Healthy Lifestyle Network

Healthy Lifestyle Network, Inc (HLN) is a non-profit organization founded in 2000 by Lorna Shelton Beck, a registered dietitian, to teach participants methods of food preparation and food choices over the holidays to prevent weight gain. HLN is managed by a Board of Directors and in Jamaica by an Advisory Board. The programs offered are: Youth and Adult Healthy Lifestyle Jamboree, Community Health Day Conference and Exposition and the Shelton Project.

Community Health Day is held on the first Saturday in November each year. It is designed to educate and empower people to take charge of their health. It is devoted to helping people with diabetes and those at risk for type 2 diabetes. This program has been offered to the public since 2001.

Youth and Adult Healthy Lifestyle Jamboree is a day devoted to teaching physical activities and nutrition to adults and children. The day starts with a 5k walk followed by nutrition workshops, cooking demonstrations and various physical activity sessions such as yoga, Zumba, African dance, basketball and football. This event is usually held in May each year.

The Shelton Project started as a medical mission to Port Antonio, Jamaica in 2002. During those trips HLN took medical volunteers and provided free health care, medications, diabetes and cardiovascular screenings, glucometers and blood pressure machines to adults. In 2006, supplies were provided to five churches to establish health ministries. Dr. Daniela Speck’s generosity in giving her practice made it possible to provide free health care to the public. The days ran from morning until dusk. Two days were devoted to adult health care from Dr. Speck’s office and one day was devoted to screenings at Titchfield and Port Antonio High.
In addition to providing health care, the Shelton Project established a reading program at the Port Antonio Infant School. In 2009, they attempted to engage several infant and basic schools (ages 3 ½ to 5½) in a football program. In 2010, HLN developed a Four Prong Program for ten infant and basic schools in Port Antonio.

The goals focus on:

1. **ENVIRONMENT** - teaching environmental stewardship of the land, planting, recycling, conserving energy and in general tips on going green. The children plant trees, vegetables and flowers. Schools that have no land space to make outdoor beds utilize pots.

2. **NUTRITION** - the children learn healthy food choices and learn to eat from the land by eating the vegetables they plant.

3. **READING** - all schools are provided books to create a library to encourage the children to read. These books are available to the children to read before, during and after school.

4. **PHYSICAL ACTIVITY** - each school is encouraged to establish either a co-ed football team or two single gender teams. All the teams are members of the Shelton Wee Ones Football League.

In April 2012, they hope to host the first Michael Jackson Earth and Arts Festival in Port Antonio. The children will showcase their crafts from recycled items, performing arts, and will play football. A Hearts and Lace Pre-Valentine Tea Party is held each year to benefit the Shelton Foundation.

**Hearts and Lace Pre-Valentine Tea Party**  
**February 12, 2012**
Heart-to-Heart Ambassador: Carrie Whipper

Carrie Whipper, Coordinator of the Palmetto Project Heart & Soul Program and President of the Charleston Diabetes Coalition was the featured Ambassador in the January 2012 issue of American Heart Association’s (AHA) Carolina Communicator Health Equity newsletter for her support of the AHA’s Go Red for Women and other cardiovascular related initiatives in the State of South Carolina.

Featured Ambassador, Carrie Whipper

Our featured Ambassador for January is Carrie Whipper, Palmetto Project’s Heart & Soul Program Coordinator in Mt. Pleasant, South Carolina. Heart & Soul was established as a statewide, volunteer, faith based, cardiovascular health initiative in the early 1990’s to lower the incidence of stroke and other complications of uncontrolled hypertension. Carrie is continuing to build Heart & Soul’s network of sites that offer blood pressure screenings and lifestyle modification. Participants needing care are linked to medical care, pharmacy assistance, and disease management resources and taught lifestyle modification strategies. Under Carrie’s tenure, Heart & Soul’s services have been extended and reaches the uninsured population by proving services at food bank distribution locations. From January to December 2011, Heart & Soul sites provided 1500 blood pressure readings. 1087 individual education encounters and encountered 2800 individuals in group settings.

Because she understands the effects of heart disease, Carrie is an avid supporter of AHA’s Go Red for Women, the Medical University of South Carolina AHA Go Red for Women Annual Symposium, and the AHA Power to End Stroke program. Through her championing AHA, Heart & Soul churches completed over 4500 Power Pledges during its 2008 campaign. In 2007-08 Carrie served as AHA Local Task Force Chairperson and MidAtlantic Affiliate Power to End Stroke Chairperson. She was instrumental in establishing the Low Country Healthy Heart Coalition in 2005.

With Carrie’s commitment to better health, Heart & Soul is continuing build its core of supporters and partnerships with stellar health initiative such as American Heart Association. Congratulations to you, Mrs. Carrie Whipper!!

Zumba offered in Georgetown

On January 30, 2012, The Georgetown Diabetes CORE Group started offering Zumba Fitness classes at the Choppee Health Complex on Mondays, Wednesdays, and Saturdays from 5:00 - 6:00 pm.

The cost for each class is $4.00. For more information, contact Joyce Linnen at (843) 545-8723 ext. 113 or 114.

