

# TRANSITIONS

Volume 8, Issue 1 • 2010

## COUNCIL BOARD MEMBERS

**Susie P. Marks**  
*President*

**LaShannon Spencer**  
*Vice President*

**The Honorable  
Mary Louise Williams**  
*Chaplain*

**Wanda Bynum-Ashley**

**Pastor Barbara Douglas**

**The Honorable Joyce Elliott**

**Lynn Lincoln**

## CENTER STAFF

**Joyce M. Raynor**  
*Executive Director*

**Alma Stewart**  
*Victims Services Coordinator*

**Annette Lindsey**  
*Sexual Assault Prevention  
Coordinator*

**Terry Raynor**  
*Diversity Outreach Coordinator*

**Shaunda Williams**  
*Technical Support*

**Linda Curtis**  
*Bookkeeper*

**Dorothy Raynor**  
**Olga Dysard**  
*Receptionists*

## TRANSITIONS STAFF

**Lori Lemley**  
*Graphic Artist*

*Contributing Writers*

**Wanda Ashley**  
**Tamika Edwards**  
**Lynn Lincoln**  
**Susie Marks**

## WOMEN'S COUNCIL RECEIVES \$139,763 IN GRANT FUNDS TO CONTINUE ITS EFFORTS IN TOBACCO CONTROL

The Women's Council on African American, Inc. (WCAAA) was approved for another round of funding from the Arkansas Department of Health and the University of AR at Pine Bluff Minority Sub-Recipient Initiative Program. These funds will afford the WCAAA's Tobacco Free Coalition with more opportunities to continue its educational outreach and tobacco control efforts within seven counties in Arkansas. These counties are Pulaski, Saline, Lonoke, Clark, Garland, Prairie, and Faulkner. The WCAAA Tobacco Free Coalition is entering its seventh year of work to change communities in the Greater Little Rock Metropolitan Statistical Area's norms in the way in which they currently view tobacco usage. The Coalition seeks to educate its citizenry on the ills of tobacco products and ultimately encourage many of its citizens to become tobacco prevention advocates. The

tobacco prevention initiative is a collaborative effort that impacts Arkansas' youth by addressing their consumption of tobacco products. The program seeks to encourage, implement and cultivate the creation of tobacco free workplaces through the implementation of Arkansas Clean Indoor and Smoke-free Cars laws; create and implement a plan to reduce youth access and decrease tobacco sales to minors; to build a coalition of diverse partners to participate in tobacco prevention activities; address disparities, and lastly, promote increased utilization of cessation resources.

During FY 2009-10, collectively the WCAAA's Tobacco Prevention Initiatives touched over 300,000 residents either through direct education and awareness or indirectly through advertisement via radio, TV, and print media. The WCAAA Coalition recruited 23 new coalition members

and partners and educated approximately 1,448 youth during community presentations, and other educational forums. Six health clinics agreed to implement educational policies for their patients. The Coalition is now 54 members strong. Eighteen public building expanded buffer zones and 17 implemented tobacco-free campuses. 109 individuals were referred to the Quitline and 72 were enrolled in the programs. Nearly 3,500 youth and adults pledges were secured and 789 pre and post surveys were conducted to assess community residents' knowledge of Act 8 and Act 13 and their usage.

For more information on the WCAAA Tobacco Prevention Initiatives, how you can assist our effort, or how you can access our services you may contact us at 501-375-HEAL (4325) or via e-mail to [hhscenter@sbcglobal.net](mailto:hhscenter@sbcglobal.net).



# STOP DOMESTIC VIOLENCE & SEXUAL ASSAULT WORKSHOP HELD

The Center for Healing Hearts and Spirits, Inc. hosted a Stop Domestic Violence and Sexual Assault Workshop during National Crime Victims Rights Week on April 16, 2010 at the Arkansas State Chamber of Commerce. The workshop was specifically designed to educate, advocate, and lead the way to social change. Approximately 70 participants were in attendance to learn from law enforcement

agencies, government officials, victim service providers, and other experts the warning signs, long term effects, and available community services for victims of abuse and violence. Did you know that a woman is battered once every 15 seconds somewhere in America; 84% all sexual assaults are committed by an acquaintance of the victim; Domestic violence cuts across all racial, religious, ethnic and

socioeconomic groups; 85% of women in substance abuse programs are victims of domestic violence; Sexual violence remains the most dramatically under-reported crime, with an estimated two-thirds of attacks unreported; and 63% of all boys ages 11 to 20 that commit

murder, the man who was abusing their mother? If you would like to find out what you should do if you or your family is affected by these abuses, please contact us at 501 372-3800.



