

HAAF TIME



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Celebrating Fathers

Every third Sunday in June, we get together and celebrate the influence of fathers in our society. We thank them with our deepest gratitude and shower them with smiles and hugs. Our father's love is something that can never be replaced by another. It's a warmth in our hearts that keeps us feeling safe and secure even when he's not around.

The way we look up to our fathers, is similar to the way we look up to our superheroes. There is nothing that dad can't do or accomplish. He is full of

hidden strength and his power is super love. Without a doubt in our mind, we appoint ourselves as his sidekick because if dad is to ever get in trouble, we will use



everything he has ever taught us to help him become the best again.

So in this month of June, we take a special Sunday and dedicate it to all of our fathers. We celebrate you dad, and the way you have impacted our lives. We celebrate

the unwavering, unconditional love you show us even when we think we might have disappointed you. We celebrate your smile that can turn any frown upside down.

So in all, we celebrate the phenomenon that is you dad. But don't be fooled by the calendar. Even though it isn't marked, everyday we celebrate you and your love. Thank you for being our superheroes.

Healthy Men are Healthy Fathers

Many fathers would like to see their child graduate from high school, then college, and perhaps even graduate school. You want to see them get married, have children and be successful. You want to be able to play with your grandchildren, but to do all of this, you have to stay healthy.

Here are some ways you can stay healthy and be the best father you can be.

1. Eat healthy. Try to get your 5 servings of fruit and vege-

tables in everyday.

2. Exercise daily. Getting proper exercise helps lower your chances of becoming overweight which can in turn cause many health problems.
3. Don't forget to go for regular check ups. This helps you stay pro-active with your health.
4. Don't smoke or use tobacco. It isn't good for you and it isn't good for your child.

5. Limit the amount of alcohol you consume



“It is recommended that you wear sunscreen everyday...”

Why is Sunscreen Important?

With summer here, many of us can't wait to get outdoors and soak up the sun. This is a great idea but always remember to put on sunscreen. As minorities we may not believe that sunscreen is important but it is.

The sun produces rays that are both visible and invisible. It emits ultraviolet rays that can harm the skin regardless of skin color. If the skin is unprotected, those ultraviolet rays can damage your skin by giving you a sunburn, suntan, or sun damage. If you don't wear sunscreen and you get a bad sunburn,

that same area that was sunburned can develop into skin cancer later on. So how do you protect yourself?



It is recommended that you wear sunscreen everyday with an Sun Protector Factor (SPF)

of 15 or greater. Young children are especially vulnerable to sun damage so be sure to keep properly protected against the sun's harmful rays. Be sure not to forget the rest of your body too! If you are at the beach, or in direct sunlight, it is recommended that you reapply your sunscreen about every two hours. This will give you the best protection against the sun's harmful rays. Once you are all protected from the sun, go out and have fun in it, it is summer after all!

Volunteer in Your Community

If you have some free time or you are tired of sitting in the house and watching TV, try volunteering. It is a fun way to get out, get active and help your community at the same time. And if you are a junior high or high school student, it is an excellent way to make your college application stand out.

So how do you volunteer? You can ask friends and neighbors if they know of any places you can volunteer at. Or you can go online to www.volunteerlosangeles.org to find some local volunteer opportunities. You can also search www.volunteermatch.org, as well as, www.serve.gov.

A fun place you can volunteer at is the Los Angeles Animal Services. Many times, animals who are in shelters are confined to small areas. This can cause depression in animals. If

you love animals, it is a great way to share some of your love and make them feel better. You can help pet and walk the animals and get them to open up to people easily so they can find forever homes. Check out their website at www.laanimalservices.com.



If animals aren't your style, you can opt for working with people. Many hospitals have volunteer programs where you can read to the patients, or simply help the staff make the patient's stay as comfortable as possible. The Red Cross is also always looking for volunteers to help out with blood dona-

tions.

