

TRANSITIONS

Volume 10, Issue 2 • October 2012

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Evening to Heal a Heart

CENTER MAKES PLANS TO HOST AN "EVENING TO HEAL A HEART GALA," SPOTLIGHTING UNSUNG HEROES AND CANCER SURVIVORSHIP

Violent crime and chronic illness survivors have been the focus of the Center for Healing Hearts and Spirits for more than a decade. The Center for Healing Hearts and Spirits is a project of the Women's Council on African American Affairs, Inc. and was created in 1999 as a non-profit, educational organization. It is our mission to promote and nurture individuals in areas of education, leadership, community and economic development, with a special emphasis on healthcare issues, race relations, public safety. Staff and volunteers are still committed to this mission by helping individuals transition and overcome some of life's most devastating conditions through hope, healing, and restoration. While the work is done on a daily basis, we celebrate their recovery once a year during an event entitled an "Evening to Heal A Heart Gala."

The 2012 "Evening to Heal a Heart" Gala will celebrate Unsung Heroes and the work that has been done in Cancer Survivorship. It will celebrate ordinary people doing extraordinary work. The gala will be at 7:00 p.m. on Thursday, December 13, 2012, at the Hilton Hotel in Little Rock. The Center will continue its holiday tradition of giving and operating in a spirit of love by connecting people to services that affect their hearts, minds, souls and bodies. The

proceeds from "An Evening to Heal a Heart" Gala will benefit the Center programs and services. Services such as grief counseling for crime survivors and/or their families, supplies for sexual assault victims, educational scholarships and back-to-school supplies for Arkansas' youth, emergency domestic violence shelter services, and working to reduce and monitor youth access to tobacco, are just a few examples. So the month that many observe Christmas, the Center will celebrate the heart by connecting you to culinary delights, soulful sounds, and wonderful gifts sure to please and sure to help us continue to heal the hearts of many. We invite you to come and be our special guest for the evening. Admission is \$75 per person or a table of ten is \$750, so bring us your special gift - your presence, your guest or co-worker out for An Evening to Heal a Heart. For more information about the event or how you may register, call (501) 372-3800 or e-mail us at hhscenter@sbcglobal.net.



New Rape Crisis Program
Launched - PG 2

"That's What's Up!"
Teen Conference - PG 4



NEW RAPE CRISIS PROGRAM LAUNCHED

Crisis Intervention and Advocacy Services

Rape Crisis Hot Line: 1.855.6.HELP4U (1.855.643.5748)

The Women's Council on African American Affairs launched the new Rape Crisis Program on June 1, 2012 to assist sexual assault victims and advocate on their behalf. The program serves four Counties: Pulaski, Lonoke, Saline, and Garland Counties. The program is administered through the Center for Healing Hearts & Spirits.

The Rape Crisis Program has two major goals:

- Identify and assist victims of sexual assault to overcome the negative aspects of the crime committed against them and to increase their knowledge of the resources available to assist them.
- Increase training opportunities for volunteers assisting victims of sexual assault.

The program goals pursue Recovery, Healing, and Hope to victims of sexual assault through four different services this program offers:

- 24/7 Rape Crisis Hotline 1-855-643-5748. The hotline receives calls from victims across the state. Staff and trained volunteers respond with crisis intervention and emergency guidance. After assessing the caller's needs staff works in connecting the victim with the appropriate service providers.
- Criminal Justice advocacy. Staff advocates provide assistance and support to victims of sexual assault as they navigate their way through the criminal justice system.
- Emergency Room Hospital Advocacy. Staff and volunteers assist victims of sexual assault in emergency rooms at hospitals located in the counties of service. Survivors receive an information packet that includes: the Recovery After Sexual Assault Handbook, a victim service community directory, and a comfort care bag with new clothing and toiletries for the survivor.
- Support Group. A monthly support group is offered to victims of sexual assault. This support group is facilitated by a certified counselor.

Three new employees have joined the Center for Healing Hearts & Spirits staff!



