Faith Community Outreach

Joyce Woodson, M.S. R.D.
woodson@unce.unr.edu

Jacqueline Black, B.S.
blackj@unce.unr.edu

Mellicent Braxon-Callow, M.S.
braxon-callowm@unce.unr.edu

Ann Ball
bolla@unce.unr.edu

Antoinette Stanton
stantone@unce.unr.edu

Rosena Woodard
woodardr@unce.unr.edu

Rosario Lopez
lopeaz@unce.unr.edu

Tomasa Morales
moralt@unce.unr.edu

Area Specialist Health and Nutrition
Health Education through the Faith Community
“Food for Health and Soul” and “Cocinando Delicious y Saludable”
Program Officer

Community Based Instructor

Community Based Instructor

Community Based Instructor

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The Pulse of the Community

Addressing the health of all persons through wholeness of mind, body and spirit

Spring 2009

New Health Committee Joins

Health Education Through the Faith Community

River of Life Word Ministry joined the health committees of Grace Immanuel Baptist Church, Holy Trinity A.M.E. Church and Unity Baptist Church as part of the University of Nevada Cooperative Extension’s Health Education Through the Faith Community program. These committees address the health needs of their congregation and community. River of Life Word Ministry completed their formal instruction in June 2008.

The health committees came together on November 1, 2008 to not only welcome River of Life Word Ministry health committee into the collaboration, but also to have the opportunity to network and receive health education on tobacco related health problems.

These committees are rapidly planning health activities for the new year. In February, these committees promoted awareness and education of heart disease as the #1 killer of women through a “Wear Red Sunday”. Educational materials were distributed to educate women and encourage them to take action.

For the spring of 2009, these committees have taken on the task of increasing awareness and education about tobacco and health related illnesses.

Left to right: Doc Knewitz, Joanne Smith, Sullivan Causey, Sr., Pastor, Denise Edwards, Shawnique van Alen, Roxie Brown

Members of the health committees of Grace Immanuel Baptist Church, Holy Trinity A.M.E. Church, River of Life Word Ministry and Unity Baptist Church listen to a presentation on tobacco related health problems and target marketing from Maria Azzarelli, Tobacco Control Program Coordinator for the Southern Nevada Health District.
The colon is part of the large intestine, six feet long and connects to the rectum. Most colon cancers begin as a polyp inside the colon, and if the polyp is not removed, it can turn into cancer. If detected early, a polyp can be removed with a screening colonoscopy.

**Risk Factors**

- **Age** – it most commonly occurs in men and women over 50.
- **Family history** – if a close family member had colon cancer you are at greater risk.
- **Race** – African Americans have the highest number of cases and death from this disease.
- **Bowel disease** – a history of ulcerative colitis and Crohn’s disease can increase your risk of colorectal cancer.
- **Diabetes** – people with diabetes have a 30% increased risk of developing colorectal cancer.

**Lifestyle Factors and Prevention**

The good news is that you have control over some of your risk factor.

**Nutrition.** The typical “American” diet – fast foods, red meats, white bread, and sweets – are proven to increase your risk of developing this cancer. Why? These foods don’t have much fiber and don’t pass through the digestive system very quickly. The good news is that fruits, vegetables, whole grains and high fiber foods reduce the risk of colon cancer and other diseases such as heart disease and stroke. Exercise. Obesity increases your chances of developing many types of cancers. Even small amounts of activity help decrease obesity. If you don’t have time for a gym membership, walking four or more days per week for at least 30 minutes will improve your health.

Don’t smoke. Smoking is not only responsible for almost all lung cancer, but smokers also have a 30-40% greater risk of dying from colorectal cancer.

**Exercise.** Obesity increases your chances of developing many types of cancers. Even small amounts of activity help decrease obesity. If you don’t have time for a gym membership, walking four or more days per week for at least 30 minutes will improve your health.

Don’t smoke. Smoking is not only responsible for almost all lung cancer, but smokers also have a 30-40% greater risk of dying from colorectal cancer.

**Screening**

- **Colonoscopy**, starting at age 50 for men and women. For this procedure, you will be put under anesthesia and won’t feel a thing. Nevada’s residents, especially African Americans, about colon and rectal (colorectal) cancer. Black Americans have a higher rate of colorectal cancer deaths than whites. Why?

