

## News & Updates

Minority Health Program| April 2023

### Crockpot Throw Down

We celebrated American Heart Month with two Crockpot "Throw down" sessions to give out healthier ideas and recipes that can be made utilizing a crockpot. Roughly 20 Crockpots were given away.



### Smoothie Sip & Paint

We enjoyed the beginning of the Spring season with two Smoothie Sip & Paint Sessions where we utilized healthy ingredients to make smoothies, talked about healthy living and destressed a little while painting.



### "Let's Talk About It"

Our next Live Broadcast of "Let's Talk About It"

### New Comm. Partners

**Wendy Richardson**  
**Family Self-Sufficiency Manager**  
[Havre de Grace Housing Authority](#)  
101 Stansbury Court  
Havre de Grace, MD 21078

**Chentell Gomez**  
[Catholic Charities Villa Maria](#)  
1301 Continental Drive  
Abingdon, MD.21009

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Please check your calendars  
and join our community partners  
as they bring Health  
and Wellness to the community.  
We are better together!

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### Youth Symposium Round 2

Registration is now **open** for our I-YOU-WE Matter Youth Symposium for our Middle to High School Young Men.

The purpose of this event is to share with our young men that they matter. How they feel and think about what is going on in their life matters. We have created a safe space to express and feel heard through engaging activities and guest speakers.

We are looking for another fantastic event outdoors! Join our special guests as we will have active and retired **NFL** and **NBA** players join us. We are teaching our youth how what they eat affects their mental health. You will be able to sample quick and



will celebrate Minority Health with Special Guest Shannon Wright:

We will also have a game of "Kahoot" for prizes! You don't want to miss this!

Shannon is the founder and CEO of Life Balance Company, LLC, a holistic nutrition and well-being a company in Maryland. She has a Master's in Divinity and organizational leadership. In addition, she is pursuing a Master's degree in Human Clinical Nutrition and Integrative Health at the Maryland University of Integrative Health and is a certified holistic nutrition consultant.



easy Healthy drinks. There will be a panel where your voice can be heard! **WonderFly** will end our day with a **Hamster Roll Obstacle Course** and **Laser Tag!**

You don't want to miss this **FREE** Event.

Where: Aberdeen Festival Park

When: May 20th

Time: 11am - 3:30pm

[Register Here!](#)



I YOU WE MATTER  
YOUTH SYMPOSIUM  
MAY 20TH, 2023 11:00AM - 3:30PM  
ABERDEEN FESTIVAL PARK



## Havre De Grace Health and Wellness Series



Dr. B.K. Edmond, the author of *Nana* and *The Bushwoman* and founder of the B. Edmond Project. A medical doctor, a husband, a father, a brother, a son, and a friend. Raised in southwest Atlanta, a product of HBCU and Ivy League higher education, constantly seeking new ways to serve.

"My daily prayer is to have a crystal clear mind to use the full scope of my knowledge to adequately care for my patients, to have a silver tongue so that I might communicate seamlessly with the care team, and to have a heart of gold such that no man may have cause to question my honorable intentions."

### THE QUILTMAKERS

Why are black mothers dying at three times the normal rate surrounding childbirth? Taken from today's headlines, Dr. B.K. Edmond's new story, "The Quiltmakers," is a must-read for future mothers and their families to become better educated on the public health crisis on black women and childbirth.

In light of the recent decision to overturn *Roe v. Wade*, we must unite in the fight to reduce maternal mortality rates among African American women.

The B. Edmond Project seeks to use the art form of storytelling to enlighten, encourage and impact the



physical, spiritual, mental, and social health of all communities.

Dr. B. K Edmund's "The Quiltmakers"

## Our Partners Up Coming Events



### NEED HELP?

Don't miss Project Connect 2023

Thursday, April 27th

9:30a.m. - 2:30p.m. (Doors close at 2pm)

The EPICENTER Community Center in Edgewood.



### EDGEWOOD FAMILY'S ANNUAL KITE DAY

Join us for a fun day field with kite flying, refreshments, games, friends & family at Cunion Field.

