

# TRANSITIONS

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## "EVENING TO HEAL A HEART" Gala Touches the Hearts of Many

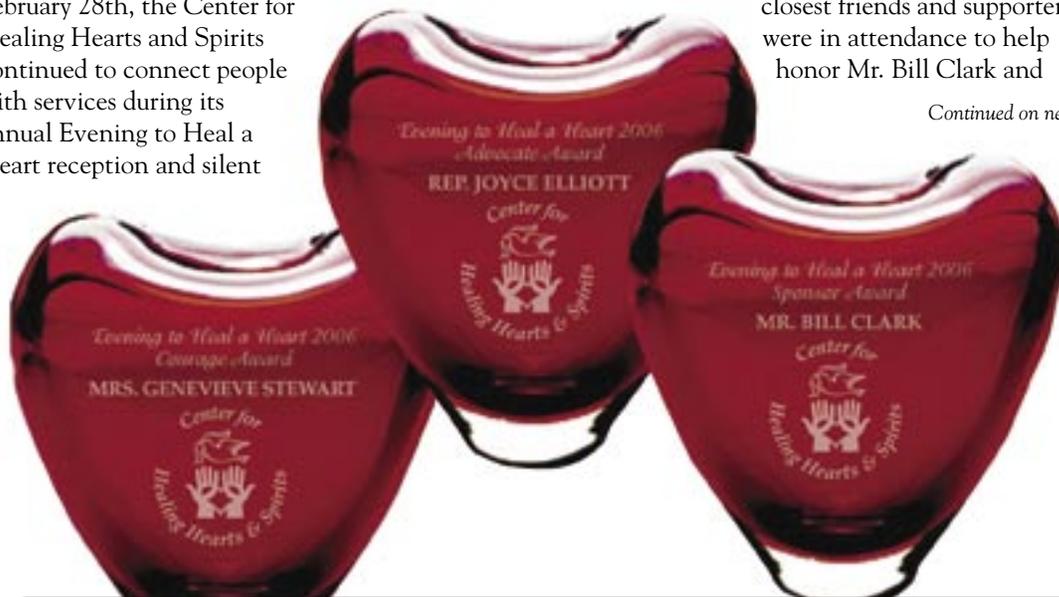
February was American Heart Month, and love was definitely in the air! So too was another opportunity to heal the hearts of victims, survivors, and families affected by violent crime and terminal illness. On Tuesday, February 28th, the Center for Healing Hearts and Spirits continued to connect people with services during its annual Evening to Heal a Heart reception and silent

auction. The Ambiance Lounge was the venue whereby the Center celebrated countless hearts with culinary delights, soulful sounds, and wonderful gifts. The reception was a fundraising event for the

Center initiatives but it also was a chance to heighten the awareness of heart disease and its underlying causes such as tobacco usage, high blood pressure, obesity, diabetes, etc.

Seventy-five of the Center's closest friends and supporters were in attendance to help honor Mr. Bill Clark and

*Continued on next page*



### Director's Note

Dear Readers,

We are living in the dawn of another year that has begun with a rise of violent crime in the City of Little Rock, with an uneasiness of residents accessing the very basic in drug prescription programs, a political season sure to bring out the worst in some of us, and with the reality that Katrina and Rita are not just names of women, but devastations that have been barely addressed. Everywhere you look and in some cases, places that are secluded, there is hurt, poverty, disappointment and even destruction. How do we heal the wounds of so many? We begin by helping one person at a time. If each of us takes a pledge to make a difference in one individual's life this year, our community will be a healthier and safer place to live. Whose life will you affect and how? Will it be that wayward child that a family has given up on? Will it be that senior that has grown more difficult with age? Can it possibly be that ex-offender who is asking for just one more chance? It can be all of these or none of these, but there is someone who needs you. Let us meet the challenge and take what happens in our communities personal. Your season is on the way. Each one, Reach One!



