

# HEALTH AND COMMUNITY NEWS

## Family Time is Bonding Time



Carolyn Guilford

habits, and the kids do better in school. They are less likely to have weight issues, self esteem issues or become the subject of discipline problems.

Kids perceive that good eating habits are important when they see their parents making good food choices and displaying a healthy attitude about food. As a nutritionist, I suggest offering a variety of healthy foods, and sensible portion sizes at meals. Let everyone participate (especially the kids) in the tasks at mealtime. Preparing some foods, setting the table, serving, and the clean up should be encouraged. These chores go more quickly and easily while exchanging ideas and feelings, and talking over hopes and future plans.

Making mealtimes together a priority can enhance home life and health for every member of the family. It goes beyond just catching up on the kids' day, to building family closeness, and understanding. And, it can also be fun. Families who linger at meal times together tend to benefit in so many ways physically and socially.

Here are some tips you can use to create or enhance this tradition in your home:

Have a set time for dinner, but be flexible when needed.

Turn off the TV and let phone calls go to voice mail.

Spend time at the table talking, focusing on family topics and keeping it positive.

Allow everyone have the opportunity to talk and to listen.

Serve more vegetables, fruits, water, whole-grains and lean proteins. Serve fewer sweet drinks, and only serve dessert on the weekend as a treat.

Having kids participate in the preparation of meals will make it likelier that they will try new foods.

Try to have breakfast and dinner together most days of the week, and more often on weekends.

Remember, Health is Wealth.

If you are ready to start a healthy diet and lifestyle program, or want to comment on any health issue we've covered in this column please call or write:

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## Big Brothers Big Sisters Kicks Off 100 Men in 100 Days Volunteer Campaign

Big Brothers Big Sisters of the Coastal Empire (BBBSCE), the area's premier mentoring organization, announced recently the kick-off of its "100 Men in 100 Days" campaign which is designed to recruit 100 African-American male volunteers over the next 100 days.

"Finding African-American men to serve as Big Brothers is critical to the success of our organization and will have a ripple effect far into the future," stated Dr. Malik Watkins, BBBSCE's Board Chair.

Executive Director John Kendricks stated, "we are a very diverse organization with volunteers of all races and nationalities; however, the need for African-American men far exceed those of any other group because of the large number of African-American boys who are waiting to be matched."

Kendricks related members from the Delta Eta Chapter of Alpha Phi

Alpha, Alpha Gamma Chapter of Omega Psi Phi, Gamma Zeta Chapter of Phi Beta Sigma, and Iota Phi Theta Fraternities have answered the call and become "Bigs", but more men are needed!

"All it takes is two to three meetings a month to make a real difference in a young man's life," stated Kendricks. BBBSCE challenges "100 African-American men to stand up for our children today and make a difference!"

Interested individuals should call (912) 233-7669 or go to the agency's website, [www.bbbscoastalempire.org](http://www.bbbscoastalempire.org), to volunteer.

"While people think of Big Brothers Big Sisters as a volunteer organization, it's also a non-profit charity that depends on donations to make more matches," said James Sessler, Regional Manager, Arby's Restaurant Group, Inc.

Funding is used for recruiting, careful matching, background checks, screening and maintaining ongoing professional support for the volunteers,

youth and their families - the key to ensuring long-term positive outcomes that change lives and communities."

Arby's customers who come into local Arby's restaurants from June 15 through July 26, 2009, may donate a dollar and sing a "Help Us Help Kids" pin-up to hang on the walls of the restaurant.

Customers who donate will receive a coupon redeemable for \$1.00 off selected Arby's menu items during their next purchase.

The donated money will support Big Brothers Big Sisters of the Coastal Empire's 100 Men in 100 Days campaign. Last year, Arby's raised over \$2 million nationwide through its pin-up campaign.

"We've always believed in the power of giving back to the communities that we serve," Sessler said. "Mentoring makes a powerful difference and I'm proud to be part of an effort that gives the entire community an opportunity to contribute."