## WCAAA INITIATES SEXUAL ASSAULT PREVENTION PROGRAM

In November 2009, the Women's Council on African American Affairs, Inc. (WCAAA) WCAAA was approved for grant funding by the Arkansas Commission on Child Abuse, Rape and Domestic Violence to provide single and multi-session sexual assault prevention curricula. The WCAAA provides minority college students, students grade 6th-8th, parents and professionals in area schools in Jefferson, Pulaski and Clark Counties with a sexual assault prevention and educational services program.

Sexual assault is 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 and 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. Sexual assault can include child sexual abuse, rape, attempted rape, incest, exhibitionism, voyeurism, obscene phone calls, fondling, and sexual harassment. For more program information,

you may contact Annette Lindsey, Sexual Assault Prevention Coordinator at 372-3800.



## EMERGENCY DOMESTIC VIOLENCE ASSISTANCE PROGRAM

The WCAAA / Center for Healing Hearts and Spirits, Inc is pleased to announce the availability of financial assistance for individuals who are in need of **Emergency Domestic Violence Shelter Assistance** effective July 1, 2010. Staff facilitates a domestic violence crisis and intervention program by providing services to individuals who have been affected by and are risk for domestic violence in Pulaski, Saline, and Jefferson Counties. These grant funds have been provided to the WCAAA through a grant offering from the AR Commission on Child Abuse, Rape, and Domestic Violence - General Improvement Funds. We seek to respond to the devastating and long-lasting

effects that domestic violence places on citizens in the state of Arkansas. Below is a list of services offered through the domestic violence crisis and intervention program:

- Emergency Shelter
- Emergency Transportation
- Emergency Food Allowance
- Emergency Relocation / Moving Expenses for clients which may include rental of moving van, rental of temporary storage facility, etc.

The Emergency Domestic Violence Shelter Assistance is provided on a first-come, first serve basis upon confirmation of need. Our funds are limited and will be disbursed until exhausted. Please feel free to contact us at (501) 372-3800 for questions.

## PHOTO GALLERY

**Terry Raynor educates youth on the ills of tobacco products.**



**Wonder Lowe educates attendees on their power to end a stroke during National Minority Health Month.**



## WHO'S RESPONSIBILITY?

Earlier this month, the WCAAA's tobacco-free coalition was providing outreach and education during a community event in midtown Little Rock. Coalition staff and volunteers encouraged residents to make tobacco-free home and car pledges and to make certain that they knew about laws pertaining to cars and public buildings. An event attendee, who is also a public official, responded that he did not smoke; therefore the pledge was not necessary for him to sign. I informed him that it was about protecting those who could not protect themselves and educate those who are not aware of the laws (Clean Indoor Air and Smoke-free Cars). Whether you are a smoker or non smoker,



whether you use smokeless tobacco or not, you have the responsibility to help protect the health of persons who are rendered defenseless to the ills of tobacco.

I am a grandmother of three girls; a seven month old, a fourteen year old, and an unborn baby. Currently, the Smoke-free Car law only protects my seven months old granddaughter. Who will protect my fourteen years old and unborn grandchild from secondhand and third-hand smoke? We need laws to protect the unborn child and the fourteen years old. I applauded the legislation proposed and passed by Representative Bob Mathis who led the charge to ban smoking in cars with children. Unfortunately, it only covers children under the age of six.

