

Wellness Center to celebrate anniversary and community

By MAURICE CROCKER
Community News Reporter

Employees and patients at Today's Woman Health and Wellness Center are preparing to celebrate the center's one-year anniversary with a Health Fest Celebration.

"This is a way of letting the community know that we are here, what services we have to offer, and thanks for a great year," said Linda Carter, the center's director.

According to Carter, community involvement is an important factor in the center's success.

"Residents from the community were involved in the program from the beginning," she said. "They were involved in the selection of furniture, and participated in the employee interviewing process."

Carter said even she was interviewed by the community residents.

The center's name is also a

result of community involvement.

"The name came from a resident's entry during a contest to name the facility," Carter said.

The center's community involvement makes it different from medical providers.

"We do more than provide medical services and care," Carter said. "We give emotional and physical support, and that's what most of the women need."

The center's primary focus is on decreasing infant mortality, and promoting prenatal care.

According to Carter, most women who are pregnant do not receive prenatal care until their third trimester. Since the program, Carter said she has seen an increase of women receiving treatment during their first trimester.

There has also been an increase in the number of healthy births since the pro-

gram began, Carter said.

Because of close involvement with the community, even those women who have delivered return and visit the center, she said.

Although the program is geared toward reducing infant mortality, Carter said she would like everyone to know that the center is there for all women.

"We give blood-pressure and cholesterol checks for the elderly and the young," she said.

In an effort to promote the concept, mammograms, blood-pressure and cholesterol checks will be performed during the

Health Fest.

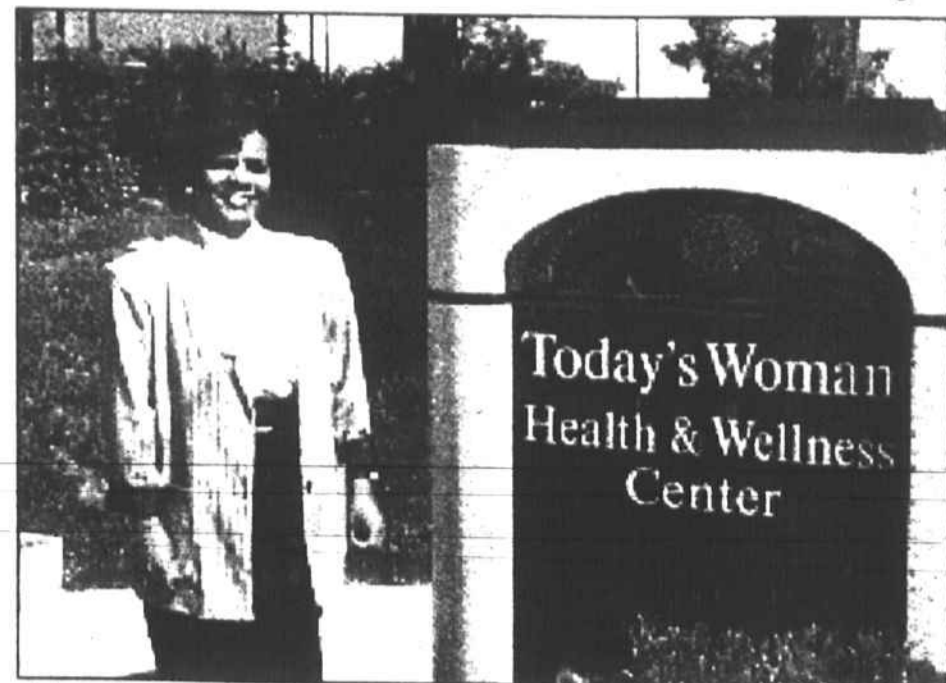
There will also be free dental examinations for the children who attend the festival.

Local exhibitors will include the NAACP, the Urban League, the Health Department and the Winston-Salem Police Department.

Carter said she hopes these organizations will be able to distribute safety and health information that will be beneficial to residents.

The celebration is scheduled to be held June 15 from 3 to 7 p.m. The rain date is June 29.

The public is invited.



Linda Carter is director of Today's Woman Health and Wellness Center.

