

HAAF TIME



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Celebrating Diversity in Schools



On September 27, 1957, nine courageous African-American students set forth to receive their education from an all-white public school. It has been fifty-three years since the legendary desegregation of Little Rock Central High School and the impact of that day still rings present in today's schools.

Thanks to those who were active in the civil rights movement, students today are able to attend culturally, racially, and religiously diverse schools. Today, schools are more diverse than ever. Children and adults alike, are able to mingle with people from different backgrounds than their own. This allows acceptance, understanding, tolerance and respect for others to grow.

In a world that is ever merging, it is essential that acceptance of others is taught early on. Kids today have the chance to sleep over a friend's house and experience the Chinese New Year, or Yum Kippur. Fifty-three years

ago, that would have been very unlikely in the U.S.

A peaceful world starts with being able to accept and respect those different from you. This month we celebrate the gift of diversity in schools and we thank those who fought for it.



Bed Bugs in Los Angeles

It seems that bed bugs are back on the rise. For decades bed bugs have been low in numbers but that all is changing. Record number of cases are popping up all around the country.

Bed bugs had been practically obliterated before thanks to pesticides but it seems they have now grown resistant to them. This resistance is causing states like Ohio to be infested with bed bugs and Los Angeles isn't too far behind. According to Terminix, a nationwide exterminator company, Los Angeles is number 10

on the list of top 15 U.S. cities with bed bug infestations. So how do you keep your home free from bed bugs?

The best thing you can do is keep your house organized. This means you should put away clothes, take out the trash, and vacuum. Keep your house free from clutter. Anything that has been laying around for weeks or months is clutter that needs to be taken care of. Clutter is the single biggest factor to bed bug problems.

If you already have bed bugs here

are some suggestions to help you fight them off. Seal cracks and crevices along the baseboards, remove clutter, use a special mattress cover, and dry clothes and sheets at high temperatures. www.epa.gov/pesticides/bedbugs



“Be prepared by having a home disaster kit to ensure you and your family’s survival.”

Every Home Should Have a Disaster Kit

You never know when a disaster can strike, so don't be caught off guard. Help might not be available right away and you may have to survive on your own until rescuers can get to you. This can be anywhere from hours, to days, to even a week. Be prepared by having a home disaster kit to ensure you and your family's survival.

When preparing for a possible emergency, it is best to have a list of essential items you may need. Remember that during a disaster your water, gas, electricity, telephones, and sewage might be cut off.

The Federal Emergency Management Agency (FEMA) has made a list of items that you should include in your disaster kit.

According to FEMA there are six basic items every disaster kit should have. They are:

- Water
- Food
- First aid supplies
- Clothing bedding and sanitation supplies
- Tools
- Special items

The special items include everything from baby formula, to medication to family docu-

ments and cash. Another great item to have is a radio so you can stay informed on the situation and possible hazards you may encounter. Make sure your radio is battery powered as electricity may be out.



Walk at Home

Walk at Home is an exercise DVD that allows you to walk one to five miles in the comfort of your own home.

In the DVD you are instructed by Leslie Sansone in a combination of steps that work more muscles than just a regular walk. However, if you're just beginning and can't do the multi-muscle moves for the additional muscle workout, you can just do the basic walk which still allows you to burn calories and reach your one mile mark in just 15 minutes!

Each mile walk starts with a warm up and ends with a cool down that includes stretching.

The Walk at Home programs are available at slower paces for those new to exercising and faster paces for those who are already avid walkers who

walk at a fast pace.

This DVD is a great alternative for people who are new to exercising and want to start off exercising in the privacy of their own home. It's also great



because its so convenient. You can walk any time of the day and any time of the week. This is great for new mothers as they can get their mile walk in while their newborn takes a nap. You just pop in the DVD and start burning some calories.

The benefits of walking are amazing. By maintaining a walking program for six weeks you can expect to see some major benefits. In just six weeks of your new walking program you

can expect to shed 15lbs of fat and gain 5lbs of muscle. You can expect to burn an extra 200 calories a day, lower your risk of heart disease by 45%, lower your risk of stroke by 42%, lower your blood pressure by 10 points, lower your cholesterol by 10 points, raise your good cholesterol by 5 points

and lower your risk of diabetes by 58%!

With benefits as good as these its about time we take action. With this Walk at Home program you start on the path to a healthier you. You can visit the Walk at Home website at www.walkathome.com



“By maintaining a walking program for six weeks you can expect to lower your risk of diabetes by 58%!”

Add More Fiber to Your Diet

We have all heard how good fiber is for us but most Americans get less than half the recommended amount of fiber each day. So what exactly is fiber and why do we need it?