## Savannah 100 Sponsors Organ Donation Awareness

Each year 19,000 Americans die while awaiting organ transplants.

African-Americans constitute 35% of those awaiting kidney transplants.

In the SE of the United States, more than 70 percent of all dialysis patients are African-American.

These grim facts explain why the 100 Black Men of Savannah, in partnership with Life Link of Georgia and St. Joseph's/Candler Health Systems will sponsor a program on Organ Donor Awareness among African-Americans on Saturday, June 20th at 10:00 a.m. at the Jepson Center of the Arts, 207 West York St., Savannah.

This innovative and informative session aims to educate the Savannah community in general and African-Americans in particular about the significant shortage of organ donors despite the high numbers of African-Americans in need of transplantation.

Presenters, including Bobby Howard of Life Link of GA and Lloyd A. Johnson of the Savannah 100, will share the facts about organ and tissue donation, inspire individuals to designate their donation decision by signing up on the Georgia Donor Registry, and share the importance of family discussion on this topic.

The 100 Black Men of Savannah aim to "think globally and act locally" by improving the quality of life in the Savannah/Chatham County community and to enhance educational and economic opportunities for all African-Americans.

LifeLink of Georgia is an independent, non-profit organ and tissue recovery organization dedicated to serving patients in need of transplant therapy and their families.

The Savannah 100 has a more than passing interest

in organ donation.

In February, Johnson received a kidney transplant at the Mayo Clinic Hospital, Jacksonville, FL.

Another member of the Savannah 100, Gary Young, is scheduled to receive a kidney transplant at Piedmont Hospital in Atlanta the day before this program.

What greater impetus can there be to attend this program - with a friend or relative.

## Update on the Go Healthy Challenge

After one week of healthy eating and exercising, the participants of the Go Healthy Challenge gathered at West Broad Street YMCA for the first weigh-in.

Collectively the ladies lost fifty (50) pounds.

AKAs lost .068% of "start" weight. Deltas lost .029% of start weight.

Biggest losers for the AKAs were Patricia Mincey and Carol Bell, both losing 5.6 pounds. Leading the losers for the Deltas was Joyce Davis, losing 3.2 pounds.

After weigh-ins, the ladies listened to presentations by Carmelia Lomen on Hydration and Ziggy Kent on Importance of Exercise.

Finally, the ladies participated in a line dance demonstration by Margaret Ann Pearson.

The public is invited to attend all wellness presentations presented as a part of the "Go Healthy Challenge".

Presentations are held on Mondays at 5:30 p.m. in the Aerobics Room. Scheduled for June 15, 2009 is a presentation by a medical doctor on healthy lifestyles.

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[www.savannahtribune.com](http://www.savannahtribune.com)

## Now Is The Time To Choose AMERIGROUP Community Care

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- A dental exam and cleaning every six months and X-rays each year for members age 21 and over
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- A gift card for completing our Taking Care Of Baby And Me® program
- Answers to your medical questions 24 hours a day with our Nurse Helpline

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**DO YOU THINK YOU ARE THE KING OR QUEEN OF THE GRILL**

Enter the Central Missionary Baptist Church (Thunderbolt) Building Fund Cook-Off

\$100.00 for a Team of 4  
additional members will be \$25 per person Max. 6  
With limited space available entry fees are due by July 2,  
Saturday, July 11th 7 AM - 6 PM  
Central Missionary Baptist Church  
3119 Shell Road - On The Yard

There will be three Categories:  
Best Chicken  
Best Ribs  
Best Hamburgers  
1<sup>st</sup> & 2<sup>nd</sup> Place  
Winners for each.  
Each Team is responsible for their own supplies.

Please contact Sis. Jessica Early 912-398-0982 or Sis. Sharron Parker 912-508-9813 to get registered and get rules information. Meeting will be held Mon., July 6 @ 6 PM