Do you like the outdoors? If so, try volunteering to help the environment. It is a great way to enjoy the sun, the fresh air, and the green scenery while helping Mother Nature. What more could a person ask for? There are many beach clean up opportunities as well as tree planting organizations. Million Trees LA is a great organization whose goal is to plant one million trees within the next several years in the Los Angeles area. This will help our air quality, water quality, and much more.

It will also make Los Angeles even more beautiful to look at.

Volunteering isn't just about helping others though. By volunteering, you are giving back to yourself as well. So if you can spare one hour per week volunteering, why not? It makes the world a better and brighter place.



One of the million trees to be planted in Los Angeles

Prostate Cancer Awareness

One in six men will develop prostate cancer in his lifetime. A man has a 35% more chance of getting prostate cancer than a woman has of getting breast cancer. With figures like these, it makes us wonder, what do we really know about prostate cancer?

The prostate is located in front of the rectum and below the bladder. The prostate starts to develop while the baby is still in the womb and grows until a man reaches adulthood at which point, it should stop. However, cancer starts when there is an out of control growth of abnormal cells.

Cancer can start anywhere in the prostate but it usually starts in the

gland cells.

Some symptoms of prostate cancer are: difficulty urinating, blood in urine or semen, frequent urination, painful urination or ejaculation and difficulty having an erection.

Although the results of research studies still aren't clear, there are some things you can do to decrease your chances of getting prostate cancer.

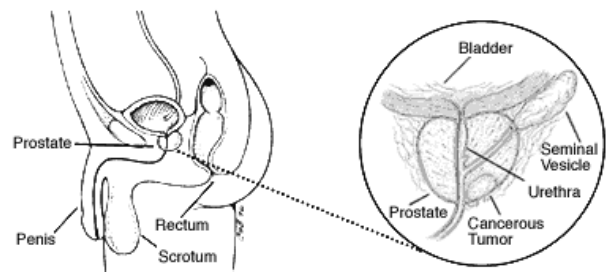
Eating healthy is a great way to be pro-active. It is recommended to eat less red meat and fats and replace it with fruit, vegetables and whole grains. It is beneficial to eat 5 or more servings of fruits and vegetables everyday.

Exercise is another great way to keep your body healthy and fit. Try to get in 45 minutes of exercise everyday. If you currently smoke, it is recommended that you quit. Lastly, living a happy, fun and stress free life is another great way to decrease your chances of prostate cancer. So get up, get active, and smile.

For prostate screening and information please visit:

www.theclinic.org

www.realmencookfoundation.org



Men and Depression

Feeling tired, listless, sad, down, and unmotivated to do anything? If you are feeling blue, you could have Major Depression.

Depression is one of the leading causes of medical disability among adults in the world. It is estimated that at any one time that nearly ten adult Americans has major depression. To be depressed, one needs to experience five of the following nine symptoms every day or nearly every day for 2 weeks or more: feeling down or depressed (or feeling blue), inability to enjoy activities that one normally enjoys, low energy, poor concentration, feeling guilty about things that one doesn't normally feel guilty about, difficulty sleeping or sleeping too much, eating too much or eating too little with weight gain or weight loss, and experiencing thoughts of wanting to die or suicidal thoughts.



Depression is treatable. Treatments for depression include antidepressant medication like fluoxetine or sertraline and evidence-based psychotherapies including cognitive behavioral therapy and interpersonal therapy. When used together, it is estimated that over 60% of people can find relief from depression.

Getting treatment for depression can not only improve your mood but it can also lead to

By: Dr. Bowen Chung

other improvements in other areas of your life. Studies have shown that patients who received high quality care for depression, especially minorities, can have improve economic outcomes: net worth increasing 15% and employment improving by 5% over 2 years. Also, it has been shown that treating young mother's with depression can improve their children's behavioral outcomes.

