

Minority Health

E V E N T S

OCTOBER - DECEMBER, 2008

A Quarterly Publication of the Alabama Department of Public Health



Improving minority health improves Alabama's health

Calendar of Events



**A Quarterly Publication of the
Alabama Department of Public
Health's Office of Minority Health**

*"We know enough already to prevent
seventy percent of the deaths we have
from cancer. We just don't apply what
we know."*

Edward E. Partridge, M.D., Director,
UAB Comprehensive Cancer Center,
Professor, Gynecologic Oncology
Source: Crossroads Cancer
Center Magazine, Volume XXIV,
Issue Number 2 –
"Shaping Solutions" article

OCTOBER EVENTS

(Breast Cancer Awareness Month)

Moundville Native American Festival

The Annual Moundville Native American Festival will be held October 1-4 at The University of Alabama's Moundville Archaeological Park, on the Black Warrior River, while preparing Alabama for November's American Indian Heritage Month. Native American performing artists, craftspeople, and musicians entertain and educate visitors each October at the Moundville Native American Festival. For more information call 205-371-2234, or visit our website at <http://moundville.ua.edu>.

Walk to Fight Diabetes

The ADA Diabetes will be forming a team to raise money for a Cure for Diabetes. To attend the Step Out in Birmingham, AL on October, 4, 2008, or for more information, call 1-888-DIABETES, or visit: www.diabetes.org/stepout.

Heart Walks – River Region and Shoals

The American Heart Association will hold Annual Heart Walks at the following two locations on these dates:

- October 4, 2008, River Region Start! Union Station Train Shed, 300 Water Street, Montgomery, AL, from 8:00 AM-1:00 PM. Contact Sophia Lewis: 334-223-1700, or by email, Sophia.Lewis@heart.org.
- October 4, 2008, Shoals Heart Walk Start! River Heritage Park, 15 Hightower Place, Florence, AL, from 8:00 AM-TBD. Contact Camille Burgin, 888-352-3824, or by email, camille.burgin@heart.org.

Breast Cancer Screening for Latinas

The Tuscaloosa DCH Cancer Center will have a screening on October 6, 2008, from 5-8 PM. The clinical exam will be provided and a voucher for a free mammogram for all Latina women who attend. Contact Vicky May: Vmay@dchsystem.com, or call 205-759-7800, for more information.

Alabama Kids Count Series Conference

VOICES for Alabama's Children will host a conference on Friday, October 10, in Birmingham, AL. For additional information contact Rhonda Mann, 334-213-2410, ext. 107, or visit www.alavoices.org.

17th Annual Susan G. Komen Birmingham Race for the Cure!

Saturday, October 11, 2008 at Linn Park in Downtown Birmingham, AL. Register now and be entered to win a limited edition 2009 Ford Mustang – see www.komennalabama.org for details, or call 205-930-8886.

Free Prostate Screening in West Alabama

The following counties will hold free Prostate Screenings from 10:00 AM to 2:00 PM on each of the following dates at these three locations:

- October 11, 2008, Wilcox County Health Department, Camden, AL / 334-682-4515

NOVEMBER EVENTS

(American Indian Heritage Month)

Free Prostate Screening in West Alabama

A free Prostate Screening from 10:00 AM-2:00 PM will be held:

- November 1, 2008, Marengo County Health Department, Linden, AL / 334-295-4205

Contact Ashvin Parikh, 334-874-2550, at Dallas County Health Department for more information.

"Look Good...Feel Better"

North Baldwin Infirmary Wellness Center and American Cancer Society will sponsor an appearance workshop for women undergoing cancer treatment on November 3, 2008 from 10:30 AM-12:30 PM. For reservations, call 251-928-8650 or 1-800-227-2345.

Health Occupations Career Fair

The Mobile Chamber of Commerce will hold a Health Occupations Career Fair on Nov. 7, at 8:00 AM-TBD. Contact Shelly Mattingly at 251-431-8655, or by email, smattingly@mobilechamber.com.

