# COMPLIMENTS OF THE SEASON FROM AFRICAN COMMUNITY HEALTH INITIATIVES

The year 2008 has been a year of tremendous growth and expansion for all of us here at ACHI. Our activities this year have been inspiring and encouraging.

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The outreach activities extended beyond Boston. We now reach and help an average of 800 people per month. We have also strengthened our relationships with our partners and increased the number of staff to include two Health System Navigators and four interns.

We have also increased the number of people enrolled into various MassHealth and other State Health Programs.

In the year ahead we hope ACHI will continue to increase in leaps and bounds.

We invite you to consider making a tax-deductible donation to ACHI through our website: www.africancommunityhealthinitiatives.org

Your support will help us to continue the fulfillment of ACHI's objectives.

Happy Holidays and a Prosperous New

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### AFRICAN COMMUNITY HEALTH INITIATIVES

#### **DECEMBER 2008**

## ACHI At The 2008 Cambridge Health Fair



NATASA POPOVIC (INTERN) AND DANIEL ABIRE AT CAMBRIDGE HEALTH FAIR

**O**n October 18<sup>th</sup> 2008, ACHI took part in a Health fair in Cambridge organized by Federal Management Service Coordinator of Fresh Pond Apartments in collaboration with Cambridge Alliance and ACHI. The event was a huge success attended by varieties of health organizations such as Network Health and others. ACHI informed participants about her core objectives of ensuring that immigrants mostly of African background have access to affordable healthcare.

Many participants were decisively impressed about our will and effort to ensure that access to affordable health care is not only a societal responsibility but a

right. During the program, we had a lengthy discussion with diverse groups of people from State Representative Legislative Aide (Barbara Miranda) to healthcare volunteers (Nurse and Nutritionist). ACHI also enrolled participants into MassHealth and other State Health Programs.





On September 23<sup>rd</sup> 2008 ACHI took part in the new Bostonian Community Day at the Boston City Hall The event comprised of cheerful participants, cultural dance and singing performances, delicious South American food and above all. useful health. wellness and spiritual information were provided to participant. ACHI presented the participants with hundreds of health brochures and made the organization's voice heard through some memorable conversations with participants. Despite the frosty whether, the gathering was a success.



PIC ON THE LEFT SHOWS FODAY (ACHI'S INTERN) AND PARTICIPANTS DURING A CULTURAL DISPLAY AT THE NEW BOSTONIAN COMMUNITY DAY

#### **AFRICAN COMMUNITY HEALTH INITIATIVES**

## ACHI in the Community



Bicycle donated to Teen's Challenge, Brockton, MA by ACHI.

ACHI co-sponsored a health fair event that was well attended by diverse groups of people from various communities. The September event took place in Brockton. The essential objective of ACHI is to effectively reach out to the members of the community and help them with issues relating to healthcare access and affordability. During this important event, ACHI donated a bicycle to one of the needy and this gesture was widely appreciated. During the program, ACHI counseled several participants about many of the current health issues facing the communities. ACHI distributed brochures relating to many diseases such as diabetes, stroke, heart attack. The event was a huge success.



## United Nations Celebration Day



ANNE MEDINUS & GETACHEW HABTEH-YIMER AT THE UN'S DAY

United Nations Celebration Day: ACHI cosponsored this event which took place on October 21, 2008 at the Great Hall in the State House. The theme of this year's celebration was: "Millennium Development Goal #7: Ensuring Environmental Sustainability". Five ACHI members were in attendance. A good number of vendors were also present at the occasion.

# Promoting Men's Health



DANIEL AND JOSEPH AT THE MEN'S HEALTH SUMMIT

Three ACHI staff members attended this event at River Street in Hyde Park on October 25<sup>th</sup> 2008 from . The event was organized by Men's Health department of Whittier Street Health Center. It was well attended and we provided information on blood pressure, diabetes, hypertension, mammogram, Food and Nutrition, Blood sugar, prostate cancer and Cholesterol.

#### AFRICAN COMMUNITY HEALTH INITIATIVES



# ACHI's Newest Interns

My name is Foday Manneh; I was born in The Gambia. West Africa. I had my undergraduate degree (B.S in Biology) at Rust College, Holly springs, Mississippi. I am a current graduate student at Northeastern University studying the Doctorate in Pharmacy (PharmD). I decided to join ACHI as a volunteer in order to fully understand the roles of community organizations in the most needed part of our communities. ACHI have been clearly instrumental in their effort of helping mostly African immigrants to have an access to better and affordable healthcare.

Working with ACHI gave me an insight into immeasurable roles of community organization. I am captivated by the willingness and determination of ACHI to actively help people without access to affordable healthcare.

My most memorable part of working with ACHI was when I had the opportunity to meet with Dr. Anne P. Medinus (Chairperson of ACHI). Our meeting was a learning and productive experience, conversation on a wide variety of issues pertaining to ACHI. I have a great admiration and appreciation for the founders of ACHI about their will and determination to create this dynamic organization.

My vision and interest is to serve as a voice for the needy in public policies relating to access to drugs use and safety in the world. I am looking forward to continue to work with ACHI in the future to make their goal a reality.



Foday and Natasa

My name is Natasa Popovic. I was born in Bosnia, raised in Germany and am now, residing in the United States. Just recently I moved to Boston from Orlando. Florida to pursue a doctor of Pharmacy degree. Prospected to graduate in 2012, I hope to take my education to a further level. While pharmacy is largely about dispensing medicine, I'd like to follow ACHI's mission of making a difference in people's lives.

I started my community service with ACHI in September of this year. What started out as a class requirement has turned into a personally rewarding experience. Coming to this country with an immigrant status, I can relate to the many individuals ACHI helps. I know how difficult it can be to adjust to new scenery; and this is precisely where ACHI comes in. With patience, loyalty, care and above all, passion, ACHI makes this transition of establishing a new life easier. The members of ACHI put their best foot forward to ensure that all Africans have a healthy and prosperous life. I want to take these few months of ACHI exposure with me into my professional career. I too, want to make a difference in the lives of the people I serve. Thank you ACHI for this eye opening experience!



Anne Medinus, PhD. Chairperson

Lebeza Alemu, BA. Treasurer

Georgina Waweru Secretary

Getachew Habteh-Yimer, MA. Board Member

Salamatu Mambula, PhD., Board Member

Tony Amoah, MA, Board Member

Carly Burton, MSW. Board Member

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