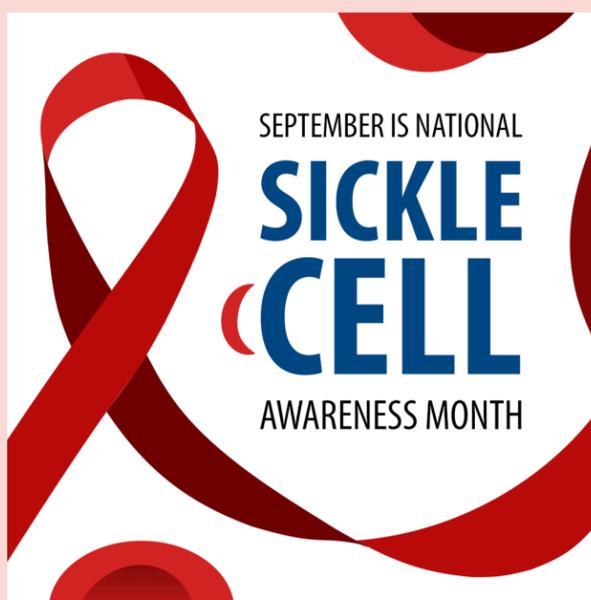




MINORITY HEALTH PROGRAM NEWSLETTER



Sickle Cell Awareness — September Spotlight

Harford County Health Department — Minority Health Program

September is Sickle Cell Awareness Month, a necessary time to raise knowledge about sickle cell disease (SCD) and sickle cell trait (SCT), how they affect our community, and what steps we can take to support neighbors and families living with these conditions.

What is Sickle Cell

SCD is an inherited blood disorder that causes red blood cells to become rigid and shaped like sickles. Those who inherit one sickle gene and one normal gene have sickle cell trait (SCT) — usually without the full disease but with some health implications. SCD commonly causes chronic pain, anemia, infections, and problems across organs, including the kidneys, lungs, and brain.

What this means for Harford County

Harford County does not currently have comprehensive, county-level published counts of people living with SCD in the same way statewide estimates exist. Local health reports and hospital partners (including regional efforts involving Upper Chesapeake/UMMS and local sickle cell community groups) document that residents in our county are affected, including people whose illness has contributed to kidney disease and other serious health complications. This community experience underscores the need for local awareness, early screening, and coordinated care even when precise local prevalence numbers are limited.

[Healthy Harford](#) [Harford County Health](#)

Practical Steps & Local Actions

- Know your status. Encourage family members of African, Caribbean, Hispanic, Mediterranean, Middle Eastern, or South Asian descent to ask about hemoglobin testing (SCT/SCD). Trait testing is simple and can guide family planning and health monitoring. [CDC](#)
- Screen for kidney risk. People with SCD — and some with SCT — should have regular urine tests for protein and kidney function checks; early referral to nephrology is essential. [NCBI](#)
- Educate clinicians & schools. Share best-practice care protocols (ED pain management, hydration, vaccination, and transition-of-care planning) with local clinics, hospitals, and school nurses to improve outcomes. [Maryland.gov Enterprise Agency Template](#) [Healthy Harford](#)
- Support local families. Connect affected residents with state programs (Maryland's Sickle Cell Follow-Up Program) and local support organizations for practical help, counseling, and resources. [Maryland.gov Enterprise Agency Template](#) [apscainc.org](#)

How the Harford County Minority Health Program will help this September

- Host awareness posts and fact-sheets (easy-to-share graphics on trait vs. disease).

- Partner with local clinics for community screening events and kidney-risk education.
- Compile and share a local resources list (specialists, support groups, state programs) so residents can find care quickly.

Get to Know Sickle Cell Disease

Sickle Cell Trait: Heres what you need to know




Black women have a
38% higher breast cancer mortality rate
than white women.



Harford County Resources:

Don't Forget

Breast and Cervical Cancer Screening Program

You may be eligible at no cost to you



The program provides:
Mammograms • Clinical breast exams • Pap tests

You may be eligible to receive mammograms, breast exams, Pap and HPV tests at no cost if you:

- Are 40 years or older, you may qualify for mammograms and breast exams
- Are 21 years or older, you may qualify for Pap and HPV tests
- Have limited income
- Have no health insurance or insurance that does not fully pay for cancer screenings
- Have health insurance, but have not been able to be screened or get follow-up testing/care

CANCER Screenings SAVE LIVES

Breast exams, mammograms and Pap tests help detect breast and cervical problems early, when they are most treatable.

