

# HAAF TIME



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## Welcome Back HAAF Time Newsletter

We welcome all our readers back for the third edition of the HAAF Time newsletter. Our previous edition of the newsletter was intended to help us inform the African-American community, community organizations, and health care providers about our research on pregnancy and health in African American families.

Since then, our agency has grown to include the Latino and Korean communities within Los Angeles County. Not only has our agency grown to include

more minorities but we have also expanded our projects and programs to include men's health, asthma, kidney disease, diabetes, hypertension and mental health.

We are back this year with the new edition of the HAAF Time Newsletter Phase III. We will continue to provide the community with information regarding child safety, women's health, healthy eating, hypertension, men's health and as always, all aspects of pregnancy.

Along with the information we provide, we will con-

tinue to talk about issues that pertain to the community such as parenting, teen sexuality, shared recipes, finding support, activities you can enjoy with the family, events within the community and much more.

Starting this month, HAAF will put out a newsletter once a quarter. This issue will be the start of our winter quarter and we will follow it with spring, summer and fall. If you have access to the internet you may also read the newsletter online at [www.HAAFII.org](http://www.HAAFII.org).

## Letter from the CEO

I want to welcome back all our previous readers to the newsletter and welcome all new readers. We are so appreciative of everyone's effort into making Healthy African American Families Phase II (HAAF II) a successful partner within the community. I would like to take this time to thank our community based partners and those who have participated in making such conferences as Women In Pain and Taste of Soul, successful. It is very exciting to have a wide variety of representation from business, health,

faith, provider and community, that collaborate together in building the bridge to optimum health. As a servant in my community, I want community members to feel free to give us feedback. We at HAAF greatly value your opinions and suggestions with regards to health disparities.

I want to take time to thank our federal partners, academia partners, and our community partners. I would like to give a special thanks to Charles Drew University and Dr. Keith Norris. Thanks to their support we have

been successful in hosting community forums where knowledge transfers. I look forward to hearing from you on what subjects and topics you would like to see covered in the newsletter.

Feel free to drop into the office anytime; staff is always available for community.

Working together,  
Loretta Jones  
CEO & Founder of HAAF

## HAAF Goes Green



Reduce  
Reuse  
Recycle.

The preservation of mother Earth is of great importance. With the turn of the millennium we have been more informed about Earth's dwindling natural resources and the effects pollution is having on our planet, as well as dismantlement of the ozone layer. With the stakes so high, a global movement has been born. This movement calls for the conservation of Earth by recycling and decreasing the consumption of energy and gas. Many have termed this the "green"

movement as a representation of Earth's natural green land. HAAF has decided to take a stance by going green. From now on, the HAAF newsletter will be available online as we are trying to save paper. However, due to the community we serve we are aware that not everyone in the community is able to have access to the internet so we will still print limited copies in paper format. We are also making changes within our office by replacing our light bulbs with

energy efficient light bulbs and by using recycled paper in the future for all our paper copies of the HAAF Newsletter. In addition, we are adding recycling bins to our office and changing our water cups from Styrofoam to paper cups. (Styrofoam is not recyclable whereas paper is). Even though these all seem like small changes, together they are one step closer to helping protect our future here on Earth.

*"16% of the U.S. population will experience depression in their lifetime."*

## Are You Depressed?

Depression is a mental illness that affects all parts of a person's life. It is sometimes mild or severe. Depression is usually defined as a period of two weeks or more where a person cannot function as they once did and a feeling of sadness and/or inadequacy is apparent. Depression may go away on its own or like diabetes and the flu it may need to

be treated with medicine.

Although many people suffering from depression feel alone or isolated, 16% of the U.S. population will experience depression in their lifetime. Depression is not prone to a certain ethnicity or economic class; anyone is susceptible to depression. If you think you may be depressed you can go online to

[www.depression.com](http://www.depression.com) where there is a questionnaire to help you determine if you would like to go further and seek help. Another site full of information is [www.webmd.com/depression](http://www.webmd.com/depression). Remember, you are never alone. There are always resources.

## HAAF's New Website

A Healthy  
African -  
American  
Family



This month HAAF launches its new website at [www.HAAFII.org](http://www.HAAFII.org). The new website includes more information about our agency, its partnerships and programs. We have also put up new sections about all of our conferences both previous and upcoming, as well as our events

page which allows our visitors to see all HAAF events and community events. Included in our new website is our new resources page which has recipes, family activities, and resources for the family. We invite you to visit our website!

