

HAAF TIME



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Healthy Relationships and Our Health

We've all heard that eating healthy and exercising are part of being healthy, but having healthy relationships are essential to our health too. Studies show that healthy relationships can be a boost to your immune system, mood, and overall physical health. Having positive relationships also helps maintain ideal emotional health. According to CalTech, healthy relationships can make us more effective, happy and healthy by keeping our stress level down. Having healthy relationships also help us in time of need. If we have positive relationships we are more likely to find support when we need it most. Many things can happen in our lives that can disrupt our emo-

tional well-being such as a job loss, a separation or divorce, a death of a loved one, and so on. These strong emotions can af-



fect our lives by attacking our physical health. Some physical signs that can signal our emo-

tional health is in need of attention are: stomach ulcers, change in appetite, extreme fatigue, back pain, chest pain, insomnia, high blood pressure and more. However, if we are surrounded by supportive people from some of our healthy relationships, we are more likely to feel better faster than those without supportive people in their lives. Your healthy relationship doesn't just have to be your partner either. You can have healthy relationships with your mother, father, brother, sister, cousin, friend, or whoever you feel comfortable around and who supports you. The important thing is to build and maintain these positive healthy relationships.

Children's Oral Health

Oral hygiene is an important part of your child's health. According to the Center for Disease Control, tooth decay is one of the most common results of poor oral hygiene in children. Tooth decay affects American children more than any other infectious disease. 28% of all American children aged 2-5 have already experienced tooth decay in one of their primary teeth. Children from low income families are especially vulnerable. According to the American Dental Association, "As soon as a baby's first teeth appear, usually by age six months or so, the child is susceptible to decay." The most com-

mon cause of tooth decay is from bacteria that grows into plaque which then attacks the tooth's enamel until a cavity or hole has been formed. Another form of tooth decay is baby bottle tooth decay. This tooth decay happens to infants who are still drinking out of a bottle. It is caused by frequent contact of sweet liquid on your child's teeth, for example putting them to bed with a bottle of juice, formula, milk, sugar water etc. Children who have poor oral health also suffer from gingivitis—a gum disease. When bacteria in plaque is able to build up which then begins to irritate the

gums. This can become quite painful as the gums become inflamed and swollen, turn red and can bleed. The good news is that tooth decay and gum disease are preventable. By regularly brushing your child's teeth and flossing, your child can enjoy a radiant and beautiful smile. Don't forget to visit a dentist every six months for a regular check up.





Crafts for Kids: Egg Carton Maracas

Pull out your sombrero and get ready for a Cinco de Mayo next Tuesday. Teach your kiddos about Mexican heritage as you put together these fun projects, perfect for your own fiesta.

Dance to a Latin beat with egg carton maracas:

Supplies:

- Paper egg carton
- Scissors
- Glue
- Dried beans
- Craft paint
- Popsicle sticks
- Ric rac
- pom poms
- pipecleaners

Instructions:

Cut four egg cups from an egg carton. Place dried beans inside each cup and glue together. Paint outside of egg shape and the craft stick, and let dry. Place glue on the top of each stick and push into the bottom center of each shaker. Decorate with rick rack, pom-poms, and pipe cleaners.

Medicare Patients Left Lacking Key Treatment

By: Loretta Jones



Thousands of seniors in California are left without their medication due to unfair Part-D Medicare plans.

As a gout patient, I can personally attest to the excruciating pain caused by gout, a painful form of arthritis. For those who are unfamiliar with the disease, a simple Google Images search of the word “gout” will speak volumes on just how unpleasant the disease can be. This is why I was alarmed by the recent news that thousands of gout-suffering seniors in California who are enrolled in Part-D Medicare plans are currently unable to access colchicine, a drug used by gout patients to treat flare-ups of the disease.

The problem stems from a commendable regulatory action recently taken by the Food and Drug Administration (FDA), in which the agency removed untested and unapproved versions of colchicine from the marketplace in order to protect patients from potentially harmful side effects. The FDA reports that dozens of deaths have been associated with unapproved colchicine.

The good news is that there is an FDA-approved version available.

Surprisingly, before the FDA’s removal of unapproved colchicine, many Medicare Part-D plans not only covered these untested drugs despite the health risks associated with their use, but they actually placed approved colchicine in a pricing tier so expensive that most Medicare patients could not access it.