**FOR MORE INFORMATION
Call 443-643-3767**




A better state of care.

071024

- **Black Women and Breast Cancer: Why Disparities Exist and How to End Them**
- **Bianca Owens: The Missing Link to Black Women's Reproductive Health**

RECENT EVENTS

Celebrating Our Wonderful Community of Neighbors: The Gift of Time



The Minority Health Program partnered with NSTEP to host HealthCare Horizons on June 25, 2025, at the Towson Tune Center

In today's busy world, time is one of the most valuable treasures we can share. That's why we are so grateful for each of you who choose to spend your time with us at our monthly community events.

Your presence means more than filling a seat; it represents a commitment to your health, your neighbors, and to building a stronger, healthier community. Each gathering is an opportunity to learn, connect, and grow together. Whether it's sharing a conversation, trying a new activity, or simply showing up, your time is a gift that makes a lasting difference.

Taking time for your health is essential. It allows you to live fully, give generously, and inspire others. By attending, you demonstrate that self-care and community care are interdependent.

We also extend a heartfelt thank you to our incredible community partners, **The Havre de Grace Housing Authority, The Village at Lakeview, and Windsor Valley.** Your time, support, and commitment to better health and stronger community connections are genuinely appreciated.

We celebrate you, our wonderful neighbors, and we thank you for choosing to share your most precious gift—your time—with us. Together, we are building not just healthier lives, but a healthier, more connected community.



SYMPOSIUM APPRECIATION BRUNCH

On June 28th, 2025, those who volunteered at our 2025 boys' youth symposium were invited to join us in an appreciation brunch at Barrett's on the Pike in Bel Air. We want to thank these volunteers again for their time and support in putting on such a great event, we could not have done it without you!

Harford County Health Department Minority Health Program's Summer Series:

Let's Get Moving

This July, we were joined by Cardio Vixen's Desiree Chapman and Patience Davis to present a free MixxedFit class at the Oplulant Ladies Business Association and First Harford Square. In August, we were joined by Erin Subramanin, a certified yoga instructor, to present a chair yoga class designed to make yoga easy for all ages and fitness levels.

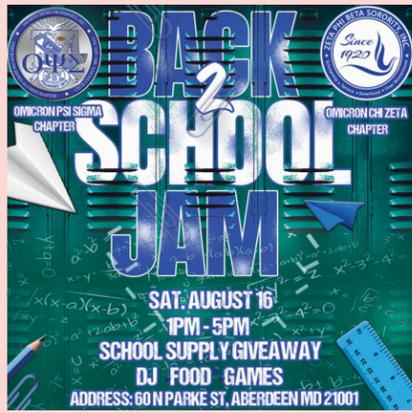
Here are some 'At the Desk Moves' to help you get moving wherever you are!



Havre De Grace Housing Authority

Summer Resource Fair

The Minority Health Program partnered with the Havre De Grace Housing Authority's Summer Resource Fair on Tuesday, August 5th, 2025. We shared information and resources about diabetes and Alzheimer's disease in minority communities and invited community members to our upcoming events.



Back2School Jam: Sponsored by the Omicron Psi Sigma and Chi Zeta Chapters:

The Minority Health Program attended one of many Back-to-School giveaways in the county on August 16th. Very well attended and a beautiful gathering of families.

UPCOMING EVENTS:

Harford County Minority Health

UPCOMING EVENTS

*Check Out Our
Upcoming Events
for Fall 2025!*

**September Routine and Structure
2025**

Back to School
Join us as we create a routine establishing a sense of relaxation and improving your selfcare. We will discuss healthy sleep as a new season begins.

<p>September 16th 5:30pm - 6:30pm Changing Turn Community Health Center 500 State Hwy Suite 210 Edgewood, MD 21040</p>	<p>September 17th 5:30pm - 6:30pm First Harford Square 1493 Harford Square Dr. Edgewood, MD 21040</p>
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**October Embracing Change
2025**

Reflect on personal growth: Just as leaves change color, consider how you've grown and evolved over the past year. Join us as we set new goals for the upcoming year weather it is personal or professional.

