

HEALTHY CONNECTIONS

EMPOWERING OUR COMMUNITY ONE "BODY" AT A TIME

Wellness Program of the African People's Education & Defense Fund, Inc. August 2006
1327 Dr. ML King (9th) Street South, St. Petersburg, FL 33705 (727) 821-2437 www.apedf.org

All People's TyRon Lewis Community Gym

OPEN HOUSE

Saturday, Sept. 23

8:00 am - 1:00 pm



YOUR HEALTHY CONNECTIONS IS HERE!

AFRICAN PEOPLE'S EDUCATION & DEFENSE FUND
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St. Petersburg, FL 33705
(727) 821-2437 www.apedf.org

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- Smoothie Bar Grand Opening
 - Free samples! Refreshments!
 - Free blood pressure testing
 - Free group circuit training
 - Tour the facilities - Join!
- New members only \$15.00 for first month



Join the APEDF Wellness Committee Get involved to improve health in the African community!

- * Help write, produce, and distribute Healthy Connections Newsletter
- * Help promote APEDF fitness classes and gym services to the community: distribute flyers, send out media announcements, attend community events
- * Help put on health fairs, seminars and special events

Call 727-821-2437

African People's Education & Defense Fund, Inc.
email: info@apedf.org www.APEDF.org



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Tune in to Uhuru Radio.com for the show: “Colonialism is Bad for Your Health”



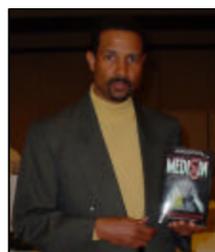
**Live every
Sunday
9am - 10am**

**Hosted by
Iyapo Ngina**

advantage of acupuncture to treat such ailments as heart disease, diabetes, drug and alcohol addiction, and even hepatitis. Dr. Love also talked in detail about the history and current controversy surrounding HIV/AIDS.

This information-packed show has been a favorite among listeners, and you can hear it as well by logging onto www.uhururadio.com, clicking on “Colonialism is Bad for Your Health” and then downloading the archive named “Dr. Love.”

Iyapo has also hosted guests such as Dr. Kweku Andoh from Ghana, an ethnobotanist who grows herbs for healing in a large botanical garden in Atlanta. Gennie Joseph, a licensed midwife from London, spoke on the history of black midwives, the benefits of home birth, and infant and maternal mortality rates in the African community. Dr. Scott Whitaker, a naturopathic physician and author of the book “MediSin,” has been on the show twice discussing the dangers of vaccinations, the AIDS crisis in Haiti, and answering questions called in from listeners.



Dr. Scott Whitaker

Just log into www.UhuruRadio.com on Sundays from 10-11am to listen. When we’re on the air, call toll free 877-824-3337 to ask questions, or email dj@uhururadio.com. You can also email your questions, comments, or suggestions for health topics or guests to: health@uhururadio.com.

The show’s archives can be downloaded at anytime, so log in with a pen and paper prepared to take notes and share the information with friends and family.

Host Iyapo Moyende Ngina is currently a student at Everglades University, majoring in traditional Chinese medicine and acupuncture. She has done research on topics important to the African community such as early onset of puberty, cancer, erectile dysfunction, and the importance homebirth with a midwife.

In late March of this year, the dynamic internet radio station UhuruRadio.com was launched, offering programs from all areas of black life here in the US and worldwide.

“Colonialism is Bad for Your Health,” which airs live from 9am to 10am on Sundays, begins to address the grave disparities in health and healthcare faced by African people.

Don’t miss out on this awesome program, because it might very well provide you with the information that may save your life or the life of someone you love.

Host Iyapo Moyende Ngina arms our people with the latest developments in the world of health, and recent statistics on health indicators such as high blood pressure and diabetes. She has interviewed many health professionals in the areas of alternative medicine, prenatal care, and botany. These guests have helped de-mystify health and the ability of people to heal themselves.

In April, Sister Iyapo hosted special guest Dr. George Love, a doctor of Traditional Chinese Medicine. Dr. Love spoke about the real origins of acupuncture which began in North Africa, and the benefits for black people to take



Dr. George Love

Colonialism is Bad for Your Health!

Every Sunday 9:00-10:00 AM

Health Information on Uhuru Radio.com

**Sister Iyapo Ngina hosts discussion & interviews
on building good health in the African community**

Listen live, Call in, Listen to archives! Go to www.UhuruRadio.com

VOLUNTEER OPPORTUNITIES AT UHURU FURNITURE

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Easy Soy Mayonnaise

Yield: 2 cups

2/3 the calories of regular mayo,
with more protein

INGREDIENTS:

1 lb. tofu
1/4 cup cider vinegar OR lemon juice (or
combination of both to equal 1/4 cup)
1/2 teaspoon salt OR 1 teaspoon light miso

1/2 teaspoon dry mustard OR
1 1/2 teaspoons prepared mustard
1 teaspoon honey (optional)
1/4 cup vegetable oil

PREPARATION:

1. Blend first five ingredients in blender until smooth.
2. Continue blending and slowly add oil.

From: “The Soy of Cooking”

ALL PEOPLE'S TYRON LEWIS COMMUNITY GYM



GREAT EQUIPMENT

- State of the art FLEX machines
- Free Weights
- Cardiovascular equip
- Steam room and shower



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FRIENDLY, SUPPORTIVE ATMOSPHERE

- New members receive free orientation, personalized fitness plan, and instruction on all equipment.
- All ages, levels of training welcome in a non-intimidating atmosphere. About 40% of members are women.
- Nutritional consultations, vitamins, power drinks, and supplements.