Ann Prosper
Sexual Assault Volunteer Coordinator



Karla Contreras
Sexual Assault Victim Support Specialist



Edna I. Ramirez
Limited English Proficiency
Victim Advocate

Statistics:

- Every 60 seconds, 1.3 women (age 18 and over) in the US are forcibly raped.
- That is 78 women raped each hour; 1871 each day, or 683,000 each year.
- Taking into consideration that more than half of all rape victims are under the age of 18, this statistic becomes even more devastating.
- The American Medical Association has called sexual assault the "silent, violent epidemic."





On Sunday, August 12, 2012, the Center for Healing Hearts and Spirits (WCAAA Tobacco-Free Coalition) and the OMEGA PSI PHI Fraternity (Pi Omicron Chapter) hosted its annual Back-to-School Block Party at the Omega Psi Phi House on 2521 State Street in Little Rock, AR. The three-hour free event was opened

to the public and provided over 300 students with school supplies including backpacks, food, entertainment, and educational literature. We also encouraged participants to adopt healthy habits such as a good night's sleep, proper nutrition, exercise, reducing youth access to tobacco products, and more. The Center also provided 10 schools and churches with boxes of school supplies. We would like to offer a

Special Thanks to Our Sponsors – Arkansas State Chamber of Commerce, the City of Little Rock, Pulaski County Youth Services, Arkansas Department of Health, UAPB Minority Initiative Sub-

Recipient Grant Office, Knights of the Peter Claver Ladies Auxilliary, Little Rock Police Department, MW St. Paul Grand Lodge, and Mt. Moriah Grand Chapter Order of the Eastern Star.



LEGISLATIVE FORUMS SCHEDULED

The WCAAA Tobacco-Free Coalition in partnership with Coalition for a Tobacco-Free Arkansas, We Care of Pulaski County, Family Service Agency, In His Child Development Center, and a consortium of other local tobacco control coalitions will host a Legislative Public Health Forum on Tuesday, October 9,

2012. This free event will be held at the Arkansas State Chamber, 1200 West Markham Street in Little Rock, Arkansas from 11:00 a.m. – 1:00 p.m.

The forum will be the first of a series to be held statewide to focus on “Creating a Healthier Arkansas and Promoting Tobacco Prevention and Cessation

Education.” Statewide lawmakers, health advocates, and others who are concerned about the health of all Arkansans will be on hand to learn of the work that local coalitions have done in tobacco control to reduce the burden that tobacco places on vulnerable populations. The WCAAA Tobacco-free Coalition is funded by the Arkansas

Department of Health and UAPB Minority Initiative Sub-Recipient Grant Office.

To register for this forum or other scheduled forums, you must call (501) 687-0345 or via email at kdonald@arfreshair.com. If you are interested in joining the WCAAA Tobacco-Free Coalition, call 372-3800.

“EVERYONE DESERVES A SMOKE-FREE WORKPLACE, EVEN BARTENDERS.”

VEO TYSON, Bartender

To read more of my story visit ClearTheAirArkansas.com

LET'S CLEAR THE AIR

Going smoke-free will not hurt businesses or sales. A 2010 study conducted by the University of Arkansas found cities in the Southeastern Conference that implemented comprehensive smoke-free policies in bars had an average of 25 percent increase in sales, relative to those that did not. Going smoke-free makes for a healthier businesses and healthier employees. Everyone deserves a smoke-free workplace.

CLEARTHEAIRARKANSAS.COM





Presents

That's What's Up: Sex, Lies, Violence, Drugs, Tobacco, Texting & the



About It All!

Sat., Oct. 20, 2012 • 8 A.M. – 2 P.M.
Bishop Leodis & Goldie Warren
Family Life Center
1200 Lewis Street
Little Rock, Arkansas 72204

A CONFERENCE SPECIFICALLY DESIGNED
TO EDUCATE YOUTH AND YOUNG ADULTS
ON THE REALITIES OF LIFE, AND
EMPOWER THEM TO SURVIVE
BY MAKING THE RIGHT CHOICES.