# Free Family Outing: Griffith Park Holiday Light Festival

For those of you who are not familiar with the Griffith Park Holiday Light Festival, you might want to clear your calendar and take your family out for a night of magical fun. In the spirit of the holidays, Griffith Park teams up with the Department of Water and Power (DWVP) to put on one of LA's best light displays. The Holiday Light Festival kick-off preview begins on December 3, 2009 for bicyclists and pedestrians while vehicles will have to wait until December 18, 2009. The greatest thing about this event is it

is totally FREE! There is even a shuttle that will take you from the LA Zoo's parking lot right up to the lights, and then drop you back off in the parking lot where your car is parked. On December 11, 12, and 13th, there will be a family fun mini fair where there will be an educational mini fair during regular light show hours. The fair will feature information on family activities, nutrition and holiday treats. However, this mini fair will take place on a "vehicle-free" night so you will have to walk from the parking lot

to the fair. This is one event you should not miss! For more information on the Griffith Park Holiday Light Festival please visit [www.dwplightfestival.com](http://www.dwplightfestival.com)



## COMMUNITY PARTNERS IN CARE (CPIC)

## Taste of Soul

Taste of Soul, sponsored by the Los Angeles Sentinel newspaper, was a community event that brought people into the streets to vibe and enjoy themselves within their own community. Crenshaw Blvd. was shut down and food vendors and restaurants took to the streets to provide the community with enough diversity to fill their every taste bud. Not only was there incredible food, but there

was also community agencies like HAAF that brought their services to the event to share knowledge and inform the public of their services. HAAF had a tent which included such tables as "Ask the Doctor", where community members had the chance to ask a doctor any question they chose. This was a way to help build the bridge between community and health.

Created For You! **75**  
 join us **Saturday, October 18th**  
**Taste of Soul Festival**  
 on **Crenshaw Blvd.**  
 Host, **Brian McKnight**

**Los Angeles Sentinel**  
[www.thesentinel.net](http://www.thesentinel.net)

**Danny J. Bakewell, Sr.**  
 Executive Publisher & CEO  
 The Los Angeles Sentinel

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# Experiences of a First Time Mother



Ericka Wright's son Drayel Lamont Wright Brown

*“My doctor visits were good because he explained everything I needed to know...”*

HAAF Time sat down with Ericka Wright who is a first time mother to interview her about her pregnancy and experiences of being a new mother.

1) What was your reaction when you first found out you were pregnant?

I was scared. I would have to raise a child soon and I didn't feel prepared.

2) How soon did you get healthcare after you found out?

I had healthcare before I was pregnant but I went to the doctors about a month after I found out.

3) How did you choose the doctor you wanted?

My friend referred me to a doctor.

4) What were your hospital visits like?

My doctor visits were good because he explained everything I needed to know and answered all my questions.

5) Was your partner supportive? Yeah and he went with me to a lot of my doctor appointments.

6) What changes did you make when you found out you were pregnant?

I quit smoking and started walking and eating healthier.

7) What was your pregnancy like?

The first five months I was pregnant I had morning sickness day and night and in the last two months I gained a lot of weight.

8) Were you prepared for delivery?

I had all the knowledge of what to expect and what was going to happen but I was still mentally scared of delivering.

9) What would you do differently for your next pregnancy?

I would take yoga classes and walk everyday. And I wouldn't eat in the delivery room because it all comes back up.

10) What is it like being a new mother?

It's exciting and tiring at the same time. But overall it's good; I like it.

11) What are the challenges of being a new mother?

I don't go out as much and I don't get to do all the things I use to.

12) Do you have support?

Yes, family and friends.

On September 13, 2009 Ericka Wright delivered her first son Drayel Lamont Wright Brown. He weighed 8lbs and 12 ounces and was 22 inches long.

## Planned Parenthood

Planned Parenthood is a health care provider that educates Americans on reproductive and sexual health. They work with community to reduce the amount of teen pregnancies and sexually transmitted diseases while increasing the amount of knowledge youth has about sex. Some of the services they provide for free or at minimized cost are:

1) Abortion services

2) Birth Control Services

3) Emergency Contraception

4) HIV Testing

5) HPV & Hepatitis Vaccines

6) LGBT Services

7) Men's Health Services

8) Patient Education

9) Pregnancy Testing, Options and Services

10) STD Testing and Treatment

11) Women's Health Services

To find out more about Planned Parenthood call

1-800-230-PLAN

or visit them online at [www.plannedparenthood.org](http://www.plannedparenthood.org)

Walk-ins are welcomed although there is usually a longer wait than patients with appointments.

# HAAF's Wish List

Being a non-profit organization, HAAF accepts any form of help. We have asked all staff members to list some of the items they would like to see at our HAAF office. This is what the staff came up with:

- 1)Computers
- 2)Desktops
- 3)Computer mice
- 4)Desk chairs
- 5)Office desks
- 6) Color Copier
- 7)Printer Ink

- 8)Printer paper
- 9)Pens, pencils, high-lighters, and markers
- 10) Conference bags and materials to insert into conference bags. (Remember we are going green)
- 11)Any kind of donation to help us put on more conferences to inform the community as well as health-care partners.

