

November 2008

African American History Calendar
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American Diabetes Month



In the Church

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“We try to motivate people to apply their knowledge by tying it into their faith. God has given us the knowledge to stay healthy. We have to stay fit for the Master’s work.”

— Ella Garner Jackson

When a church community joins together to make a difference, the results can be powerful. When that community focuses its efforts on diabetes health, the results can be life changing. Just ask the members of the New Horizon Church International (NHCI) in Jackson, Mississippi — a state that ranks among the highest in the nation for the prevalence of diabetes.

“NHCI takes a holistic approach to health through our Health and Wellness Ministry,” says Ella Garner Jackson. She has been leader of the ministry since 1997. “The ministry keeps health in the front of people’s minds in our community. It helps our members change their lives by improving their health literacy. It gives them information they may never have received otherwise.”

The ministry’s success comes from applying culturally sensitive health programs, such as the American Diabetes Association’s (ADA) Project POWER workshops. This is a faith-based program that uses scripture to teach about diabetes and its complications. The workshops help people gain power over diabetes.

ADA provides NHCI with all the materials and support it needs to run these workshops. All materials are written on a sixth-grade level. They explain the link between diabetes, exercise and diet. They also use culturally competent information to help prevent, manage and control diabetes. For example, the program helps church members understand the ABCs of diabetes (knowing their A1C, Blood Pressure and Cholesterol numbers). The goal is to help them avoid and/or delay complications such as heart disease, blindness, nerve damage and kidney failure.

Since becoming more focused on diabetes health, NHCI has seen a decrease in its members’ personal risk factors. There is more participation in health care events, and more church members are getting routine recommended screenings and finding medical facilities.

“All of our efforts have been really well received,” says NHCI’s Bishop Ronnie Crudup, Sr. “I think our church is known in the community as a really healthy church — on all levels. We are truly learning to live in health in every aspect of our lives.”

In addition to the ADA partnership, NHCI hosts regular health screenings for blood pressure, prostate cancer, cholesterol, glucose levels and more. It runs educational programs on topics such as diabetes, heart disease,

obesity and women’s health. Each year the church holds a large “family fun and fitness” health fair, with activities for the whole family.

“We try to motivate people to apply their knowledge by tying it into their faith. God has given us the knowledge to stay healthy. We have to stay fit for the Master’s work,” says Jackson.

Jackson believes that health is a natural focus for a church community. “Both faith and health are extremely important to me,” she says. “I believe Our Father has called upon us to be good stewards of our bodies. We have a responsibility to take care of ourselves and others.”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Fact Number 11

Low health literacy is associated with poor blood sugar control and higher instances of complications in patients with type 2 diabetes, the most common form of the disease.

<p>2 Daylight Saving Time Ends 1954: Charles C. Diggs elected Michigan’s first black congressman. 1983: President Ronald Reagan designates Martin Luther King Jr. Day a national holiday.</p>	<p>3 1981: Thirman L. Milner elected mayor of Hartford, Connecticut, becoming first African American mayor in New England.</p>	<p>4 Election Day 1879: Thomas Elkins patents refrigeration apparatus. 1992: Carol Moseley Braun becomes first African American woman elected to the U.S. Senate.</p>	<p>5 1968: Shirley Chisholm of Brooklyn, New York, becomes first black woman elected to Congress.</p>	<p>6 1900: James Weldon Johnson and J. Rosamond Johnson compose “Lift Every Voice and Sing.”</p>	<p>7 1989: L. Douglas Wilder elected governor of Virginia, becoming nation’s first African American governor since Reconstruction.</p>	<p>8 1938: Crystal Bird Fauset elected state representative in Pennsylvania, becoming first black woman to serve in a state legislature.</p>
<p>9 1731: Mathematician, urban planner and inventor Benjamin Banneker born. 2006: Ed Bradley, pioneering journalist, dies.</p>	<p>10 1983: Wilson Goode elected Philadelphia’s first African American mayor. 2006: Benny Andrews, painter and teacher whose work drew on memories of his childhood in the segregated South, dies.</p>	<p>11 Veterans’ Day 1989: Civil Rights Memorial dedicated in Montgomery, Alabama.</p>	<p>12 1941: Mary Cardwell Dawson and Madame Lillian Evanti establish the National Negro Opera Company.</p>	<p>13 1940: The U.S. Supreme Court rules in <i>Hansberry vs. Lee</i> that blacks cannot be barred from white neighborhoods.</p>	<p>14 1915: Booker T. Washington, educator and writer, dies.</p>	<p>15 1881: Payton Johnson patents swinging chair.</p>
<p>16 1981: Pam Johnson named publisher of the <i>Ithaca Journal</i> in New York, becoming first African American woman to head a daily newspaper.</p>	<p>17 1980: Howard University airs WHHM, first African American-operated public radio station.</p>	<p>18 1797: Sojourner Truth, abolitionist and Civil War nurse, born.</p>	<p>19 1953: Roy Campanella named Most Valuable Player in National Baseball League for the second time.</p>	<p>20 1865: Howard Seminary (later Howard University) founded in Washington, D.C. 1923: Garrett A. Morgan patents traffic light signal.</p>	<p>21 1893: Granville T. Woods patents electric railway conduit.</p>	<p>22 1930: Elijah Muhammed establishes the Nation of Islam.</p>
<p>23 1897: A.J. Beard patents the Jenny Coupler, used to connect railroad cars.</p>	<p>24 1868: Pianist Scott Joplin, the “Father of Ragtime,” born.</p>	<p>25 1955: The Interstate Commerce Commission bans segregation in interstate travel.</p>	<p>26 1883: Sojourner Truth, abolitionist and Civil War nurse, dies. 1970: Charles Gordon becomes first African American playwright to receive the Pulitzer Prize (for <i>No Place to Be Somebody</i>).</p>	<p>27 Thanksgiving Day 1990: Charles Johnson awarded National Book Award for fiction for <i>Middle Passage</i>.</p>	<p>28 1960: Richard Wright, novelist and author of <i>Native Son</i>, dies. 1961: Ernie Davis becomes first black to win the Heisman Trophy.</p>	<p>29 1908: Supreme Court Justice Thurgood Marshall born. 1908: Adam Clayton Powell Jr., politician and civil rights activist, born.</p>
<p>30 1912: Gordon Parks, writer, filmmaker and photographer, born.</p>						