



Lenore T. Coleman, Pharm.D., C.D.E., F.A.S.H.P. Bowie, Maryland

To heal a village, it takes foresight, determination and lofty aspirations – traits that Dr. Lenore T. Coleman is proud to have built her career upon. As a health activist and educator, this clinical pharmacist combines her entrepreneurial drive with her community compassion to teach people how to prevent and heal sickness, one village at a time.

Owner of four health-based organizations and co-author of a diabetes awareness book, Coleman realized early in her career that she preferred a hands-on approach to pharmacy, rather than the more structured hospital and retail methods. “I wanted to have the opportunity to work with people on a long-term basis and provide counsel on how to use drugs,” she said. “This way, I could examine behavioral changes and lifestyle, such as what people eat, their exercise patterns, stress and high-risk behaviors. For people whom you see regularly, you can address these issues.”

As a hospital pharmacist, community pharmacist, long-term care pharmacist, VA pharmacist and lastly a clinical science specialist at Bayer Pharmaceuticals, she has spent her entire career focused on diabetes, cardiovascular disease and medication compliance. In 2001, Coleman decided to branch out on her own.

Today she co-owns Total Diabetes Care and Medical Supplies, an ADA-certified education center. She also is the owner of Total Lifestyle Change, a nonprofit organization that arranges nationwide outreach and education for the medically underserved; Healing Our Village, a program that uses broadcast media as an innovative health education delivery system; and www.blackandbrownsugar.com, which provides diabetes education. Her book, also titled *Healing Our Village* and co-authored with Dr. James R. Gavin, president of Morehouse School of Medicine, focuses on strategies to effectively manage type 2 diabetes, with a focus on prevention and wellness.

Coleman believes that garnering awareness on disease prevention is the key to a healthier society. She said that many people who are uninsured put their health on the back burner and only seek care when they are motivated or sick. To help educate the public about prevention and wellness, Coleman actively goes out into the community and offers total health screenings. “Every town I go to, I detect so much disease,” she said. “We want to reach out to people who may be okay today, but may be at risk because of family history or other factors.”

Tragedy in Coleman’s personal life has reinforced the importance of early disease detection and prevention. At age 38, her husband died of colon cancer when she was four months’ pregnant. He was not even aware of his ailment at the time of his death, and his passing left Coleman to raise their two young children on her own.

Coleman draws from her personal experiences to keep motivated. She is currently planning to write books on prostate cancer, HIV/AIDS and nutrition; and she hopes to expand her Healing Our Village program on a national level. “It takes all of us to heal the village,” she said. “Everyone needs to wake up each day and think about how they can keep themselves and their kids healthy.”



ONE GOAL: *To Counsel*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>2000: James Perkins Jr. sworn in as Selma, Alabama’s, first African American mayor.</p>	<p>3</p> <p>Rosh Hashanah Begins (sundown)</p> <p>1956: Nat “King” Cole becomes first black performer to host his own TV show.</p>	<p>4</p> <p>1864: First black daily newspaper, <i>The New Orleans Tribune</i>, founded.</p>	<p>5</p> <p>1872: Booker T. Washington enters Hampton Institute, Virginia.</p>	<p>6</p> <p>1917: Political activist Fannie Lou Hamer born.</p>	<p>7</p> <p>1934: Playwright-poet Amiri Baraka (LeRoi Jones) born.</p> <p>1993: Toni Morrison becomes the first African American to win the Nobel Prize in literature.</p>	<p>1</p> <p>1996: Lt. Gen. Joe Ballard becomes first black to head the Army Corps of Engineers.</p>
<p>9</p> <p>1888: O.B. Clare patents trestle.</p> <p>2001: Dr. Ruth Simmons, first African American leader of an Ivy League institution, elected 18th president of Brown University.</p>	<p>10</p> <p>Columbus Day Observed</p> <p>1899: Isaac R. Johnson patents bicycle frame.</p>	<p>11</p> <p>1887: Granville T. Woods patents telephone system and apparatus.</p> <p>1887: Alexander Miles patents elevator.</p>	<p>12</p> <p>Yom Kippur Begins (sundown)</p> <p>1904: Physician and scholar W. Montague Cobb born.</p>	<p>13</p> <p>1579: Martin de Porres, first black saint in the Roman Catholic church, born.</p> <p>1876: Meharry Medical College founded, established as the Meharry Medical Department of Central Tennessee College.</p>	<p>14</p> <p>1964: At age 35, Rev. Dr. Martin Luther King Jr. becomes youngest man to win Nobel Peace Prize.</p>	<p>8</p> <p>1941: Rev. Jesse Jackson, political activist and civil rights leader, born.</p>
<p>16</p> <p>National Pharmacy Week</p> <p>1984: Bishop Desmond Tutu wins Nobel Peace Prize.</p> <p>1995: The Million Man March for “A Day of Atonement” takes place in Washington, D.C.</p>	<p>17</p> <p>1888: Capital Savings Bank of Washington, D.C., first bank for blacks, organized.</p>	<p>18</p> <p>1948: Playwright Ntozake Shange, author of <i>For Colored Girls Who Have Considered Suicide When The Rainbow Is Enuf</i>, born.</p>	<p>19</p> <p>1943: Paul Robeson opens in <i>Othello</i> at the Shubert Theater in New York City.</p>	<p>20</p> <p>1898: The first black-owned insurance company, North Carolina Mutual Life Insurance Co., founded.</p>	<p>21</p> <p>1917: Trumpeter Dizzy Gillespie, pioneer of bebop, born.</p>	<p>15</p> <p>1991: Clarence Thomas confirmed as an associate justice of U.S. Supreme Court.</p>
<p>23</p> <p>1947: NAACP petitions United Nations on racial conditions in the U.S.</p>	<p>24</p> <p>United Nations Day</p> <p>1980: Judge Patrick Higginbotham finds Republic National guilty in discrimination case.</p>	<p>25</p> <p>1992: Toronto Blue Jays manager Cito Gaston becomes first African American to manage a team to a World Series title.</p>	<p>26</p> <p>1911: Mahalia Jackson, gospel singer, born.</p>	<p>27</p> <p>1891: D.B. Downing, inventor, is awarded a patent for the street letter box.</p> <p>1954: Benjamin O. Davis Jr. becomes first black general in U.S. Air Force.</p>	<p>28</p> <p>1981: Edward M. McIntyre elected first African American mayor of Augusta, Georgia.</p> <p>1998: President Bill Clinton declares HIV/AIDS a health crisis in racial minority communities.</p>	<p>22</p> <p>1953: Clarence S. Green becomes first black certified in neurological surgery.</p>
<p>30</p> <p>Daylight Saving Time Ends</p> <p>1979: Richard Arrington elected first African American mayor of Birmingham, Alabama.</p>	<p>31</p> <p>Halloween</p> <p>1896: Actress, singer Ethel Waters born.</p> <p>1899: William F. Burr patents switching device for railways.</p>					<p>29</p> <p>1949: Alonzo G. Moron becomes first black president of Hampton Institute, Virginia.</p>

October 2005

AFRICAN AMERICAN HISTORY CALENDAR
www.aetna.com/diversity/aahcalendar/2005/index.html

