

# "A TIME TO HEAL"

Focus on the Family Series



**Public Health**  
Prevent. Promote. Protect.  
Harford County  
Health Department

## Minority Health Program Newsletter

### Recent Events

Minority Health Program | February-March 2025



### Generational Health Symposium

On January 25th, the Harford County Health Department Minority Health Program proudly participated in the Generational Health Symposium, an impactful event hosted by Dr. Roch and Joyce Herald.

Dr. Roch, a local chiropractor and author of *Dare2 Live Well: The Ultimate Guide to Building Generational Health*, brought together a distinguished panel of medical professionals to share their expertise on health and wellness, while addressing the pressing issue of health disparities—particularly in Black and Brown communities, but also on a broader scale.

The symposium's message resonated across generations and drew a diverse audience of 90 engaged participants, eager to learn and take actionable steps toward better health. The event was graciously hosted by AMES United Methodist Church in Bel Air, Maryland, under the leadership of Dr. Rev. Marlon Tilghman, a dedicated community advocate and leader.

To conclude the symposium, Dr. Roch encouraged attendees to join the **Dare 2 Live Well Challenge**, an initiative beginning on February 1st aimed at fostering a healthier lifestyle. Participants are invited to take part in this transformative journey by joining the active team.

[Click here to learn more and sign up for the challenge!](#)



Minority Health Program Monthly Event



## Let's Spill the Tea

In January, we were joined by Dr. Richard Halstead to discuss the medicinal benefits of herbal tea! We tried many kinds of herbal teas including ginger, lemon balm, hibiscus, and others!

Those who joined us in person received a journal, a mug, and packets of tea.

## HARFORD COUNTY NEWS

In honor of **Black History Month**, we want to highlight and congratulate Black women making history here in Harford County. Especially newly appointed **Councilwoman Nolanda Robert**, Harford County District A, who has made history as the first black woman to hold this office. We are looking forward to hearing her initiatives regarding health and public health in our underserved communities.



## Upcoming Events:

### January - Let's Spill the Tea

**January 7th @ 2:00pm**  
Windsor Valley  
570 Meadowood Rd.  
Edgewood, MD. 21040

**January 8th @ 2:00pm**  
Somerset Manor  
101 Stansbury Ct.  
Havre De Grace, MD. 21078

**January 9th @ 2:00pm**  
Village at Lakeview  
833 Fisherman Lane  
Edgewood, MD. 21009



Scan to Register for January

### February - The Healing Plate

**February 11th @ 2:00pm**  
Windsor Valley  
570 Meadowood Rd.  
Edgewood, MD. 21040

**February 12th @ 2:00pm**  
Somerset Manor  
101 Stansbury Ct.  
Havre De Grace, MD. 21078

**February 13th @ 2:00pm**  
Village at Lakeview  
833 Fisherman Lane  
Edgewood, MD. 21009



Scan to Register for February

### March - Smoothie Sip & Paint

**March 11th @ 2:00pm**  
Windsor Valley  
570 Meadowood Rd.  
Edgewood, MD. 21040

**March 12th @ 2:00pm**  
Somerset Manor  
101 Stansbury Ct.  
Havre De Grace, MD. 21078

**March 13th @ 2:00pm**  
Village at Lakeview  
833 Fisherman Lane  
Edgewood, MD. 21009



Scan to Register for March

### Special Guests



Phillip Halstead, MD



Catherine Brown

### Save the Date

**April**  
"Kite Day" with  
Edgewood Family  
Date and Time TBD

**May**  
I-YOU-WE Matter Youth  
Symposium for Middle  
and High School Boys  
May 17, 2025  
The Ward Y in Abingdon  
(101 Walter Ward Blvd)



### Chef Catherine Brown

@catherine.brown.50767

Functional Nutrition Counselor, Personal  
Chef, Trainer, and Sports Nutrition  
Counselor

Owner/Chef at F.I.T. Nutrition

### The Healing Plate

This month, we're excited to welcome our resident nutritionist, Chef Catherine Brown, for a special presentation of "The Healing Plate".

