



Minority Health Program Newsletter

Recent Events

Minority Health Program | April - May 2025

The Healing Plate with Chef Catherine Brown

The Minority Health Program brought out our resident nutritionist, Chef Catherine Brown, to teach our communities about the importance of nutrition and healthy eating. Participants sampled 2 of her recipes (a butternut squash soup and salmon with vegetables). Everyone was given a multipurpose vegetable slicer to take home and add more fruits and vegetables to their diet!



Smoothie Sip & Paint

Those who came to our Smoothie Sip and Paint event in March learned about the vitamins and minerals found in smoothie ingredients, painted masterpieces, and tried our smoothie recipes! We gave each participant a hand blender to take home and make their own smoothies!



HEALTHY Smoothie Recipes

INGREDIENTS

<p>VITAMIN C IMMUNITY SMOOTHIE</p> <ul style="list-style-type: none"> 2 oranges peeled 2 bananas peeled 1 cup frozen mango chunks 1 teaspoon ginger 1 Tablespoon lemon juice 1 Tablespoon honey 1 cup Almond Milk 	<p>ISLAND GREEN SMOOTHIE</p> <ul style="list-style-type: none"> 1 cup frozen pineapple chunks 1 banana peeled 1 cup frozen mango chunks 1 cup orange juice 4 cups baby spinach 1 tsp vanilla extract
<p>GLOWING BERRY SMOOTHIE</p> <ul style="list-style-type: none"> 3 cups mixed frozen berries - (or fresh) 1/2 small beet - (or 1/2 cup chunks) 2 bananas peeled 1 cup kale leaves - (remove stems) 2 teaspoons ginger 2 cups coconut water - (or orange juice) 1 cup ice cubes 	<p>DIRECTIONS</p> <ol style="list-style-type: none"> 1. Peel and cut ingredients as needed 2. Place all ingredients in a blender and blend until smooth. Sip, Enjoy & Fuel your body! <p>TIPS!</p> <ul style="list-style-type: none"> • Wash all fresh fruit and vegetables • Add less ice if frozen fruit is used • Fresh Ginger should be chopped • Mixed Berries can be strawberries, blueberries, or raspberries • Bananas should be ripe (Yellow with few brown spots)

Public Health
Harford County Health Department



PERIOD DESERTS

The Minority Health Program partnered with Aberdeen Middle to provide its Community Eagle's Lounge with 25 packs of pads. Students are able to access the lounge's resources for free whenever they need them. The lounge also provides clothing, toiletries, and a food pantry to students in need. This is a part of our initiative to eliminate 'period deserts' or areas with limited access to menstrual hygiene knowledge and supplies.

[Learn more about period poverty here!](#)

Upcoming Events:



I YOU WE MATTER YOUTH SYMPOSIUM

17 | May 2025
11:00am - 4:30pm

Lead, Learn, and Lift: Investing in Yourself and Your Future.

Join the Harford County Health Department Minority Health Program for our 4th annual I YOU WE MATTER Youth Symposium for middle and high school young men. This year, we are proud to partner with The Ward Y in Abingdon, bringing impactful discussions, mentorship, and resources to our youth. Participants can expect:

- Food
- Games & prizes
- A "three-on-three" basketball tournament
- An all-star panel of community leaders and mentors to discuss future goals and mental health

**THE FIRST 100 TO REGISTER WILL
RECEIVE A T-SHIRT AND A SWAG BAG!**



Located at: The Ward Y in Abingdon
101 Walter Ward Blvd, Abingdon, MD 21009



SCAN TO REGISTER!

& for more information

Register TO PARTICIPATE IN the I YOU WE MATTER Youth Symposium Here

Register to Volunteer at the I YOU WE MATTER Youth Symposium Here

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

Register Today!

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



[Register for Parent Talks Here](#)



NATIONAL MINORITY HEALTH MONTH

April: National Minority Health month

- National Minority Health month (NMHM) originated with Booker T. Washington's 1915 establishment of "Negro Health Week."
- In 2002, National Minority Health Month was established by Congress to promote awareness of health disparities affecting minority populations and promote preventative health and health education in effected communities.

[Read more here!](#)

MAY IS

MENTAL HEALTH
Awareness
MONTH



May: National Mental Health Awareness month

- **National Alliance on Mental Illness (NAMI) : Mental Health Awareness Month Campaign**
- **Mental Health America (MHA): Mental Health Awareness Month Guide**

Recommended Readings

- 5 Simple Ways to Improve your Gut Health
- 3-time Olympian Shares Colon Cancer Journey to Help Spread Awareness, Prevention
- The Lost Book of Herbal Remedies by Claude Davis
- Practicing Mindfulness by Matthew Sockolov

Our Partners Upcoming Events

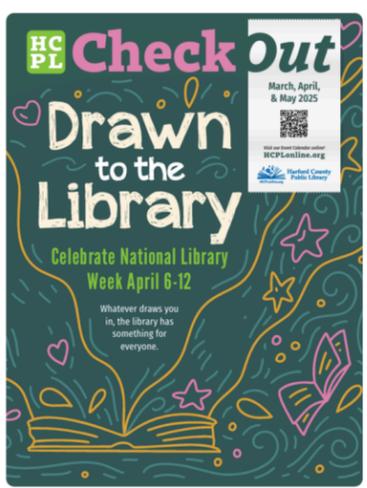


Women's Voices in American Poetry

The Havre de Grace Arts Collective Presents A National Poetry Month Event: "There May Be a Reason Why: Women's Voices in American Poetry"

Saturday April 5th at 7PM

Buy your ticket here!