- **Access to preventive care services such as health insurance or a regular doctor.**
- **2.Black men and women are eligible for their screenings starting at age 50.**

According to the American Cancer Society, colon cancer is the second-leading cause of cancer death in all U.S. citizens. More than 148,700 Americans will be diagnosed with colon cancer this year and 49,960 men and women will die due to it. The tragic thing about colorectal cancer is that it is screenable. In fact, 90% of deaths can be prevented with early detection.

- **The colon is part of the large intestine, six feet long and connects to the rectum. Most colon cancers begin as a polyp inside the colon, and if the polyp is not removed, it can turn into cancer.**

Pastor Emanuel Wasson III
Holy Trinity A.M.E. Church

The health program has proven an asset to our church members. It has made our members more aware of hypertension, diabetes, and other diseases. It has made the members more focused on their health and the importance of regular doctor visits. Many parishioners have changed to focus more on personal follow up and lifestyle changing activities such as physical activity and eating differently. There is an increased awareness about what can be done to have a quality life. It is so important that churches address health. Since churches give members life saving information and many people trust the church it is natural that this physical, mental and emotional life saving information is given through churches. Churches can assist to break the barrier of silence and not to be ashamed to show that while saved, Christians are not perfect in health.

I have observed a real change in the lifestyle of people involved first in “The Healthy Hearts Project” and the continuation of this program through the “Health Education Through the Faith Community” program. My parishioners are taking their health more seriously, getting themselves into shape and changing their habits to become healthier. Our congregation has learned so much about obesity, high blood pressure, heart disease and other illnesses; and how changes in lifestyle can affect the severity of illness.

Personally, a change has taken place in my lifestyle from the pantry to the refrigerator. I am person more aware of what I need to do as it relates to my health.

Health should continuously be addressed by the church. We have chosen to do this through an ongoing health committee.

**Unity Baptist Church Nurses’ Board**

The nurses’ board is given the mission to develop a proactive health care relationship with its members and the community at large. For the past three years we have focused our effort on developing a strong partnership first with “The Healthy Hearts Project” and then with “Health Education Through the Faith Community.” Both of these programs have enlightened and provided our members with information and training in the following areas:

- **CPR training**
- **Nutrition/Calorie counting**
- **Diabetes and Heart Disease**
- **Hepatitis**
- **Food for Health and Soul**

It is of great importance that we continue to work together in bringing awareness to the many health issues we are faced with as a church family. Spiritually, we are sustained by the Word of God. Physically, we are sustained by those who provide worthwhile information, improving the quality of life for our church members and the community at large.

**Lessons from the Past**

3. The tragic thing about colorectal cancer is that it is screenable. In fact, 90% of deaths can be prevented with early detection.

4. The colon is part of the large intestine, six feet long and connects to the rectum. Most colon cancers begin as a polyp inside the colon, and if the polyp is not removed, it can turn into cancer.

5. Did you know that breast cancer isn’t the only form of cancer that can be detected early? Many different cancer screenings can save your life.

6. The health program has proven an asset to our church members. It has made our members more aware of hypertension, diabetes, and other diseases.

7. Many parishioners have changed to focus more on personal follow up and lifestyle changing activities such as physical activity and eating differently. There is an increased awareness about what can be done to have a quality life. It is so important that churches address health. Since churches give members life saving information and many people trust the church it is natural that this physical, mental and emotional life saving information is given through churches. Churches can assist to break the barrier of silence and not to be ashamed to show that while saved, Christians are not perfect in health.

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9. Personally, a change has taken place in my lifestyle from the pantry to the refrigerator. I am person more aware of what I need to do as it relates to my health.

10. Health should continuously be addressed by the church. We have chosen to do this through an ongoing health committee.

**Nevada Cancer Institute**

(NVCI) is the state-designated cancer institute for Nevada. Call for presentations on cancer prevention, smoking cessation, patient navigation, treatment or clinical. NVCI is located at One Breakthrough Way, Las Vegas, Nevada, 89135.

(702) 822 - L I F E
www.nevadacancerinstitute.org

Submitted by:
By Jenny Quade,
Community Educator,
Nevada Cancer Institute
Lung cancer, the most common cause of cancer-related death in men and the second most common in women (after breast cancer), is responsible for 1.3 million deaths worldwide annually. The most common symptoms are shortness of breath, coughing (including coughing up blood) and weight loss.