For more information on depression, please visit the following websites:

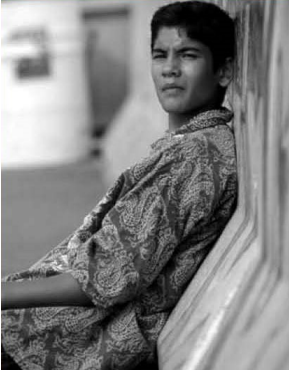
National Institute of Mental Health <http://www.nimh.nih.gov/health/publications/depression/complete-index.shtml>

National Alliance on Research on Schizophrenia and Depression <http://www.narsad.org/?q=node/10/disorder>

Depression and Bipolar Treatment Alliance <http://www.dbsalliance.org/site/PageServer?>

pagename=Signs_symptoms

The Impact of an Absent Father



“90% of all homeless and runaway children are from fatherless homes.”

Statistics estimate that as many as 1 out of 3 children live in homes without their natural fathers. These children grow up without knowing what a father's love feels like. There are many reasons for this staggering statistic of fatherless homes such as divorce, bearing children out of wedlock and so forth. Many times, women do as best they can, but for boys especially, women can not fill the void that is created by an absent father.

The impact of children growing up without fathers is shocking. 63% of all teen suicides are from fatherless homes. 90% of all homeless and runaway children are from fatherless homes. 85% of all children who show behavior disorders that require psychiatric treatment come from fatherless homes.

71% of all high school dropouts come from fatherless homes. 85% of all youths in prison come from fatherless homes. The list goes on and on. What does this tell us about the impact a father's void has on their children?

It tells us that children desperately need their fathers in their life. Without the presence of their father, they risk developing significant problems.

It takes two people to make a child, as it should take two people to raise that child. When one parent is missing, it throws the balance off and causes many problems that otherwise might not have been there.

So men, it is essential that when you have children that you are a constant presence in their life no matter what your relationship with the mother is. The most important thing is your child.

Now mothers, this doesn't

mean that all children who grow up without fathers are doomed for failure or trouble. Take a look at President Barack Obama. He grew up without his father and was raised by his mother, grandmother and grandfather. So if you are a single mother, stay strong and continue to do the best job you can possibly do.

If the father isn't present in your child's life, any positive male role model can step in as that male figure. It can be an uncle, cousin, grandfather, neighbor, pastor and so on. As we use to say, it takes a village to raise a child.



A remote controlled boat

Father & Son Activities

Here are some great father and son activities you can do to bond and spend time with one another.

- Flying kites

Being outdoors together is nice already, but adding kite flying to the mix and you have limitless fun.

- -Going to a sporting event

If your son is a huge Laker or

Dodger fan like you, take him to a game. You can enjoy hotdogs, and each other's company. You two are sure to bond.

- -Remote controlled planes, boats, and cars

Just like the kite, this is an outdoor activity. You get to enjoy the fresh air and have your adrenaline pumping as your remote car is hitting a fast corner. For even more

fun, try playing with the remote plane. You can direct it to fly and soar in the sky with a touch of a button. Or you can try the remote boat. It's best to take it somewhere with sitting water, like a pond or lake. Look at nearby parks to see if they have any still water. All of these remote controlled items can go pretty fast, so if you think it won't be fun, think again!

Father & Daughter Activities

Sometimes you might be in a rut about what activities you can do with your daughter. Here are some ideas you can try out.

- -Take her to the movies

Let her pick out which one and accompany her.

- Riding bicycles at the beach

This is a great, fun, and cheap activity you can do with your daughter. You get to soak up some sunshine (don't forget to put on sunscreen), breathe in some fresh air, and

watch the waves go by.

- -Build her a dollhouse

Ask her what color, how many rooms and let her draw it out for you. Make some suggestions and then go shopping together for the material. Throughout the building process, have her sitting next to you handing you the hammer and so on. While you are building the dollhouse you two are sure to have tons of conversation

- -Give her driving lessons

This is an activity she will thank you for over and over again. Every teenager wants driving lessons. Just try not to pull your hair out!