<p>October 21st 5:30pm - 6:30pm Changing Turn Community Health Center 500 State Hwy Suite 210 Edgewood, MD 21040</p>	<p>October 22nd 5:30pm - 6:30pm First Harford Square 1493 Harford Square Dr. Edgewood, MD 21040</p>
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LEARN MORE
Visit www.harfordcountyhealth.com
Register here →

[REGISTER FOR OUR FALL EVENTS HERE](#)



**I-YOU-WE MATTER
YOUTH SYMPOSIUM 2025**
NOVEMBER 21ST, 2025 (TIME TBD)
THE WARD Y IN ABINGDON



[REGISTER YOUR
STUDENT HERE](#)

Registration opens October
1st!

RECOMMENDED READINGS:

- Joy Harden Bradford: *Sisterhood Heals*
- Black Health Now Newsletter
- 30-Day-Jumpstart Checklist

- [Clinical-trails.pdf](#)
- [Understanding Your Medicare Options Before 65-pdf](#)

OUR PARTNERS UPCOMING EVENTS:



One Maryland One Book Kick-Off Event

Thursday September 4th
6:00 - 7:00 pm
Online (Zoom)

Author Carole Boston Weatherford and illustrator Jeffery Boston Weatherford will engage in a transdisciplinary conversation about the background, approach, and inspirations for their book, "Kin: Rooted in Hope."

[Register to attend](#)

Want to keep the conversation going? HCPL is hosting book discussions of "Kin: Rooted in Hope" throughout the fall. - [Find dates and details](#)

This event is made possible in part by the Institute of Museum and Library Services and is presented in conjunction with the 2025 National Book Festival by the Library of Congress. Maryland's "Great Read" selection for the festival is "Kin: Rooted in Hope."

#HCPLmd #ILoveLibraries #OMOB #OMOB2025
#OneMarylandOneBook



NSTEP Presents: Ravens CAW-To-Action Garden Event

Date: September 15, 2025
Time: 8:00 am - 12:00 pm
Location: 1980 Trimble Road
Edgewood, MD. 21040

Join other Baltimore Ravens fans as we volunteer across Maryland! In partnership with the "Get in the Dirt" Youth Gardening program.

[Register to attend](#)

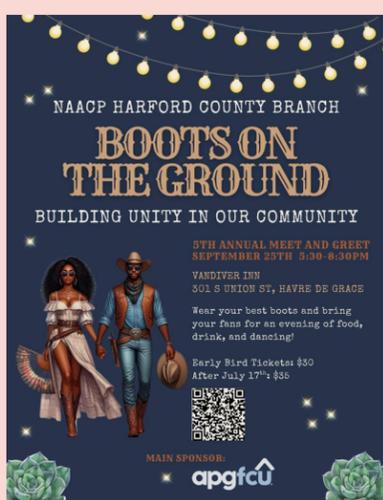


MT ZION BAPTIST CHURCH

2025 Women's Conference

Date: Friday September 19th and Saturday
September 20th
Time: 5:30 PM (Friday)
8:00 AM (Saturday)
Location: Mt Zion Baptist Church 200 Old Post Rd
(Hanover St, Aberdeen, MD 21001)

[Register to attend](#)



NAACP Harford County Branch Boots on the Ground Building Unity in Our Community

5th Annual Meet and Greet

Date: September 25th
Time: 5:30 pm-8:30 pm
Location: Vandiver Inn, St. Havre De Grace, MD.
21078

[Register to attend](#)



2025 Walk to End Alzheimer's

Date: Saturday October 4th, 2025

Time: 9:00 am

Location: Ripken Stadium 873 Lond Dr, Aberdeen MD. 21001

[Learn More and Register](#)



NSTEP Presents: Financial Reality Fair

Join NSTEP for a simulation of an adult's financial life. This event provides teens with an interactive experience.

Date: October 11, 2025

Time: 10:00 am - 2:00 pm

Location: SABHM Post 55 115 North Bond Street Bel Air, MD. 210144

[Register to attend](#)

ON-GOING PROGRAMS

Office of Lead & Asthma Prevention

WHO WE ARE
Healthy Homes for Healthy Kids is a Maryland Department of Health Program between Medicaid, the Environmental Health Bureau, the Department of Housing and Community Development (DHCD), and the Harford County Health Department.