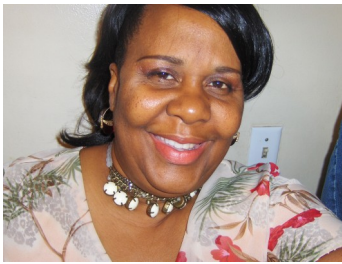
Even more surprising is the fact that these plans have left approved colchicine in this prohibitively expensive pricing tier despite it being the only choice available to patients. Gout patients with Medicare undoubtedly chose their Part-D plans with their need for colchicine in mind. The fact that colchicine is no longer available to these patients despite being promised access to this drug when they enrolled in their plans is simply unacceptable. Making matters worse is that Medicare Part-D’s open enrollment period takes place only once a year and patients are locked into plans they sign

up for until the next year’s open enrollment period which takes place every November. I can’t imagine living a week without colchicine if my flares were acting up, and the fact that these Part-D providers could force patients to go without their drug until the next Medicare Part-D open enrollment period in November is unthinkable.

The FDA helped keep patients safe by removing unapproved colchicine from the marketplace. Now, Part-D plans in California need to follow the lead of other Part-D providers throughout the country and move approved colchicine into an affordable pricing tier. Gout patients who were promised their most important medication when they signed up for their Part-D plans should not suffer any more.

If the plans themselves fail to save their own enrollees from unnecessary suffering, maybe local lawmakers should step in and do what they must to fight for these unwilling victims.

Community Spotlight: Charla Franklin



Every month from now on, HAAF will feature a community member who we would like to recognize as being a positive influence in the community. This month our community spotlight is on Charla Franklin who is a chef as well as an artist. Charla's work is on display at the exhibit: From Foot to Fork "Celebrating the History of Soul Food". The exhibit is located at the African American Historical & Cultural Museum of San Joaquin in Fresno California. This

month Charla has shared with us her recipe for: Turkey Meatloaf

Ingredients:

- 3lbs ground turkey
- 1/2 cup of green onions (note: use the white bottoms in meatloaf, use the green parts in cabbage)
- 3 Tbsp tomato paste
- 1 Tbsp mustard
- 1/2 Tsp salt
- 1/3 cup of quick oats

Directions:

Combine, shape in loaf, bake 350° for 45-60 minutes depending on shape of loaf. After baking brush with 2Tbsp of Italian salad dressing, cover tightly with foil, let it stand for 5 minutes and serve!

Nutritional Information:

- Calories: 247
- Carbohydrate: 17g
- Fat: 5.6g
- Fiber: 2.3g
- Protein: 30.2
- Cholesterol: 69mg
- Sodium: 342mg
- Calcium: 69
- Iron: 3.8



If you or someone you know would like to be considered for the HAAF monthly Community Spotlight, please email our Editor in Chief at: AndreaBrownHAAF@gmail.com

Shrimp Enchiladas Verde



Makes 8 servings (320 Calories ea)

Ingredients

- 1 pound(s) peeled cooked shrimp, (21-25 per pound; thawed if frozen), tails removed
- 1 cup(s) frozen corn, thawed
- 2 can(s) (4 ounce) chopped green chiles, (not drained)
- 2 cup(s) canned green enchilada sauce, or green salsa, divided

- 12 corn tortillas
- 1 can(s) (15 ounce) nonfat refried beans
- 1 cup(s) reduced-fat shredded cheese, such as Mexican-style, Monterey Jack or Cheddar
- 1/2 cup(s) chopped fresh cilantro
- 1 lime, cut into wedge

Directions

1. Preheat oven to 425 degree F. Coat a 9-by-13-inch glass baking dish with cooking spray.
2. Combine shrimp, corn, chiles and 1/2 cup enchilada sauce (or salsa) in a microwave-safe medium bowl. Cover and microwave on High until heated through, 2 1/2 minutes.
3. Spread 1/4 cup enchilada sauce (or salsa) in the prepared baking

- dish. Top with an overlapping layer of 6 tortillas. Spread refried beans evenly over the tortillas. Top the beans with the shrimp mixture, followed by the remaining 6 tortillas. Pour the remaining sauce (or salsa) over the tortillas. Cover with foil.
4. Bake the enchiladas until they begin to bubble on the sides, about 20 minutes. Remove the foil; sprinkle cheese on top. Continue baking until heated through and the cheese is melted, about 5 minutes more. Top with cilantro and serve with lime wedges.

Nutritional Information

- Calories: 320
- Total Fat 9g
- Saturated Fat 4g
- Cholesterol 136mg
- Sodium 538mg
- Total Carbohydrate 37g
- Protein 26g

Curtsey of: www.deslisch.com

The Health Risks of Energy Drinks

Energy drinks can contain up to five times the caffeine of regular sodas because they are marketed as nutritional supplements and therefore do not have to follow the caffeine limits imposed by law. An article published by The Journal of the American Medical Association (JAMA) said that energy drinks pose health risks for three reasons: caffeine's pharmacological effects themselves pose health risks for susceptible people such as children and pregnant women; energy shots are frequently mixed with alcohol; and habitual caffeine usage may confer an increased risk of dependence on alcohol or other drugs. According to the article, "Research has demonstrated that individuals who combine energy drinks with alcohol underestimate their true level of impairment."