- -Visiting a zoo

The zoo is a wonderful place to take your daughter. You can visit every animal from elephants to flamingos. Don't forget to bring your camera! You will want those pictures to remember what a great time you two had.

June Events

Long Beach Bayou Festival

Visit the Bayou Festival in Long Beach and get a taste of Louisiana. There will be two stages for music, delicious Cajun and Creole food, Mardi Gras crafts, paraphernalia, and even a Mardi Gras parade.

When: June 26-27, 2010

Time: Sat 11:30am-9:00pm

Sun 11:30-8:00pm

Cost: \$30 for adults, \$10 for youth and 12 and under are free. (\$5 off coupon available online.)

Where: Rainbow Lagoon, at the intersection of Pine Avenue and Shoreline Drive in Long Beach

www.longbeachfestival.com



Los Angeles Heritage Month Celebration

Join mayor Antonio Villaraigosa to celebrate Black, Asian Pacific Islander, Native American and Latino heritage months. There will be performances and of course, dancing so bring your dancing shoes and your smile and you will be sure to have loads of fun!

When: June 26, 2010

Time: 7:00pm

Cost: FREE

Where: 300 S. Grand Ave

Los Angeles, CA 90071



daKAH Hip Hop Orchestra

The name says it all. For no cost at all, you can enjoy listening to hip hop played by string and wind instruments. It's an event you don't want to miss.

When: June 18, 2010

Time: 8:00pm

Cost: FREE

Where: 300 S. Grand Ave

Los Angeles, CA 90071

(213)687-2159

www.grandperformances.org





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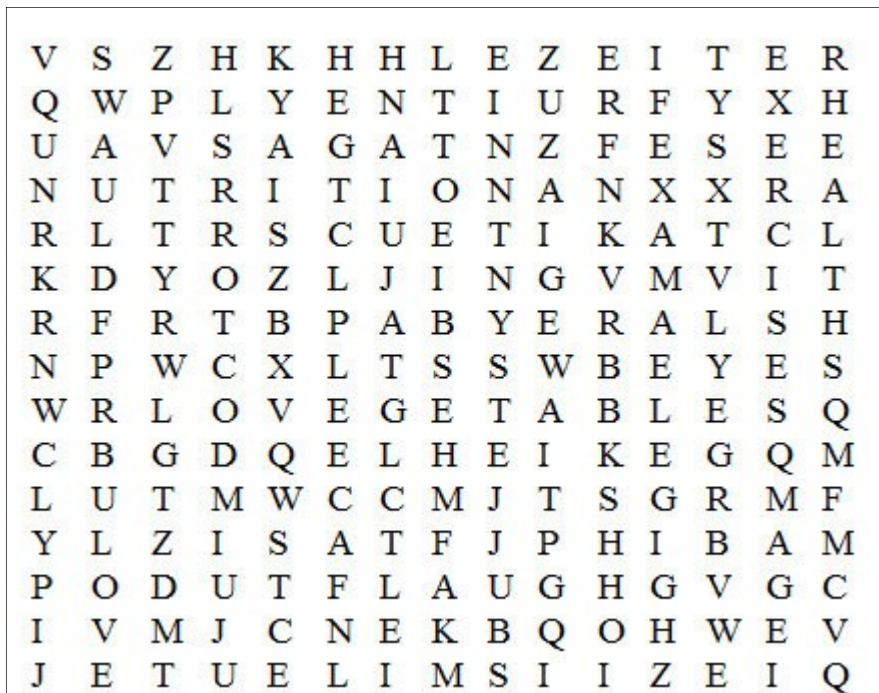
“Protecting the Legacy”

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 or call Felica Jones, Director of Programs at (323) 292-2002



Men’s Health Word Search



- | | |
|------------|---------|
| Exercise | Health |
| Prostate | Hygiene |
| Vegetables | Laugh |
| Fruit | Smile |
| Love | Exam |
| Teeth | Doctor |
| Eyes | |