Alderman Nelson Malloy honored by Black Caucus

By MAURICE CROCKER
Community News Reporter

Alderman Nelson Malloy recently received a leadership award from the North Carolina Legislative Black Caucus for his job and service as the city's North Ward Alderman.

"I don't look for awards," Malloy said. "The type of person I am, I would rather not receive an award, but I guess that comes with the job."

He received his honor last week at the Caucus Foundation's Annual convention, which was held in Durham last week.

According to Malloy, the convention is structured so that African American political leaders are given a chance to tell what is happening in their areas of the state and share ideas.

"I try to make the convention every year, because I find it to be very informative," he said.

Malloy said he had no idea about the award when he arrived at the convention.

"I received a letter in the mail before I left, but I didn't read it. The letter was informing me about the award," he said.

When he arrived, Malloy said he found it to be strange that everyone was congratulating him, but he did not know what for.

Malloy was nominated by State Rep. Larry Womble, D-Forsyth.

"I thought he would be a good candidate, because of his service, dedication, and interest in giving back to the community," Womble said.

According to Womble, Malloy is interested in helping all people, but especially those people who are disadvantaged.

A native of Winston-Salem, Malloy is the oldest of six children. He also said helping people has always been a part of his life.

Malloy says he and his brother were always involved in the various movements that focused on the betterment of mankind.

"We have been active in the liberation and self determination of African Americans," he said.

Malloy says his awards come when he can see where he has helped make life better for someone else.

"I've been driven to try and make a difference in the community," Malloy said.

Womble also admires Malloy's willingness to speak out on various subjects and issues.

"He speaks out on issues, because they are wrong, not because they are popular and



Winston-Salem North Ward Alderman Nelson Malloy.

that's what everyone else does," Womble said.

After seven productive years on the Winston-Salem Board of Alderman, Nelson Malloy says there are still some improvements that need to be made.

"I think these past years have been partially successful, but nothing has been 100 percent," he said.

Malloy said when he first began he had a list of goals and things he wanted to do.

Malloy said he sent the list of ideas out to people in his ward, and the general consensus was "if you get one or two of those things done you'll be doing good."

Some of the things Malloy wanted to change were decent living conditions for poor and people on fixed incomes, reduce crime and violence in the community, and try to involve everyone in the political process.

According to Malloy one area of improvement would be the tearing down of dilapidated houses along 23rd and 25th streets.

"In 1992, I was able to declare that area a certified redevelopment area," Malloy said.

"We do have some very good people who live in the 25th and 23rd street areas, and we're trying to make the community better for them," Malloy said.

Womble said he thinks Malloy has accomplished as much as anybody else could have.

"Although he has a disability, he has done more than some people who do not have any disabilities," Womble said.

African Americans, not just in Winston-Salem but worldwide, need to improve on the basics of unity and love for one another, Malloy said.

"What we need is a spiritual rebirth."

According to Malloy, African Americans need the basics before they can try and solve the other problems that face the community.



When I was 16, I injured my leg in an automobile accident. Over the years, my condition only got worse. In 1993, I fell on the ice and injured my leg again, as well as my hip. When I had surgery at Forsyth, the doctors did a bone graft, replaced my hip with an implant and repaired my leg. Now, after seven months of recovery and physical rehabilitation, I'm back at work again. At Forsyth I had the very best of care. The staff was just great. If you have to be in the hospital, Forsyth is where to go. I think they are the best at what they do.

Gladys Hayes
Former patient

To Doctors, This Is A Hip Implant In 3-D. To Gladys Hayes, It's A Picture Of A Miracle.

There's no way to describe how living with years of bone or joint pain affects your life. Simple things — like getting in and out of your car — become major challenges. Fortunately, the orthopedic surgeons at Forsyth Hospital can do something which can help. Using advanced diagnostics, surgery and rehabilitation, many people with bone and joint injuries or

degenerative bone diseases can recapture a quality of life they thought they'd never enjoy again. That's our goal at Forsyth Hospital — relieve the pain and help people return to a productive life. To our surgeons and surgical staff, it's what they've been trained to do. But to our patients like Gladys Hayes, it's nothing short of a miracle.

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