

TRANSITIONS

Volume 9, Issue 1 • April 2011

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WOMEN'S COUNCIL HOSTS LEGISLATIVE BREAKFAST UPDATES



Front row: Dr. Carolyn Dresler. Back row: Rep. Fred Love, Dr. Idonia Trotter, Rep. John Walker, Joyce Raynor, Sen. Joyce Elliott, Rep. Greg Leding, Rep. Garry Smith, Susie Marks



Participants respond to presentations at the third Legislative Breakfast.

The Minority Health Consortium, in partnership with the Center for Healing Hearts and Spirits (WCAAA) program, hosted its third Legislative Breakfast on Tuesday, February 1, 2011 with approximately 45 in attendance.

Joyce Raynor, Executive Director of the Center for Healing Hearts and Spirits, reminded attendees of the accomplishments that have been made over the last decade in providing underserved populations access to health education, prevention and treatment.

Representatives John Walker, Fred Love, Garry Smith and Greg Leding also shared their interest in improving the health and

welfare of their constituents.

The breakfast provided yet another opportunity to educate attendees on Minority Health and the Economic Impact it has on all residents in the State of Arkansas.

Clinicians, health advocates, local coalitions, and other grassroots organizations shared the work they are doing in their communities and looked for an opportunity to work with their individual legislators on their respective priorities.

Dr. Carolyn Dresler of the Arkansas Department of Health Tobacco Prevention and Cessation Program provided statistics substantiating the correlation of substance abuse, mental illness,

and tobacco use.

Senator Joyce Elliott addressed the economic impact that risky behaviors such as tobacco consumption, domestic and sexual violence has on all Arkansans and pledged her support to assist the consortium's effort to ensure healthier lifestyles for all.

Special thanks to all the Legislators who supported the Legislative Breakfast. Elected Officials in attendance were: Senator Joyce Elliott, Representative Greg Leding, Representative Fred Love, Representative John Walker, Representative Garry Smith and Representative Donna Hutchinson.



Due to the inclement weather in early January, the Minority Health Consortium rescheduled the January 11th legislative breakfast. The first breakfast was held Tuesday, January 18th.



Left to right: Katherine Donald, Sen. Joyce Elliott, Rep. Efre Elliott, Sen. Sue Madison, Rep. Tommy Baker, Rep. John Burris, Barbara Kumpe, Dr. Idonia Trotter, Dr. Marian Evans



Pampered Ladies...Luncheon
and Wellness Expo - PG 4

2010 Christmas
Giving - PG 8



TOBACCO-FREE COALITION STRIVES TO DRAMATICALLY REDUCE USAGE IN COMMUNITIES OF COLOR

The WCAAA Tobacco-Free Coalition continues its efforts to reach communities of color and residents of underserved communities to educate them on the devastating effects of tobacco usage.

Identifying and Eliminating the Disparities

Far too often the individuals in communities of color are overlooked when it comes to health-related education, which creates disparities among these population groups. One of the intervention areas of the Coalition's grant through the University of Arkansas at Pine Bluff's Minority Initiative Sub-Recipient Grant Office, is to identify and eliminate these glaring disparities. We have identified 5 groups within these communities to target for tobacco usage education, increased tobacco prevention education and education on the benefits of tobacco cessation. These groups are: Ethnic Minorities (with a focus on African-American communities), College Students, The LGBT(lesbian, gay, bisexual, transgender) community, Pregnant Women and Hispanics. Each of these groups deserves our attention. By making a concerted effort to reach these groups we are hoping that our education efforts will dramatically reduce their tobacco consumption.

Addressing the Problem

According to current statistics, African American adults, college aged students, and Hispanic adults in the state of Arkansas have a higher prevalence of smoking when compared to national statistics. 24.3% of African Americans in Arkansas smoke, while national statistics indicate 21.3% of African American adults smoke. 28.2% of college aged students

in Arkansas smoke, which ranks above the national statistic of 25%. In Arkansas 20.6% of Hispanic adults currently smoke, which again is higher than the national average of 14.5%. While these numbers are not largely different, they are significant enough that they need to be addressed.