Second Annual Southern Obesity Summit

Alabama will host the Second Annual Southern Obesity Summit from Nov. 9-11, at Birmingham-Jefferson Convention Complex, 2100 Richard Arrington, Jr. Blvd N, Birmingham, AL. This is the second stop on the highway to health for fifteen of the fattest states in the nation, and anticipates attendance of approximately 400 attendees from across the south. For additional information, call: 512-279-3910, visit the website at: www.southernobesitysummit.org, or contact: events@texashealthinstitute.org.

Continuing Education Seminars & Live Online Webinars

The following cities will hold seminars on: *Diabetes - a Global Epidemic*, at these locations:

- Huntsville, AL: Mon., Nov. 10, 2008, Holiday Inn Research Park, 5903 University Dr.
- Birmingham, AL: Tue., Nov. 11, 2008, Sheraton Hotel, 2101 Richard Arrington Jr. Blvd, N
- Montgomery, AL: Wed., Nov. 12, 2008, Lexington Hotel, 1185 Eastern Blvd.

For more information, visit the website at: www.med2000.com.

Professional Grant Proposal Writing Workshop

The Grant Institute will conduct a Writing Workshop in Montgomery, AL, from Nov. 12 - 14, 8:00 AM-5:00 PM. Interested development professionals, researchers, faculty, and graduate students should register at 1-888-824-4424, or visit The Grant Institute website at: www.thegrantinstitute.com. Upon completion all participants will receive certification in professional grant writing from the Institute.

Third Annual Miss Indian Alabama Competition

On Friday November 14, 2008 the Alabama Indian Affairs Commission, will host the third Annual Miss Indian Alabama Competition at the State Capitol Auditorium, 64 N. Union Street Montgomery, Alabama. For details contact Alabama Indian Affairs Commission, 334-242-2831, 1-800-436-8261, or email to: aiac@mindspring.com.

24TH Annual Early Intervention and Preschool Conference: "Success By Six"

The United Cerebral Palsy of Alabama (UCP) will host this event on November 19 - 21, 2008, at the Renaissance Riverview Plaza Hotel, in Mobile, AL. For additional information, visit the website at: www.ucpconference.org for further details and information about exhibits, stipends and CEU's.

First Annual Nursing Update on Women's Health Issues

The First Annual "Nursing Update on Women's Issues," is being presented by the Alabama Department of Public Health Office of Women's Health Advisory Committee on Saturday, November 22, 2008 from 8:00 AM to 4:30 PM at the Richard Beard Building, 1445 Federal Drive, Montgomery, AL. For registration, visit the website, www.adph.org/owh, and click on the "Nursing Update" link, or call 334-206-3665.

American Indian History Month Celebration

American Indian History Month Celebration is being held at the Dothan Civic Center on November 22, 2008. Features include exhibits, Indian Affairs Commission participation, Pike County Indian Education Program, interactive music from Flute Music and more. Activities

include Grand Entry with full regalia and drum, introduction of participating chiefs, a special guest appearance by Miss Indian Alabama, and two competitive divisions. Call 334-794-7007 for more, or visit their website: <http://www.dothanalcvb.com>.

38TH Annual Thanksgiving POW WOW

The 38th Annual Thanksgiving POW WOW for the first People is being held from Nov. 27 - 28, 2008, at the Poarch Creek Indian Reservation, 5811 Jack Springs Road, Atmore, AL 36502, and gates open 9:00 AM daily. For additional information, contact: 251-368-9136, x 2205, or visit the website: <http://www.poarchcreekindians-nsn.gov>.

DECEMBER EVENTS

(World AIDS Day- December 1ST)

"Stop AIDS, Keep the Promise"

World AIDS Day is an international event; the Focus Program is offering assistance in planning school and community prevention activities. World AIDS Day will be observed on December 1; and this year's theme is "Stop AIDS, Keep the Promise." Contact your local HIV/AIDS agency, or visit these websites: www.thefocusprogram.com, or www.adph.org.

First Annual Southeast Regional Stroke Conference

University of Alabama Continuing Studies will hold a conference on December 5 - 6, 2008; and the continuum conference called, Stroke Systems of Care, will be presented at The University of Alabama, Bryant Conference Center, in Tuscaloosa, AL. The conference is an ideal educational opportunity to attend a wide variety of informational sessions and learn from the experts. For details about the program or to register, visit the website at: <http://stroke.ua.edu>.