AKA goes Red

The women of Alpha Kappa Alpha Sorority Inc. (AKA) are known to dress in their sorority colors of pink and green. However, on Feb. 3, the North Charleston Chapter of AKA and thousands of their sorority sisters around the country sacrificed wearing their traditional colors to participate in AKA’s "Pink Goes Red for a Day" initiative. As part of the initiative, all members were asked to wear red and were encouraged to inspire other coworkers and groups of which they belong to also to wear red.

The next day on Feb. 4th, they launched their Emerging Young Leaders (EYL) Project with an orientation and a kick off to the ORO Walk Club to promote healthy lifestyles and raise awareness about heart disease in women. Walkers will be provided with record keeping materials and quarterly milestone incentives.
MARCH

6 Tuesday
REACH SEA-CEED Partner Coalition Meeting
11:30am - 1:00pm
Harborview Office Towers
19 Hagood Avenue, Suite 910
Charleston, SC 29425

9-10 Friday-Saturday
10th Annual Diabetes/Heart Disease & Stroke Winter Symposium
Myrtle Beach, SC

10 Saturday
Georgetown Diabetes Gala
6:00 - 8:30pm
Choppee Cafeteria
8189 Choppee Road
Georgetown, SC 29440

13 Tuesday
Charleston County Diabetes Coalition Monthly Meeting
5:30 - 7:00pm
Harborview Office Towers
19 Hagood Avenue, Suite 304N
Charleston, SC 29425

21 Wednesday
Diabetes Day
South Carolina State House
Columbia, SC 29201

21 Wednesday
Georgetown Diabetes CORE Group Monthly Meeting
5:30 - 7:00pm
Choppee Health Complex
8189 Choppee Road
Georgetown, SC 29440

24 Saturday
Community Health Screening & Education @ Greater St. Peters Church
9:00am - 12:00pm
2062 Savage Road
Charleston, SC 29407

27-28 Tuesday-Wednesday
SC State Legislature Screening
8:30am - 3:30pm
South Carolina State House
Columbia, SC 29201

APRIL

10 Tuesday
Charleston County Diabetes Coalition Monthly Meeting
5:30 - 7:00pm
Harborview Office Towers
19 Hagood Avenue, Suite 304N
Charleston, SC 29425

18 Wednesday
Georgetown Diabetes CORE Group Monthly Meeting
5:30 - 7:00pm
Choppee Health Complex
8189 Choppee Road
Georgetown, SC 29440

28 Saturday
Community Health Screening & Education @ Greater St. Peters Church
9:00am - 12:00pm
2062 Savage Road
Charleston, SC 29407

MAY

10 Thursday
Confederate Memorial Holiday
REACH office is closed

16 Wednesday
Georgetown Diabetes CORE Group Monthly Meeting
5:30 - 7:00pm
Choppee Health Complex
8189 Choppee Road
Georgetown, SC 29440

26 Saturday
Community Health Screening & Education @ Greater St. Peters Church
9:00am - 12:00pm
2062 Savage Road
Charleston, SC 29407

28 Monday
Memorial Day Holiday
REACH office is closed
Volunteer for the ADA at
The Cooper River Bridge Run
Marion Square - Charleston, SC

VOLUNTEERS NEEDED!

The American Diabetes Association has been chosen as one of 12 charities supported by the Cooper River Bridge Run on March 31, 2012! By being one of these charities our duty is to help provide 100 Volunteers the day of the event. We would LOVE your support!

Volunteer Information:

- Each Volunteer will receive a Cooper River Bridge Run Volunteer T-shirt which must be worn during the event. Please provide correct t-shirt size when registering!
- All Volunteers will need to be at Marion Square Park no later than 7am. Several roads will be closing that morning so make sure you get there early!
- Volunteers will be assigned a specific zone in Marion Square and responsible for various duties
- Each volunteer will be asked to stay until approximately 11am

This is a fun and exciting event with over 40,000 participants!
Help the American Diabetes Association by signing up to volunteer on March 31st!

To volunteer, please register at http://diabetes.org/volunteercrbr

Once you have registered to volunteer an American Diabetes Association staff person will be in contact with you to reconfirm your commitment. If you should have any questions, please feel free to contact me at anytime.

Thank you for supporting the American Diabetes Association
and I look forward to seeing all of you on March 31st!

Christina Bickley
American Diabetes Association
South Carolina Chapter
803-759-4246 ext. 3291
cbickley@diabetes.org

Date: Saturday, March 31, 2012
Time: 7:00 AM - 11:00 AM
Marion Square Park
329 Meeting Street
Charleston, SC 29403
2008-2009 Legacy Project

It Takes a "Village"...

The Mecklenberg County Health Department (2008-2009 Legacy Project) received funding from the North Carolina Office of Minority Health to launch a new initiative in February with their churches called Village Heart B.E.A.T. (Building Education Accountability Together) Focus Prevention strategy to address heart disease risk factors among African American and Hispanic Women ages 18-80. There will be a series of community activities that will focus on:

1. Heart Disease Risk Factors;
2. Preventative Health Screenings; and
3. Access to Educational Resources For Healthy Lifestyle Choices.

MUSC is...