- Enjoy a live cooking and knife skills demonstration
- Sample delicious meals
- Take home a multi-purpose vegetable cutter
- Kahoot winners will receive special winter self-care kits

[Register for the Healing Plate Here](#)

### Smoothie Sip & Paint

Join us this March for a fun and relaxing Smoothie Sip & Paint event!

- Paint your own masterpiece
- Try nutritious smoothie flavors
- Take home a prize just for participating!



**Register for Smoothie Sip & Paint Here**



**Parent Talks**

Join us at the Village at Lakeview Apartments in Edgewood from 6-7:30 PM for a multigenerational conversation.

- Snacks will be provided
- Feel free to bring your children - there will be entertainment!

**JOIN US FOR "PARENT TALKS"**  
Community Conversations "It's Time to Heal"

**Come out and meet our team!** Harford County Health Department's Minority Health Program & the Author of "SmokeBreak: A to Z Mental Health Journal." A holistic guide to mindful breaks and mental wellness for A Time to Heal: Focus on the Family Series Presents "Parent Talks" Food, Fellowship, and Healing Special Perks Include:

- Insightful Discussions
- Community Connection
- Practical Mental Health Tips
- And Much More!

**Meeting Dates, Time & Location**  
6:30pm-8:00pm  
Village at Lakeview- 833 Fisherman Ln, Edgewood, MD 21040

- February 7th
- February 21st
- March 7th
- April 4th
- April 18th
- May 9th
- May 23rd
- June 6th

Questions? Email Felicia Hopkins at felicia.hopkins@maryland.gov or Verlene Valentine at verlenevalentine@yahoo.com

**Register Today!**

**Register for Parent Talks Here**

**Breast and Cervical Cancer Screening**

**Did you know...**

- 1 in 8 women will develop breast cancer in her lifetime
- Every two minutes, a woman in the U.S. is diagnosed with breast cancer
- Black women are significantly more likely than white women to die from breast cancer
- Black and Hispanic women have an increased risk of dying from cervical cancer

**Thursday, February 20 at 6 pm**  
**UM Upper Chesapeake Medical Center in Aberdeen**  
660 McHenry Road ground floor, community rooms A and B, Aberdeen, Maryland

Registration is required by calling **800-515-0044**.

Refreshments provided. Childcare is available; please indicate your need when registering.

**A better state of care.**

**BREAST AND CERVICAL CANCER SCREENING**

Don't miss this free screening!

Thursday, February 20th - 6:00 p.m.  
**UM Upper Chesapeake Medical Center in Aberdeen**  
660 McHenry Road  
ground floor, community rooms A and B

Call 800-515-0044 to register!

**Recommended Readings**

- **Health Literacy, Health Care Access, and Culturally Appropriate Care 2024 Reading List, US Department of Health and Human Services**
- **Homecoming: Overcoming Fear and Trauma to Reclaim Your Whole, Authentic Self By Dr. Thema Bryant**
- **Reclaim Yourself: The Homecoming Workbook By Dr. Thema Bryant**
- **Matters of the Heart: Healing Your Relationship with Yourself and Those You Love By Dr. Thema Bryant**
- **Dare 2 Live Well: The Ultimate Guide to Building Generational Health By Dr. Roch Herold**

**Our Partners Up Coming Events**

**ALZHEIMER'S ASSOCIATION**

**THE EMPOWERED CAREGIVER**

Teaching caregivers how to navigate the responsibilities of caring for someone living with dementia

**VIRTUAL**

The Alzheimer's Association is pleased to present A VIRTUAL EDUCATION SERIES, designed to provide caregivers with the vital skills needed to effectively manage the complexities of caring for individuals with dementia. Participants have the option to register for individual courses or complete the entire series. Please register prior to each program by clicking on the title or calling 800.272.3900.

**BUILDING THE FOUNDATIONS OF CAREGIVING**  
Tuesday, January 14 | 1 p.m.  
Explores the role of caregiver and the changes that may be experienced, building a support team and managing caregiver stress.

