Power Saturday 2018
Screening in the RAIN

Rain, sleet or snow has been a mantra related to our commitment to the Colorado Black Health Collaborative (CBHC) Barbershop/Salon Health Outreach Program, since we started in 2012. However, one of our Power Saturday teams took this to another level. When their shop owner was late opening, they were not disheartened despite the cold, rainy day. Weather in Colorado has been fierce to predict, but it rained on and off from early morning to late afternoon. Nevertheless, the Park Hill team put up the large umbrella and used other personal handheld umbrellas to help get the community screened for high blood pressure. Team Captain, Tracy Gilford reported that “CBHC brought the HEAT- even in the rain”. They met people where they were and witnessed some of the harsh realities that face the community. Ms. Gilford went on to say that the day was highly appreciated and “it punctuated the point [for her] about the importance of the social determinants of health and reaching our people where they are to provide them with vital resources, information, and needed assistance to lead healthy and empowered lives.” She felt proud that she could represent CBHC in our quest to achieve health equity.

It was a rainy day, but that did not keep us away. WE screened 639 people for high blood pressure at 14 shops. Though the Parkhill crew was waterlogged, the other 13 teams were able to stay dry for the most part and did their share of screening and educating the clients of all ages, on how to spot a stroke F.A.S.T. Our partner for the event, the American Heart Association provided us with F.A.S.T refrigerator magnets, handouts, and cookbooks.

Our other partners- Kaiser Permanente African American Business Resource Group- Bobby King the Director of Equity, Inclusion, and Diversity rolled up his sleeves and helped to educate folks, Dalco Industries, Phi Beta Sigma, and of CC of Black Nurses- educators.
CBHC BARBERSHOP/SALON PROGRAM

June 2018

Just for the Health of it!

Power Saturday is really about screening for high blood pressure, and education. Hypertension/high blood pressure is one of the leading risk factors for heart attack and stroke. During this Power Saturday we educated on how to spot a stroke F.A.S.T.

June is also Men’s Health Month. We are glad that many of our shops are barbershops so the men can really benefit from these messages.

And the Winners are........

Queen of the Comb for the 4th year in a row, Ms. Lillie’s.

2nd Place, Hair Master’s

3rd Place, Winning Coiffures & *Comfort Salon*(new shop)

These top winners received a trophy and a catered meal certificate.

Congratulations!!!

Thank you to the 14 shops that participated and made this a great competition on a rainy day.

Heroes & Ambassadors

We also recognized the 9 AHA Hypertension Heroes and CBHC Shop Ambassadors. Here are a few pictures of these wonderful shop owners and operators:

African American men are at greater risk of stroke than other groups of men.
cdc.gov

Thank you to our wonderful VOLUNTEERS

You are priceless!

Our fabulous committee:
Alfredia, Byron,
Lorraine,
Mabel, Rene,
Terri.
Colorado Black Health Collaborative’s 5th Power Saturday, 2018
Check out some of the pictures!

Herman Muhammad gave a shout out to the CBHC volunteers at his shop, Supreme Styles, on his blog://www.astar2.com/single-post/2018/05/19/Power-Saturday-at-Supreme-Styles.
Normal Blood Pressure is less than 120/80.

If you have high blood pressure, you should know your goal. Ask your doctor if you don’t know your goal. Visit your doctor at least once a year to be checked and discuss your blood pressure.

Form a Lifetime of Wellness! Start today.
Call 1-800-209-FLOW

Summertime. Get out & get some fun! Be careful of the sun.

We will be the healthiest Black folks in the nation.

Just for the Health of it!

Happy Father’s Day

Make time for your HEALTH during this Father’s Day and every day. We love you and need you.