Reaching Out

The Coalition has participated in a number of health and community fairs that have allowed us to reach out to these groups to increase their knowledge and

fair allowed us to properly address and educate college students in their environment. Over 90 students and adults were

provided with educational and promotional items relating to the Clean Indoor Air Act (Act 8), the Smoke Free Car Law (Act 13) and tobacco cessation resources. In addition, staff was able to collaborate with Henderson State's student organization

coordinators to set up additional on campus presentation to Delta Sigma Theta Sorority and a group

A Tobacco-Free Arkansas is the only way to save our communities from the leading cause of preventable death and disease, Tobacco.

out to a small, predominantly African American community in Lonoke County to educate them on the negative health effects of tobacco usage. The fair provided a fun environment for the approximately 150 residents in attendance to receive health related information. In November the coalition participated in the Festival del Otono at St. Theresa Catholic Church. The festival immersed us in the Hispanic culture. It also allowed us to reach another of our targeted communities. Most in attendance were Spanish speaking and were provided with Spanish language resource materials.

These Health and Community fairs are just a select few activities that the coalition is using to address the disparities of underserved residents throughout communities of color as it relates to tobacco education. While over the years the percentages of smokers in these communities have slowly declined, it is our mission to dramatically reduce and eventually bring these numbers down to 0% across the board. Admittedly that is a lofty goal, but a Tobacco-Free Arkansas is the only way to save our communities from the leading cause of preventable death and disease, Tobacco.

Everyone can help.

If you know someone that smokes, please encourage them to quit. Encourage them to call the Arkansas Tobacco Quitline at 1-800-QUIT-NOW for assistance.



address their concerns, as well as providing them with the proper cessation resources.

In late August the coalition participated in the Henderson State University Community Fair in Arkadelphia. This community

of male members of various fraternities. In September the coalition participated in the Kerr Day Community & Health Fair at St. Matthew Baptist Church. This was an excellent opportunity to reach

SEXUAL ASSAULT PREVENTION PROGRAM MAKES GREAT STRIDES IN SECOND YEAR OF FUNDING

November of 2010 brought about a renewed sense of accomplishment when the Women's Council on African American Affairs, Inc. (WCAAA) was approved by the Arkansas Commission on Child Abuse, Rape and Domestic Violence for a 2nd year of funding. This funding allows the Council to provide continued sexual assault prevention education by way of single and multi-sessions. The WCAAA provides minority college students, middle school students (grades 6th-8th), parents and staff of area schools in Clark, Jefferson and Pulaski Counties with a sexual assault prevention and educational services program.

What is Sexual Assault?

Thank you for asking, that is a very good question. Answer: Any unwanted sexual contact or attention achieved by force, threats, bribes, manipulation, pressure, tricks or violence. It may be physical or non-physical and includes rape, attempted rape, incest, child molestation and sexual harassment. Sexual assault is a crime of violence, anger, power and control where sex is used as a weapon against the victim.

What is included in Sexual Assault?

Sexual assault can include child sexual abuse, rape, attempted rape, incest, exhibitionism, voyeurism, obscene phone calls, fondling and sexual harassment. Sexual assault has no age boundary as to who will be affected by the act.

Who is At-Risk for Victimization?

While there is no profile for a person who is at-risk for sexual victimization, some people are at higher risk than others. According to available data, women in Arkansas are at an increased risk for being raped. 96% of people answering 'yes' when asked if they've experienced unwanted sexual intercourse were female (BRFSS, 2006). The Department

of Finance and Administration reports that 97% of sexual assault victims served by their rape crisis centers were female and only 3% were male (DFA, 2007). One in eight reports provides evidence that women of color are at higher risk of victimization.

Our educational seminars consist of materials from Aggressors, Victims, and Bystanders, Safe Dates, Men's Program and Sexual Harassment in the Workplace. Group participation is strongly encouraged with students. It is our hope that these sexual assault prevention sessions will help not only to educate those we are reaching, but also to help the ones that have been victims of violent crimes to transition back into the social environment. From August to October, 2010 WCAAA demographic data shows that we served over 200 clients. A breakdown of those numbers shows 152 African American clients, 47 White clients, and 2 Hispanic/Asian (other). Our educational seminars have reached a wide range of age groups as well; age 0-12 (2 clients), 13-17 (57 clients), 18-59 (136 clients) and 60+ (2 clients).