# Evening to Heal a Heart

Continued from front cover

Representative Joyce Elliott for their support and dedication to the mission and success of the Center for Healing Hearts and Spirits and to recognize and honor City Director Genevieve Stewart and help her celebrate her 6th year of living Cancer-free and other outstanding volunteers / supporters who have given unselfishly of their time and funds to the organization. Mr. Clark received the 2006 Supporter Award, Rep. Elliott received the 2006 Advocacy Award and Mrs. Stewart was the recipient of the 2006 Courage Award. Special thanks were conveyed to the event planning committee and the many event sponsors which included Mr. Bruce Moore and the City of Little Rock, Wal-Mart, Ambiance Lounge, Donahue Accounting Consultants PLLC, John Green Jr., AC Dixon Realty and Associates, Charles and Florine Armstrong, Bill Halter, Susie P. Marks, B&C Communications, AR Cardiovascular Associates, and Mr. Klean's Carpet and Janitorial Services. All proceeds from the event will assist with the Center's ongoing outreach efforts.



## KNOW THESE SYMPTOMS OF A HEART ATTACK

*The National Heart Attack Alert Program notes these major signs of a heart attack:*

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body.
- Discomfort can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. This often comes along with chest discomfort, but may also occur before chest discomfort.

## MIDTOWN HEALTH ALLIANCE TARGETS DIABETES

During the months of February and March, Midtown Health Alliance will be focusing efforts on the prevention and control of diabetes. This volunteer organization is comprised of members from health care facilities, nonprofit agencies, schools, neighborhood alert centers, and residents of Little Rock's midtown area. Its purpose is to use collaborative efforts to promote health and safety and to reduce the incidence of chronic diseases in central Little Rock.

Approximately 235,000 adult Arkansans are afflicted with diabetes. This disease can cause kidney damage, vision loss, and amputations. Diabetes is a serious disease, but it becomes even more serious when it goes undetected. About 25% of

people with diabetes are unaware that they have it. Midtown Health Alliance urges you to know the warning signs of diabetes:

- Excessive urination
- Dry skin
- Blurred vision
- Unexplained weight loss
- Intense thirst & hunger
- Fatigue
- Nausea
- Frequent infections
- Slow healing wounds

Minority groups are disproportionately affected by diabetes. African Americans and Hispanics are twice as likely to develop the disease than similar Caucasian groups. Asian Americans are 2.5 times more likely to have diabetes. People who are over 60 years of age, obese, or have a relative with



diabetes are also at greater risk.

Individuals can do much to prevent or control diabetes.

1. Eat a reduced fat diet that includes 5-9 fruits and vegetables a day;
2. Maintain a healthy weight;
3. Make physical activity a daily habit;
4. Get regular check-ups and health screenings.

These healthy habits will also help to prevent cancer, heart disease and high blood pressure.

To learn more about Midtown Health Alliance or to become a member, call Lynn Lincoln at Pulaski County Central Health Unit at (501) 280-3369.

## MOVING FORWARD IN TOBACCO PREVENTION & EDUCATION

By **Chavvah McCoy**

KABF 88.3 FM and the Center for Healing Hearts & Spirits have collaborated on a number of tobacco prevention and education projects. This year has already been a success in helping the Central Arkansas area to become active in tobacco control. Tobacco prevention efforts in Faulkner and Saline counties have blossomed as a result of the working partnership between the Center for Healing Hearts & Spirits and KABF 88.3 FM.

In Faulkner County, the two organizations created a tobacco prevention display, which can be seen at the Faulkner County Library in Conway. Library patrons can view information on the effects of smoking and secondhand smoke, while learning of resources to quit tobacco. KABF 88.3 FM and the Center for Healing Hearts

& Spirits also work in Faulkner County to reduce youth access to tobacco by monitoring retailers to ensure compliance with Arkansas laws and giving additional suggestions on ways to keep tobacco products away from our youth. In February 2006, both organizations were excited to find that one gas station they previously contacted decided to reduce tobacco advertisements.

Saline County is also moving forward in tobacco prevention and education efforts. Through the help of Pam Hutchins of the Dawson Education Co-Op, KABF 88.3 FM and the Center for Healing Hearts & Spirits created a partnership with Harmony Grove Middle School in Haskell. Through this partnership, the students are encouraged to get involved in tobacco control through "For Me & My House" Smoke-Free

Homes Campaign and other programs. Harmony Grove 5th graders also have the opportunity to create and record tobacco prevention public service announcements for broadcast on KABF 88.3 FM.

Both organizations are continuing to work in central Arkansas to create healthier communities through tobacco prevention and education. For more information on our programs, contact the Center for Healing Hearts & Spirits at 501-372-3800 and KABF 88.3 FM at 501-372-6119.

