

# People

Community Calendar, Close-Up, Social Notes, Community News

## Close-Up

### Make the choice to be healthy

By AUDREY L. WILLIAMS  
Chronicle Staff Writer

In Forsyth County, April 8-14 marks the observance of Public Health Awareness Week.

The only official event scheduled for the week-long observance, however, will be a proclamation ceremony by Mayor Wayne Corpening at the Board of Health meeting at 8 a.m. Wednesday in conference Room D of the Reynolds Health Center.

Doreen Grochmal, health education specialist with the Winston-Salem/Forsyth County Health Department, says the primary goal for the week is to let citizens know the availability of its services and the kind of assistance offered as well as the promotion of general health care.

"Unlike years ago when there was a threat of tuberculosis and polio," says Grochmal, a former Peace Corps Volunteer in Uganda, "many of our concerns today deal with people's behavior, diet, nutrition and the pollution of the environment."

"The major focus of Public Health Awareness Week is the prevention of disease and the promotion of health," she says. "What the Health Department is trying to do is generate a general interest in public health."

Grochmal says until she joined the forces of the Peace Corps she felt the same way the general public feels about health care -- avoiding disease and staying healthy. "Being in the Peace Corps made me realize that preventing disease was only a part of promoting health care," she says.

Statistics at the Health Department indicate heart disease, stroke and cancer, all chronic degenerative ailments, as the major killers of residents in Forsyth County. Like white residents, Grochmal says black residents, especially black males who are prone to hypertension and diabetes, can't do themselves any harm by utilizing what they have paid for through tax dollars.

"We want people to know that with their tax monies," says Grochmal, "the Health Department serves as a resource where they can have their blood pressure check-

ed for free, screened for diabetes and sickle cell.

"... Only the individual himself can make the choice to be healthy," she says, "and in doing that, they find out their risks, as with black people and hypertension."

For those who stand a high risk of falling prey to a chronic degenerative disease, Grochmal says diet and weight plans can be administered through qualified nutritionists in the department's health clinic.

Environmental health and proper food preservation are also major concerns citizens aren't knowledgeable of, and with the warming climate, says the health specialist, calls will be coming in more frequently with questions concerning the symptoms of botulism, or food poisoning.

"Very soon food poisoning will be an issue in Forsyth County," says Grochmal. "People will be picnicking."

"People don't want to come to the Health Department because they think this is only where the poor come and I think that's a poor attitude."