Our staff's focus this year is toward parents. We are trying to educate and train parents on taking responsibility as a parent to talk with their children about sex, healthy relationships and being aware of the negative influences in our culture (music, radio/TV, movies and the internet) that tend to demean or devalue women and young girls. We want these parents to be able to take steps to counter these negative influences. Through educating schools' staff and professionals we want them to support harsh penalties for perpetrators of sexual assault crimes. Violence is a choice! Hold those who make that choice accountable!

For more program information, you may contact Annette Lindsey, Sexual Assault Prevention Coordinator at 372-3800.

DOMESTIC VIOLENCE EMERGENCY ASSISTANCE PROGRAM CONTINUES TO HELP THOSE IN NEED

The WCAAA/Center for Healing Hearts and Spirits announced in July 2010 the availability of financial assistance for individuals who are in need of Emergency Domestic Violence Shelter Assistance. The financial assistance covers the areas of Jefferson, Pulaski, and Saline County. These grant funds have been provided to the WCAAA through a grant from the Arkansas Commission on Child Abuse, Rape and Domestic Violence – General Improvement Funds.

The Center has provided services for more than 15 families in domestic violence abuse situations. These services ranged from transportation expenses, hotel stay expenses, emergency food allowance, emergency relocation, as well as moving van rental expenses.

We have provided services to single parent families, married families with children and single individuals. One of the victims of domestic violence that we assisted just happens to be a MALE victim with children. This lets us know that violence has no respect of gender. These services are provided to our victims on a first come, first served basis upon confirmation of need. In the past three months we have been contacted for assistance by individuals in each of the three counties we serve. While our funds are limited, we will continue to assist those in need and disburse funds until they are exhausted.

For more information or questions, you may contact Annette Lindsey or Alma Stewart at 501-372-3800.

VICTIM'S SERVICES PROGRAM HELPS CLIENTS THROUGH DIFFICULT TIMES

Looking back to recall some of the great things that were accomplished last year at the Center for Healing Hearts & Spirits, I am reminded of how much I enjoy the work. When I was asked to take this job I didn't have a clue what it would entail. I was told all I needed was a loving heart, so I knew I had that. I have since found out that I needed good listening skills and

a caring spirit. People ask me all the time what is it that I do every day? I tell them that I work with clients that have been victims of crimes such as: homicide, assault, domestic violence and sexual assault. I further tell them that on a given day I don't know what type of situation I might eventually work on. I watch TV to see what is going

Continued on page 6

TEEN CONFERENCE RECAP

What's up! The 2010 "That's What's Up! Sex, Lies, Drugs, Violence and the Truth About it All" Teen Conference on October 9, 2010 at the Fellowship Missionary Baptist Church. 125 youth ages 9 – 19 participated in age-appropriate sessions on sex education, abstinence, drugs and violence prevention, conflict resolution, and positive career

choices. The conference goal was to improve the outcomes of youth and to reduce risky behaviors. Several parents were also in attendance to see youth receive cash and gift prizes for their participation. Special thanks to the conference sponsors – Omega Psi Phi, Inc. (Pi Omicron Chapter) and the Arkansas State Chamber of Commerce.

Center for Healing Hearts & Spirits
invites you to join us for a

BRING A FRIEND:

*Every Woman
Who Brings a
Woman Gets a
Special
Gift!*

Pampered

Ladies...

LUNCHEON & WELLNESS EXPO

To Spotlight Breast Cancer Awareness

Saturday, May 28, 2011

9am — 2pm

**Great Food!
Soothing
Massages!
Great Health
Information!
Door prizes!
Free Health
Screenings!**

**BISHOP LEODIES & GOLDIE WARREN
Community Development Center**

12th and Lewis Streets
Little Rock, Arkansas

**No fee is required – Space is limited! First-Come, First-Served Basis.
You must register to attend!**

***Reservations only: (501) 372-3800 by May 20th**

Sponsored by



FORUM PARTNERS

Arkansas Department of Health
UAMS Cancer Control
Midtown Health Alliance
Step By Step Foundation
BreastCare Inc.
The Witness Project
Global Fitness, Inc.