### Upcoming Activities—

April 3, 2006  
Faulkner County Tobacco Control Training

April 5, 2006  
Saline County KICK Butts Day Press Conference

## NEW FUTURES COMPASSION CAPITAL FUND GRANT RECEIVED

The Center for Healing Hearts and Spirits was selected with 21 other organizations to receive a \$10,000 Compassion Capital Fund Grant from New Futures for Youth. New Futures' Little Rock Compassion Capital Fund Program utilizes sub-awards and a technical assistance approach to enhance the operating efficiency and expand and diversify faith-based and community organizations' resource potential by focusing on capacity building in the following areas: organizational infrastructure, human capital, and program quality to ensure that organizations strengthen the neighborhoods they serve.

This capacity building grant will assist the Center in areas of staff and board development, technology upgrades, accounting and management assistance, and overall organizational stability.

## CHHS COMPLETES BUILDING RENOVATIONS

Hebrews 11:1 says that "Now FAITH is the substance of things hoped for, the evidence of things not seen." The Center started its operations in March 2002 on some "now faith," fervent prayers, little or no funds, and a building in need of many repairs. Now after five years of providing outreach services, the building has received a facelift, some liposuction, and a few tummy tucks.

A Holistic Healing Room and deck was added in 2004, and an adjacent lot was acquired in 2003, and land filled and landscaped. The Center's lawn was landscaped with new sidewalks, the building completely insulated, a computer lab added, with 6 additional computers in 2006, and a new roof and gas fire-



place installed. Approximately \$20,000 in renovations have been completed to make the Center fully operational and user friendly both technologically and efficiently. The Center staff and board would like to express grateful appreciation to all of its supporters who demonstrated their Faith by assisting our organization financially, spiritually, emotionally, and physically.

### FAST FACTS ABOUT PHYSICAL ACTIVITY

- 55.3% of Arkansans fail to meet recommendations for moderate or vigorous activity.
- Despite the proven benefits of being physically active, more than 28% of American adults report no leisure-time physical activity.
- Physical activity can make you feel more energetic, sleep better and control your appetite.
- Physical activity helps prevent being overweight and obese, and is important in maintaining weight loss.
- Physical activity helps prevent heart disease, helps control blood pressure, cholesterol levels and diabetes, slows bone loss associated with advancing age, lowers the risk of certain cancers and helps reduce anxiety and depression.
- According to the Centers for Disease and Control and Prevention (CDC), participants in a major clinical trial exercised at moderate intensity, usually by walking an average of 30 minutes a day, five days a week and lowered their intake of fat and calories. This resulted in weight loss of about 10 to 15 pounds, reducing their risk of getting diabetes by 58%.
- All adults should accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. If there isn't time for a continuous 30-minutes some days, even three 10-minute segments daily will provide benefits.

### Calendar of Events

**Cycle Breakers Health Fair**  
March 25, 2006  
Barton Coliseum

**Gaines St. Health Fair**  
April 15, 2006  
Gaines St. Baptist Church

**KICK Butts Day**  
April 5th  
Statewide locations

**Little Rock Regional Chamber of Commerce Arkansas Business & Technology Show**  
April 5, 2006  
Statehouse Convention Center

**Education in Motion at Magic Springs**  
April 28 – May 19, 2006  
Hot Springs

**Clearing the Air for Communities of Color Conference**  
May 24, 2006  
UAPB-Pine Bluff

**Minority Enterprise Development Week**  
Sept. 18 – 22, 2006  
Little Rock Regional Chamber of Commerce

**"Woman, Thou Art Worthy" Empowerment Conference**  
Oct. 7 or 14, 2006  
Philander Smith College  
Kendall Science Center

**For additional information on the events listed here or how you can participate, call 372-3800.**

### SAVE THE DATE!

*Please mark your Calendar.*

### "Woman, Thou Art Worthy" Empowerment Conference

**Saturday, October 7 or 14, 2006 • 8:30 a.m. – 2 p.m.**  
**Philander Smith College • Kendall Science Center**

You will hear from experts in the areas of Financial, Spiritual, and Political Empowerment, and Health and Wellness. Women will meet other women who are practitioners of self-empowerment; women who have moved from co-dependency to self-sufficiency, from displacement to entrepreneurship, from low self-esteem to bold faith, and from "Faking it" to "Making it."

This is a conference that you won't want to miss!

