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Literacy Is A Family Affair

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Cwah Virtual Walk 2020



Staying Connected While Social Distancing

Community Women Against Hardship



Literacy A Family Affair >>>

Dr. Betty Porter Walls, a native of St. Louis, is a veteran educator, literacy expert, child advocate. More than five years ago, she created the 'Literacy is a Family Affair' community service project for the Community Women Against Hardship (CWAH) agency. Betty attended St. Louis Public Schools, received her undergraduate degree from Harris Teachers College, now Harris-Stowe State University, her masters degree from Webster University, and a doctorate from the University of Missouri – Columbia. She has served education in various capacities including classroom teacher, administrator at the local school and districtwide levels, and as an undergraduate and graduate level university professor. Recently retired, Betty continues to serve as an educational and literacy consultant and community volunteer.



Betty Walls became involved with CWAH more than 5 years ago. She created the 'Literacy is a Family Affair' to serve as the organization's community service project providing literacy related services to St. Louis residents served by CWAH. CWAH, graciously provided refreshments, water, punch and much loved pizza, for these 'Literacy is a Family Affair' evenings. These evenings were enjoyed by all. We look forward to reestablishing this program soon.





African Americans are at higher risk for several disorders: Type 2 Diabetes, Hypertension, High Cholesterol, Obesity, CAD (Heart Disease), CVA (Stroke), Lung diseases, several cancers, and now death from COVID-19 has been added to the list. Everyone is asking why the African American community is at such high risk for health inequity.

Well the answer is multifactorial. Factors include differences in access to care, cost of care, social segregation/clustering, lifestyle, exposures, stressors, heredity, and many others.

Simply put we are a vulnerable community on many fronts:

Now we can argue, we should all have access to affordable care: We must demand this from our political governance and health care systems. After this we must hold governance and healthcare facilities accountable for the dollars directed toward our community for our protection and benefit. That is a topic we will not discuss further at this time.

Now addressing the other fronts:

We cannot change and should not want to change our genetic make-up: That then means, we must understand and respect our genetics. Our genetics make us uniquely who we are. This gives us our brown eyes and curly hair. With genetics, there are some conditions we might be at increased risk for. Genetics we cannot change.

There are however several aspects of our health risks and wellbeing that we can impact. Such as maintaining a healthy body weight, exercising, avoiding excess alcohol, tobacco, getting adequate sleep, seeking, and utilizing stress reduction techniques and getting scheduled health care.

The US Department of Health and human services has reported 76.1 % of AA 20 y/o and older are overweight or obese:

Factors we can impact to reduce risk of disease:

1. Consider Diet: Culturally many of our daily recipes are created from foods that are high in fat and lower in nutritional value: Managing cost of living frequently involves buying foods of lower cost. With the lowering of cost there can be loss of nutritional quality. Frequently resulting in increased fat, sugar, and salt in our diet which then increases our cholesterol, weight, BP, and sugar: As weight increases from poor food choices our internal body fat increases. Body fat is highly active, with hormones and cell products that are destructive to organs and vascular tissue. This then increases risk for diabetes, Heart disease, Kidney disease and Stroke.
2. Consider Exercise: In previous generations our ancestor's frequently were laborers and often worked very hard, long hours: Their muscles and organs under high stress and activity were forced to utilize available nutrients of any source: Therefore despite the traditionally high fat, high salt diet our ancestors were leaner than we are today. It is recommended that for good health we should get 150 minutes of exercise daily. Decreasing body fat decreases risk of several of the conditions listed above. Diabetes, HTN, CAD, Stroke, lung diseases, several cancer and likely death from COVID.
3. Consider Sleep: There are too many references to site, supporting sleep as a crucial factor in optimal mental and physical health: Poor sleep increases stress hormones which then promotes increasing insulin resistance, promoting high Blood sugar and worsening metabolism. This then promotes increased weight, contributing to a downward spiral in health. It is recommended that Adults get at least 7-8 hours sleep per night, children 10- 12 hours based on age.
4. Consider Avoidance of offensive behaviors: Smoking, drinking and drug use have been frequent escapes from life stressors. Our community surely has an unfair share of stress. Most everyone has now become aware of the detriment of smoking or excessive alcohol: Alcohol in excess can cause liver, pancreatic and heart injury in addition the high calories contribute to unwanted weight gain. Alcohol should be limited to no more than 1-2 drinks daily.
5. Consider Stress reduction: Positive methods of stress reduction include getting adequate sleep, exercise, meditation/prayer, biofeedback, social support, and networking: Stress is real and very impactful to overall health. Stress directly signals the release of stress hormones. These hormones are necessary for fight flight instincts and are necessary for survival during stress. As noted above these hormones however have detrimental effect if they are released continuously:
6. Social understanding: Being Proud of our heritage does not mean embracing any inherited predispositions for disorders and disease processes. Knowing health history is important in directing your attentions at risk reduction and early detection and treatments. Thus, a proactive attention to your health. Despite being leaner our ancestors may have still suffered premature illness and death compared to other ethnic groups. This leading us back to considering other contributors such as access to affordable care and late recognition of illness leading to complications and potentially early death.