African Women's Health Project International
Arkansas State Chamber of Commerce
Women's Council on African American Affairs, Inc.
Bishop & Goldie Warren Family Life Center
Arkansas Cancer Society
Arkansas Affiliate of Susan G. Komen for the Cure
Greater 3-4 Missionary Baptist Church

REGISTRATION FORM

Name _____ Guest Name _____
Address _____ Phone _____

SPECIAL THANKS TO OUR 2010 DONORS AND SPONSORS

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Linda Franks	Sharmin Moody	
John Green	Ophelia Morgan	

CALENDAR OF EVENTS

Crime Victims' Service Restoration Ceremony
Monday, April 11
Center for Healing Hearts & Spirits

Stop Domestic Violence, Sexual Assault and Substance Abuse Forum
Thursday, April 14
8:30 a.m. – 2:00 p.m.
Greater 3-4 MB Church
19th and Chester

Arkansas Procurement Conference
Thursday, April 28
Verizon Arena

Clearing the Air for Communities of Color Conference
May 17-18
Pine Bluff Convention Center

Pampered Ladies...Luncheon and Wellness Expo
May 28 • 9 am - 2 pm
Bishop Leodis & Goldie Warren Community Development Center

Back-to-School Drive
August 15 – 19

Teen Conference
Saturday, October 8
Greater 3-4 MB Baptist Church

"Woman, Thou Art Worthy" Conference
Thursday, November 17

"Evening to Heal A Heart" 10 Years Celebration Gala
December 8
Bishop Leodis & Goldie Warren Community Development Center

Center Circle of Friends
3rd Thursdays Monthly • Center for Healing Hearts & Spirits

STRAIGHT TALK FROM THE COUNCIL'S CORNER



Susie Marks
Council Chairman

The Center for Healing Hearts & Spirits has seen striking changes over the past 10 years. There has been an overall increase in demand on our services. The number of clients that we serve has increased tremendously over the years. The programs that we offer have had to change from just victim services in the simple sense to include those victimized by the ills of smoking and domestic violence, this has become a cornerstone of programs that we offer.

Our organization has seen a decrease in funding but has also seen an increase in the number of individuals and families needing our assistance. Basically, we are asked to do more with less.

With the turmoil with the economy over the past two years, all the communities that we serve have seen a rise in the number of those needing assistance.

To address the many changes we have seen over the past years, we have tried a variety of approaches to meet the need. We realize we cannot be all things to all people, so we are reaching out to old and new partners in order to reach our mission. Most importantly we have to remember to "use all the tools in the toolbox", meaning that we are revisiting resources that may have been forgotten and working to find new innovative resources for our clients.

Nonprofits suffered tremendously during this economic downturn, but with the leadership of the Women's Council and the staff and volunteers of the Center for Healing Hearts and Spirits, we weathered the storm and are able to provide more to more.

The Center is always working to keep our mission in front of the public and reaffirming our relationships with clients so that we can stay relevant to our community.

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).

STAMP OUT SMOKING

1-800-QUIT-NOW.



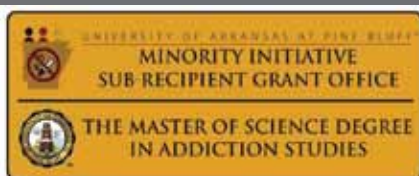
Center for Healing Hearts & Spirits
2416 S. Chester, Little Rock, AR 72206

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.



Joyce M. Raynor
Executive Director



Victims Services

Continued from page 4

on in the community and read the paper daily to remain up to date on current events. In those instances when I'm getting many calls, I joke that I check to see if there is a full or new moon because that seems to be when more violent crimes happen.

Every month we hold a support group meeting here at the Center called Circle of Friends. The group is to help our clients that find it difficult to talk about the loss of their loved one. We try to use the group setting to find ways to help them deal with their grief and add joy and fun back into their lives. We also plan special group activities that help to promote a strong bond within the group. We've had some clients to transition out of the Circle of Friends with great success. It's those individuals successes that help us understand how helpful the group can be on making an impactful difference in the lives of our clients.

I spend a number of hours working one-on-one with clients as well. Whether it's going to court and hand holding, spending time speaking with them on the phone talking about their situations or getting them the help they need through both direct services and referrals. Many of these clients feel like they can't go on and don't want to live anymore. They come to me with tears flowing and I take pride in helping them turn those tears of grief and pain into tears of joy. I always encourage clients to have trust in God, because we can't do this alone.