Presenters



Maria Hoskins



Leifel Jackson



Rev. James McCarther



Reginald Merritt



Sabra Miller



Dr. David Montague



Kareem Moody



Leroy Randolph



Laura Taylor



Dechantria Wallace

Sponsored By



MW ST. PAUL GRAND LODGE



MT. MORIAH GRAND CHAPTER • ORDER OF THE EASTERN STAR

GREATER SECOND BAPTIST CHURCH

THAT'S WHAT'S UP: CONFERENCE REGISTRATION

Registration is free to all youth. Please register by completing the form below. Seating is limited and will be on a first-come first-serve basis. Sign up today!

Name(s) _____ Number attending: _____

School or Company _____

School or Company Address _____

Company Phone _____ Personal Phone _____

Company E-mail _____ Personal E-mail _____

Please return this form by October 12th, 2012 to Joyce Raynor.

By fax: (501) 372-2150. By E-mail: hhscenter@sbcglobal.net

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

SPECIAL THANKS TO OUR 2012 FUNDERS, DONORS AND SPONSORS

Alpha Kappa Alpha Sorority	Greater Second Baptist Church
Arkansas Cancer Coalition	John Green
Arkansas Health Department	Knights of the Peter Claver
Arkansas Minority Health Commission	Lynn Lincoln
Arkansas Department of Career Education	MW St. Paul Grand Lodge
Arkansas Hospitality Association	Omega Psi Phi Fraternity (Pi Omicron Chapter)
Arkansas State Chamber of Commerce	Pulaski County Youth Services
Centennial Bank	Sarah McFee
City of Little Rock	Susie Marks
Department of Finance and Administration	Joyce Raynor
Department of Human Services	Alma Stewart
Wanda Ashley	Marcus Turley
Joyce Elliott	University of Arkansas at Pine Bluff / MISRG
	Mt. Moriah Grand Chapter of the Eastern Star

CALENDAR OF EVENTS

National Night Out For Crime

October 2, 2012
5:30 – 7:30 p.m.
John Barrow, Willie Hinton NRC, and Wright Ave, Little Rock

City of Little Rock Employee Health Fair

Oct. 17, 2012
8:00 – 11:30 a.m.
Robinson Center, Little Rock

Annual Teen Conference

October 20, 2012
8:30a.m. – 2:00 p.m.
Greater 3-4 MB Church
911 W. 19th, Little Rock

Legislative Forum

October 9, 2012
11:00 a.m. – 1:00 p.m.
AR State Chamber of Commerce
1200 W. Capitol, Little Rock

Stop Domestic Violence, Sexual Assault, & Tobacco Use Forum

October 18, 2012
9:00 a.m. – 2:00 p.m.
Downtown Library
Darragh Bldg
Little Rock

Evening to Heal A Heart Gala

December 13, 2012
6:30 p.m. – 9:00 p.m.
LR Hilton
University Ave, Little Rock

CHHS Christmas Open House / Family Giving

December 21, 2012
11:00 a.m. – 2:00 p.m.
Center Offices
2416 S. Chester, Little Rock

Center Circle of Friends

3rd Thursdays Monthly • Center for Healing Hearts & Spirits

STRAIGHT TALK FROM THE COUNCIL'S CORNER



Susie Marks Council Chairman

The Women's Council on African American Affairs Inc. was created in 1999 to address the economic and social health and education of desperately affected individuals and the overall impact they have on the at-large populations. It was established with a somewhat narrow perspective but has become a global outreach. The organization came to realize that equal attention must be given to all populations in order to fully address specific populations. Through the creation of our ministry – the Center for Healing Hearts and Spirits, we have become a one-stop-shop.

We have touted the success of the organization down through the years for over a decade now with pride and prejudice. We (board and staff) still believe we lead the way when providing community services to people in need. With the addition of the

Rape Crisis Program and three new staff members this year, we are a fully operational and well-rounded organization. We are more diverse than ever, organizationally. We serve more diverse clients. I am not just speaking ethnicity, I mean age, gender, socio-economics, etc.