We are all in a position to help! Let's start by educating our community residents, businesses, colleges, schools, lawmakers, and especially, our youth on laws, ills and impacts of tobacco usage. We desperately need a Tobacco-Free Arkansas! - *Joyce Raynor*

**Holiday Giving**



*The Center showed, through their generosity, that the true meaning for Christmas is the gift of giving. Ten families were assisted during Christmas 2009.*

## NATIONAL MINORITY HEALTH AWARENESS MONTH CELEBRATED

The Center for Healing Hearts and Spirits joined countless service providers around the nation and celebrated National Minority Health Awareness Month during the month of April. More than 250 community residents in Pulaski County attended Center sponsored events that educated attendees on how to adopt healthier lifestyles. The month covered presentations on such topics as cardiovascular diseases, diabetes, obesity, tobacco use in minority communities, etc. Attendees heard from experts such as Dr. Creshelle Nash, Dr. Derek Lewis, Mrs. Lynn Lincoln, and many others. The celebration was touted as one of the Center's most successful ones largely due to a sponsorship from the Arkansas Minority Health Commission (AMHC). The AMHC provided \$1,000 in advertising to WCAAA and numerous other organizations for the month long celebration. The following column is a list of other events held during National Minority Health Awareness Month.

- **Stop Domestic Violence & Sexual Assault Forum**  
April 16, 2010  
Arkansas State Chamber of Commerce
- **Crime Victims' Service Restoration Ceremony**  
April 21, 2010  
Center for Healing Hearts & Spirits
- **CHHS Community Service Day: Seniority is Priority**  
April 22, 2010  
Cumberland Towers and Paris Towers
- **Center Circle of Friends**  
April 24, 2010  
Center for Healing Hearts & Spirits
- **Healing a Heart with the Power to End Stroke Forum**  
April 28, 2010  
Central Arkansas Library, Downtown Little Rock



## SPECIAL THANKS TO OUR DONORS AND SPONSORS

### 2009

Wanda Bynum  
Ashley  
AR Minority Health Commission  
AR Juvenile Justice Commission  
Arkansas State Chamber of Commerce  
AT&T  
Bank of the Ozarks  
Lloyd W. & Essie Black  
Ta'nice Blackmon  
Bullock Temple  
Betty Conner  
Department of Workforce Services  
Design Group, Inc.  
Tamika and Quincy Edwards  
John E. Green, Jr.  
Stella Hayes  
Paul and Pam Latture  
Levi Strauss  
Annette Lindsey  
Raye Loyd  
Lynn Lincoln  
Office of Senator Blanche Lincoln  
James McCarther

Sarah McFee  
Susie P. Marks  
Nancy McGill  
Claretha Nelson  
Kimberly O'Guinn  
Omega Psi Phi Fraternity - Pi Omicron Chapter  
Pulaski Heights Methodist Church - Wesley Sunday School Class  
Leroy Randolph  
Kymara Seals  
Shipmates Postal Services, Charlie Culberton  
Carol Silverstrom  
State of AR / Sen. Joyce Elliott  
St. Vincent / Catholic Health Initiatives  
Marcus Turley  
Mary Sue Whitelaw  
Mary Louise Williams  
Donna Kay Yeargan

### 2010

All God's Children CC  
Sabreen Al-Uqdah  
Bank of the Ozarks

Ashley Barnes  
LaTayia Burroughs  
Brad Cade  
Betty Conner  
Olga Dysard  
Joe Dysard  
Martha Fisher  
Eric Flowers  
Linda Franks  
John Green  
Stella Hayes  
Jerry Hendrix  
Jesse Moore Chapter 315  
Lovetta Johnson  
Tarlease Jones  
Joyce and Ray Franks  
Tony King  
Lynn Lincoln  
Annette Lindsey  
James McCarther  
Sara McFee  
Morgan Transportation  
Kenneth Pettus  
Pfizer, Inc.  
Carol Silverstrom  
Willie Swain  
The Design Group  
Djuana Thrash  
LaShonda Wade  
Janie Wayne

## WCAAA RECRUITS NEW BOARD MEMBER

The Women's Council on African American Affairs, Inc. proudly welcomes Mrs. Lynn Lincoln as its newest board member. Lynn has served as a volunteer for activities



Lynn Lincoln

of the Center for Healing Hearts and Spirits for several years. She has a graduate degree in social work and a national certification as a Certified Public Manager from the University of Arkansas at Little Rock. During her professional career, she worked for UAMS in the Intensive Care Nursery and the AR Cares Program for substance-abusing women and their children and for the Arkansas Department of Health as administrator of

the Pulaski County Central Health Unit and as the Hometown Health Improvement Leader for Little Rock. Since her retirement from the Health Department two years

ago, Lynn has continued to promote healthy lifestyles and behaviors through her volunteer work with the Midtown Health Alliance, the Children, Youth and Family Commission and the Helping Hand. She keeps active with daily classes at a local fitness center and working with her garden club. Lynn has lived in Little Rock since 1970. She is married to Danny Hill, has three children, two step-children and two grand-daughters.