Here at the Center, we try to keep our clients involved in activities that educate them on a wide range of topics. The STOP Domestic Violence and Sexual Assault Forum was attended by about 70 people. During the forum we found that there were several in attendance that had been in domestic violence situations. It is our goal to hold more of these forums to educate the community to be more aware of some of the warning signs of domestic violence. During National Crime Victims Rights Week,

we partner with other agencies and hold daily events throughout the week. Some of the highlights of the week are the opening ceremony, as well as having our clients come to the Center for an open house and prayer vigil. During the vigil we have them light candles in remembrance of their loved ones and plant a memorial flower in their honor. At our Healing A Heart With The Power To End Stroke Forum, we educate the community on how to check their numbers, meaning blood glucose, cholesterol and blood pressure; and how important this is to their health. This has proven to be vitally important because many of my clients and the rest of the community are not conscious of their health. Elder Abuse Training is another program that we provide to help people become more aware of how our elderly and people with disabilities are too often mistreated. This training was well attended and helped to spread the message of being more aware of this issue and its warning signs. In December we host a Holiday Open House for our clients. I've found that for some of them the Christmas holiday season is a difficult time to deal with their grief, so at that time is when we want to make a special effort to show them how much we care. During the Open House we have clients to place a card on the Christmas tree, with the name of the loved one they have lost, as a tribute to their memory.

We get phone calls from all over the country from individuals inquiring about our program and how they can start a program similar to ours. Our program would not have as much success without the countless number of dedicated volunteers that give of their time to help us when called upon. I would like for all of our volunteers to know that the Center for Healing Hearts and Spirits does highly value and appreciate them. If you or anyone you know would like to become a volunteer, or are a victim of a violent crime and are in need of assistance please contact me, Alma J. Stewart at (501) 375-HEAL(4325).

WOMEN'S CONFERENCE RECAP

The Junior League of Arkansas Woman's City Club was the venue in late October for the "2010 Woman, Thou Art Worthy" Empowerment Conference hosted by the Center for Healing Hearts and Spirits. Nearly 100 women of all ages were in attendance to hear from Mrs. Korto Momulu, Fashion Designer and Project Runway Runner-up; Rev. Sylvia Yarbrough, Executive Director of the Mika Center; Dr. Nancy Andrews Collins, M.D, Associate Professor at UAMS; and Senator Joyce Elliott. Women met other women who were 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." Presenters represented business women, clinicians, politicians and faith-based leaders. Presenters shared their highs and lows, they celebrated their triumphs

and reminded attendees of their struggles. All in attendance agreed that the conference was one of the Center's best. We give it four stars" one participant shared – "Great presenters, good food, beautiful facility, and wonderful

door prizes!" Special thanks to our sponsors – Arkansas Minority Health Commission, ARVEST Bank, Centennial Bank, AT&T, Arkansas State Chamber of Commerce and The Design Group.



Dr. Emma Kelly Rhodes receives the Emma Porchia Impact Award from Susie Porchia Marks, Board Chairman, during the 2010 Woman Thou Art Worthy Conference.



2010 Woman, Thou Art Worthy! Conference presenters (from left to right): the Honorable Mary Louise Williams, Mrs. Korto Momulu, Joyce M. Raynor, Rev. Sylvia Yarbrough and Dr. Nancy Andrews Collins, M.D.

"EVERYONE DESERVES A SMOKE-FREE WORKPLACE, EVEN BARTENDERS."

VEO TYSON, Bartender

To read more of my story visit ClearTheAirArkansas.com

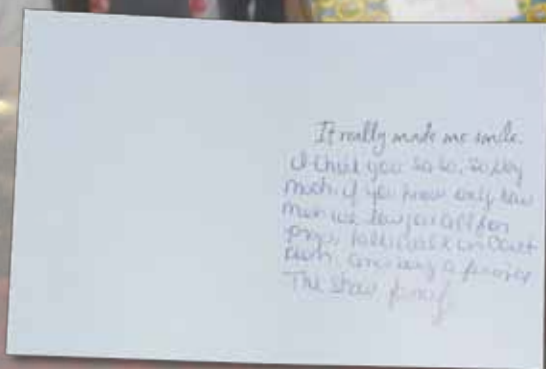
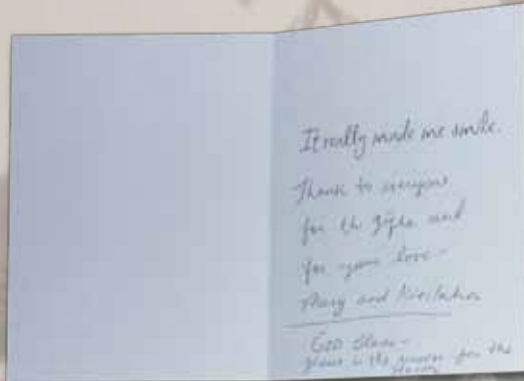
LET'S CLEAR THE AIR

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.