Dietary fiber is found mainly in the outer layers of plants, including fruits, vegetables, and whole grains. Although fiber helps our digestive system, it is virtually an indigestible substance. It passes through our digestive system without breaking down into nutrients therefore, leaving it practically unchanged. Although fiber is categorized as a carbohydrate, it has no vitamins, minerals, or calories. It does however, help relieve constipation and regulate your bowel movements. Fiber is a key component in the digestion process from start to finish.

Some studies now suggest that high fiber diets promote weight loss and reduces the risk of cardiovascular disease, diabetes and cancer.

Fiber generally makes food more filling because fiber adds bulk but fewer calories. It takes less to feel full when you add fiber to your meals. This helps prevent overeating which can cause obesity. Fiber also reduces the risk for type 2 diabetes because it slows digestion and absorption so that glucose (sugar) in food enters the bloodstream slowly, which keeps blood sugar on a more even level and prevents our blood sugar from spiking.

In short, fiber is a great addition to our daily menu because it makes us feel full! It reduces the bad spikes in our blood sugars (goodbye sugar crashes) and moves waste through

us faster, leaving us feeling good and healthy.

Experts suggest that men get about 38 grams of fiber a day and women get about 25 grams. However if you are not use to eating fiber it is suggested that you increase your fiber intake gradually so your body has a chance to adapt to your new healthy lifestyle. By adding fiber gradually to your diet, it helps you avoid gas, cramps and bloating. Be sure to get your fiber from a variety of fruits, vegetables, whole grains and nuts.



Bean, Corn and Squash Stew Recipe



Ingredients

- 1 quart water
- 1 1/2 pound butternut squash—peeled, seeded and cut into 1-inch cubes
- 4 cups fresh corn kernels (cut from about 6 ears)
- 19-ounce can kidney beans, drained
- 3/4 cup chopped basil leaves

- 1/4 cup plus 2 tablespoons vegetable oil
- 1 large onion, coarsely chopped
- 1 red bell pepper, coarsely chopped
- 1 green bell pepper, coarsely chopped
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 2 teaspoons hot paprika salt and freshly ground black pepper

Directions

- In a large pot, bring the water to a boil with the squash and corn. Cover and simmer over moderately low heat until the squash is just tender, about 15 minutes. Add the kidney beans

- and cook until the beans are hot. Transfer 3 cups of the squash mixture to a blender along with some of the liquid and 1/2 cup of the basil; puree. Return the puree to the pot and keep warm.
- Meanwhile, in a large skillet, heat 2 tablespoons of the oil. Add the onion and bell peppers and cook over moderate heat, stirring occasionally, until softened, 8 minutes. Add the cumin, oregano and 1 teaspoon of the paprika and cook, stirring, until fragrant, about 4 minutes. Stir the vegetables into the stew and season with salt and pepper.
- In a small saucepan, heat the remaining 1/4 cup of oil. Add the remaining 1 teaspoon of paprika and cook over low heat until fragrant. Transfer to a small bowl. Ladle the stew into bowls. Swirl in the paprika oil, sprinkle with the remaining 1/4 cup of chopped basil and serve.



“Bicycle helmets can reduce the risk for brain injury by up to 88%.”

Why Helmets Are So Important

Everyone enjoys a nice bicycle ride. However, living in an urban city, we are faced with the fact that our children have to share the road with a large number of automobiles. This increases the chance for accidents. Every year, about 300,000 children go to the emergency room from bicycle accidents.

Cars aren't the only cause for a bicycle injury. Any fall off a bicycle, regardless of how, can result in a head or brain injury. The best way to protect your child from harm is to make sure he or she always wears a helmet when riding a bicycle, scooter or roller skates.

In California it required by law that all minors wear a

helmet and for good reason. Bicycle helmets can reduce the risk for brain injury by up to 88% and can reduce the risk for head injury by up to 85%. In fact, it is estimated that 75% of bicycle related deaths among minors could have been prevented if a bicycle helmet was worn.



In 2003, California decided to extend the helmet law to also cover in-line skates, skateboards, and scooters,

The most important factor when buying a helmet is that it properly fits your child's head. A helmet that is not correctly

worn will not be able to provide your child with full protection.

A helmet properly worn sits snug on top of the head with the front of the helmet low on the brow in order to protect the forehead. Make sure the helmet is not placed too

forward as it will then expose the back of the head which can lead to injury. Both the front and back of the head should be protected. The straps should be secured just in front and behind of the ear. It

needs to be fasten securely so there is no slack. If a helmet is worn too loosely it can fall off in an accident or slide, leaving an area exposed. So be sure to teach your child how to properly wear their helmet. And remember, set an example and wear your helmet too!

Upcoming HAAF Events

Healthy African American Families is having its Preterm Working Group on Friday October 15, 2010. It will start at 11:30am and finish at 1:30pm. The meeting will take place at South Los Angeles Health Projects (SLAHP).

