Thanks-giving From Now Forward

As Thanksgiving was rapidly approaching, I asked someone what they were going to do for Thanksgiving. They replied, absolutely nothing, because “Thanksgiving” the person said, was not something really to be celebrated. I thought back to elementary school days and what we had been taught about the day. Then I fast forwarded to what I had learned as an adult. I agreed that this day might not be as celebratory as we have come to believe.

I decided to go to www.history.com to review the history. They gave a great accounting of the origin of the day. They candidly shared that “some Native Americans and others take issue with how the Thanksgiving story is presented to the American public. In their view, the traditional narrative paints a deceptively sunny portrait of relations between the Pilgrims and the Wampanoag people, masking the long and bloody history of conflict between Native Americans and European settlers that resulted in the deaths of millions.”

So, from this year forward I will give thanks on the 4th Thursday in November and will refocus on Thanks—giving rather than celebrating the traditional concept of Thanksgiving. I will continue to eat sweet potato pies and other delicious foods, because we created this tradition. The Thanksgivings of old did not feature these treats.
Giving THANKS

CBHC is thankful for……..

Our wonderful partners who have supported the Barbershop/Salon Health Outreach Program.

For the students who have taken the seed that we planted and have grown their own harvest of good.

Our shop owners and operators who are true champions for the work.

The opportunity to serve the community to screen and impart knowledge.

The passion that is displayed for this work by our leaders and our CBHC SHOP crew/team.

The great volunteers who continue to dedicate their time, their talent, and their resources to make sure that the program is viable and maximally serves the community.

We would not be able to run this program without our great volunteers.

We’d like to give a special thanks to our volunteer, Diana Flores, who will be heading off in January to further her career in public health. Diana has been a committed and active volunteer during her time with us. We wish her well in her future endeavors. Perhaps she will start a program in her new location.

THANK YOU ALL VOLUNTEERS

www.history.com
What is Type 2 Diabetes?

Type 2 Diabetes
Your body cannot properly use insulin and your glucose gets too high.

Insulin is a hormone that helps your cells use glucose (sugar) from your blood for energy. If there isn’t enough insulin, or it isn’t working properly, blood sugar levels get too high.

Many times there may be no symptoms with Diabetes 2

Sweet Facts and Tips:

- African Americans are disproportionately affected by diabetes.

- Diabetes is due to lifestyle factors (obesity, dietary habits, exercise) or genetic susceptibility (runs in the family).

- Every can of soda is 30-45 grams of carbohydrate (7.5 – 12 teaspoons of sugar).

- Drink water instead.

- Proper exercise can help prevent and manage diabetes. Don't just sit there, MOVE your body

Do something for your health:

- CBHC has articles and information about diabetes on our website.

  www.coloradoblackhealth.org

Annie Representing in Miami

Annie volunteered with our BBSHOP program prior to going to medical school. She was excited about our program so she decided to start a program in Miami. The program has been well received and she plans to start working at 2 more shops in the upcoming year.

Annie shared these photos with us.
CBHC BARBERSHOP PROGRAM

The Barbershop/Salon Program is making an impact in our community

- ARE YOU ABLE TO GIVE ONE SATURDAY EVERY 2-3 MONTHS?
- WOULD YOU LIKE TO SHARE YOUR TALENT?
- DO YOU LIKE TO SEE OTHERS LIVE A HEALTHY LIFE?
- CAN YOU DONATE FINANCIALLY SO WE CAN CONTINUE THIS PROGRAM AND REACH MORE LIVES?

Be Thankful Give Thanks Happy Thanks-giving!!
Visit us on our website or LIKE and follow us on FACEBOOK.

CBHC....

Did you know that CBHC is a non-profit organization that has various programs to improve the health of Black folks?

Did you know that CBHC has been impacting communities and individual’s health since 2008?

Did you know there is a wealth of resources at your fingertip?

FLOWdenver.org

Visit: www.coloradoblackhealth.org
Email: info@coloradobhc@yahoo.com

We will be the Healthiest Black folks in the Nation ....Are you with us?
Just for the HEALTH of it!

Colorado Black Health Collaborative
"Help me and let me help you."