**SUPPORTING INDEPENDENCE**  
Tuesday, February 11 | 1 p.m.  
Supporting Independence provides caregivers with strategies to help individuals living with dementia engage in daily activities. The program emphasizes offering the appropriate level of support, balancing safety with the person's independence, and setting realistic expectations.

**COMMUNICATING EFFECTIVELY**  
Tuesday, March 11 | 1 p.m.  
Caregivers will learn how dementia impacts communication and provides practical tips for improving interactions. The program covers techniques for clear communication with family, friends, and healthcare professionals, helping caregivers navigate challenging conversations.

**RESPONDING TO DEMENTIA-RELATED BEHAVIORS**  
Tuesday, April 8 | 1 p.m.  
This program offers non-medical strategies for managing challenging behaviors and guidance on recognizing when additional support may be necessary. This approach equips caregivers with practical tools to better understand and respond to their loved ones, fostering a compassionate and supportive environment.

**EXPLORING CARE AND SUPPORT**  
Tuesday, May 13 | 1 p.m.  
This program covers options such as respite care, residential care, and end-of-life care, helping families make informed decisions. By understanding available resources, caregivers can better support their loved ones and prepare for the transitions ahead with confidence and compassion.

**The Empowered Caregiver**

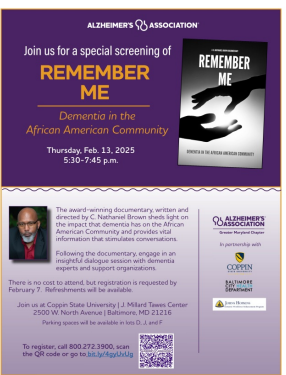
The Alzheimer's Association presents **A VIRTUAL EDUCATION SERIES** to provide caregivers with the skills needed to manage caring for individuals with dementia.

You can register for individual courses or complete the entire series.

Please register prior to each program by calling 800-272.3900.

**" Remember Me"**  
**Dementia in the African American Community**  
**Date: Thursday, February 13, 2025**





**Time:** 5:30pm - 7:45pm  
**Location:** Coppin State University | J. Millard Tawes Center  
 2500 W. North Avenue | Baltimore, MD 21216  
[Register to attend](#)



**NAACP Freedom Fund Lunch**  
 Monday February 17th, 2025  
 Havre De Grace Community Center  
 Registration 11 - 12 PM  
 Event 12 - 2 PM  
 \$60 for Adults  
 \$25 for children 12 and under



**EDGEWOOD GARDENERS**  
 Now is the time to start thinking about what you want to grow for spring and summer!  
 Be sure to keep track of when the seeds need to be started and when they will need to be transplanted outside.  
 Think about the space you have to grow with and companion plants!



**HOUSING FAIR**  
 Harford County Housing Fair & First-time Homebuyers Workshop  
 Saturday March 22nd, 2025  
 9 am - 1:30 pm  
 The EPICENTER at Edgewood  
[Register Here!](#)

**On-Going Events**

**The Judy Center Early Learning Hub**  
 At Decided 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 results in 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 helps to age free also allow 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@dec.edu

**THE JUDY CENTER EARLY LEARNING HUB**

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

**TONE YOUR BODY**

**CARDIO VIXENS**

**JOIN US FOR "FRIYAAAAY POWER HOUR"**

**WHAT TO EXPECT**

- EXPLOSIVE MOVEMENTS
- BODY WEIGHT TONING
- STRESS FREE ZONE
- DANCE PARTY

FRIDAYS 6-7PM  
 \$7 CASH OR CASHAPP

CardioVixens

**DEANNA'S WORKOUT WORLD**  
 3709 Pulaski Hwy, Suite 1, Abingdon, MD 21009

**MIXXEDFIT**

**FRIYAAAAY POWER HOUR**

Fridays 6-7PM  
 \$7 CASH or CASH APP  
 At this fun event, you will participate in fun cardio - which is good for your heart health!

**Contact us!**

**Felicia Grant Hopkins - 443-252-7692**

**Faith Murray-Eng 443-862-9477**





Try email marketing for free today!