While the organization continues to enjoy growth and add more outreach services to reach more people, we still have an uphill climb. We have been plagued with similar challenges like other non-profits – disappearing funding sources, clients' needs outpacing community resources, over-worked staff, and a lagging economy. I know that statement is somewhat gloomy; however, the WCAAA board remains confident that progress is still measured by the level of service we provide to our clients and not the balance of our collective check books. We remain vigilant and supportive! We asked that you hang in there with us. We still need your support! We provide this publication as an educational tool for you, but also one that you can share with your friends and families.

We strongly believe we are meeting people where they are! Let us hear what you think. Tell us how we are doing by e-mail hhscenter@sbcglobal.net or via Facebook.

Wanted: We Need You To Volunteer!



We need energetic, hard-working, health-conscious, community-oriented individuals to volunteer at least 2-3 hours a month. Please call 375-HEAL(4325).

2012

STOP FORUM

- Domestic Violence
- Sexual Assault
- Tobacco Use

A WORKSHOP SPECIFICALLY DESIGNED TO EDUCATE, ADVOCATE, AND LEAD THE WAY TO SOCIAL CHANGE.

Thursday, October 18, 2012
9:00 a.m. – 2:30 p.m.
Darragh Center Auditorium
Main Library
100 Rock Street
Little Rock, AR 72201

PROGRAM AGENDA

- 9:00 a.m. **Registration**
- 9:30 a.m. **Program Welcome & Overview**
Ms. Susie P. Marks, VP of Programs
AR State Chamber of Commerce
- 9:45 a.m. **Signs and Impact of Abuse**
Dr. Derek Lewis,
AR Primary Care Clinics
- Testimonial**
- 10:15 a.m. **Rights & Responsibilities**
Lt. Ernest Whitten, LR Police Dept
Ms. Kandi Hause, LR Police Dept
Mr. Will Jones
Prosecuting Attorney's Office
Pulaski County
- 11:45 a.m. **Lunch**
- 12:15 p.m. **"A Closer Look at Tobacco"**
Dr. Carolyn Dresler,
Medical Director
AR Department of Health
- 1:15 p.m. **Victims Services**
Mrs. Pat Blackstone
Women and Children First
Mrs. Lynette Parham
AR Attorney General's Office
Ms. Jayne Ann Kita
AR Coalition Against
Domestic Violence
Ann Prosper
Center for Healing Hearts and Spirits
- 2:15 p.m. **Wrap It Up**

Presented by



REGISTRATION FORM

Please register by completing the form below. Seating is limited and will be on a first-come first serve basis. Sign up today!

Name _____

Address _____

Phone _____

E-mail _____

Number attending: _____

Please return this form by October 11th.

By fax: (501) 372-2150

E-mail: hhscenter@sbcglobal.net

For more information, call 501-372-3800



EMERGENCY DOMESTIC VIOLENCE SHELTER SERVICES

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.

The Center works to respond to the devastating and long-lasting effects that domestic violence places on citizens in the state of Arkansas. This year alone, we have provided

15 families / individuals with emergency domestic violence shelter services. While the Center is not a residential shelter, it works with shelters, law enforcement agencies, faith-based and community organizations in a seven-county area to assist

individuals with temporary shelter, transportation, food, and training assistance in emergency situations. If you find yourself in this situation or know someone who is, call us at 372-3800. Remember, domestic violence has no face, it could be yours.

NATIONAL CRIME VICTIM'S RIGHTS WEEK / MINORITY HEALTH MONTH CELEBRATED WITH RESTORATION CEREMONY

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. National Crime Victim's Right Week/ Minority Health Month was held on Monday, April 23, 2012 with more than 55 clients, sponsors, and supporters in attendance.

The ceremony was to "remember and honor those who have been victims of crime and to educate the public on prevention, intervention and survivorship strategies that will lead to community change and adoption of healthier lifestyles."