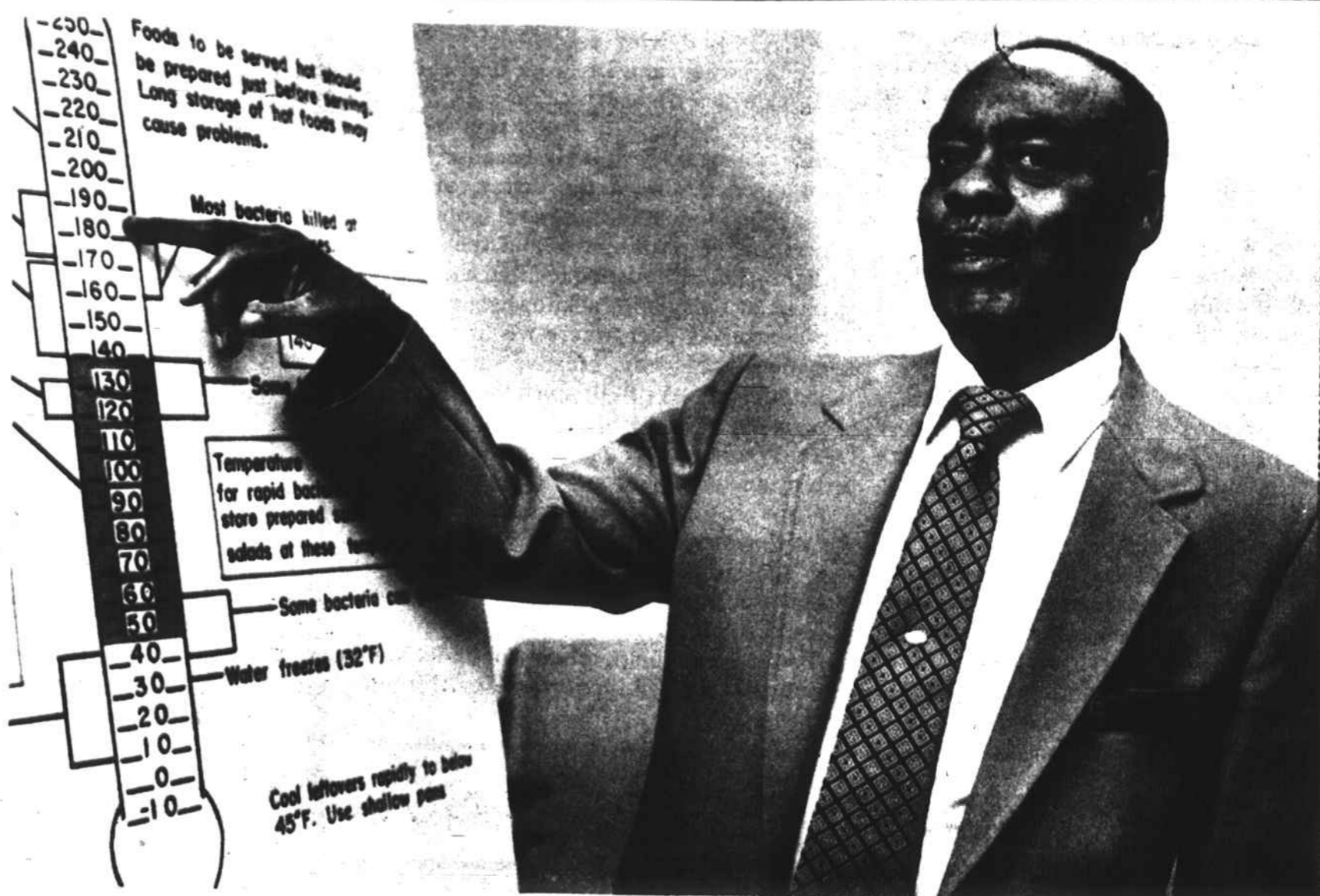
-- Doreen Grochmal

Improper temperatures and leaving food out to cool can damage it and cause bacteria to grow. As a result, food poisoning occurs."

Even though Grochmal agrees with other health experts that last year's herpes outbreak was taken to the extreme, phones, she says, rang constantly at the department. But Grochmal says that many people still believe that the Health Department is mainly for the treatment of sexually transmitted diseases and inoculations, and that only poor people use its services.

"Winston-Salem and Forsyth County I don't believe recognizes what we can do for them," says Grochmal. "It's a shame that the Health Department is viewed the way it is because we do so much more."

"People don't want to come to the Health Department



Joe Livingstone, sanitarian supervisor for the Forsyth County Health Department, explains the hazards of leaving food at room temperature. Livingstone, along with the rest of the department, will observe April 8-14 as Public Health Week.

because they think this is only where the poor come," she says, "and I think that's a poor attitude."

The Winston-Salem/Forsyth County Health Department is one of the most innovative of its kind because of its special services, say its staffers. The department is divided into five major areas, all of which serve the community at no cost or at a very minimal fee. Nursing, environmental health, nutrition, health education and dental health are the divisions that work together to promote good community health.

"Winston-Salem has a lot of good services," says Grochmal, "and people either forget we're here or just

don't know about us, but all they have to do is call."

The department also provides the community with specialists who will lecture at no cost to community groups or organizations.

"Health is your choice," says Grochmal. "It goes way beyond the absence of disease and it's up to you to be as healthy as you can be. That's what we're here for to help you get that way."

For anyone wanting more information on the Winston-Salem/Forsyth County Health Department's services, call Public Health Education at the Reynolds Health Center at 727-8176.

## COMMUNITY CALENDAR

### THURSDAY, APRIL 5

•A six-week Handbell Workshop will begin today from 6-7:30 p.m. at the Delta Arts Center at 1511 E. Third St. Mrs. Veronica Jones is the instructor. The workshop is open to all ages. For more information, call the Delta Arts Center at 722-2625.

•If you can read this ad, you can teach someone to read! Training in Laubach Literacy Method, which is traditionally known as "each one, teach one," will take place at the Epiphany Lutheran Church at 5220 Silas Creek Parkway today and Friday from 7-9 p.m. For more information call 727-2680.

### FRIDAY, APRIL 6

•The Class of 1943 of Atkins High School Reunion Committee will meet at the home of Roy Phillips at 2731 Wallingford Road at 8 p.m. to discuss plans for the reunion in 1985. For further information, contact Wanda L. Hill at 727-0570 after 6 p.m.

### SATURDAY, APRIL 7

•The North Carolina School of the Arts Jazz Band will play music of the Swing Era for dancing and listening at the Spring Big Band Gala from 8:30 until midnight at the Benton Convention Center. Tickets are \$8 in advance and \$10 at the door, and are on sale at the NCSA/ Stevens Center Box Office and the tickets. Proceeds will benefit the North Carolina School of the Arts.

### SUNDAY, APRIL 8

•A Hotdog fund-raiser will be held for Richard W. "Dick" Barnes, candidate for state labor commissioner, at the Benton Convention Center from 3-6 p.m. Live entertainment will be featured. Tickets for \$10 are available at the door.

•The Winston-Triad Lupus Chapter will meet in the Activity Building of Highland Presbyterian Church at 2:30 p.m. The program will be "Making the Most of What You Have." Mrs. Haydes Adams, RN, will be the guest speaker.