SERVICES

- A home visiting program with a nurse and/or community health worker to educate about maintaining a healthy home - free of irritants and allergy-causing agents.
- Provide information, educational materials, and tools to maintain a healthy home based on the Principles of a Healthy Home: Dry, Well - Ventilated, Safe, Contaminant Free, and Clean.
- Work closely with you and your child's doctor to reduce symptoms and improve your child's health.
- Help parents reduce the environmental threats that can be harmful to their children.

QUALIFICATIONS

- Are a Harford County resident under the age of 19
- Enrolled in/eligible for Medicaid
- Have a blood lead level of 3.5 mcg/dL and above
- Have a diagnosis of moderate to severe asthma

Call 410-942-7999 today to learn more about lead & asthma programs that can help you.

[HCHD Lead & Asthma Prevention](#)

The HCHD Office of Lead & Asthma Prevention provides home visits and education to make homes healthier for children.

[Learn more here!](#)



[Changing Turn Community Healthcare Services](#)

Changing Turn is a licensed community mental health organization providing an array of services aimed at the management, rehabilitation, and well being of children, adolescents, adults, and their families.

[Learn more here!](#)

HIGHLIGHTS
HARFORD COUNTY DEPARTMENT OF COMMUNITY SERVICES
SENIOR ACTIVITY CENTERS
providing a variety of educational and recreational programs, services and activities dedicated to promoting active, healthy lifestyles.

BENEFITS AND FUN ACTIVITIES OFFERED AT THE CENTERS:

- Join any center at age 55+
- Low cost transportation.* Contact Harford Transit at 410-612-1620 or visit www.harfordtransit.org for more information.
- Daily lunch at most centers (citizens over age 60 pay a voluntary donation; under age 60, pay a nominal fee)
- Build new and lasting friendships
- Meet others with the same interests
- FREE health screenings/seminars
- Support groups for medical conditions such as Diabetes and Parkinson's
- Fitness/workout rooms at some locations
- Annual billiards tournament
- Bingo, card games, movies, music and cultural presentations
- Volunteer opportunities and much more
- Low-cost tuition for 10-week courses on a wide variety of fun and educational topics

SENIOR ACTIVITY CENTERS

Open Monday - Friday
8:30 a.m. to 3:30 p.m.

Edgewood Senior Activity Center
1000 Gateway Rd, Edgewood
410-612-1622

Have de Grace Activity Center
351 Lewis Lane, Have de Grace
410-939-6121

McFaul Activity Center
525 West MacPhail Road, Bel Air
410-638-4040

Veronica "Ron" Chenoweth Activity Center
1707 Fallston Road, Fallston
410-638-3200

CLASSES AND ACTIVITIES

- Art Classes
- Balance Classes
- Basic Fitness Classes (seated)
- Basket Weaving
- Billiards
- Book Discussion
- Card Games
- Cardio Classes
- Computer Classes
- Crafts
- Current Events Discussion
- Group Fitness Activities, (such as basketball, table tennis, pickleball, boogie ball)
- Knitting/Crocheting
- Line Dancing
- Memoir Writing
- Qigong
- Quilting
- Stained Glass
- Tai Chi
- Toning Classes
- Trivia
- Wildfowl Carving
- Yoga
- Zumba Gold
- And More!

Not all centers offer all classes. Please check each center's current catalog for locations, current catalog for locations, classes, fees and times.

* for those age 60 and over, available at most locations

[Harford County Office on Aging: Senior Activity Centers](#)

Senior centers in Edgewood, Have De Grace, Bel Air, and Fallston provide a variety of educational and recreational programs, services, and activities dedicated to promoting active, healthy lifestyles!

[Learn more here!](#)



[Walk with a Doc](#)

Walk with a Doc the first Sunday of every month starting October 3rd at 10am at Schucks Regional Park, 301 Schucks Rd, Bel Air MD. 21014

[Learn more here!](#)

Contact us!

Felicia Grant Hopkins - 443-252-7692

Faith Murray-Eng 443-862-9477



Harford County Health Department

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

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