

SPECIAL HEALTHCARE EDITION!

Foundation News



VOLUME 1, NUMBER 8

NOVEMBER 2011

HTTP://WWW.EPSILONOMEGA.ORG/FOUNDATION.HTML

INSIDE THIS NOVEMBER ISSUE..

Black Women's Health Imperative	2
Health Awareness Links	3
Foundation Strategic Planning Survey	3
Pearls of Wisdom	4
Alvin Ailey American Dance Theatre Fundraiser	5
Foundation Board Officers / Directors	6

President's Message

Cheryl Frazier



A Thanksgiving Message...

The message this month is very simply about being thankful for all that we have. As we look back on this very tumultuous year, we can be very thankful that the Foundation is still here and that the members care about it so deeply. We can be thankful that we still have the funding to expand and enhance the Center and that use of the facility is spreading among the community. Finally, we can be thankful that we have each other in good time and bad. Thank you members for all that you do and I wish you a safe and healthy Thanksgiving Holiday.

As an aside...if you happen to be the one who is selected to give grace this Thanksgiving and you run short of prayers, here's one that you can use. It's simple, but very meaningful. Thanksgiving



Thanksgiving Grace

Our Father in Heaven, **We give thanks** for the pleasure of gathering together for this occasion.

We give thanks for this food prepared by loving hands.

We give thanks for life, the freedom to enjoy it all and all other blessings.

As we partake of this food, we pray for health and strength to carry on and try to live as You would have us.

This we ask in the name of **Christ Our Heavenly Father**

on this day that **WE GIVE THANKS!**



To Your Health!

Support the Chapter's Health Fair Nov. 16th



"Eating Together"

&

The Health and Family Living Committee

of

Epsilon Omega Chapter of Alpha Kappa Alpha Sorority Inc. invite you to the



Foundation members, spread the word about the Eating Together & the Health and Family Living Committee's 2011 Health Awareness Fair. This is a wonderful opportunity to obtain health screenings, learn more about certain diseases, eating healthier and living healthier overall.



2011 Health Awareness Fair

Wednesday, November 16, 2011

11:00a.m.-2:30p.m

Ivy Family Support Center

3515 Dolfield Ave., Baltimore, MD 21215

Did You Know That...

- Although African American only account for 13% of the US population, they accounted for more than 50% of HIV/AIDS cases in 2003!
- Lupus is more prevalent in African American women than any other ethnic group.
- African American women are 1.6 times more likely to be overweight and obese than Hispanics for White women.

IT'S TIME TO GET HEALTY LADIES!



Black Women's Health Imperative

Black Women Tend to Suffer Disabilities Earlier, Study Finds...

by Mary Elizabeth Dallas

FRIDAY, Sept. 30 (HealthDay News) -- Black women are likely to develop physical limitations earlier in life than others their age, according to a new study.

Researchers from Case Western University in Cleveland analyzed self-reported information on the mobility, strength and physical limitations of more than 8,700 older people included in the 1994-2006 U.S. Health and Retirement Study. The participants ranged from 53 to 75 years old.

The study found a higher rate of physical problems among black women in their 50s and 60s in the study of black, Mexican-American and white men and women. "We could not find the reason why African-American women developed limitations faster than other gender and racial/ethnic groups," said David Warner, assistant professor of sociology, in a university news release.

After their mid-60s, however, the rate at which disabilities occurred among black women began to decrease, and by age 75 the rate leveled off, the study found. For the study, recently published in *Social Science & Medicine*, the researchers also examined the participants' early life experiences, socioeconomic status, marital status and health-related behaviors to determine how these factors might affect people's disabilities.

Men of all racial and ethnic groups fared better than women, the study found. Better-educated, wealthier men, in particular, reported fewer physical health issues. Women are at greater risk for disadvantages, such as lower incomes and lack of health care in midlife, which may have lifelong effects, the researchers said. At age 75, Mexican-American women fared worst -- with nearly five disabling limitations, twice as many on average as white men -- the study found.

The study authors said future research should address the unique health experiences of older black women. Preventive efforts are also needed to eliminate racial- and gender-related functional health disparities, they said.

The U.S. National Institutes of Health funded the investigation. SOURCE: Case Western Reserve University, news release, Sept. 26, 2011

FEATURE

Health Awareness Is Half the Battle!

1 - 30

American Diabetes Month

American Diabetes Association
 1701 North Beauregard Street
 Alexandria, VA 22311
 (800) DIABETES (342-2383)
 (703) 549-1500
 (703) 549-6995 Fax
askada@diabetes.org www.diabetes.org

1 - 30

COPD Awareness Month

American Lung Association
 1301 Pennsylvania Avenue NW, Suite 800
 Washington, DC 20004
 (800) 548-8252
 (202) 452-1805 Fax
info@lungusa.org
www.lungusa.org/about-us/our-impact/top-stories/november-is-copd-awareness_1.htm
 !