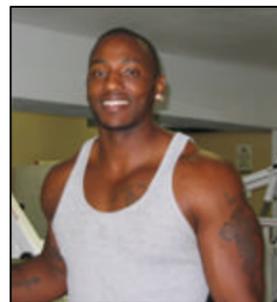


CONVENIENT HOURS:

Monday - Friday 6 AM - 9 PM
Saturday 8 AM - 4 PM
Sunday 12 - 4 PM

PERSONAL & GROUP TRAINING

- Affordable personal training with special group rates available.



POWER LIFTING TEAM

Open to anyone, with annual weight lifting exhibition and participation in regional contests. Several of our members have won awards and broken state records.



All People's TyRon Lewis Community Gym Guide to Great Fitness

1327 - 9th Street So.
St. Petersburg
824-5670



Meet Vanessa Swangles, Gym Membership and Promotions Coordinator



My name is Vanessa Swangles, and I joined the All People's TyRon Lewis Community Gym staff in July 2006 as the Gym Membership and Promotions Coordinator.

I am very passionate about improving the individual and collective health of the African community. It is my desire to reduce some of the barriers people might face in getting exercise and coming to the gym — whether it's motivation, self-consciousness, fear of the gym environment, or anything else. I want people to know that we have a very friendly, personal and caring atmosphere here, where everyone can feel comfortable and there is something for everyone: women, beginners, experts, seniors, disabled.

I see my position as an opportunity to help people in the community have fun while promoting a healthy lifestyle. For example, did you know that at 6am every weekday many of us have a blast working out in a circuit training group? Even though trainer Nate Washington pushes everyone hard, this group actually looks forward to going to the gym for the support and laughter as we all reach our fitness goals. Join us!

I am a people oriented person and I want to get to know you and your fitness goals. Let me hear from you what membership services you would like to see. Currently my hours are Monday - Friday 11am -4pm, but I will come in some early mornings and evenings to meet more of you.

I'll be the one you hear from when you haven't come in a while or your membership expires. If you need to update your phone number, address or email, or want to volunteer, let me know. We've instituted a new computerized membership system, with bar coded member cards and photos for your protection. We need everyone to show their card at the door to be scanned. We appreciate everyone's cooperation, patience and understanding to make this a smooth transition.

I'll also be promoting the gym in our community — passing out flyers and the Healthy Connections newsletter at places and events all over town, and getting the word out to groups and health care providers to refer people to exercise here. I can come to your group, club, workplace, school, sorority or fraternity to speak about the gym and APEDF Wellness Program. We can offer group discounts. Feel free to give me your ideas on how we can better promote the gym, and what health information articles and seminars you'd like to see.

Call me at 727-824-5670 or 727-821-2437, email gym_stpete@apedf.org, or leave me at note at the front desk. See you at the gym!



Health Insurance: Could You Qualify for Medicare or Medicaid?

By *Gwenee Presley, RN*

Imagine that you are hospitalized with a blood sugar level greater than 500 (normal blood sugar is 70-120). You are a diabetic, in a state medically known as diabetic ketoacidosis. In addition to your high blood sugar, doctors have admitted you to hospital because of a urinary tract infection that has traveled to your kidneys. During the course of your hospitalization doctors have a difficult time controlling your blood sugars and the nursing staff have noticed a wound on your left foot.

While you imagined that you would be in and out of the emergency room in a matter of hours, you end up with week long hospital stay. A week long hospital stay that included minor surgery on your foot, strong antibiotics, and lots of insulin injections. It is now a Friday, both the doctors and the social workers are telling you it time to be discharged.

The doctors have concluded that you will still need 2 weeks of antibiotics, as well as insulin and diabetic pills to help control your blood sugar. Your blood sugar is now running in the 200's. Although you know that's a better value than when you were first admitted, you also realize that 200 is not an ideal blood sugar value. You must confront the truth, you have no health insurance and you are barely making ends meet. How are you going to possibly afford to pay for medications?