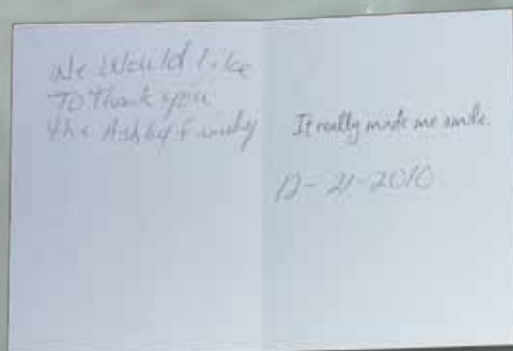
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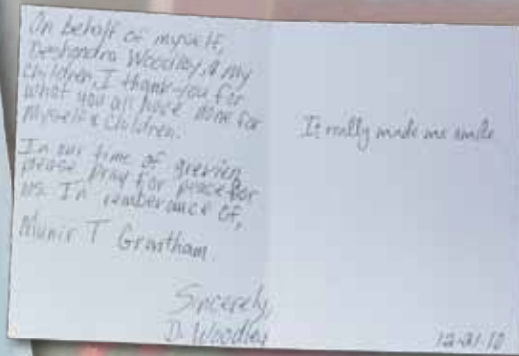
CHRISTMAS GIVING 2011



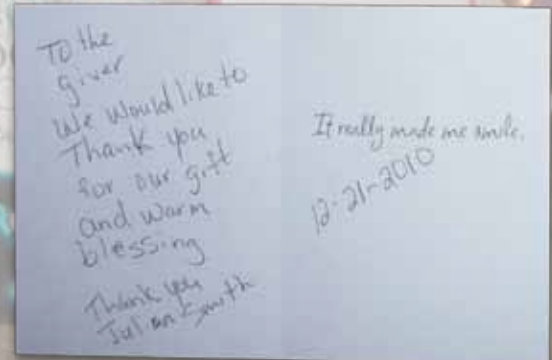
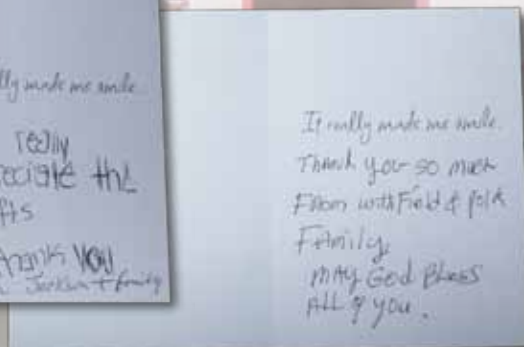
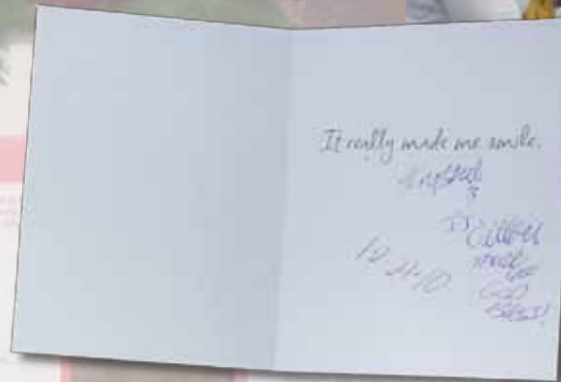
WCAAA Board says Merry Christmas to Roy Family after all it was "Tis the Season!"



CHRISTMAS GIVING 2011



Marcie Flowers and the Center Interns got in on the giving spirit, too, here with Krystal Gilbert and "Lil' JJ!"



PROVIDING HELP, CREATING HOPE

The mission of Catholic Charities of Arkansas is rooted in the challenge of the Gospel: to serve with dignity and respect persons who are poor or marginalized; to advocate on behalf of the most vulnerable; and to actively promote charity, justice and the sanctity of life in the Church and in the community.