1 - 30

Diabetic Eye Disease Month

Prevent Blindness America
 211 West Wacker Drive, Suite 1700
 Chicago, IL 60606
 (800) 331-2020
 (312) 363-6001
 (312) 363-6052 Fax
info@preventblindness.org
www.preventblindness.org

1 - 30

Foot Health Issues Related to Diabetes Awareness Month

American Podiatric Medical Association
 9312 Old Georgetown Road
 Bethesda, MD 20814
 (301) 581-9200
 (301) 530-2752 Fax
www.apma.org

1 - 30

Lung Cancer Awareness Month

Lung Cancer Alliance
 888 16th Street NW, Suite 150
 Washington, DC 20006
 (202) 463-2080
 (202) 463-7497 Fax
info@lungcanceralliance.org
www.lungcanceralliance.org


1 - 30

National Alzheimer's Disease Awareness Month

Alzheimer's Association
 225 North Michigan Avenue, 17th Floor
 Chicago, IL 60601-7633
 (800) 699-1246
 (312) 335-4078
 (866) 699-1246 Fax
info@alz.org www.alz.org


1 - 30

National Family Caregivers Month

National Family Caregivers Association
 10400 Connecticut Avenue, Suite 500
 Kensington, MD 20895-3944
 (800) 896-3650
 (301) 942-2302 Fax
info@thefamilycaregiver.org
www.thefamilycaregiver.org 
 Materials available
 Contact: None designated

1 - 30

National Healthy Skin Month

American Academy of Dermatology
 930 East Woodfield Road
 Schaumburg, IL 60173
 (888) 462-DERM (462-3376)
 (847) 330-0230
 (847) 330-8907 Fax
mediarelations@aad.org
www.aad.org 
 Materials available
 Contact: Allison Sit

Foundation Strategic Planning Retreat December 17, 2011

<http://www.surveymonkey.com/s/9XSR9LN>

Thank you for your participation in this very important process.

SERVE

PEARLS OF WISDOM

UNITE

GRACE

"If you read the Bible often,
You will fall in love with the Author!"

BOND

LOVE

SHARE

"Pearls Go Anywhere... GOD is Everywhere!"

PEACE

HONESTY

THANKS

GIVING

BELIEVE

LISTEN

JOY

18 October 2011
Volume 1
Erma DeBeal

Know This and That

- Take time to listen
- The greatest wealth is good health!
- Drinking 8 glasses of water daily is of great wealth to your health.

Free Books Can Be Found At:

The Book Thing of Baltimore
3001 Vineyard Lane
Baltimore, MD 21218-3941
(410) 662-5631
(weekends only)

Free Computer Lessons Can Be Found At:

Enoch Pratt Free Library
(410) 396-5430
<http://www.prattlibrary.org/locations/central>
(Contact for Branch location and time)

Knowledge is Power!