Although this scenario is fictitious it is an all too common occurrence in most hospital settings. Seriously ill individuals find themselves being hospitalized with no insurance. More than 60% of Americans do not have health insurance. Unemployment and scaled back employee benefits are largely to blame. But if you face a potentially severe medical disorder waiting until you can receive health insurance from an employer

may not be your best choice. In the meantime you may qualify for Medicare or Medicaid. It may not be a simple or short process, and will require documentation and persistence, but it can be a lifesaver.

Medicare: Who's eligible?

- People age 65 or older
- People of all ages with end stage renal disease
- People under 65 with certain disabilities

You must be receiving social security disability insurance for one year before becoming eligible for Medicare. Social Security Disability Insurance (SSDI) provides a monthly income. You are entitled to SSDI based on payroll taxes you've paid and your employer has matched. Part of social security disability criteria means having diseases such as AIDS, diabetes, heart disease, depression, bipolar disorder, cancer, and stroke. Visit www.socialsecurity.gov to apply for SSDI and www.medicare.gov to apply for Medicare.

Medicaid: Who's eligible?

- People with limited income
- Medicaid does not provide coverage for all people with limited incomes and resources. You must qualify, and low income is just one of the criteria.

To apply for Medicaid in St. Petersburg, visit the Department for Children and Family Services at 525 Mirror Lake Drive North, St. Petersburg, FL (727) 552-2500.

To inquire about other government medical assistance programs in St. Petersburg, visit the Social Services Department 647 1st Avenue North, St. Petersburg, FL (727) 582-7781.

Having health insurance means being able to afford regular doctors' visits and medication regime, thus putting you on the path of not only getting healthy, but staying healthy.

Good HEALTH and HEALTH CARE are essential to the development of the African community!

Health is essential to life and yet here, inside the world's richest country, African people suffer and die from an epidemic of curable diseases because of the grave disparities in resources they have access to. This includes lack of quality health services, difficulty in obtaining healthy food, environmental pollution, the serious ongoing stress of poverty and the anti-black status quo of American society. This has led to an actual decline in life expectancy for African men in particular -- unprecedented in modern times.

The African People's Education and Defense Fund (APEDF) is a black community led grassroots non-profit organization that has made a commitment to change this by building institutions and programs in the African community and getting the African community involved in controlling our own health.

In this country, health and life expectancy are tied to economic status. Additionally, studies show that black people in particular are consistently denied the same quality of care as white people who live at a comparable economic level.

The statistics are stark. The National Center for Health reports that Africans suffer from higher rates of killer diseases than the white population. Diabetes = 132% higher. Stroke = 82% higher. Heart disease = 38% higher. Kidney disease = 176% higher. The cancer rate in the African community is 50% higher for black men and 35% higher for black women but the death rate from cancer is disproportionately higher still. Obesity is epidemic. Infant mortality rates long accepted as a measure of health of the entire community are 33% higher in the African community and in some areas much higher than that. The infant mortality rate for Africans in the U.S. is higher than some of the poorest countries in the world. The epidemic of high blood pressure is a direct result of the day-to-day stress black people in America face. African people in the U.S. suffer the highest rate of hypertension and heart disease in the entire world.

A recent study documented that life expectancy rates are tied to proximity to a large grocery store. Yet thousands of African families in inner city areas across the country are forced to either travel long distances to shop for food or pay higher prices for substandard goods from so called "convenience" stores that feature cigarettes, alcohol, junk food and spoiled meat with no

fresh fruit and vegetables available. How can this society allow only those who can pay for it to live long healthy lives while the African community in particular suffers from curable deceases? How can these wrongs be righted?

The solution is coming from inside the African community itself. APEDF has a mission to end the grave disparities in health, healthcare, education and economic development faced by the African community and to defend human and civil rights of the African community.

The APEDF Wellness Program in St. Petersburg is a prototype for programs that will be duplicated in African communities all over the country. The Wellness Program includes the All Peoples TyRon Lewis Community Gym, the monthly Healthy Connections newsletter, monthly health education seminars, and regular free health and fitness fairs. We provide the tools people need for a healthy diet and exercise program, to lose weight, and to prevent stroke, diabetes, heart attack and so many other serious diseases.

The All People's TyRon Lewis Community Gym provides valuable fitness services on a sliding scale or free for those who qualify. It is the only black-owned, community based, non-profit institution of its kind. With a friendly and supportive atmosphere, personal trainers provided personalized workout and nutrition plans.

While the public school system has cut recess and other fitness programs, APEDF recognizes the importance of exercise and health for children. The Uhuru Basketball Program now has championship-winning co-ed teams in four age groups, and is the only team in the city free to play. This not only provides a great workout but also builds focus and leadership skills. The Uhuru Basketball program includes educational tutoring, collective fundraising projects and travel to new areas for sports and cultural events, important experiences for African children many of whom never get the chance to leave their community.

Some people feel that nothing will ever change. At APEDF we have seen change happen through our own work. We welcome participation from people of all nationalities and walks of life. We want to thank everyone who has contributed to the APEDF's work for a positive future for the African community. This is in all of our best interest.