Joyce Raynor, executive director of the Center for Healing Hearts and Spirits/ Women's Council on African American Affairs, Inc., has experienced the loss of a child through violent crime and gave personal testimony about the continued need for services to support those who've been victimized by crime. The

restoration ceremony included the planting of flowers and shrubbery in honor of those who have been victims of crime and chronic illness.

Other speakers included Little Rock Police Chief Stuart Thomas, Pulaski County Sheriff Doc Holladay, Arkansas Minority Health Commission Director Idonia Trotter, Sen. Joyce Elliott and families of crime victims.

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.



CENTER CIRCLE OF FRIENDS

Have you ever wanted to be in a safe and quiet environment with other folks who feel just like you feel or who have suffered illnesses, heartaches, and losses just like you have? Well, I know the feeling. Been there done that! Actually doing that each 3rd Saturday at 3:00 p.m. at the Center offices during the Center Circle of Friends group sessions. The group allows participants to do, feel, and respond in a way that they are not comfortable doing alone. Things such as:

- helps you to realize you're not alone in your struggles
- provides multiple perspectives on issues and how you are seen by others
- provides an ideal means for practicing and learning new interpersonal behaviors
- helping others helps you to see your own issues differently and to feel you have something to offer others

So the next time you find yourself looking for answers to your pain, call Alma Stewart (372-3800) and join the group – Center Circle of Friends!



THE CENTER FOR HEALING HEARTS & SPIRITS STAFF MEMBERS ARE TAKING SPANISH CLASSES

To better serve the Hispanic community, the Center for Healing Hearts and Spirits has started receiving Spanish for the workplace classes once a week.

Although the Center for Healing Hearts & Spirits has two bilingual victim advocates that work directly with Latino clients, the center recognizes the importance of making

clients feel understood and welcomed since the first contact with any of the staff members that aren't bilingual.

The office is working towards acquiring the basics to handle Spanish phone calls, welcome and direct walk-in clients, and obtain client information to make the appropriate referral to services in Spanish.

BUEN TRABAJO!

Center for Healing Hearts & Spirits

WHY ARE WORKPLACES WITH STRONG SMOKE-FREE POLICIES, INCLUDING RESTAURANTS AND BARS, IMPORTANT?

- There is overwhelming and solid scientific evidence that secondhand smoke is a direct cause of lung cancer, heart disease, and lung and bronchial infections.
- Smoke-free laws help protect restaurant and bar employees and patron from the harm of secondhand smoke.
- Smoke-free laws help seven out of every 10 smokers who want to quit smoking by providing them with public environments free from temptation to smoke.
- The U.S. Centers for Disease

Control and Prevention (CDC) estimates each adult smoker costs employers over \$3,000 per year: \$1,760 lost in productivity coupled with \$1,623 in excess medical expenditures.

- Estimated costs associated with secondhand smoke's effects on nonsmokers' health can add up to \$490 per smoker per year.
- Sources: Campaign for Tobacco-Free Kids, CDC and Americans for Nonsmokers Rights.

PARTNER'S SPOTLIGHT: MEXICAN CONSULATE FACILITATES NEED OF THE MEXICAN COMMUNITY



Edgardo Briones Velazquez

The Mexican Consulate in Little Rock opened its doors on April 25, 2007, covering all of Arkansas, the eastern part of Oklahoma and western part of Tennessee. Consular Protection Officers can be reached at 501 372 69 33 extension 223 and 226. It is located at 3500 S. University Av, Little Rock, AR. 72204.

All Mexican Consulates work closely with local partners like non-governmental and faith-based organizations and federal agencies, like the US Department of Labor's Wage and Hour Division, Occupational Safety and Health Administration and the Equal Employment Opportunity Commission.

Today consulates are established in International Law under the Vienna Convention on Consular Relations (VCCR). The VCCR of 1963 is an international treaty that defines a framework for consular relations between independent countries. Primarily, a Mexican Consul and his staff will provide consular assistance to unaccompanied minors, making every effort to reunite them with their parents; to those in hospitals or to those whose remains must be flown back to Mexico for burial as requested by family members. There is team of consulting attorneys who provide legal orientation in areas such as immigration, human rights,

civil and commercial law. Special attention is given to cases that might receive a death penalty sentence, in which case a team of lawyers work with the defendants counsel under the "Mexican Capital Legal Assistance Program" (MCLAP). Routine visits to federal, county and local jails, as well as immigration detention facilities, allows the Consular network to communicate with the Mexican inmate population and know their needs.