2930 West Imperial Hwy
Inglewood, CA 90303

For more information please call (323) 292-2002

Healthy African American Families will also be a participant of the upcoming Taste of Soul: Wellness and Self Love Health Pavilion.

The Taste of Soul festival will be on Saturday October 16, 2010. It will take place on Crenshaw Blvd, between Roddeo and Martin Luther King Blvd.

It is FREE so be sure to bring the whole family as there will

be music, great tasting food, and plenty of family fun. At the HAAF booth we will have our popular *Ask the Doctor* table where you can come up and ask the doctor any health questions you may have. We will also have a raffle for some great prizes and much much more! This is an event you and the whole family will enjoy. We look forward to seeing all of your beautiful faces!

Upcoming Community Events

The Family Resource Center will be offering three new FREE classes:

Yoga Gait & Balance-Seniors

Senior Breakfast Club

Mommy & Me

For days and times, please call (888)213-9374 or visit them online at: www.lacare.org

3111 W. Century Blvd Suite 100 Inglewood, CA 90303

For more questions email: dcarter@lacare.org

LA Urban League's Neighborhood at Work Presents:

Disaster Preparedness Fair

September 11, 2010

10:00am-3:00pm

Baldwin Hills Crenshaw Plaza (in front of the movie theater)

3650 W Martin Luther King Jr. Blvd Los Angeles, CA 90008

The first 250 people to arrive will receive a FREE Disaster Preparedness Kit!

Black Women for Wellness

Presents:

Sisters @ 8

September 16, 2010

5:30pm-8:00pm

South Los Angeles Sports Activity Center

7020 South Figueroa St.

Los Angeles, CA 90043

Please RSVP (323)290-5955

www.bwwla.org

September Events

L.A. County Fair

Take the whole family out to the LA County Fair. There is something for everyone. There will be games, rides, horse racing, performances, farm animals, tasty food and plenty of vendors so you can shop. It is guaranteed to be a great day filled with plenty of entertainment.

When: Sept. 4- Oct. 3, 2010
Where: 1101 W. McKinley Ave Pomona, CA 91768
Time: various times but always open from noon to 10pm everyday.
Cost: Various prices (\$6-\$17)

<http://lacountyfair.com/2010/>



Strut Your Mutt

Grab your dog and walking shoes and join Best Friends Animal Society on their Strut Your Mutt walk at the scenic Santa Monica Pier. The one mile walk is to raise money and support Best Friends Animal Society's mission of a world with no homeless pets. Registration for the walk starts at 6:30 am and the walk starts promptly at 8:30am. After the walk there will be a doggie themed festival for pets and their owners.

When: Sunday Sept. 19, 2010

Time: 6:30am-1:00pm

Where: 1550 Pacific Coast Hwy, Santa Monica, CA 90405

<http://bestfriends.donordrive.com/>

LA Greek Fest

The annual LA Greek Fest is back again this year. At the LA Greek Fest you can enjoy delicious authentic Greek food, Greek dancing, and an all around fun Greek time!

When: Sept. 10-12

Time: Friday 5-11pm

Saturday 1-11pm

Sunday 12-10pm

Cost: \$3-\$5

Where: Saint Sophia Cathedral
1324 S. Normandie Avenue
Los Angeles, CA 90006
(323) 737-2424





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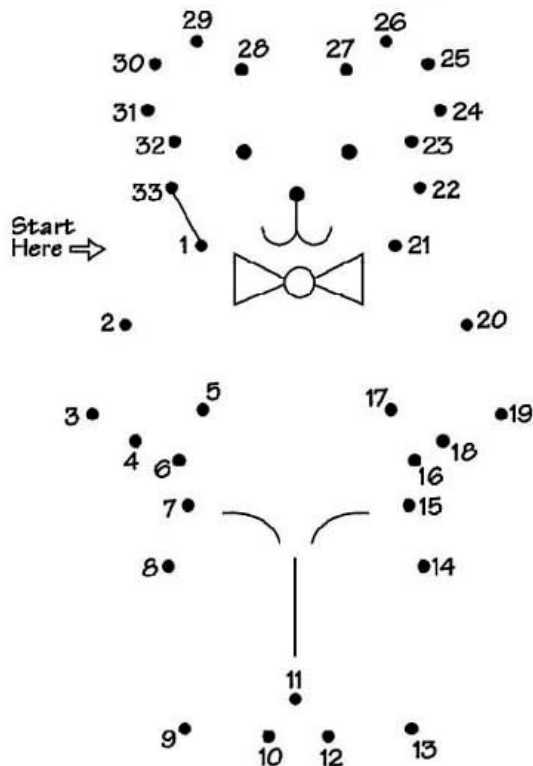
“Protecting the Legacy”

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



Connect the Dots



For previous issues of the HAAF TIME newsletter please visit our website at www.HAAFII.org