Lung cancer results from changes in the tissue lining the bronchi of the lungs. As more tissue becomes damaged, eventually a cancer develops. The most common cause of lung cancer is long-term exposure to tobacco smoke. The occurrence of lung cancer in nonsmokers, (15% of cases), is often attributed to a combination of genetic factors, radon gas, asbestos and air pollution, including secondhand smoke.

Smoking, particularly of cigarettes, is by far the main contributor to lung cancer. Across the industrialized world, almost 90% of lung cancer deaths are caused by smoking. In the United States, smoking is estimated to account for 87% of lung cancer cases (90% in men and 85% in women).

Cigarette smoke contains over 60 known carcinogens. Additionally, nicotine appears to depress the immune response to cancer growths in exposed tissue.

The length of time a person smokes (as well as rate of smoking) increases the person's chance of developing lung cancer. If a person stops smoking, this chance steadily decreases as damage to the lungs is repaired and contaminant particles are gradually removed. In addition, there is evidence that lung cancer in never-smokers has a better prognosis than in smokers, and that patients who smoke at the time of diagnosis have shorter survival times than those who have quit.

Passive smoking (secondhand smoke)—the inhalation of smoke from another's smoking—is a cause of lung cancer in nonsmokers. A passive smoker can be classified as someone living or working with a smoker, as well. Recent investigation of smoke that comes from the burning edge of a cigarette, cigar or pipe suggests that it is more dangerous than direct smoke inhalation.

Prevention is the most effective means of fighting lung cancer. Screening programs for lung cancer have not demonstrated any clear benefit. The Nevada Cancer Institute’s A Smoke Free Life is an option to help you quit smoking. This intensive, six-week tobacco education and cessation program uses a group model and individual counseling to educate and assist you in quitting smoking.

A Smoke Free Life is designed to provide the basic fundamentals of quitting smoking and can be used as an individual teaching tool or to complement existing community programs. The sessions include small intimate groups with class sizes no larger than 20 and participants are taught by a Certified Tobacco Treatment Specialist. A Smoke Free Life classes are held at the Nevada Cancer Institute located at One Breakthrough Way and are free of charge. Classes can also be scheduled in various locations throughout the Las Vegas valley.

Services include:
- In person group sessions
- Both Spanish and English programs
- Educational and informational courses

For more information on Nevada Cancer Institute’s A Smoke Free Life or to sign up for the class, contact Erin West at (702) 822-5480.

Submitted by:
Erin West, MPH, CTTS | Special Projects Coordinator
Nevada Cancer Institute Outreach and Education

Churches Go Red in February
To Support Awareness of Heart Disease in Women

Unity Baptist Church
Under the Leadership of Pastor Raymond (not pictured) and First Lady Linda Giddens

Holy Trinity
African Methodist Episcopal Church
under the leadership of Pastor Emanuel and Assistant Pastor Juanita

River of Life Word Ministries
under the leadership of Pastor Sullivan Causey and First Lady Elizabeth Causey
You might be surprised to learn that smoking costs you much more than just the amount of money it takes to purchase a pack of cigarettes. At about $5 a pack and rising quickly, smoking just a pack a day for an entire year will cost you about $1,800. Can you imagine all of the things you could buy instead for $1,800? Smoking uses up money in other ways too. By some estimates, a pack-a-day smoker could spend about $10,000 a year due to smoking!

How else do smokers spend money?

Smokers pay higher rates for health, life and dental insurance because they get sick more often and may die younger. They also have many more dental and oral problems than non-smokers.

1. Smokers may also pay more for car and homeowner's insurance because they are at greater risk of car crashes and home fires.
2. Smokers actually earn less money on average than non-smokers. Smokers miss more days at work and have less money to save or invest, which could add up to a million dollars or more over a lifetime!
3. Smokers have to spend more on cleaning and replacement of their belongings. Smoke and cigarette burns damage clothes, rugs, carpets, furniture, car seats, bedding all kinds of things! It costs money to clean, repair or replace these things. Smoking also costs time. Smokers spend on average 5-7 minutes smoking a cigarette. You could spend another minute out your smokes, finding your lighter and going someplace where you can smoke.