Clearing the Air

Effective March 1, 2012, MUSC will become a tobacco-free facility. As the only National Cancer Institute-designated cancer center in the State of South Carolina, the Student Government Association, faculty senate and board of trustee all collectively agreed that the decision supports MUSC’s mission to prevent cancer and to lead by example in providing the healthiest environment possible for everyone on campus.

As part of the transition, MUSC’s Employee Wellness Center began offering FREE smoking cessation classes, clinics, support groups and resources for employees and students in December 2011 to those who wanted to quit smoking. Also, presentations were given across campus detailing specifics on the tobacco-free policy, compliance and enforcement and tobacco-free information and support resources. Once the policy goes into effect, tobacco products use will be prohibited in all buildings, grounds, parking areas, and spaces (including inside personal vehicles) leased or owned by MUSC. The policy will apply to ALL employees, patients, visitors, students, volunteers, contractors and vendors.

For information on smoking cessation programs:

- e-mail: muscempwell@musc.edu
- or call: 843-792-1245
- or visit: www.musc.edu/medcenter/health1st

For questions on the new policy go to www.musc.edu/tobaccofree
New Initiative

Homelessness Taskforce in Charleston

A series of public meetings are being sponsored by the Homelessness Taskforce. The Taskforce was formed nearly two years ago with the goal of creating a 10-year plan to prevent and end homelessness. The Taskforce is made up of community leaders, service providers, health care providers, nonprofit organizations and representatives from the City of Charleston, North Charleston and Charleston County government. Virginia Thomas of REACH SEA-CEED serves on the Health & Stability Committee.

Meetings are being held to obtain feedback from service providers, persons who may be at risk of, have experienced, or experiencing homelessness and also the general public regarding the strategies that the Homelessness Taskforce have drafted as a part of the development of the 10-year plan to prevent and end homelessness.

For more information, contact the Department of Housing and Community Development at (843) 724-3766 or jonesan@charlestonsc.gov.

Palmetto Project and REACH

Selected for Scholars Program

Community Partner Carrie Whipper of Palmetto Project along with academic partner, Dr. Carolyn Jenkins, REACH Principal Investigator and MUSC College of Nursing Professor were among three teams selected for the 2012-2013 Community Engaged Scholars Program by The South Carolina Clinical & Translation Research Center for Community Health Partnerships (SCTR/CCHP). The 18-month program will provide training and pilot funds up to $10,000 for community and academic partners to conduct community-based participatory research (CBPR) with the goal of increasing the capacity of community-academic partnerships to conduct research with mutual ownership of the processes and products.

Their project titled "An Integrated Approach to Diabetes Management and Associated Complications at Low Country Food Bank Sites" will focus on improving education and care for persons at risk and with diabetes who access food through Lowcountry Food Bank sites. Their approach will be to involve participants and partners in identifying needs and priorities related to improving chronic disease outcomes through access to healthy foods.

Each year, academic and community partner teams are selected to address an identified community priority. For more information on the Community Engaged Scholars Program and future Request for Applications, please contact Brandi White at whitbm@musc.edu or (843) 792-2215. Additional information can also be found at http://academicdepartments.musc.edu/nursing/cchp/cescholars.htm.
Southwestern Scallops

Ingredients

- 1 pound sea scallops (about 12)
- ½ teaspoon ground cumin
- ⅛ teaspoon pepper
- 2 teaspoons chilli powder
- ½ cup white wine or chicken broth
- 2 tablespoons butter, divided
- ¼ teaspoon salt

Instructions

- In a small bowl, combine the chili powder, cumin, salt and pepper. Pat scallops dry with paper towels. Rub seasoning mixture over scallops.
- In a large heavy skillet over medium heat, melt 1 tablespoon butter. Cook scallops for 2 minutes on each side or until opaque and golden brown. Remove from the skillet; keep warm.
- Add wine to skillet, stirring to loosen any browned bits from pan. Bring to a boil; cook until liquid is reduced by half. Stir in remaining butter until melted. Serve with scallops. Yield: 4 servings.

Cook’s Tip

Great with rice pilaf, a tossed green salad or as an appetizer.
New Location for Partners Meeting

Until further notice, we will hold all meetings (in our building) in Harborview Office Towers - Suite 910. Please RSVP for the next meeting so that we can reserve parking with MUSC Parking Management.

Partners Meeting Location

Harborview Office Towers
19 Hagood Avenue, Suite 910
Charleston, SC 29425

Parking is Free for 90 minutes

The Harborview Office Towers is located behind the Spring Street McDonalds

ABOUT US:

SEA-CEED (the Southeastern African American Center of Excellence in the Elimination of Disparities in Diabetes) is funded by the Racial Ethnic Approaches to Community Health across the United States (REACH U.S.) grant from the Centers for Disease Control and Prevention (CDC) to decrease disparities for African Americans at risk for and with diabetes.

Send Inquiries to:

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REACH U.S. SEA-CEED
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19 Hagood Avenue, Suite 304N
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REACHing Out is a quarterly newsletter published by the REACH U.S. SEA-CEED program.

If you would like to contribute to the next issue, send an e-mail to reachseaceed@musc.edu.