Heart Walk - Mobile

The American Heart Association will hold its' Annual Mobile Heart Walk Start:

- December 14, from 1:30 PM-TBD, University of South Alabama Campus, 307 North University Blvd, Mobile, AL. Contact Patricia Finkbohner by phone, 241-461-4007, or by email, patricia.finkbohner@heart.org.

Announcements



Screening Program will Travel to Southeast Alabama Counties

Dothan's Southeast Regional Cancer Screening Program has been designated as a pilot program by Gov. Bob Riley, and has generated statewide interest and support from healthcare agencies. Traveling throughout the seven southeast counties of the state, the program will be administered through a 40-foot mobile medical vehicle that is equipped with a mammography suite, and lab and education areas. The 38 SARCOA senior citizen centers will be service sites, as well as community centers, health fairs and churches. Screening mammograms, PSA blood tests, fecal occult blood screening, BRCA I and II testing and health education programs will be conducted at all of our service sites through the medical vehicle. For details about the program, contact

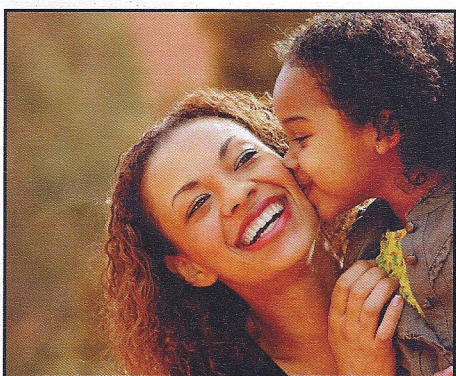
Debra Stringer, Program Administrator, at 334-793-8080, or dstringer@samc.org.

AIPHA to Recognize Person(s) for Community Work which Exceeds Average

The Community Commitment to Public Health AIPHA award recognizes health initiatives undertaken by individuals and organizations in the community that promote best health practices or improve the overall health status of individuals in a community. Make nominations for AIPHA awards and submit the nomination and three or more letters of support by Dec 15, 2008. Contact David Pettway, Awards Committee Chair, PO Box 990, Montgomery, AL 36101-0990, by email, davidpettway1@adph.state.al.us, call 334-206-5046, or to download a nomination form, or visit the website, <http://www.alphassoc.org/AwardsNominationForm.html>.

Health News & Views

THE INFORMATION CORNER



National Breast Cancer Awareness

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer. Additional changes that may also be signs of breast cancer include:

- Any new, hard lump or thickening in any part of the breast
- Change in breast size or shape
- Dimpling or puckering of the skin
- Swelling, redness or warmth that does not go away
- Pain in one spot that does not vary with your monthly cycle
- Pulling in of the nipple
- Nipple discharge that starts suddenly and appears only in one breast
- An itchy, sore or scaling area on one nipple

Visit the Alabama Breast and Cervical Cancer Early Detection Program, which provides breast and cervical cancer screenings for women who meet the eligibility guidelines, <http://www.adph.org/earlydetection/>.

Source: National Breast Cancer Awareness Month organization (NBCAM) / http://www.nbcam.org/disease_early_detection.cfm.

Indian Affairs

November is designated as American Indian Heritage month; and in Alabama, a series of events and activities will be held by the tribes and other Indian-related organizations in support of Alabama's Indian heritage. The Alabama Indian Affairs Commission is the state government agency charged with representing the Indian people living in the state, as well as the nine tribal governments.

According to the US Census of 2000 the American Indian population of the state is over 45,000. The state of Alabama is the home of nine tribes, one Federal recognized tribe, Poarch Band of Creek Indians, and the following eight are state-recognized tribes: Cher-O-Creek Intratribal Indians, Cherokee Tribe of Northeast Alabama, Echota Cherokee Tribe of Alabama, MaChis Lower Creek Indian Tribe, MOWA Band of Choctaw Indians, Piqua Shawnee Tribe, Star Clan of Muscogee Creeks, and United Cherokee Ani-Yun-Wiya Nation. Links to the various tribes in Alabama are available through Alabama Indian Affairs Commission website, www.aiac.state.al.us.