Thanksgiving History
A forgotten fact, Thanksgiving started off as a church oriented celebration for the Black community. African American pastors often gave sermons that could be heard loud and clear through the small Black churches. The sermons would be about struggles, hopes, fears, and triumphs. The sermons usually grieved the institution of slavery; the suffering of the Black people; and often pleaded for that an awakening of a slave-free America would someday come soon.

https://blackthen.com/how-slaves-spent-thanksgiving-day-might-surprise-you/

Proclamation of Thanksgiving
http://www.theafricanamericanlectionary.org/PopupCulturalAid.asp?LRID=177
“On October 3, 1863, President Abraham Lincoln signed the proclamation designating the final Thursday of November to be a national holiday of “Thanksgiving and Praise.” That official creation of a “day of our annual Thanksgiving made a National and fixed Union Festival” occurred within the same year that Lincoln signed another, even more historic proclamation, the Emancipation Proclamation. The one that directly concerned the fate of every black person in the United States at the time and since then: which had freed the enslaved in any territory “in rebellion,” namely the Confederate States of America. The fact that these two proclamations took place a few months apart coincides providentially to set the perfect context for America’s national day of Thanksgiving. The millions of black women, men, and children who were about to witness the emancipation from what seemed to be the interminable nightmare of chattel slavery had much in which to rejoice in the wake of Lincoln’s twin proclamations of 1863. In turn, the people who were once dehumanized by the peculiar institution of slavery would obviously have much for which they could be truly thankful during that first Thanksgiving.”
Giving THANKS

CBHC is thankful for……..

Celebrating 10 years of serving the community.

A successful first annual gala. Jenifer Lewis brought down the house and our volunteers were in full force.

The Shop Crew that continues to support our efforts.

Our leaders who are dedicated to the cause.

Power Saturday’s 5 year anniversary.

That we have the power to vote to try to get things right.

The students who continue to be excited about volunteering.

Our partners that are committed to our success.

Our health and the ability to influence our health.

Our hypertension heroes and ambassadors.

Our benefactors that are happy to support the program financially.

The fact that we can say THANKS.

Healthy Eating During the Holidays

Savor that Thanksgiving meal – and each one after that. People who eat too fast are more likely to become obese or develop risk factors for heart disease, stroke and diabetes, according to a recent study.

Check out the American Heart Association video giving a few tips on how to control your eating during the holidays. They also include a website to get healthy recipes for the holiday.

https://youtu.be/xnjil3M_k
November 2018

NOVEMBER IS DIABETES AWARENESS MONTH

Type 2 Diabetes
Your body cannot properly use insulin and your glucose gets too high.

Insulin is a hormone that helps your cells use glucose (sugar) from your blood for energy. If there isn’t enough insulin, or it isn’t working properly, blood sugar levels get too high.

Sweet Facts and Tips:
African Americans are disproportionately affected by diabetes.
Diabetes is due to lifestyle factors (obesity, dietary habits, exercise) or genetic susceptibility (runs in the family).

Every can of soda is 30-45 grams of carbohydrate (7.5 – 12 teaspoons of sugar). Drink water instead.
Proper exercise can help prevent and manage diabetes. Don’t just sit there, MOVE your body.

Do something for your health:
CBHC has articles and important information on our website.
www.coloradoblackhealth.org

Volunteers at G and G’s, one of our newest shops
The BBSHOP started at G and G’s 1 year ago at their request. They are nestled at Colfax and Dayton, in old Aurora. This area is usually bustling with day workers, bus riders, and folks with nowhere else to go.

These ladies didn’t take NO for an answer, as they coaxed patrons to get screened and educated.

Colorado Black Health Collaborative SHOP Volunteers are PRICELESS!!!!
CBHC BARBERSHOP PROGRAM

The Barbershop/Salon Program is making an impact in our community

- ARE YOU ABLE TO GIVE ONE SATURDAY EVERY 2-3 MONTHS?
- WOULD YOU LIKE TO SHARE YOUR TALENT?
- DO YOU LIKE TO SEE OTHERS LIVE A HEALTHY LIFE?
- CAN YOU DONATE FINANCIALLY SO WE CAN CONTINUE THIS PROGRAM AND REACH MORE LIVES?

Be Thankful Give Thanks Happy Thanks-giving!!

Visit us on our website or LIKE and follow us on FACEBOOK.

Open Enrollment Started November 1st

Time to enroll for 2019 HEALTH INSURANCE

Connect for Health Colorado (ConnectforHealthCO.com) is the only place in Colorado where you can compare plans and apply for financial help to lower the cost of your health insurance.

December 15, 2018 is the deadline to apply for a plan that starts January 1, 2019

January 15, 2019 is the last day to apply for 2019 health insurance.

Check it out.

Visit: www.coloradoblackhealth.org

Email: info@coloradoblackhealth.org

We will be the Healthiest Black folks in the Nation ....Are you with us?

Just for the HEALTH of it!