Within the structure of the Catholic Church, in every region or "diocese," there is usually an arm dedicated to service of those in urgent or chronic need. All of them collaborate with churches and community groups, and

each has a menu of services specifically looked-for in the geographic area that they serve. Always, they reach out to find and address areas of emerging forms of distress.

In Arkansas, the small population of members in the denomination is under one diocese, and so Catholic Charities of Arkansas serves the entire state. Each of the programs has multiple types of services; each



Sister Mary Lou Stubbs, DC
Director, Catholic Charities
of Arkansas

collaborates with other groups and agencies serving the same populations; and each advocates for public and legislative changes that will improve the situations causing suffering in those populations.

Current programs include: Alcohol and Drug Ministry, Catholic Adoption Services, Catholic Campaign for Human Development, Catholic Charities Immigration Services

— Little Rock and Springdale, Disaster Response Services, Parish Social Ministry Office, Parish Emergency Assistance, Prison Ministry, Refugee Resettlement, Social Action Office, and Westside Free Medical Clinic.

We are delighted to have found a new opportunity for collaboration with the Center for Healing Hearts. Broken or breaking hearts often need the services each of our agencies is able to provide.

For more information, please contact us at <http://www.dolr.org/offices/catholiccharities/>

PHOTO GALLERY

Holiday Giving 2010



Executive Director gets G-R-E-A-T BIG hugs from Smith Family and Cortenae!



Smith Children serenaded attendees with Christmas Carols. They knew Santa had already come to town!

Wcaaa Youth Board Meeting at Greater 3-4 Missionary Baptist Church, January 31, 2011



Henderson State University Student Health Fair



PHOTO GALLERY

Youth Board Meeting, December 19, 2010



Woman, Thou Art Worthy! Conference 2010



Little Rock City Employees Health Fair



Dwight Pridgeon, city employee, promotes quitting tobacco use during the city's employee health fair.



City of Little Rock employees know that the "Death of a Lung" is no laughing matter.



"We could not think of a more worthy recipient than Mrs. Korto Momolu." Yes, Woman, Thou Art Worthy! From the 2010 Conference.

Arkansas Blue Cross Blue Shield Employee Health Fair

The WCAAA loves hardworking coalition members promoting healthier lifestyle adoption during the Arkansas Blue Cross Blue Shield Employee Health Fair on February 4, 2011 (Mrs. Yancy and Mrs. Ballard)



City of Little Rock Employee take the Smoke-Free Car Pledge to protect the lives of children during the City of Little Rock Health Fair.





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

**Now you have the option of
donating on-line! Just go to
hhscenter.org and click the
Donate button!**

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.)

____ Please invoice me at the address above.

Signature _____ Amount _____

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

LETTER FROM THE EXECUTIVE DIRECTOR

What a year! What a decade! As we begin our tenth year of community service, I am trying to wrap my mind and thoughts around the grace that God has favored us with and the faith that you "our community" has placed in us. We know that you have been praying for our continued success – because we are still here. We thank you!

Over the past 10 years, we have literally seen our country do an "180 degree" turn. We've watched the stock market crash a few times, many of our financial institutions went belly up, many our businesses went out of business, immersed in two wars, unemployment soared, job opportunities decreased,

and food and fuel costs became unreasonable. You are possibly saying by now "where is the silver lining?" The answer is – we are still here, living in a democratic society, enjoying free speech, most of us are in fairly good health, and our mental capacities work on most days. Some say that's luck, I say that's a blessing.

Our Center staff and board have been afforded the opportunity to work with a very diverse client base. Clients include those domestic and



*Joyce Raynor
Executive Director
Center for Healing Hearts
& Spirits*

sexually assaulted, survivors of homicides, chronically ill individuals and survivors. We have provided direct services to over 2,000 individuals in 10 years. We have gone from no employees to 6.5 employees. Gone from two programs to nearly

10 programs. I believe the Soul Seekers and Marvin Winans says it best "If I was just anybody, I'd say it all good, but I know better, it's all God!" We have truly been blessed.

We are busier now than ever. We must continue our efforts. We still have lives to save from the ills of tobacco and other drugs. We must continue to educate our communities on chronic illnesses - warning signs, detection, screenings, and access to treatment. Domestic violence and sexual abuse cases outpaces the available community services and we still need each of you. We cannot do it alone. We need your financial and volunteer assistance! We are asking each of you to make a pledge to spend some of your time and funds with the Center this year. You may call us at (501) 372-3800 to get started today!