According to ABC News about one third of 12-to 24-year-olds say they regularly down energy drinks. This is worrisome as energy drinks contain the stimulants taurine and guarana which have not been established for teens and children. Because

consume that caffeine faster as it is easier to drink cold than sipped hot like coffee. Another concern is the popularity of mixing alcohol and energy drinks.

According to the medical journal *Alcoholism: Clinical and Experimental Research*, the caffeine in energy drinks can make alcohol users feel less drunk which is misleading because their reaction time is still as slow as it would be if they just consumed alcohol by itself. Dr. Mary Clair O'Brien, co-author of the JAMA article put it best: "You're every bit as drunk, you're just an awake drunk". A report published in *Pediatrics* also warns the public that drinking too many energy drinks could lead to stroke, seizure, or even sudden death. So think twice before you pick up that energy drink as it may be doing more harm than good.



"Energy drinks can contain up to five times the caffeine of regular sodas."



energy drinks are served chill, there is a concern that they are more likely to consume more caffeine than they would coffee. They are also more likely to

HAAF Cancer Conference



We invite you to join us for our Building Bridges to Optimum Health: Cancer Conference. The conference will include a Community-Academic dialogue including presentations and panel discussions on cancer prevention, early detection, treatment and survivorship.

When: Friday June 3, 2011

Time: 8:00am-3:30pm

Cost: FREE!

Where: Loker Conference Room, California Science Center: 700 State Drive Los Angeles, CA 90037

FREE conference, FREE parking and a continental breakfast and lunch will be provided!

We invite everyone to join us!

Please R.S.V.P. by phone (323) 292-2002, by fax(323)292-6121, or online at www.HAAFII.org

The conference is presented by: The Center to Eliminate Cancer Health Disparities at the Charles R. Drew University Division of Cancer Research and Training, UCLA Jonsson Comprehensive Cancer Center, Accelerating Excellence in Translational Science (AXIS) Center at Charles R. Drew University and Healthy African American Families (HAAF) II.

Charles Drew University: Good News Radio Magazine

The Division of Community Engagement of Charles R. Drew University of Medicine and Science present a weekly live one hour radio magazine. This program is designed to promote equity in holistic health outcomes and research involvement by (1) teaching stress reduction techniques and coping skills over the radio (2) creating awareness of chronic disease risk reduction and prevention strategies in the community and (3) cultivating trust and interest in Community-Partnered Participatory Research. We invite Community-based Pas-

sors, Spiritual Leaders, Healthcare Professionals, Academic Researchers and Community Members to share valuable, personal, professional, health and research information. Our goal is to engage and enlist the listeners as advocates for equity in holistic health and re-

search involvement in the community.

For more information:

Phone: 323-249-5702
 Email: communityfaculty@cdrewu.edu



May Events



Rita Walters

Learning Complex

Rita Walters Learning Complex is offering free nutrition education training and a healthy cooking demo class addressing obesity and diabetes which are two growing epidemics in California.

Participants will receive a free cookbook

When: Third Wednesday of every month

Time: 6:00-7:30pm

Where: 915 W. Manchester Ave

Los Angeles, CA 90044

Cost: FREE

Info: (323) 789-4717

The Page Museum

Visitors can learn about Los Angeles as it was during the last ice age, watch bones being cleaned and repaired, or see the life-size replicas of several extinct mammals.

When: Daily

Time: 9:00am-5:00pm

Where: 5801 Wilshire Blvd
 Los Angeles, CA 90036

Cost: Adults: \$7.00
 Seniors 62 and older: \$4.50
 Students with I.D. \$4.50
 Youths 13-17 years old: \$4.50
 Children 5-12 years old: \$2.00
 Children under 5: Free

Parking: \$9 max (\$7 with museum validation). Sat & Sun-\$7 flat rate

(323)934-PAGE

Info: www.tarpits.org



25th Annual JazzReggae Fest

Join others and explore the rich musical lineage of jazz and reggae musical styles. In addition to music, the JazzReggae Festival is showcasing a variety of food and craft vendors from diverse backgrounds and communities.

When: May 29-30 (12pm-7pm)

Where: UCLA 405 Hilgard Ave
 Los Angeles, CA 90025

Cost:

One day-\$29 presale, \$35 day of.
 Two days-\$50 presale, \$65 day of.

Info: www.jazzreggaefest.com



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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

“Protecting the Legacy”

Complete This Maze!



Be sure to visit our website at:
www.HAAFII.org

We can also be found on Facebook, YouTube, and Blogspot.