## CALENDAR OF EVENTS

### October

National Domestic Violence Awareness Month

### October 9

Teen Conference  
@ Fellowship Missionary Baptist Church

### October 23 - 31

Red Ribbon Week  
@ Area Schools

### October 28

"Woman, Thou Art Worthy"  
Conference  
@ Junior League of LR  
Woman's City Club

### November 20

American Diabetes Month  
Lunch and Learn  
@ Center for Healing Hearts & Spirits

### November 18

Great American Smokeout  
@ Location TBA

### December 9

"Tis the Season to be Healthy, Wealthy & Wise

### December

Legislative Update Luncheon  
@ State Chamber

## STRAIGHT TALK FROM THE COUNCIL'S CORNER



### Susie Marks Council Chairman

The Center will be celebrating its 10th anniversary in December. Even after 10 years, most folks still find it difficult to pronounce the name correctly. We hear names such as "Center for Helping Hands" or "Center for Hands and Hearts," etc. But for those of you who are still wondering, we are *The Center for Healing Hearts and Spirits, Inc.* They may not know our name, but they do feel our presence and the positive effects of our programs.

Most of us don't spend all of our time thinking our lives are going to change tomorrow because of a tragedy. I know our executive director didn't.

But ten years later, the organization that she was inspired to begin as a result of her loss, is helping countless people in a growing number of ways.

Transition is a part of our daily lives. So many things throw us off balance during the course of a day. The Center for Healing Hearts and Spirits assists individuals who find themselves in these situations.

Our mission to help those affected by violent crime and terminal illnesses has expanded to chronic illnesses and social ills, including tobacco consumption, domestic violence, sexual assault and HIV/AIDS. We also have enhanced program areas, such as women's empowerment, youth and young adult intervention activities, back to school assistance and holiday giving. The Center/WCAAA's mission has fostered wonderful and unexpected partnerships.

I've often said to myself, if I was in the t-shirt business, I would design a shirt that simply says - "My life has been changed because of Charles Raynor, Jr."

Presented by the



# Woman thou art worthy

*Empowerment Conference*

Thursday, October 28, 2010

Junior League of Little Rock Woman's City Club

The Center for Healing Hearts and Spirits, Inc. d/b/a the Women's Council on African American Affairs, Inc. is tentatively making plans to host its 6th Annual "Woman, Thou Art Worthy" Empowerment Conference on Thursday, October 28, 2010 at the Junior League of Little Rock Woman's City Club. This 3 hour conference empowers women in areas of Spirituality, Economic Development, Health and Wellness, and Finance. 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." Truly a conference for women by women! Only \$40 to participate. To register, please call 372-3800 or complete the form below.



## r.s.v.p.

Please return this form by October 22, 2010 to: Center for Healing Hearts & Spirits, 2416 South Chester Street, Little Rock, AR 72206. Or you may fax it to 501-372-2150. For more information, call 372-3800.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_



Presents

# THAT'S WHAT'S UP: SEX, LIES, VIOLENCE, DRUGS AND THE TRUTH ABOUT IT ALL!

A conference specifically designed to educate youths and young adults on the realities of life, and empower them to survive by making the right choices.

SAT., OCT. 9, 2010  
8:30 A.M. - 1:30 P.M.

FELLOWSHIP MISSIONARY BAPTIST CHURCH  
2221 BROADWAY STREET  
LITTLE ROCK, ARKANSAS

Jordan Culpepper  
at the 2009 Teen  
Conference



### 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) \_\_\_\_\_

School or Company \_\_\_\_\_

Number attending: \_\_\_\_\_

School or Company Address \_\_\_\_\_

Company Phone \_\_\_\_\_

Company E-mail \_\_\_\_\_

Personal Phone \_\_\_\_\_

Personal E-mail \_\_\_\_\_

Please return this form by September 15th to Joyce Raynor.  
By fax: (501) 372-2150. By E-mail: hhscenter@sbcglobal.net  
For more information, call (501) 372-3800.