A pack-a-day smoker can easily spend a couple of hours on smoking every day! It can cut down on the time you have for working or spending quality time with your family and friends.

Nicotine dependence is a bi-psycho-social disease and is the most common substance use disorder in the United States. Approximately 60-80% of the 4.4 million current smokers in the U.S. meet the classic criteria for drug dependence, e.g., they continue to use tobacco despite negative health or social consequences.

Nicotine has a dependence potential at least equal to that of other drugs such as heroin and cocaine. The highly addictive nature of nicotine can be clearly seen when considering the number of people who continue to use tobacco products despite their desire to quit. Nicotine enters the blood-brain barrier and activates specific receptors causing feelings of pleasure and disrupting normal functions of the brain. Tobacco users' develop tolerance as a result of these changes and must continue to dose throughout the day to maintain normal brain function. When the level drops, the tobacco user will experience the uncomfortable symptoms of withdrawal.

Nicotine dependence can be viewed as a chronic relapsing disease and as the primary condition requiring treatment, with health related diseases as a consequence of nicotine dependence. Although nicotine may produce addiction, it is the thousands of other chemicals in tobacco that are responsible for its many adverse health effects. Research demonstrates that pharmacological, behavioral and/or psychosocial treatments significantly reduce the many health consequences associated with long-term use of tobacco.

Quitting tobacco use is not a matter of having the will, but having the way. 
How Much Are You Paying to Smoke

You might be surprised to learn that smoking costs you much more than just the amount of money it takes to purchase a pack of cigarettes. At about $5 a pack and rising quickly, smoking just a pack a day for an entire year will cost you about $1,800. Can you imagine all of the things you could buy instead for $1,800? Smoking uses up money in other ways too. By some estimates, a pack-a-day smoker could spend about $10,000 a year due to smoking!

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1. Smokers may also pay more for car and homeowner’s insurance because they have a greater risk of car crashes and home fires.
2. Smokers actually earn less money on average than non-smokers. Smokers miss more days at work and have less money to save or invest, which could add up to a million dollars or more over a lifetime! Smokers lose more value on their possessions than non-smokers, because of the smell of smoke in their homes and cars.
3. Smokers have to spend more on cleaning and replacement of their belongings. Smoke and cigarette burns damage clothes, rugs, carpets, furniture, car seats, bedding all kinds of things! It costs money to clean, repair or replace these things. Smoking also costs time. Smokers spend on average 5-7 minutes smoking a cigarette. You could spend another minute or two getting out your smokes, finding your lighter and going somewhere where you can smoking quality time with your family and friends.

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Nicotine has a dependence potential at least equal to that of other drugs such as heroin and cocaine. The highly addictive nature of nicotine can be clearly seen when considering the number of people who continue to use tobacco products despite their desire to quit. Ninety percent of smokers would like to quit, but without treatment, fewer than 10% who try are successful.

Nicotine enters the bloodstream through the lungs when tobacco is smoked, or is absorbed through the mucous membranes of the mouth or nose when sniffed or chewed. Once in the bloodstream, nicotine crosses the blood – brain barrier and activates specific receptors causing feelings of pleasure and disrupting normal functions of the brain. Tobacco users develop tolerance as a result of these changes and must continue to dose throughout the day to maintain normal brain function. When the level drops, the tobacco user will experience the uncomfortable symptoms of withdrawal.

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Quitting tobacco use is not a matter of having the will, but having the way.

The Nevada Tobacco Users’ Helpline (Helpline) at 1-800-QUIT NOW / 1-800-784-8889 is a free resource for Nevada residents 18 years or older.

The Helpline is staffed weekdays from 10 a.m. to 9 p.m. and Saturdays 10 a.m. to 2 p.m.

The Helpline, founded by Elizabeth Filides Ed.D, has served over 27,021 Nevada residents since 1997. The Helpline operates under the Department of Psychiatry at the University of Nevada School of Medicine and is funded by grant dollars from the Fund for a Healthy Nevada and the Centers for Disease Control and Prevention.