### MONDAY, APRIL 9

•As part of Winston-Salem State University's 1983-84 Black Executives Exchange Program (BEEP), Nes Ntendaju Kowenza, junior systems analyst of Management Information Systems of Columbia Pictures in New York, will be the guest lecturer on campus today and tomorrow. For more information, contact Gladys Oldham, WSSU department of business, at 761-2144.

### TUESDAY, APRIL 10

•All members of the National Negro Council of Please see page A11



Standing, left to right: Mrs. Estelle Cropps, Mrs. Margaret Linton, Mrs. Mary Martin, Mrs. Saludie Barney, Mrs. Ella Mae Wilson, Mrs. Louise Knuckles and Mrs. Irene Brown. Sitting, left to right: Mrs. Cordelia Turner, Mrs. Flora Patterson, Mrs. Jessie Watson, Mrs. Janie Nesbitt and Mrs. Julia Smith.

### Poinsettia club celebrates 40 years

The Poinsettia Club observed its 40th anniversary Sunday, March 25, when its members opened the celebration with worship service at Galilee Baptist Church.

After service, 12 members, four charter members and 11 former members and their guests continued the festivities with dinner at the Holiday Inn North. Mrs. Louise

Knuckles, the only charter member still with the club, gave a brief history.

The club formed when 16 working women in a tobacco factory decided they needed an outlet for their energy while their husbands and boy friends were away at war.

During the 1940s and '50s, several clubs were organized and became active at the Patterson

Avenue Branch YWCA. The Poinsettia Club is one of the few remaining such clubs in Winston

Mrs. Jesse Watson, club president for a number of years, saw to it that the club stayed alive and strong even when others lost interest or had obligations.

During the Christmas and Thanksgiving seasons, club members distribute food baskets to the needy.

A summer camp was also sponsored by club members for children who otherwise would not be able to attend.

The program also included a silent memorial for the 17 deceased members of the club. Mrs. Shirley Dunlap was the guest speaker. Mrs. Terry Moore-Pai also spoke to club members about ongoing activities and the Y's future.



Dalton Ruffin, left, regional vice president of Wachovia Bank and Trust Co., presents the Excellence in Teaching Award to Winston-Salem State University instructor Gladys Oldham at the school's recent Honors Day program. Chanceller H. Douglas Covington looks on.

## Social Notes

### Founders Day held

The Winston-Salem Chapter of the National Association of University Women recently celebrated Founder's Day with a luncheon in the Red Room at Winston-Salem State University.

Mrs. Nettie Manning, immediate past national president of NAUW, was the Founder's Day speaker.

Mrs. Wilma Wheeler served as mistress of

ceremonies. The occasion was presented by Miss Melanie Wheeler. Musical entertainment was a solo by Miss Susan Smith.

Among those attending the luncheon were E. Belle Tillman, Ann Dew,

Jeanette Lewis, Katherine Walker, Theldora Scipio, Donna Hairston and Sandra Armstrong, president of the local NAUW chapter.

### Legion visits hospital

The Ralph R. Morgan Post No. 220 American Legion Junior and Senior Auxiliary Sons of the Legion made their annual visit to the Veterans Hospital in Salisbury March 31.

Those providing special entertainment were Benita Parks, Melissa McLaurin, Keshi Hodge, Kia Jones, Wanda Moore, Marlo Thomas and Jeanette Thomas, all Junior Auxiliary members.

Bingo game winners received canteen books. Afterwards, refreshments were served and the group joined in to sing "God Bless

America."

Miss Dolores Douthit, veterans rehabilitation chairperson, headed the trip plans. Members making the trip were George Grady Sr., past commander; Martha F. Gillis, auxiliary president; Mr. and Mrs. Lawson Nichols, Mr. and Mrs. Russell Douthit, Mary Thomas, Doris Noble, Lula Jenkins, Alice James, Ather Neely, Janie Murray, Har-

olden McLawrin, Addie Jenkins, Betty Jenkins, Juanita O'Neal, Lottie Myers, Muriel Thomas, Willena Allsbrooks, William Gordon and Broderick McLaurin.

### Professor is honored

Mrs. Gladys D. Oldham, an associate professor of business at Winston-Salem State University, was presented with a \$1,000 award for Excellence in Teaching at WSSU during the Honors Day ceremony last Sunday.

The presentation was made by Dalton Ruffin, regional vice president of Wachovia Bank and Trust Co.

Oldham joined the WSSU staff in 1952. She served as assistant to the business manager and director of financial aid before joining the business department faculty. A graduate of Bluefield State College, Oldham received her

master's degree at Marshall University.

The award recipient coordinates the housing management concentration, office administration concentration, business internships and cooperative education and the Black Executive Exchange Program. She has served on the committee to construct the competency test for North Carolina high school juniors in the area of business and also served as the university's representative for the validity study of the National Teachers Examination.

Oldham, a Montgomery, W.Va., native, has a record Please see page A7