Mexico is part of the VCCR, as is the United States of America. Mexicans are the largest population of Hispanic origin living in the United States, accounting for nearly three quarters (63%) of the U.S. Hispanic population in 2010. In 2010, there were an estimated 31.8 million Hispanics of Mexican origin residing in the United States – an increase of 54% from 2000 – the largest of all other Hispanic groups. (*) As mandated by the VCCR, Mexican Consulates work to assure that the rights of Mexican nationals

are respected according to local and federal law; to provide consular assistance and protection in cases of persecution based on national origin or racial discrimination.

(*)Source: U.S. Census Bureau, *The Hispanic Population: 2010, Census Briefs* (May 2011);

Pew Hispanic Center, *The Mexican American Boom: Births Overtake Immigration* (July 2011).

If you are in need of a Consular Protection Officer, please contact us (501) 372 6933 extension 223 and 226. The Consulate is located at 3500 S. University Av, Little Rock, AR. 72204.

WHAT WOULD YOU DO IF YOU WERE IN THEIR SHOES?

This holiday, there is an empty chair at the dinner table. This holiday, there are fewer presents to wrap. And, this holiday, there is one less cheek to kiss. Families all over the Greater Little Rock area continue to suffer loss this year as victims of violence and chronic illness.

When you are the victim, where do you turn? How do you find the strength to go on? There is a place where these families can find hope. The Center for Healing Hearts & Spirits (CHHS) has been helping families since 2001. Here families have access to

referral services that help them prepare funeral arrangements, transition through grief, strengthen their faith, and help to start the healing process. Not only does CHHS help after the violent crimes were committed, but CHHS also works hard to reduce the occurrence of violent crimes by educating our youth about its devastating effects on our society.



"I AM MY BROTHERS KEEPER" 2012 HOLIDAY GIVING

When most of us think of Thanksgiving and Christmas, we reflect on the people in our lives and how we can fill those days with warm and fuzzy feelings. You know, the feelings of satisfaction, of gratification, and of just knowing that you made someone's day. Sometimes we simply forget the actual reason for the season and it gets lost with all of the gift-giving and festive activities. We give to the ones who need it least and forget about those who are most in need.

No, we are not saying that people don't care about their brother man; we are simply saying that when we prioritize needs versus wants, the wants win. The Center, through its volunteers and supporters, makes a conscious decision each year to provide families and/or individuals with some essentials and some of their wishes during the holidays. In November and December,

baskets are filled with turkeys, cranberry sauce, clothes, gift cards for groceries, shoes, toys and games, as well as personal hygiene items. Our pilgrims and Santas – the volunteers who give unselfishly of their time, make Santa runs all over Pulaski County to ensure that tots, teens and grown-ups have smiles on their faces. The Center believes that we are Our Brother's Keepers. If you agree and would like to lend a helping hand this year, contact us at 372-3800. On the right are lists of items for targeted populations.

Sexual Assault / Rape Crisis Victims

- Tops and bottoms (Medium and XL)
- Womens shoes ((Medium and XL)
- Sport bras (Medium and XL)
- Toiletries

Christmas Families

- Toys and games for all ages

Homeless Families

- Socks, gloves, hats, ear muffs
- Travel-sized toiletries
- Small towels



***Share
Your Heart
With Us***

SHARING – HEART TO HEART!

The Center for Healing Hearts and Spirits will kick-off its holiday fundraiser entitled "Share Your Heart with Us" officially on October 15, 2012.

We are asking our friends to adopt a heart-shaped coin bank for a \$10.00 donation, fill the bank with your loose change and return the change to us no later than December 1, 2012.

Proceeds will assist families in need of toys and clothing for Christmas.