Saturday, April 29th

10a.m. - 2p.m.



### HEALTH AND WELLNESS DAY

Join Infusion Church for moments of inspiration and hours of healthy fun!

Havre de Grace Tydings Park

Sunday, April 30th

9 a.m. - 3 p.m.



### NSTEP "OFFICE OF PERSONNEL MANAGEMENT (OPM)

QUALIFICATION REQUIREMENTS, & CAREER FIELDS" WEBINAR

June 1<sup>st</sup>, 2023

Online at 4:30pm



### WALKING TO STOP DIABETES

Start Point: Millard Tydings Memorial Park Havre de Grace

Saturday, June 3rd

Check-In at 8a.m.

Start Time at 9a.m

RSVP by May 31st [HERE!](#)

## On-Going Events






**The Judy Center Early Learning Hub**  
At Deerfield Elementary

**The Importance of Judy Centers**  
The early years are the most important learning period in a child's life. We have only these few precious years to have the greatest influence on his or her future success, because readiness for kindergarten leads to greater success in school and higher achievement and satisfaction in life.

Judy Centers work with all prior environments children have attended before entering school, including Head Start, child care, nursery schools and children at home with a parent or relative. These environments help us to understand the child's development and engage them in appropriate activities that will better prepare them for school.

Working with children birth to age five also allows Judy Centers to identify children with developmental delays or other special needs.

**90% of a child's growth occurs by age 5**



Melissa Wood  
Judy Center Program Manager  
Melissa.wood@hays.org

Providing services to young children and their families to promote school readiness, from birth to age five.

The Judy Center Early Learning Hub is a Deerfield Elementary has partnerships that promote early learning as an important goal of preparing children to enter school, ready to learn and be successful.

These partnerships include:

- Tall Tale Kindergarten, End Day
- Pre-Kindergarten and Summer Enrichment
- Sound Success program, assessment and home activities
- Dental Screenings and Health Services
- Early Head Start and Head Start educational programs

Screenings are provided for children across following areas:

- Communication
- Gross Development
- Fine Motor Development
- Personal Social Development

Special Education and Early Intervention services are available for children with special needs.

Readiness for school includes:

- Being able to communicate with adults and children
- Having awareness of time and basic social relationships
- Having the ability to understand a story
- Having an awareness of people's roles in the family and community
- Understanding patterns, shapes, and how to join things in a structured way.

Deerfield Elementary School  
120 South Hays Street  
Bel Air, MD 21014  
410-443-4233

## THE JUDY CENTER EARLY LEARNING HUB

Providing Services to young children and their families to promote school readiness, from birth to age five.



**walk WITH a DOC**  
educate. exercise. empower.

This event is **FREE** and open to all ages and abilities, so feel free to bring family and friends!



Walking is a great low-impact exercise that increases your physical activity, boosts your mood and can inspire you to make other healthy choices.



Join Dr. Marie Kanagie-McAleese, Dr. Philip Halstead, and other healthcare providers at either — or both — locations:

• **4th Saturday of the month at 10:00 am**  
Magnolia Elementary School in Joppatowne

• **1st Sunday and 2nd Saturday of the month at 10:00 am**  
Schucks Regional Park in Bel Air

At each Walk, we'll take a few minutes to learn about a health topic, then spend the rest of the hour enjoying a healthy walk at your own pace and distance. It's a great way to get some exercise, learn about how to improve your health, and meet new friends.

**QUESTIONS?**  
Email [bklein@umm.edu](mailto:bklein@umm.edu)  
or call 443-643-4233



## WALK WITH A DOC

The 4<sup>th</sup> Saturday of the month at 10am in Joppa  
1st Sunday and 2nd Saturday of the month at 10am in Bel Air

At these walk you will learn about a current health topic from a health care provider, then spend the rest of the hour enjoying a healthy walk and fun conversation.



Our Company

Harford County Health Department | 120 South Hays Street, Bel Air, MD 21014

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