National Library Week

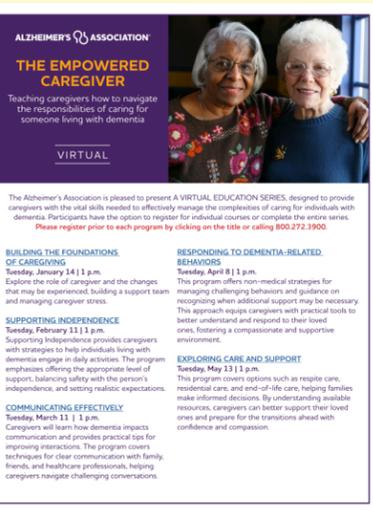
Harford County Public Libraries

Sunday April 6th - Saturday April 12th

Time: Varies

Location: Varies

Check out HCPL's ongoing events for April and May Here!



The Empowered Caregiver

Wednesday April 8th at 1 PM

Tuesday, May 13th at 1 PM

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

Please register prior to each program by calling 800-272-3900.

On-Going Programs

HELPING PEOPLE. CHANGING LIVES.

HCAA PROGRAMS

Getting connected with resources to help you navigate the financial barriers to success

OUR SERVICES...

Contact Information

- Food Pantry**
Kim Neely
410-432-9859 ext. 2202
kneely@hcaadca.org
- Food Advocacy**
Courtney Holey
410-432-9859 ext. 2220
choley@hcaadca.org
- SNAP Hotline**
410-432-9859
www.harfordhca.org
SNAP@harfordhca.org
- Energy Assistance**
The Zimmerman
410-432-9859 ext. 2206
tzimmer@hcaadca.org
- Supportive Services**
Liz Zimmerman
410-432-9859 ext. 2202
lzimmer@hcaadca.org

Food Pantry / Food Advocacy

The Food Pantry is an emergency and/or supplemental food source that is available once every 30 days to eligible clients in need of nourishment. Families receive enough wholesome fresh / canned fruits, vegetable, meats, milk products, and/or breads and pastries based on household size.

SNAP Application Assistance

The Supplemental Nutrition Assistance Program (SNAP) is the program formerly known as food stamps. It is a federal nutrition program that helps you stretch your food budget and buy healthy food. HCAA can now assist those who need help applying for SNAP benefits.

Energy Assistance

The Maryland Energy Assistance Program (MEAP) provides financial assistance with home heating bills. Payments are made directly to the fuel supplier and energy company on the customer's behalf.

Supportive Services

HCAA, specifically the SSP Department became the centralized intake provider in Harford County for homeless services screenings effective 08/01/2014. As the Coordinated Entry point for Harford County, HCAA provides screenings for individuals and families with children that may be experiencing housing insecurities and are in need of a referral to emergency shelter or assistance with other housing stabilization services.

The Rapid Re-Housing (RRH) Program within SSP connects families and individuals experiencing homelessness to permanent housing through a person-centered approach of case management aimed to transition each household out of homelessness as quickly as possible.

Need help after hours? Dial 2-1-1 or dial 410-685-0525 if you can't get through.

1321 Woodbridge Station Way, Edgewood MD 21040
410-612-9909
www.harfordhca.org

Harford County Health Department
Cancer Prevention Program

This program offers NO COST:

Colonoscopies • Low-dose CT's (lung)

Cancer Screening Saves Lives

- 30-50% of all cancer cases are preventable
- Cancer screening can either prevent cancer, or catch it at an earlier, more treatable stage

You may be eligible for a colorectal or lung screening at no cost if you:

- Are a current Maryland resident
- Have a limited income
- Are 45 - 75 years (Colorectal screening)
- Are 50 - 80 years (Lung screening)
- Are uninsured or underinsured
- Need help with copays and deductibles for Colonoscopies
- Lung screening only - Have at least a 30 pack year smoking history

For additional information -
410-942-7930
www.harfordcountyhealth.com

Funded by the MD Cigarette Restitution Fund

FOOD/ENERGY/HOUSING ASSISTANCE

Harford Community Action Agency

LOW COST COLONOSCOPY

HCHD Cancer Prevention

[Contact HCAA Here!](#)

[Interested? Click Here!](#)

Contact us!

Felicia Grant Hopkins - 443-252-7692

Faith Murray-Eng 443-862-9477



Harford County Health Department

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