

News

Healthy Black Family



HEALTHY BLACK FAMILY PROJECT

A program of the CENTER FOR MINORITY HEALTH
Graduate School of Public Health, University of Pittsburgh

A Life-Saving Haircut? Health Care Providers to Give Screenings at Local Barbershops, Beauty Salons

“The African American barbershop is as old as the African in America. ...the beauty parlor has been a special place for socializing among women of African descent...”

Doris Wilkinson

“Majority of the time, clients don’t come to the barbershop for a haircut. Not really. They come because it’s therapy. It’s therapy for us barbers, too. You can make fun of your reality... It’s relaxing to laugh.”

Omar

Craig Mayberry, author of *Cuttin’ Up: Wit and Wisdom from Black Barber Shops*, says “Barbershops have always been social gathering places...after slavery barbershops were one of the few places blacks could legally congregate.” One of the barbers in Mayber-

ry’s book says “My wife has a Master’s in psychology and working on her PhD, but I do more counseling than she does.”

Just think about it. Barbershops and salons are already gathering places and centers of information exchange. Adding health education, health screenings and mental wellness activities just makes sense.

So, stop by one of our partnering barbershops and hair salons listed below, where H.A.I.R. (barbers and stylists trained as Health Advocates In Reach) will host the Center for Minority Health’s 5th annual “Take a Health Professional to the People Day.”

**Thursday, September 20, 2007
10 am - 5 pm**

The Natural Choice
111 Meyran Avenue, Oakland

A Second Glance Wellness Spa and Salon

215 N. Highland Avenue, East Liberty

Aiken’s Quality Cuts

4523 Centre Avenue, Oakland

Bat’s Barbershop

5911 Penn Avenue, East Liberty

Mark Anthony Beauty Salon

311 S. Craig Street, Oakland

Hamm’s Barber Shop

2178 Centre Avenue, Hill District

Wade’s Barber Shop

7223 Kelly Street, Homewood

Big Tom’s Full Service Barber Shop

2042 Centre Avenue, Hill District

Prostate screening is offered at this location

Willie Tee’s Barber Shop

7205 Frankstown Avenue, Homewood

Ms. Ida’s Epiphany Barber Shop

822 Wood Street, Wilkinsburg

For more information, call Mario Browne at **412-624-5665** or visit our website at www.cmh.pitt.edu

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MESSAGE FROM THE DIRECTOR



Promoting health where we live, work, worship and play.

Those words describe how the faculty, staff, and students of the Center for Minority Health go about carrying out our mission: “To improve the health and well-being of racial and ethnic minority populations by eliminating health disparities through teaching, research and service.”

Where we “live, work, worship and play” really describes how the Healthy Black Family Project promotes healthy lifestyle behavior throughout different areas our lives.

We are especially excited about September because that is when we hold “Take a Health Professional to the People” by providing health education, health screenings, mental wellness and physical activities in several local barbershops and beauty salons. We are pleased to welcome physicians from the Mayo Clinic Center for Translational Science Activities to join us. Stop by one of our participating shops or salons and take advantage of what is offered. Bring your medications and “ask a pharmacist” any questions you have about them.

Stephen B. Thomas, PhD
*Director, Center for Minority Health
Philip Hallen Professor for Community Health and Social Justice*

GETTING YOUR “NEW BEGINNING” OFF TO A GOOD START



Are you nervous about going back to school or starting a new school? Worried about starting a new job? Looking for a new or different job? Retiring from a job? Although we usually think of January as the beginning of a new year, in many ways September also marks a “new beginning.” Students of all ages return to school, teachers who had the summer off are back to work and stay at home parents may be seeking or starting new jobs outside the home as their little ones go off to school. The summer will be ending soon with shorter days, less sunlight, and colder weather just weeks away. Hopefully the information that follows will help to get your September off to a great start!

Back to School

Some kids may be nervous about going back to school or starting a new school. When they worry about school, it can affect their bodies.



They might have headaches or stomachaches, feel “butterflies” in their stomach, or feel like they have to throw up. Trouble sleeping is also a sign of stress, and if they are not

getting enough sleep, they may feel grouchy and tired during the day. If your kids do not like school, the first step is finding out why. Someone may be bullying them or maybe someone they are uncomfortable with wants to hang around with them. Maybe your child does not get along with a certain teacher or may feel different or worry about not having enough friends. Your child might find the work is too hard or too easy, making them bored with school. When you know the reasons, you can start taking steps to make things better. If you need help with finding support for your child and yourself, talk to the school counselor.

Retirement is Just Not What It Used to Be!

When we think “retirement,” we commonly think this means the end of work. People worked all their adult lives, turned 65 years old, and then quit working. Retirement, as we know it, is largely disappearing. Now people are thinking of retirement as a beginning, not as an ending. AARP did a survey recently showing that two out of three people age 50 and over view this phase of life primarily as a time to begin a new chapter, start new activities, and set new goals. So, if you just retired, enjoy your new beginning!

Job, Employment,
Occupation, and
Career are
All Different Terms
for the Same Thing --

Work!



Finding a job that’s right for you can take some time and effort. If you are looking to change jobs or re-enter the workforce, you may want to look at your goals and skills.

