Even though Power Saturday is just one day in May, we spend the entire month getting ready. We recruit the shops, and the volunteers. We train the volunteers, captains, and medical leads. We get the equipment, supplies, snacks, and materials we need. We map out our strategies. On Thursday before the event we pack the education station supplies. The day before the event we pack the BP station supplies and load the 2 trucks. We have improved our efficiency the last couple of years so we finish before the sun sets. In the past we almost had one of our volunteers blown away trying to handle a lot of helium filled balloons, because we were late picking her up.

Our very first Power Saturday was in 2014 and we screened at 7 shops. In 2018 we have doubled the number to 14. 3 of the shops are new. There are salons, barbershops, and combination shops. Most of the shops are on Colfax, but we do have others across Denver and Aurora. We are meeting people where they are and that is a formula for success.
Tips from American Heart Association
Eating healthy on a budget can seem difficult; but it can be done! Try to incorporate some of these healthy foods under $1 into your weekly menu planning.

Apples (raw with skin)
- **Great for:** Snacks, green salads, main dish salads and fruit salads
- **What’s a serving?** 1 large apple

Bananas
- **Great for:** Snacks and fruit salads, yogurt parfaits and smoothies
- **What’s a serving?** 1 banana (large)

Baby Carrots (raw)
- **Great for:** Snacks, casseroles, stews, veggie platters and side dishes
- **What’s a serving?** 8-10 baby carrots (3 oz)

Homemade or Canned Beans (kidney, pinto, garbanzo or navy)
- **Great for:** Green salads, casseroles, stews, hummus and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.
- **What’s a serving?** Each can contains about 3.5 (1/2-cup) servings.

Fresh or Canned Tomatoes (packed in tomato juice, reduced-salt versions)
- **Great for:** Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil.
- **What’s a serving?** One can contains about 3.5 (1/2-cup) servings.

Pears (raw)
- **Great for:** Snacks, as an appetizer with cheese, green salads and fruit salads
- **What’s a serving?** 1 large pear

Lentils (cooked)
- **Great for:** Soups and stews, cold bean salads and casseroles
- **What’s a serving?** ½ cup cooked

Yogurt (plain, low fat or fat-free)
- **Great for:** Smoothies, yogurt parfait, dips and dressings
- **What’s a serving?** A 6-ounce container is usually a serving.

Eggs
- **Great for:** omelets, hardboiled, salads
- **What’s a serving?** 1 medium egg

High Blood Pressure and Kids

Children of all ages can have high blood pressure. Like adults, they usually have no symptoms when their blood pressure is high. To make sure that kids are being diagnosed, the American Heart Association recommends all children have yearly blood pressure checks. For kids, the doctors will use age specific tables to determine the normal blood pressure. In general, high blood pressure is diagnosed when blood pressure is the same as or higher than 95 percent of children who are the same sex, age, and height as your child. [http://www.md-health.com/normal-blood-pressure-for-children.html](http://www.md-health.com/normal-blood-pressure-for-children.html)

You may wonder why a young person would develop high blood pressure or hypertension. In children, it can be related to an underlying health condition or medications or it can arise from several risk factors.

These risk factors may be hereditary (genes) or life-style related.

The following risk factors account for high blood pressure in children:

- **Premature or low birth weight**
- **Family History of high blood pressure**
- **Excess body weight or obesity**
- **Race-** similar to African American adults, African American children are also at higher risk for high blood pressure. The Bogalusa Heart study that started in 1972 examined the blood pressures and other metrics of Black and White children in Louisiana. The study is ongoing and many papers have been written. It has demonstrated that African American children have higher blood pressures than White children.
- **Age-** heavier and more sexually mature teenagers tend to have higher blood pressure. Research suggest that teens who are obese and have high blood pressure may develop thicker arteries by age 30. Think about it.

One key to staving off high blood pressure and other cardiovascular complications is to adopt healthy lifestyles in childhood. We should not be waiting until kids become adults to preach about eating a well-balanced meal with lots of fruits and vegetables, limiting fat, sodium, and sugar, being physically active-kids should have one hour of physical activity per day at a minimum, and try to maintain a healthy body weight. [http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HealthyKids_UCM_304156_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/HealthyKids_UCM_304156_SubHomePage.jsp)
There is certainly some debate over the origin of Memorial Day, nevertheless the purpose of the day is clear---to honor, and remember men and women of the armed forces who died while serving our country.

The ceremony, originally called Decoration Day, that some people believe is the precursor to Memorial Day, occurred in Charleston, South Carolina, May 1, 1865. This was during the Civil War era. 620,000 soldiers, total died in the Civil War, many from disease as opposed to war related issues. These free blacks in Charleston, re-buried dead union prisoners of war and held a cemetery dedication ceremony.

Several credible sources believe that we can’t forget the story of the newly freed slaves coming together to honor the men that gave their lives during the war that ended in 1866. The contributions of African Americans in American history are often buried or dismissed. Regardless of whether this ceremony was the precursor or not, it is important to know the history and contributions made by our people.

As the story goes, as the Civil War was ending, thousands of Union soldiers were herded into camps, “Race Course”. The conditions were poor and more than 250 prisoners died from disease. They were buried in mass graves. Freed slaves worked for 2 weeks to dig up the grave and give them a proper burial. They held a decoration ceremony/Memorial Day that included a parade with 10,000 people including U.S. Colored Troops, 2,800 children, and a few Whites. This was a true tribute with singing, speeches, and flowers laid on the graves. They dedicated the day to the “Martyrs of the Race Course”. This was considered an informal observance, not national and not an annual occurrence, which is why some don’t consider it the first Memorial Day.

The modern day “Memorial Day” was credited to Major General John Logan, May 5, 1868. He established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Major General John A. Logan declared that Decoration Day should be observed on May 30. It is believed that date was chosen because flowers would be in bloom all over the country.
CBHC BARBERSHOP/SALON PROGRAM

Remember:

High blood pressure/ Hypertension is the silent killer.
Know your blood pressure
Healthy eating and active living can help prevent high blood pressure, stroke and other diseases

Don’t miss our upcoming events:
8/25  Block Party
9/28  10th Year Celebration
10/21 Gala featuring Jenifer Lewis
11/13 Dr. David Williams- Race, Racism, and Health

Go to our website for more details!

Visit: www.coloradoblackhealth.org
Call: 720-579-2126
Face Book: Colorado Black Health Collaborative

Our mission: to achieve health equity in Colorado’s Black community

Memorial Day 2018

Just for the HEALTH of it!