Submitted by:
Elizabeth Filides Ed.D
Clinical Assistant Professor
Salome Kapella-Mahigeni, MPA, MPH
Project Manager
Marta A.T. Wilson, MS, MFT, CPC, LADC, NCC
Clinical Director

Food for Health and Soul Update

The “Food for Health and Soul” program recently received the SNAP-ED Grant (formerly the Food Stamp Nutrition Education Grant) to expand the program and reach the Latino/Hispanic population. Four part-time Community Based Instructors will be trained to present the curriculum in the community. The “Cocinando Delicioso Y Saludable” (Cooking Delicious and Healthy) curriculum is an adaptation of the “Food for Health and Soul” curriculum. Two bilingual instructors will present “Cocinando Delicioso Y Saludable” in recreation and community centers. Food for Health and Soul will continue to be presented in churches, recreation and community centers. If you want to attend our classes and learn methods to modify family-favorite meals by reducing salt/ sodium, sugar, fat and increasing fiber for better health, please contact Millicent, at 257-5508. Make this “New Year” part of your “New You” by attending “Food for Health and Soul” or “Cocinando Delicioso Y Saludable”!

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Submitted by:
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Nevada Cancer Institute Outreach and Education

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Holy Trinity
African Methodist Episcopal Church
under the leadership of
Pastor Emanuel and Assistant Pastor Juanita

River of Life Word Ministries
under the leadership of
Pastor Sullivan Causey and First Lady Elizabeth Causey
The faith communities of Holy Trinity AME Church, River of Life Word Ministries and Unity Baptist Church are dedicated to addressing the health needs, not only of their congregation, but also the community. The pastors of these faith communities recognize that health is a wholeness of the mind, body and spirit and therefore important to their congregation and community.

Pastor Sullivan Causey, Sr.
River of Life Word Ministries

Pastor Raymond Giddeons
Unity Baptist Church

Pastor Emanuel Wasson III
Holy Trinity A.M.E. Church

I have observed a real change in the lifestyle of people involved first in “The Healthy Hearts Project” and the continuation of this project through the “Health Education Through the Faith Community” program. My parishioners are taking their health more seriously, getting themselves into shape and changing their habits to become healthier. Our congregation has learned so much about obesity, high blood pressure, heart disease and other illnesses; and how changes in lifestyle can affect the severity of illness. Personally, a change has taken place in my lifestyle from the pantry to the refrigerator. I am personally more aware of what I need to do as it relates to my health.

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The health program has proven an asset to our church members. It has made our members more aware of hypertension, diabetes, and other diseases. It has made the members more focused on their health and the importance of regular doctor visits. Many parishioners have changed to focus more on personal follow up and lifestyle changing activities such as physical activity and eating differently. There is an increased awareness about what can be done to have a quality life. It is so important that churches address health. Since churches give members life saving information and many people trust the church it is natural that this physical, mental and emotional life saving information is given through churches. Churches can assist in breaking the barrier of silence and not to be ashamed to show that while saved, Christians are not perfect in health.

What are the things that are REALLY important to you? What about your health? Each year we notice a need to participate in many breast cancer awareness campaigns during the month of October. As a result of these campaigns and such great awareness, breast cancer death rates are decreasing from early detection. Did you know that breast cancer isn’t the only form of cancer that can be detected early? Many different cancer screenings can save your life.

Colorectal cancer is one of them!

With the early detection of colorectal cancer, there is a 90% survival rate. This is a wake up call to Nevada’s residents, especially African Americans, about colon and rectal (colorectal) cancer. Black Americans have a higher rate of colorectal cancer deaths – it most commonly occurs in men and women over 50.

Family history – if a close family member had colon cancer you are at greater risk.

Race – African Americans have the highest number of cases and death from this disease.

Bowel disease – a history of ulcerative colitis and Crohn’s disease can increase your risk of colorectal cancer.

Diabetes – people with diabetes have a 30% increased risk of developing colorectal cancer.

Lifestyle Factors and Prevention

It is of great importance that we continue to work together in bringing awareness to the many health issues we are faced with as a church family. Spiritually, we are sustained by the Word of God. Physically, we are sustained by those who provide worthwhile information, improving the quality of life for our church members and the community at large.

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Lifestyle Factors and Prevention

The good news is that you have control over some of your risk factor.

