**American Heart Association
Andrew Kumpuris, MD**

**Arkansas Heart Hospital
CDI Contractors**

**Federated Women's Club
Gail Reede Jones**

**Janie Wayne
Jesse Mason**

J&K Faith Décor & Accessories

**John E. Green Jr.
Kim Pruitt**

**Lynn Davis, MD
Mae Smith**

Moses Kelly, MD

**Philander Smith College
Sylvester Smith**

St. Vincent Hospital

85TH GENERAL ASSEMBLY HEALTH BILLS UPDATE

- The Arkansas 85th General Assembly has been working hard this session to address state education issues, but they have also devoted lots of time to important public health bills related to reducing the Arkansas cancer burden.
- House Bill 1883 is a bill that will eliminate smoking in restaurants across the state. The bill is sponsored by the Representative Jay Bradford who has proposed several clean indoor air bills in past legislative sessions. HB 1883 successfully passed the House Rules committee after public comments from Arkansas Department of Health Director Dr. Fay Boozman, Chronic Disease Medical Director, Dr. David Bourne, and Little Rock Mayor Jim Dailey. The bill failed to pass the house floor on April 4th with a vote of 41-48.
- House Bill 2781 is a mandatory colorectal screening bill that will help to save the lives of Arkansans for a long time. HB 2781 has similar language that is in the Arkansas Breast Cancer Act of 1997. More than 630 Arkansans die every year from Colorectal Cancer, a disease that is treatable when diagnosed early.
- The Colorectal Cancer Act of 2005 is sponsored by Representative Joyce Elliott. HB 2781 passed successful out of the House Public Health and Welfare Committee on March 31st. The bill was approved by the House on April 4th and is headed to a Senate committee. Colorectal Cancer is the main advocacy objective for the American Cancer Society in 2005.

PHOTO GALLERY

Clearing the Air



Joyce Raynor receives a certificate of participation for presenting on Lessons Learned during the 2nd Annual Clearing the Air of Communities of Color Conference in February.

WCAAA Youth Advocacy Board



WCAAA Youth Advocacy Board meets to make plans for creating smoke-free homes.

An Evening to Heal a Heart

WCAAA Board President, Susie Marks, welcomes attendees to the Center's "Evening to Heal A Heart" Event to raise awareness of Heart Disease during February, "American Heart Month."

"Woman, Thou Art Worthy" Conference



Dr. Joycelyn Elders educates 135 women on ills of tobacco products and other health related issues at the January "Woman, Thou Art Worthy" Conference held at Philander Smith College.



PHOTO GALLERY

Black Expo



UAPB Clear the Air



Great American Smokeout



Federated Women's Luncheon at LRAFB

Left to right: Jackie Blanchard, Brigadier General K.C. McClain, Joyce Raynor and TSgt Rebecca Gabel.



Stamping Out Smoke in Jacksonville



Joyce Raynor receives a donation on behalf of the Center for Healing Hearts and Spirits at the Federated Women's Luncheon at the LR Airforce Base in Jacksonville during Women History Month in March.

Joyce Raynor speaks to an energetic group of students at a Jacksonville School on the ills of second hand smoke and living smoke-free lives in March.



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

Stamping Out Smoking!

The Center for Healing Hearts and Spirits, through its collaboratives, provides 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
Center for Healing Hearts & Spirits

Center for Healing Hearts & Spirits
2416 South Chester Street
Little Rock, Arkansas 72206
501-375-HEAL
joyce.raynor@sbcglobal.net
www.hhscenter.com



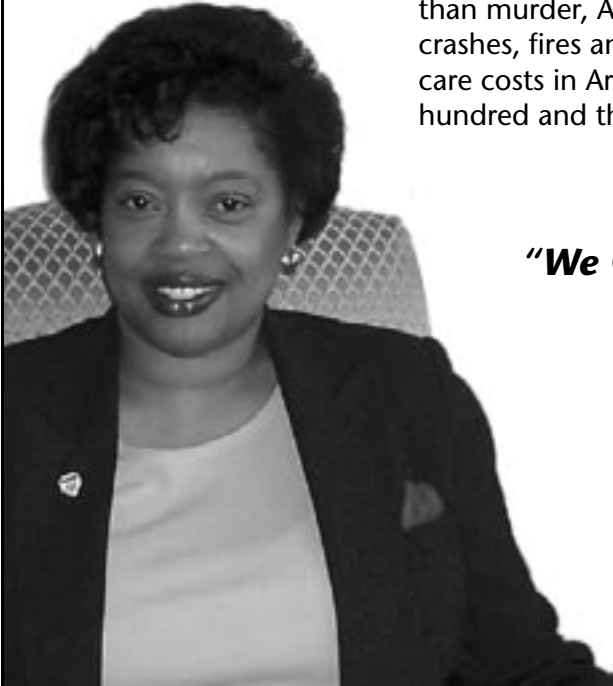
STAMP OUT SMOKING

Arkansas Department of Health
stampoutsmoking.com

Call it quits
1-866-NOW-QUIT



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



The Center for Healing Hearts and Spirits is a project of the Women's Council on African American Affairs, Inc. (WCAAA).

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 make your check payable to Women's Council on African American Affairs, Inc. You may also make a memorial contribution in honor of a loved one to our organization.



2416 South Chester
Little Rock, AR 72206
501-375-HEAL
Fax 501-372-2150
hhscenter@sbcglobal.net

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

www.hhscenter.org