

# HEALTH & WELLNESS

## Healthbeat

### Agency to use grant to provide services for the aging

Family Services, Inc. a local nonprofit human services organization, has received a \$3,000 grant from the national organization the Alliance for Children and Families to identify ways to provide quality aging services.

Family Services, Inc. was one of 22 agencies selected through a competitive, national process to receive the grant.

The grant is part of the New Age of Aging, an initiative of the Alliance for Children and Families designed to help prepare nonprofit human services organizations throughout North America to best provide services for older adults as the vast Baby Boom Generation ages. The multi-million dollar initiative is funded by The Atlantic Philanthropies.

Family Services, Inc. received a mini-grant through the New Age of Aging initiative because it is interested in enhancing current aging services or gaining competency in the field. The mini-grant will be used to support Family Services' Reassurance Program.

"This grant enables Family Services to build on the strengths of our Reassurance Program, which provides help to isolated older adults," said Al Renna, President and CEO of Family Services, Inc. "We are proud to have this opportunity to help meet the tremendous need of serving older adults in our community."

According to U.S. Census projections, 71.5 million Americans will reach age 65 by 2030, double the number in 2003.

### Study: Repellent-treated clothing nearly eliminates tick bites

A pilot study shows clothes treated with long-lasting insect repellent appear to offer outdoor workers significant protection against tick bites.

The study, conducted by researchers at the University of North Carolina at Chapel Hill Gillings School of Global Public Health, found 93 percent fewer tick attachments among a group of state water quality employees who wore Insect Shield Repellent Apparel, compared to workers in similar environments who used spray repellents or other tick bite prevention methods.

The findings were published this month in the journal *Vector-Borne and Zoonotic Diseases*.

Tick-borne diseases are a significant concern for millions of people who live and work in tick-infested habitats. If not treated early, these diseases can lead to severe illness or even death, said Dr. Steve Meshnick, UNC epidemiology professor and lead author of the study.

"The technology holds the promise of a safe, simple and effective way to protect people from ticks and other insects," Meshnick said.

### Saleem launches mobile fitness program

Local fitness instructor Amatullah Saleem has developed a mobile fitness unit as a way to take health and wellness on the road to sites in the Triad.

Saleem, a former professional dancer and Winston-Salem Department of Recreation Specialist, takes the mobile unit to homes, businesses, churches and conferences to provide a 45-minute total workout that includes breathing exercises, stretches and exercises with weights and/or bands. The workouts can be tailored to a clients' needs.

Saleem, who leads exercise classes at the local YWCA and several other area locations, says her workouts are designed to increase energy levels, strength, flexibility and overall health. For more information, contact her at muhammad0919@gmail.com or 336-486-8637.

### U.S. smoking ban by 2020?

ATLANTA (AP) — By 2020, every state may have bans on smoking in restaurants, bars and the workplace, federal health officials predicted Thursday, based on the current pace of adopting anti-smoking laws.

The number of states with comprehensive indoor smoking bans went from zero in 2000 to 25 in 2010.

"It is by no means a foregone conclusion that we'll get there by 2020," said Dr. Tim McAfee, director of the CDC's Office on Smoking and Health.

But the success of the smoking ban movement has been astounding, and seems to be accelerating, he added.

Nearly half of U.S. residents are covered by comprehensive state or local indoor smoking bans, the CDC estimated in a new report.

Another 10 states have laws that ban smoking in workplaces, bars or restaurants, but not in all three venues. Some other states have less restrictive laws, like requiring smoking areas with separate ventilation.

Only seven states have no indoor smoking restrictions, although some of their cities do: Indiana, Kentucky, Mississippi, South Carolina, Texas, West Virginia and Wyoming.

## Rx exec to get honor from A&T

SPECIAL TO THE CHRONICLE

Willie A. Deese, executive vice president and president of Merck Manufacturing, will receive an honorary degree from North Carolina A&T State University at its Annual Spring Commencement on Saturday, May 7 at 8:30 a.m. at the Greensboro Coliseum. More than 1,200 students will receive degrees.

Headquartered in Whitehouse Station, N.J., Merck is one of the world's largest pharmaceutical companies. Its products include Singulair, Zocor, Gardasil and Fosamax.

Deese began his career at the Digital Equipment Corporation in Springfield, Mass., where he served in a variety of procurement and materials management functions, ultimately becoming site manager.

He has held several executive and management leadership positions, including senior vice president of global procurement at Merck & Co. Inc., senior vice president and director of purchasing at SmithKline Beecham and vice president of purchasing at Kaiser Permanente and led the integration of the Glaxo and SmithKline procurement organizations through their merger, becoming GlaxoSmithKline's senior vice president for global procurement and logistics.

Deese is a strong supporter of the N.C. A&T School of Business and Economics. He established an endowed scholarship to support the School's students and also served as co-chair of the university's \$100 Million Capital Campaign. He is a member of the A&T Board of Trustees, Executive Advisory Council for the School of Business and Economics and Beta Gamma Sigma International Honor Society.

A native of Davidson, Deese holds a Bachelor of Arts degree in business administration from A&T, masters in business administration degree from Western New England College and is a certified purchasing manager.