Nutrition. The typical “American” diet – fast foods, red meats, white bread, and sweets – are proven to increase your risk of developing this cancer. Why? These foods don’t have much fiber and don’t pass through the digestive system very quickly. The good news is that fruits, vegetables, whole grains and fiber foods reduce the risk of colon cancer and other diseases such as heart disease and stroke.

Exercise. Obesity increases your chances of developing many types of cancers. Even small amounts of activity help decrease obesity. If you don’t have time for a gym membership, walking four or more days per week for at least 30 minutes will improve your health.

Don’t smoke. Smoking is not only responsible for almost all lung cancer, but smokers also have a 30-40% greater risk of dying from colorectal cancer.

Risk Factors

There are some risk factors beyond our control for colorectal cancer, including:

Age – it most commonly occurs in men and women over 50.

Family history – if a close family member had colon cancer you are at greater risk.

Race – African Americans have the highest number of cases and death from this disease.

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Don’t smoke. Smoking is not only responsible for almost all lung cancer, but smokers also have a 30-40% greater risk of dying from colorectal cancer.

The Bottom Line

Screening is the ONE sure way to reduce your risk of death from colorectal cancer. The highest standard for screening is colonoscopy, starting at age 50 for men and women.

For this procedure, you will be put under anesthesia and won’t feel a thing. Nevada is covered by Medicare and most insurance companies. Most importantly, communicate with your doctor, get your regular screenings as recommended and make your health a priority.

Nevada Cancer Institute (NCI) is a state-designated cancer institute for Nevada. Call for presentations on cancer prevention, smoking cessation, patient navigation, treatment or clinical. NVCI is located at One Breakthrough Way, Las Vegas, Nevada, 89135. (702) 822-LIFE www.nevadacancerinstitute.org

Submitted by
By Jenny Quade, Community Educator, Nevada Cancer Institute
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8050 Paradise Road, Ste. 100
Las Vegas, NV 89123-1904

Faith Community Outreach

Joyce Woodson, M.S., R.D.
woodson@unce.unr.edu

Area Specialist Health and Nutrition
702-257-5508

Health Education Through the Faith Community

Jacqueline Black, B.S.
blackj@unce.unr.edu

Program Officer
702-840-3424

“Food for Health and Soul” and “Cocinando Delicious Y Saludable”

Millicent Braxton-Calhoun, M.S.
braxton-calhoun@unce.unr.edu

Program Officer
702-237-5530

Ann Ball
balla@unce.unr.edu

Community Based Instructor
702-940-3427

Antoinette Stanton
stantone@unce.unr.edu

Community Based Instructor
702-948-3937

Ramona Woodard
woodar@unce.unr.edu

Community Based Instructor
702-948-3938

Rosario Lopez
lopezr@unce.unr.edu

Community Based Instructor
702-948-3940

Tomasa Morales
moralez@unce.unr.edu

Community Based Instructor
702-948-3939

The Pulse of the Community

ADDRESSING THE HEALTH OF ALL PERSONS THROUGH
WHOLENESS OF MIND, BODY AND SPIRIT

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New Health Committee Joins

Health Education Through the Faith Community

River of Life Word Ministry joined the health committees of Grace Immanuel Baptist Church, Holy Trinity A.M.E. Church and Unity Baptist Church as part of the University of Nevada Cooperative Extension’s Health Education Through the Faith Community program. These committees address the health needs of their congregation and community.

River of Life Word Ministry completed their formal instruction in June 2008. The health committees came together on November 1, 2008 to not only welcome River of Life Word Ministry health committee into the collaboration, but also to have the opportunity to network and receive health education on tobacco related health problems.

These committees are rapidly planning health activities for the new year. In February, these committees promoted awareness and education of heart disease as the #1 killer of women through a “Wear Red Sunday”. Educational materials were distributed to educate women and encourage them to take action.

For the spring of 2009, these committees have taken on the task of increasing awareness and education about tobacco and health related illnesses.

Left to Right: Doc Knewitz, Joanne Smith, Sullivan Causey, Sr., Pastor, Denise Edwards, Shawnique van Alen, Roxie Brown

Members of the health committees of Grace Immanuel Baptist Church, Holy Trinity A.M.E. Church, River of Life Word Ministry and Unity Baptist Church listen to a presentation on tobacco related health problems and target marketing from Maria Azzarelli, Tobacco Control Program Coordinator for the Southern Nevada Health District.