If you would like to donate any of the following or anything you think would help benefit this agency feel free to call our

office at (323) 292-2002 or drop it off at : 3756 Santa-Rosalia Suite 320, Los Angeles, CA 90008. Anything we receive is greatly appreciated and welcomed!

Thank you  
-The HAAF Staff

*“The objective of this conference was to increase the awareness and understanding [of pain]”*

## Women In Pain Conference

The 2nd Annual Women In Pain: Building Bridges to Optimum Health took place on September 18, 2009 at the California Science Center. It was well attended by both community, health service providers, community based agencies and universities. The goal of the conference was to bring together women in pain and health care professionals who provide care, to learn from and support one another.

In total, The Women In Pain Conference held roughly 325 guests. Our target audience was women who experience persistent pain, their caregivers and healthcare professionals.

With our target audience in attendance, we helped bridge the gap between community and health care providers. The main objective of this conference was to increase the awareness of how gender matters when it comes to pain. According to a conference

held in 1998 at the National Institutes of Health on Gender and Pain, their data showed that women experience more pain than men.

We sought to gain insight into the personal experiences of women living with pain as to identify opportunities to advocate the improvement of treatment for such pain. Not only did we seek to gain insight on the women in pain themselves, but we discussed the impact of chronic pain on family, friends, work relationships and the

unique challenges caregivers of people with chronic pain face.

Highlights of the conference were: Ask the Doctor, Personal Testimony from participants, Description of Women In Pain, Description of Pain and Depression, Pharmacological, Traditional approaches to Pain Management, A Bitter Pill “Barriers to care caused by prescription practices”, Keys to advocacy, and Caregiver in pain, just to name a few of the topics.



## Healthy African American Families Phase II

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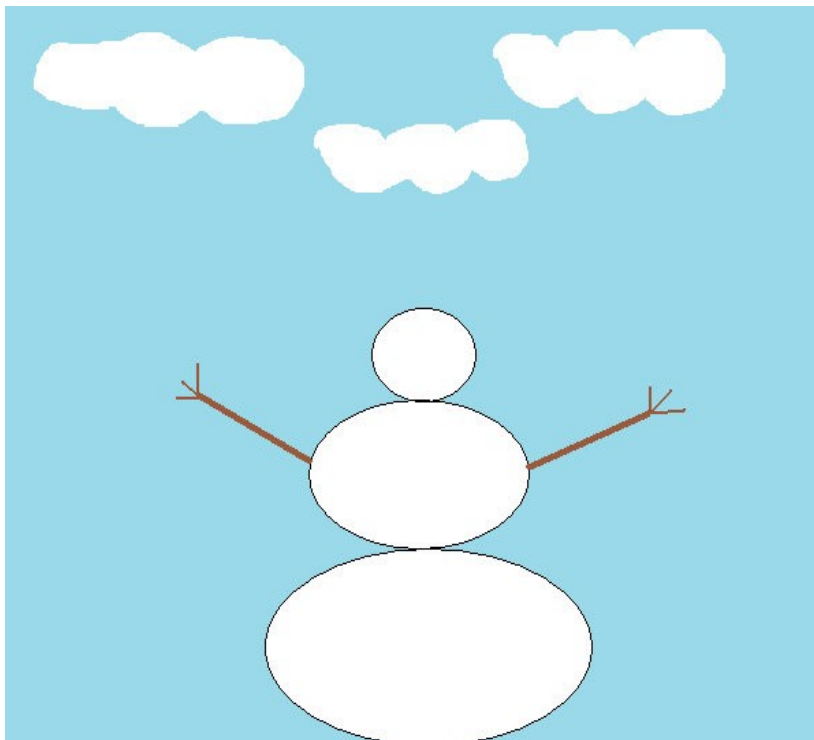
“Protecting the Legacy”

HAAF is a non-profit, community serving agency. Our mission is to improve the health outcomes of the African American, Latino and Korean communities in Los Angeles County. We are committed to enhancing the quality of care and advancing social progress through education, training, and collaborative partnering with community, academia, researchers, and government.

If you would like more information about the organization please visit our website at [www.HAAFII.org](http://www.HAAFII.org) or call Felica Jones, Director of Programs at (323) 292-2002



# Holiday Fun



### Decorate the snowman!

Don't forget to draw:

- 1)the nose
- 2)the eyes
- 3)the scarf
- 4)the buttons
- 5)the hat