Deese and his wife, Carol, have one son.



Renna



Deese



## Grants to help improve health of women, girls

SPECIAL TO THE CHRONICLE

The Women's Council of Forsyth Medical Center Foundation has announced a commitment of more than \$200,000 in grants to three programs that focus on raising the standard for women's health care by helping underserved women and recognizing specialized medical needs of women.

GYN Cancer Navigator is the beneficiary of a three-year grant totaling \$195,000 that will be provided from 2011-2014. The grant will fund a nurse navigator who will be dedicated to annually serving between 300-400 cancer patients undergoing care for gynecological cancer.

The grant is important because women suffering from cancers of the cervix, uterus, ovaries, vagina or vulva need help coping with these diseases but often do not find the support available to patients suffering from other forms of cancer.

Feel Good Friday, a cancer support event started by a volunteer approximately five years ago at the Derrick L. Davis Forsyth Regional Cancer Center, will receive a one-

year grant of \$7,500 in 2011. About 100 women undergoing cancer treatments are treated at no cost to mini spa services, such as massage, Reiki, manicures and hair cuts. These pampering services help reduce anxiety, enhance coping skills, encourage relaxation and provide social and networking opportunities for women sharing similar experiences.

Girls on the Run, a program offering 8- to 11-year-old girls a way to improve self esteem, health habits and their chances for a lifetime of healthy living while learning to run, will receive \$5,250 to help start a Girls on the Run program at Kimberly Park Elementary School. The grant will provide approximately 30 Kimberly Park School girls with scholarships as well as such items as running shoes or clothing that they would not otherwise have.

The Women's Council of Forsyth Medical Center Foundation, founded in 2008, is an organization of 200 women who want to improve the health of women in the Winston-Salem community. The Council has raised nearly \$175,000 through membership fees and its annual Garden Party.



Dr. Meshnick

### Making a Difference

WSSU Photo by Garrett Garms  
Professors and students of the Winston-Salem State University School of Health Sciences pose in the heart of Piedmont Park. The School has received a grant to work to produce healthier outcomes for the young people in the public housing community. Earlier this month, a community day event was staged, where kids enjoyed food, games and myriad free health-related services.



## Healthy Infant Feeding

Giving babies the best start

The People's Clinic:  
A North Carolina Minority Health Education Collaborative

The Maya Angelou Center for Health Equity  
www.wfubmc.edu/mache

WAKE FOREST UNIVERSITY  
SCHOOL OF MEDICINE

Recently, The People's Clinic did a series of articles on what to expect during pregnancy and how to give yourself and your baby the best chance of having a healthy pregnancy. However, it is important to know that a healthy pregnancy is only the first step in providing a healthy start for your child. Many new moms are unsure of the best choices, but rest assured there are many people available to help you, from your doctor's office, hospital, and especially your local health department.

Many of these, as well as the WIC (Women, Infants and Children) program, have resources to help new moms learn how to breastfeed, such as lactation consultants, classes, and peer counselors.

### Why is breast milk best for my baby?

Breast milk is not only best for baby, but it is highly beneficial for mom as well. Breast milk is best for baby because:

- It has all the nutrients baby needs for proper growth and development;
  - It may reduce the risk of ear infections and colds;
  - It may reduce the risk of obesity, diabetes, asthma, allergies, cancer and other diseases;
  - it is easier for baby to digest and breastfed babies have less diarrhea, constipation and colic;
  - and it is always the right temperature - not too hot or cold.
- Breastfeeding is also healthier for mom, because it helps shrink your uterus to its pre-pregnancy size, helps prevent excessive post-partum bleeding, may help you lose weight faster, helps you bond with baby, and releases hormones to help you relax.

As the benefits of breastfeeding for both baby and mother have become more understood, more and more women are choosing to



## Racial tension taints views on health reform

BY CHARLENE MUHAMMAD  
NNPA FROM THE FINAL CALL

According to findings by a national policy institute for race and economic justice, racial tensions in America undergird the debate over national health reform.

In a study titled, "The Role of Race in the Healthcare Debate," researchers with the Greenlining Institute reported that Blacks, Latinos, and other people of color are more likely than Whites to support the Patient Protection and Affordable Care Act. In addition, the act is more likely to be opposed by Whites who are racially biased or show "racial resentment."

"Racial resentment is a modern form of racism that developed in the post-civil rights era ... Negative attitudes towards Blacks can manifest themselves in an individual's political attitudes," said Dr. Daniel Byrd, research director for the Greenlining Institute.

In analyzing data from the 2008-2009 American National Election Survey, conducted by researchers at the University of Michigan and Stanford University, Byrd, Carla Saporta and Rosa Martinez, Greenlining Health Program managers, accounted for variables like age, gender, education, income, political ideology, and whether or not those surveyed had health insurance. People harboring racial resentment argue Blacks lag behind in society because they don't work hard enough, not because of discrimination, Dr. Byrd told The Final Call.

This study is related to work by other researchers who argued since the president is Black, Americans were more sensitive to race and President Obama's association with issues and policies made debates and opinions more racial-