People may have many jobs throughout their lifetime. Each time we search for a job, we have to think about:

- what we want to do
- what we are able to do
- what kind of education or training we need
- where we want to work
- what kind of work we want to do
- what benefits we are looking for
- what kind of work is available

According to the U.S. Department of Labor, the majority of work available is in the service field. It makes up 3 out of every 5 new jobs. The service field includes business services (employment agencies, temp companies, and computer and data services), health services (hospitals and healthcare services), and social services (daycare, welfare, and other jobs providing help and support to people, families and communities).

Need more help in getting “job ready?” Watch your HBFP calendar and newsletter for more information in the future.

September is Ovarian Cancer Awareness Month

Kingsley Association

September 10, 2007

1:00-2:00pm

Discussion on Ovarian Cancer

September 13, 2007

6:45-7:30pm

Ask the Doctor Session on Ovarian Cancer

Hosanna House, Inc.

September 11, 2007

6:00-7:00pm

Discussion on Ovarian Cancer

Ovarian cancer forms in the tissues of the ovary. An ovary is one of two small, almond-shaped reproductive glands which make the female hormones and release eggs.

Below are facts about ovarian cancer:

- 3,420 African American women are expected to develop ovarian cancer this year, 1,290 of them will die from the disease.
- Symptoms include: pelvic or abdominal pain, discomfort, swelling, bloating and/or feeling of fullness; gas, feeling queasy and upset stomach; unexplained weight gain or weight loss; feeling tired a lot; and unexplained changes in bowel habits. See your doctor if symptoms last for more than two weeks. You might need a special test made for finding ovarian cancer.
- A family history of breast, ovarian or colorectal cancer increases your risk of ovarian cancer.

Join us at the locations above to learn more!!

Source: NIH Publication, **What You Need To Know About Ovarian Cancer**. To order call 1-800-422-6237. ACS Publication, **Cancer Facts & Figures for African Americans 2007-2008**.

Are Grief and Depression the Same Thing?

When we lose a loved one, we feel sadness and loss. This is called grief.

“Some signs of grieving can look similar to depression. Grievers often feel sad, irritable, nervous, worried, angry, guilty, and they have trouble sleeping and keeping up with work and their other usual activities.”

-Mark D. Miller, MD

Want to learn more? Attend this month’s mental wellness workshop:

**Tuesday, September 25, 2007
1:00pm**

Kingsley Association



Dr. Mark Miller



Dr. Marla Johnson

Dr. Mark Miller and Dr. Marla Johnson have joined our partnership to provide education and support related to mental wellness. Dr. Miller is an Associate Professor of Psychiatry at the University of Pittsburgh and co-author of “Living Longer Depression Free – A Family Guide to Recognizing, Treating and Preventing Depression in Later Life.” Dr. Johnson is a counselor with the University’s Late Life Depression Center and also an Associate Minister at the Rodman Street Missionary Baptist Church. Take advantage of this chance to learn more about you and your family’s mental wellness.

“Teach Your Children Well” Study

How do you teach your children about dating, sex, pregnancy and sexually transmitted disease? This study wants to know. To join, you must be the parent or guardian of a teenager (15-17 years old), who is also willing to join.



You will be asked to fill out a questionnaire and answer questions during a group meeting, called a “focus group” If you are interested in this study, call **412-641-4984**.

Knocking on Health Care’s Door

~medical equity and social justice~

**Monday, September 24, 2007
7pm-9pm**

Magee-Womens Hospital of UPMC
300 Halket St., Oakland
Conference Center, Zero Level

You are invited to hear the inspirational story of a remarkable woman who has faced ovarian cancer and has dedicated her life to helping others gain access to the health care they deserve.

RSVP by September 17.
The event is FREE, but reservations are required. Call **412-802-8299**.



Center for Minority Health

Graduate School of Public Health, University of Pittsburgh

History

Established in 1994 with a generous grant from the R.K. Mellon Foundation, the Center for Minority Health (CMH) is committed to translating evidence-based research into community-based interventions and innovative outreach practices. The CMH provides the infrastructure, among the University of Pittsburgh Schools of Health Sciences, for addressing health issues among ethnic and racial minorities and other vulnerable and underserved populations. Dr. Stephen B. Thomas is the Principal Investigator of EXPORT Health, the Director of the Center for Minority Health and the Philip Hallen Professor of Community Health and Social Justice.

Vision

The Center for Minority Health envisions a society that values and contributes to health, social equity and equality for all people.

Mission

The mission of the Center for Minority Health (CMH) is to improve the health and well-being of racial and ethnic minority populations by eliminating health disparities as defined in Healthy People 2010. Through teaching, research and service, CMH engages the University of Pittsburgh Schools of Health Sciences in a collaborative learning process designed to enhance the cultural competence of academic scholars and students. CMH further engages the community as trusted partners and participants in public health research and translates scientific research findings into health promotion and disease prevention interventions at the local, regional, and national levels.

Guiding Principles and Beliefs

- *Social justice governs and sustains equity and equality of opportunity in a free and open society.
- *Excellence is the minimum standard of service delivery for all in systems of medical care and provision of public health practice.
- *Individual autonomy is essential for attainment of personal health and well-being.
- *Partnerships between academic and community stakeholders must be based upon mutual trust and respect.

For more information, please call **412-624-5665** or visit our website www.cmh.pitt.edu

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HBFP LOCATIONS:

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Pittsburgh, PA 15206
412-361-2391

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807 Wallace Avenue
Wilkinsburg, PA 15221
412-342-1344