## 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 losses.

### 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"*

## SPECIAL THANKS 2005 – 2006 DONORS & SPONSORS

Angela Donahue Accounting Associates, PLLC	Doyne Construction Entergy
Anika C. Dixon Realty & Associates	Kim O'Guinn
Arkansas Cardiovascular Associates	Jermaine Taylor
Arkansas Department of Health & Human Services	John E. Green Jr.
Bank of the Ozarks	LaShannon Spencer
B&C Communications, Inc.	Mary L. Williams
Bill Halter	Mr. & Mrs. Lloyd W. Black
Bob East	Mr. Klean's Carpet & Janitorial Services
CDI Construction Company	New Futures for Youth
City of Little Rock	Pokey D's
Courtyard by Marriott	Susie P. Marks
	Wanda Bynum-Ashley

## CHHS TO ADD COMPUTER CLASSES

The Center for Healing Hearts and Spirits will begin offering a 3 hour computer class beginning in April. Computer courses will be offered in Microsoft Word, Excel, Power Point, and Internet Explorer. Classes will be free to those who demonstrate their inability to

pay. A minimum of an hour of volunteer time devoted to the Center monthly will be assessed to these participants, and all other participants will be charged a \$75 fee. Classes will be scheduled by appointments only. For more information, call Joyce M. Raynor 501-372-3900.

## FIGHTING CRIME IN LITTLE ROCK REMAINS #1 PRIORITY

By Scott Carter

"I share the commitment of the Mayor and City Directors that Public Safety is the number one priority of Little Rock City Hall. Sixty-seven percent of the city budget goes to public safety. The City takes a comprehensive approach to ensuring public safety. It involves not only the Police Department and the District Courts, but also Alert Centers, Rental Inspections, and Animal Services. The City has received national recognition for our Prevention, Intervention, and Treatment (PIT) efforts which continue to significantly reduce juvenile crime in Little Rock," says Bruce Moore, Little Rock City Manager.

Little Rock has had 14 homicides so far in 2006 compared to 4 homicides at this time last year. One of this year's homicides will be ruled justified leaving the current official count at 13 murders. Most of these homicides involved drugs, and the victims and suspects had some type of relationship. Of the 13 homicides, 10 have been solved resulting in a 76% clearance rate thus far this year.

Last year, Little Rock had a total of 41 homicides. Of the 41 homicides, 31 have been solved resulting in a clearance rate of 75%. The National homicide clearance rate for cities similar in size to Little Rock is less than 50%. Little Rock's homicide clearance rate is well above the national average.

Aggravated Assaults are down for the first two months of 2006. To date, there have been 278 aggravated assaults compared to 304 for the first two months of 2005. For January and February of 2006, Little Rock had 91 Robberies compared to 111 at this point in 2005.

The Little Rock Police Department begins a new recruit class on Monday, March 27th with 21 new officers. The Little Rock Police Department continues to monitor crime trends and adjust patrol tactics as indicated. As evidenced by the increased crime clearance rates, our officers are making every effort to put these criminals in jail and make

our streets safer for everyone. The citizens of Little Rock can be assured that Little Rock is a safe city.

Mayor Jim Dailey reports during a March 9, 2006 press conference, "Since 1994, the City has budgeted over \$417 million on the Police Department alone. In 2006 a full 67% of the City's budget is for public safety initiatives including Police; Fire; the Courts; Alert Centers; and Prevention, Intervention, and Treatment programs or PIT."

We have spent over \$33 million in PIT funds to alleviate the situations that lead to a life of crime. Our PIT efforts work. We know that. The crime rates among juveniles have significantly decreased since PIT began. Others know of the success too. Last year, Little Rock was named one of the Top 100 Communities for Young People. This recognition came, in large part, from our PIT efforts."

The Mayor continues, "It saddens me to learn of killings in our City. Each death means the loss of potential and promise – not just for the victim, but for the perpetrator as well. But let me assure the citizens and visitors that Little Rock remains a safe city. Where do we go from here? I can assure you that the City Board, City Manager, Police Chief, and City employees join me in remaining committed to Public Safety."

We are continuing to look at the underlying issues that have led to these homicides. Domestic violence, drug abuse, and poverty have all been factors. As I noted earlier, we have had successes in addressing these issues. But we are committed to expanding our efforts to address these problems.

Finally, I want to end my comments the same way I started them. Little Rock is a safe city for our law-abiding residents and visitors. We remain committed to keeping it that way."