A. Getting information allows you to:

1. Know when to schedule and get routine exams
2. Know what to expect from your health care provider
3. Be empowered to ask your important questions
4. Understand the Risk reduction steps (Optimizing your health)
5. Understand Risks and Benefits of a recommended care plan
6. Put the plan in motion
7. Get positive outcomes
8. Live Life to the fullest
9. Pass it down
10. Grow a proud healthy nation of African American people

Promote and protecting a healthy Village Understanding COVID-19: Coronavirus 19:

This is a novel (newly discovered) virus discovered in 2019, found to be cause serious respiratory illness: leading to severe atypical pneumonia and multiple organ injuries potentially leading to death

Centers for Disease Control has been following and Reports these facts about COVID-19:

- Anyone can have mild to severe symptoms.
- **Older adults and people who have severe underlying medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Reducing your Risk for COVID-19

Know how it is spread: Primarily person to person through respiratory droplets (cough, sneeze, speech spatter etc.)

Wash your hand frequently: 20 sec wash cycles

Avoid close contact (social distancing – 6 ft or more separation)

Wear face covering when in public spaces

Cover your cough or sneeze

Clean and disinfect surfaces often

Monitor your symptoms (Stay home if you are sick, Check temperatures daily if you think you have been exposed. Seek attention is symptom suggest COVID, consider testing if you are concerned about exposures)

We must understand there are many people who might be carriers of COVID-19 and they do not know they are carriers. They have no active symptoms. This means they can spread COVID-19 and not be aware of it.

We must therefore all protect each other. :



CWAH volunteer stacks shelves with donations from the community.



CWAH clients receive much needed food, toiletries, and household supplies for their families during pandemic.



Pictured below, Gloria Taylor and Dr. Christy Richardson mask up to meet the needs of our clients, with donations from TheArchway (MO) Chapter of The Links.



How do you get tested for COVID-19

[COVID-19 Public Testing Locations - stlouis-mo.gov](https://www.stlouis-mo.gov/.../data/test-locations.cfm)

<https://www.stlouis-mo.gov/.../data/test-locations.cfm>

12 rows · Must call for an appointment prior to **testing**. A photo ID, such as driver's license or state ID card, is required for **testing**. BJC HealthCare 4353 **Clayton Ave** 314-747-3000 OPEN Must be pre-screened prior to **testing** CareSTL Health 2425 N. Whittier St 314-367-5820 OPEN Mon and Tues 9am-12pm. Must call for an appointment prior to testing CareSTL Health

NAME	ADDRESS	PHONE	ACCESS
Affinia Health Care	1717 Biddle St	314-833-2777	OPEN
Affinia Health Care	6763 Page Ave	314-833-2777	OPEN
Affinia Health Care	8960 Jennings Station Road	314-833-2777	OPEN
Affinia Health Care	4414 North Florissant Ave	314-833-2777	OPEN



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2020 C.W.A.H
VIRTUAL WALK



JUNE 20TH 2020

FUNDRAISING GOAL:

\$ 20,000

Deadline for
Donations
June 30, 2020

Donate Today @

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