**SMOKE-FREE CARS.  
IT'S THE LAW.**  
Arkansas Act 13 of 2006

**THE FACTS**

1. There is no safe level of exposure to secondhand smoke.
2. Children who are exposed to secondhand smoke are more likely to suffer from asthma, bronchitis, ear infections and other tobacco-related illnesses.

Center for Healing Hearts & Spirits  
We Connect People To Services That Affect Their Hearts, Minds, Souls and Bodies  
(501) 372-3800 | hhscenter.org

PULASKI COUNTY HEALTH DEPARTMENT

**SOS**  
STAMP OUT SMOKING  
ARKANSAS DEPARTMENT OF HEALTH  
1-800-QUIT-NOW

**WCAA TOBACCO-FREE COALITION  
YOUTH AND YOUNG ADULT  
TOBACCO-FREE PLEDGE**

*I Promise Because  
I Matter!*

AS A PROMISE TO MYSELF AND THOSE WHO CARE ABOUT ME, I PLEDGE NOT TO USE TOBACCO AND IF I CURRENTLY USE TOBACCO, I PLEDGE TO QUIT USING TOBACCO TODAY.

I MAKE THIS PLEDGE OF MY OWN FREE WILL.

Signature \_\_\_\_\_

Please fill out the following information to be eligible to win the \$150 cash prize for top tobacco prevention youth advocates. By signing this form permission is granted to WCAA staff to use the information provided for internal use.

Name \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**HEALTHY TIPS**

**Advice to Live By – The 10 Things Women Need to Know About Heart Disease**

1. Heart disease is the #1 killer of American women
2. Cardiovascular disease kills more women than men
3. Cardiovascular disease can be different in women
4. Signs and symptoms of heart disease can be different in women
5. Some tests are less accurate in women
6. Today treatment options exist for heart disease
7. Women can reduce their risk of heart disease
8. Know your numbers
9. Adopt the AHA's heart healthy lifestyle
10. Every woman can take action to improve their heart health

**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. Interested parties please call 375-HEAL(4325).

**B A C K T O S C H O O L  
D R I V E**

Well it's that time again! Summer vacation is over and parents are elated that the days are here when there is complete silence in the house for at least six hours a day. While their electric and gas costs decline, the cost of school uniforms, backpacks, school supplies, food cost, etc. are escalating. It is time to go back to school! The Center recognizes that all students who will be returning to school will not have ample school supplies. We know too well that times are tough and needs are many, so, therefore, we make every effort to lessen

the burden on both parents and students. Each year, we provide supplies to area schools to assist with just a few of the needs. This year, 10 schools in Pulaski County were selected to receive these supplies including backpacks. We believe that all students need the necessary tools to be ready and able to go to school and receive a quality education. If you believe in the welfare of all youth and would like to assist with supplies, please contact us at 372-3800.



# PHOTO GALLERY

WCAAA staff and board are Santa to many youth and families in December and celebrate their memories of lost loved ones.



WCAAA volunteers sign up individuals to SOS Quit Line during LRSD Parent Institute.



Joyce Raynor presents the ills of tobacco products to Hall High students.



WCAAA staff participate in TPCP training, conducted by ADH staff, Miriam Karanja (below left) and Hilda Douglas (below right).



Tobacco Free Coalition provides outreach to youth at Sunset Terrace and Magic Springs.



Joyce Raynor encourages Central High ROTC students to never start smoking.

WCAAA staff was interviewed by Arnessa Bennett of KJBN radio.



WCAAA receives a \$1000 sponsorship during National Minority Health Awareness Month.



# VICTIMS

## Services Program

*We assist crime victims and their affected families to improve the quality of victim's services delivery in high-crime, urban and rural areas of Pulaski County. For more information, contact the Center for Healing Hearts and Spirits at 501-370-4TLC (4852).*



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

2416 South Chester Street, Little Rock, Arkansas 72206 • joyce.raynor@sbcglobal.net • www.hhscenter.org



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

***We Connect People to Service 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.)

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](http://www.hhscenter.org)