For more information on the City's Public Safety efforts, contact Sgt. Terry Hastings at 371-4626 or Scott Carter at 371-4510.

# PHOTO GALLERY

## “Tis the Season to be Healthy, Wealthy and Wise” Open House



**College Station Elementary School  
participates in Red Ribbon Week  
and pledges to be “Tobacco and Drug-Free”**

**Teen Conference Held  
at PSC**



# PHOTO GALLERY

## Harmony Grove / Haskell School's "For Me & My House" Tobacco Campaign



**What about  
our kids?  
Let's ask  
Mrs. Pat  
Garrett.**



## Hazen School's "For Me & My House" Tobacco Campaign





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.



**STAMP OUT SMOKING**  
ARKANSAS DEPARTMENT  
OF HEALTH AND HUMAN SERVICES  
stampoutsmoking.com

Call it quits  
1-866-NOW-QUIT

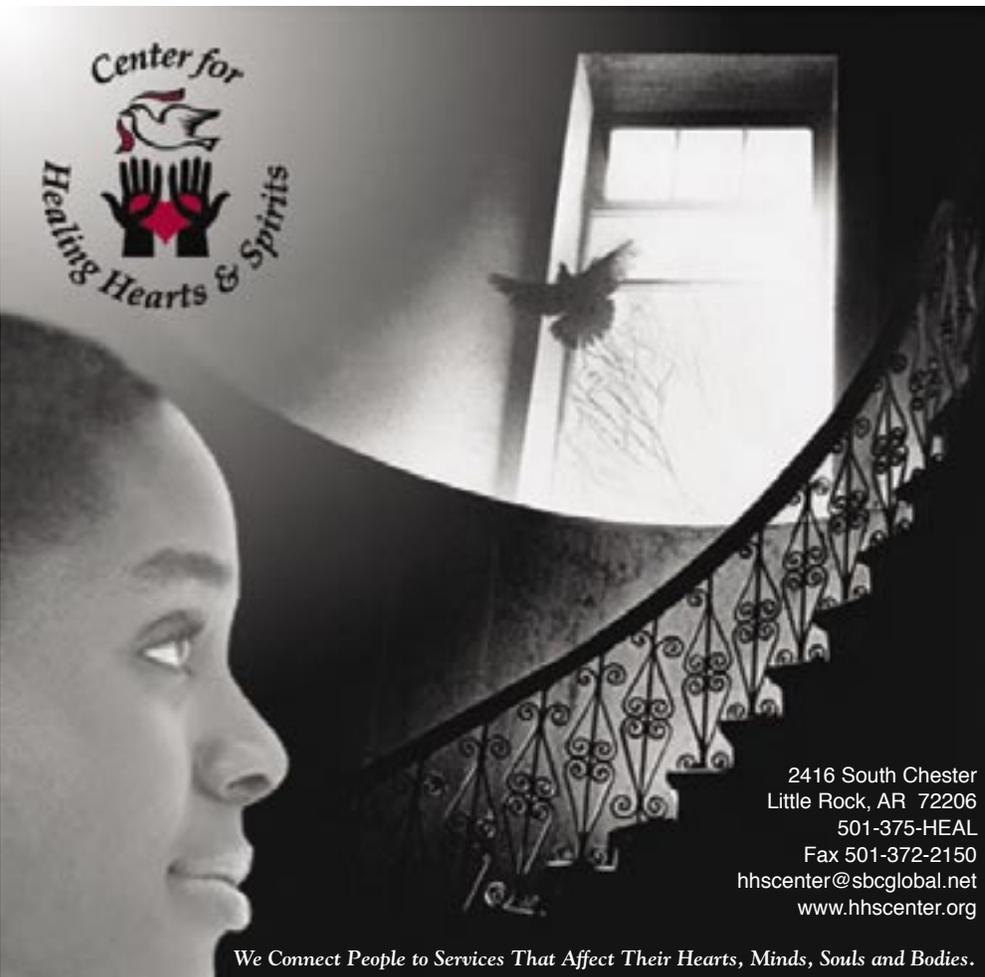
**"We Connect People To Services  
That Affect Their Hearts,  
Minds, Souls and Bodies."**

Joyce M. Raynor  
Executive Director  
Center for Healing Hearts & Spirits

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Funding provided through the Arkansas Department of Health and Human Services and 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.

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).

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