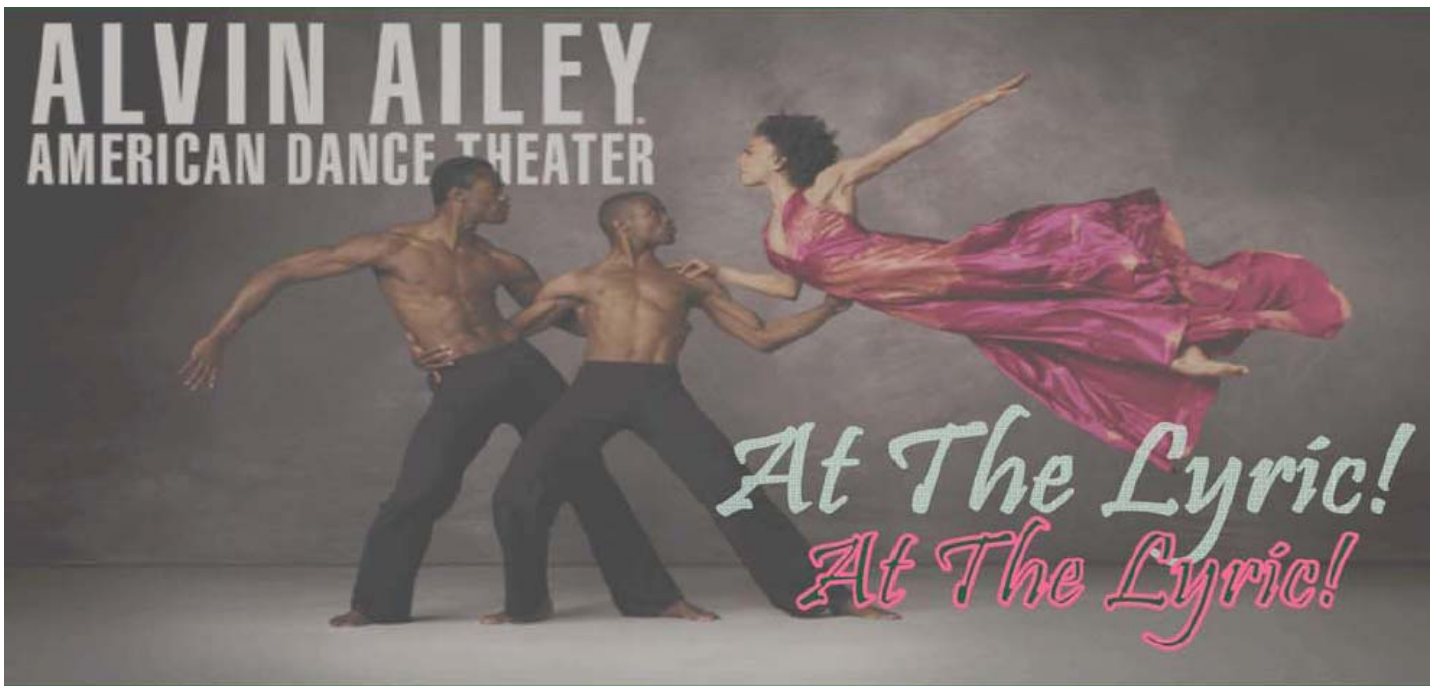
Devotion Corner

What It Means to be Generous!

Most of the people to whom Jesus of Nazareth preached were poor; a was Jesus himself. So, it stands to reason that when Jesus spoke about "giving" – as he did often and very forcefully – he was not only or even necessarily speaking about spreading one's monetary wealth. People who have no money can give no money. However, the "Fruit of the Spirit" (Gal. 5:22-3) identifies "Generosity" as one of those 7 fruits and, therefore, defines it as a gift of God - the Holy Spirit.

To be Generous, therefore, is to give as God gives to us: not of "treasure" only; but of time (be there for somebody); of talent (do something for somebody that they cannot do for themselves); as well as of treasure ("Give to him who asks you...") Generosiuty is the opposite of Selfishness.

Contributed by Ted L. Smith



**Join Us for a Special Fundraiser to Benefit the
*Epsilon Omega Foundation, Inc.***

Wednesday, May 23, 2012
5:30-9:00pm

The Patricia and Arthur Modell
Performing Arts Center at

The Lyric

140 W Mount Royal Avenue
Baltimore, Maryland 21201

Reception:
5:30-7:00pm -VIP Reception

Performance:
7:30-9:00pm

Tickets:
Orchestra \$ 75.50
Lower Balcony \$ 57.50
Upper Balcony \$ 48.50

**Tickets on sale until November 18, 2011*

*To Purchase tickets contact a member of Epsilon
Omega Foundation or Email*

Epsilonomega.foundation@gmail.com



Cheryl L. Frazier, President



3515 Dolfield Avenue
P.O. Box 67003
Baltimore, Maryland 21215
(Office) 410-367-6750 (Fax) 410-367-7646
Email: epsilonomega.foundation@gmail.com



About Epsilon Omega Foundation Inc.

Epsilon Omega Foundation, Inc. is a non-profit and tax exempt, 501 (c) (3), corporation established to acquire resources to support and promote programs and services to meet the changing needs of citizens of the Baltimore metropolitan community and beyond. The Foundation was created and incorporated in 1991.

The Foundation has been supported by contributions from members, friends and grants from public and private sources.

Foundation Mission

The mission of the Epsilon Omega Foundation, Inc. is to meet the challenges of the community through service education and cultural development.

Ivy Family Support Center Vision

The vision for the Ivy Family Support Center is to become a center of and for the community - a place where family life is supported, recreation and good health encouraged, educational opportunities provided, art and beauty treasured and where intergenerational contact is

2011 Epsilon Omega Foundation Board

Foundation Board Officers

- Cheryl L. Frazier, *President*
- Tonja L. Ringgold, *Vice President*
- Tangela D. Richardson, *Recording Secretary*
- Carol Y. Robinson, *Assistant Recording Secretary*
- Marcia C. Martin, *Corresponding Secretary*
- Esther C. Bailey, *Financial Secretary*
- Clemintine D. Carr, *Assistant Financial Secretary*
- Lisa Foust, *Treasurer*
- Sylvia L. Johnson, *Assistant Treasurer*

Foundation General Directors

- Isabella Branch Brown
- June Dennis
- Crystal Cotton-Faison
- Angela Gibson
- Shirley T. Hill
- Lois Knight-Harrison
- Verna Jackson
- Cylia Lowe
- E. Francine Stokes-McElveen, Esq.
- Karen Robertson
- Gwendolyn Statham

Foundation Webmaster & Newsletter Editor: *Tonja L. Ringgold*