



REACH FOR WELLNESS COMMUNITY COALITION

Matters of the Heart

HEALTHY PERSON OF THE MONTH

Submitted by Melissa Jones

BLACK EYED PEAS & WILD RICE

(recipe from the American Heart Association)

165 calories (18% from fat), 3 grams fat

- 1 cup uncooked wild rice
- 1 cup water
- 1 Tbsp. reduced sodium soy sauce
- 1 bunch green onions, chopped
- 1 cube vegetable bouillon
- 1 tsp. garlic, minced
- 1 box frozen black-eyed peas
- 1 Tbsp. canola oil

Directions: Bring the first 6 ingredients to a boil, reduce the heat and cook for ten minutes. Add peas and canola oil to the rice mixture; return to a boil. Reduce heat and cook for an additional 15 to 20 minutes. Yields four servings.

Clemmie C. Jenkins is a diligent member of the REACH for Wellness team serving as a Health Advocate. She is a resident of Peoplesstown where she has lived all of her life. She coordinates REACH OUT canvassing in Peoplesstown and provides administrative support as well as assistance with planning Coalition meetings. Mrs. Jenkins became involved with REACH for Wellness while working with a REACH partner specializing in smoking cessation. She began attending Coalition meetings in 2001, but one particular meeting stands out in her memory. Dr. Bonhomme gave a presentation on the benefits of exercising. She recalls that he was able to kick his feet up to meet his outstretched hand. Well, she thought to herself, if this man who is about my age can do this, then so can I. She was motivated from that point to begin exercising.

She decided to walk three days a

week for 30 minutes at the community track. Her neighbor, Mrs. Marilyn Simmons, was her mentor and walking partner. She helped



Mrs. Jenkins receiving a REACH award from Mr. Larry L. Johnson.

Mrs. Jenkins to maintain her consistency in walking three times a week by giving her wake-up calls and motivating her to achieve her exercise goals. In the spring of this year, Mrs. Jenkins increased her exercise frequency to walking daily for 30 minutes. She has seen the benefits of her exercising in her weight loss and improved blood sugar levels. Also, she has more energy now as a result of

walking daily. She has even inspired her husband, Paul, to become more physically active. He usually joins her in walking twice a week. Even the cold weather does not stop Mrs. Jenkins from exercising. She uses a stationary bike to exercise when weather prevents her from exercising outdoors. That's motivation and commitment to maintaining a physically active lifestyle!

Mrs. Jenkins' ultimate goal is to eliminate her need for diabetes medication by using diet and exercise to manage her diabetes. With her positive attitude and healthy, active lifestyle, Mrs. Jenkins is sure to attain her goal. Her advice for those who want to begin exercising is to start slow and work up to the point where you would like to be. She says she is encouraged by the older people at the track who are walking and jogging. It's never too late to begin an exercise program.

A DAY AT THE CAPITAL

On February 16, 2005 REACH for Wellness Community Coalition engaged in an educational trip to the Georgia State Capital. The purpose of the trip was to educate, observe, and learn the legislative process. This activity is an initiative of the coalition advocacy committee.

It was a spectacular day for grassroots residents involved in the

coalition. They were able to greet and meet several representatives and discussed various health bills that are being viewed during this legislative session. The Coalition interacted with the great concern about the health bills with legislators.

The Coalition also had the opportunity to sit and observe the legislative process in both the House

and Senate chambers. A resolution was given to the coalition declaring February 16th REACH for Wellness Day.

Later that day the coalition visited Secretary of State, Kathy Cox. She explained her role and gave the coalition an Appreciation Certificate for their involvement in their community.



REACH for Wellness Coalition pictured with Secretary of State Kathy Cox.



REACH FOR WELLNESS

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Mr. Larry L. Johnson, M.P.H., Program Manager
Ms. Vivian J. Moore, Health Coordinator

Education Committee Members: Ms. Beth Badger, Ms. Donni Coley, Ms. Doris Crayton, Ms. Caroline Dixon, Ms. Jaline Dixon, Ms. Elaine Fraizer, Ms. Sandra Harmon, Rev. Ron Johnson, Ms. Melissa Jones, & Mr. Gregory Sanders

Newsletter compiled by Ms. Jaline Dixon

Mission: To serve as a catalyst for cardiovascular wellness while establishing health equity and general well being through collaborative planning, advocacy, empowerment, community action and systems change.

REACH FOR WELLNESS is a cardiovascular disease prevention coalition sponsored by the Fulton County Department of Health and Wellness through funding from the U.S. Centers for Disease Control and Prevention (CDC). Coalition members include: representatives from religious institutions, community groups, health-related organizations, colleges and universities. This coalition will work with African American families within the Atlanta Empowerment Zone to promote healthy lifestyles. Services will be provided in public housing communities, neighborhood meeting places, health centers, religious institutions, barber-shops, beauty shops and grocery stores. Some of these services include walking clubs, fitness classes, cooking demonstrations, nutritional presentations, and support groups for men and women.

A FEW LIFE CHANGES MAKES A DIFFERENCE

Submitted by Melissa Jones

Marilyn Simmons is an active contributor in REACH for Wellness programs. She is a Health Advocate and a Health Promotion Specialist. Ms. Simmons resides in Peopletown. She became aware of REACH for Wellness through one of its partners, the Association of Black Cardiologists (ABC). She received information about forming exercise classes in churches throughout the community. Ms. Simmons thought this was a great idea and forwarded the information to leaders in her church which is Martin Street Church of God.

Ms. Simmons is a regular attendee to the aerobics and nutrition classes held at her church. The information she received in these classes led her to pay more attention to her health and become more serious about exercise and healthy eating. She has since joined a walking group and has started to bake more of her food instead of frying so she can avoid added fat in her diet.

By making these healthy lifestyle changes, Ms. Jenkins has increased her energy level,

improved the health of her heart, and reduced her weight. She has also impacted the lives of others through her healthy living. Not only has she impacted the health of her community by providing information in the REACH OUT canvassing efforts, but she has positively influenced her daughter and granddaughter to eat healthier and exercise.

Ms. Simmons encourages others in the community to attend the Coalition meetings and nutrition classes to learn ways to become healthier. As a Health Promotion Specialist, Ms. Simmons is responsible for taking blood pressure readings in the community. She is a living example of how simple changes can improve your health.



Ms. Simmons taking blood pressure on August 2, 2005 at the Carter Center.



REACH for Wellness Education and Awareness Committee Duties

- Organize health promotion initiatives to increase the community's awareness of health disparities and cardiovascular wellness
- Market REACH for Wellness programs and services

Scheduled Meetings: Every second Thursday at 5:30 PM.

Next Coalition Meeting is scheduled for September 8th; 5:30 PM; Flipper Temple A.M.E., 580 Fair Street, Atlanta, GA. 30314

*** ATTENTION ***

The National Kidney Foundation of Georgia is sponsoring a **Kidney Walk** on Sunday, October 2, 2005 at Koger Center, Chamblee. For further information, please call 770-452-1539, ext 11 or 1-800-633-2339 or e-mail afowler@kidneyga.org.