The Center is a 501(c)(3) non-profit organization and your donation is tax-deductible.

Share your heart with us so we may help warm the hearts of needy families. Call today at 372-3800 and reserve your heart bank!

2012 PAMPERED LADIES LUNCHEON AND WELLNESS EXPO

The Pampered Ladies Luncheon & Wellness Expo was held Saturday, April 28, 2012, at the Leodies & Goldie Warren Community Development Center and was attended by nearly 125 women ranging in age from 15 months to 87 years. Representatives from Breastcare, the Witness Project, and the Arkansas Affiliate of Susan G.Komen Race for the Cure were on-hand to educate, provide breast self-exam education, and make referral for breast exams. Baptist Health provided nurses to conduct cholesterol, blood

pressure, blood glucose, and cholesterol screenings. Massages, personal training, prevention bingo, chiropractic neck and back screenings, and a nutritious meal were offered to all attendees.

The highlight of the event was the Cancer Survivor's Walk showcasing cancer survivors spanning one year to 25 years of survivorship and sharing their survivor stories. If you are a cancer survivor or caregiver and would like more information on how to access treatment, follow-up, maintenance services, you may contact us (501) 372-3800.



Registration



Health screenings



Presentations



Informational booths



Personal training



Cancer survivors



We all left as pampered ladies!



Luncheon

GALLERY

Pampered Ladies (Continued)



Registration



Presentation



Presentation



Presentation



Presentation



Informational booths



Informational booths



Personal training



Personal training



Health screenings



Health screenings

National Crime Victims' Rights Week

"This is the week that we say to our survivors and victims of crime that we still remember. We have not forgotten that lost loved one to violence, whether it was yesterday, last month, or ten years ago," said Raynor. "I always share with my clients that we treasure those memories and we keep those victims alive in our hearts."

April's STOP Forum



STAMP OUT SMOKING

1-800-QUIT-NOW.

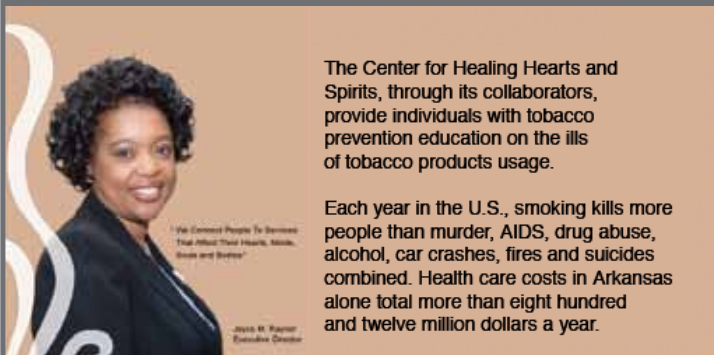


2001-2012

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

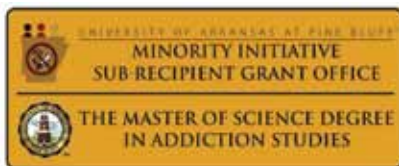
501-375-HEAL(4325)
www.hhscenter.org

Center for Healing Hearts & Spirits
2416 S. Chester, Little Rock, AR 72206



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 eight hundred and twelve million dollars a year.



Smoke-free cars for healthy Arkansas kids.

Arkansas Protection From Secondhand Smoke for Children Act (ACT 811 of 2011)

FACT CARD

There is no safe level of exposure to secondhand smoke; even brief exposure can be harmful to children.

- Act 811 prohibits smoking in all vehicles when a child under 14 years of age is present.
- Smoking in a vehicle with children under 14 is a primary offense; a vehicle can be pulled over, and the driver may receive a ticket for violating the law.
- Any first offenders may have their fine removed by proving current enrollment into a program to quit using tobacco (tobacco cessation program).
- To quit tobacco call 1-800-QUIT-NOW, or 1-800-784-8669, for a free program including medication, while supplies last.



For more information, visit stampoutsmoking.com or healthy.arkansas.gov.



2001-2012

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

We Connect People to Services 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.)

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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