

Better Together NEWSLETTER

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COMMUNITIES CARVE A WAY TO WELLNESS

The theme of this issue is *health*. One of Neighborhood Associates' core values, health is the state of good physical, mental, emotional, and spiritual well-being .

Community-wide and individual efforts toward improving health and wellbeing are shared in this issue to celebrate what has been achieved, and to inspire us to continue thriving, whether we are urban gardeners, group exercise enthusiasts, or survivors of illness.

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Above: Young gardeners proudly share their bounty of produce at Paradise at Parkside community in Washington, DC (p.6)

Better Together is the national quarterly newsletter prepared by and for the network of 10 communities partnered with the non-profit Neighborhood Associates Corporation. See back page for more information and to get involved.

CARVING A WAY TO WELLNESS

by Karen Billett, Resident Services Director at Carver Terrace, Washington, DC

Carver Terrace Apartments is located in Ward 5, in the northeastern quadrant of the District of Columbia. The majority of its residents are working-aged adults who are employed in the civilian sector. While most have health insurance and access to health care, major health challenges are still prevalent in this community. These challenges include the relatively high death rates due to heart disease, cancer, diabetes, and essential hypertension. Homicide is the sixth leading cause of death among Ward 5 residents. Health risk factors in our area include obesity, lack of physical activity, and smoking. As Carver Terrace's Resident Services Director, I am working with the community to turn those indicators around. One of the programs that we have established at Carver Terrace is Wellness Wednesdays. Bi-monthly on Wednesdays we have a health and wellness workshop that focuses on the health emphasis of the month as established by the U.S. Department of Health and Human Services Office of Disease Prevention and Health Promotion. Additional opportunities to improve health are offered on Tuesdays and Thursdays, where residents can work individually with Quincy Spruell in our Breathe and Move exercise room in the afternoon, and join the individually guided sessions with Tenant Association volunteer Thelma Duren in the evening.

American writer Augusten Burroughs said, "When you have your health you have everything. When you don't have your health, nothing else matters at all." This rings so very true. With that in mind, the residents of the Carver Terrace community are striving to live healthier lives.

On any given Wednesday afternoon you may find a group of 10 to 15 residents, all adults and mostly seniors, gathered together eagerly awaiting the arrival of their fitness instructor, Mr. Darnell Goldsmith. Mr. Goldsmith is a former manager at Results Gym on Capitol Hill and is now working to establish



Above: "Sit-and-Fit" class participants.
Inset: Mr. Darnell Goldsmith, fitness instructor.

his own health and wellness enterprise. He came to us highly recommended by his mentor and trainer Mr. William Yates, the Fit and Well Seniors Program Coordinator at the YMCA.

Mr. Goldsmith has such a winning personality and smile that some of our older residents who used to bemoan the need to work out began singing his praises and talking about how good they feel after having exercised.

Each class begins with a light warm-up of "Sit-and-Fit" accompanied by Gospel, R&B, or sounds from the '60s, '70s, and '80s. The great music and group exercise atmosphere helps participants forget that they are moving, stretching, and challenging themselves. After "Sit-and-Fit", movements and dance steps bring everyone to their feet. Within seconds, the exercise class turns into a party with folks reminiscing about the good times of their past and raving about how this fitness program allows them to exercise and feel rejuvenated again.

Gardening for Life

On Tuesdays, rain or shine, Dr. Rodney Burton walks down the street to the path that leads to the National Arboretum, located behind Carver Terrace. Knowing of her love of gardening and how she longs for Carver Terrace to have a garden of its own, Resident Services Director Karen Billett decided to ask her a few questions.

Dr. Burton, how did you come to enjoy gardening?

I am a native Washingtonian and I grew up in this neighborhood. My maternal grandmother lived right down the street at 19th and Rosedale, NE where Gibbs Elementary School is now located. She had what could be termed today as an urban farm. I spent most of my time with her while my mother was working, so we were always outside in her garden.

What kinds of things did you grow?

In my grandmother's garden she grew apple, fig, and pear trees, grape vines, roses, and all kinds of vegetables and herbs.

How did you decide to become a volunteer at the arboretum?

I'm not really sure why, but I was raised around growing flowers, fruits, and vegetables. Being in a garden brings to me a meditative calm, a sense of doing the right thing.

How long have you been volunteering at the Arboretum? Where do you work when you are there?

I have been volunteering at the Arboretum for a little over three years. At an arboretum there is always something that needs to be done with the plants and trees. Some days I am tasked with pruning trees, weeding and planting. Right now I am in the Dogwood Garden. Those trees will bloom in early spring through about May.

Sometimes I even work in the Youth Garden, which is very busy. It has all of the things that I grew up growing at my grandmother's house: vegetables and herbs that are started from seedlings to flowers and trees. This garden provides an opportunity for educators and students to learn about the food cycle and its sources.

What do you remember most about the food that you

ate from your grandmother's garden growing up?

That my mother was always a stickler about what I ate. Eating good fruits and vegetables was the way that most people ate. I also had friends as a little girl and adult who were members of the Nation of Islam and Seventh-Day Adventist communities. Both groups are known for healthy eating lifestyles that are more commonly vegetarian. We exchanged recipes with these friends, all of the time learning how to cook our fruits and vegetables in different and interesting ways.

As a kid I remember us eating a lot of greens especially. My mother used to give me the pot liquor to drink. That was the juice that is left in the bottom of the pot after cooking the greens. I also ate many of my vegetables raw.

I know that you had a career as a professor, but did you continue to garden?

As an adult I was a professor of the humanities and social sciences. I spent over seven years working and in Africa. When I was working in Malawi I grew rape [also known as rapeseed or colza] and okra, and had guava and mango trees.

Dr. Burton, do you have any final thoughts that you would like to say?

Yes. All of my life I have been a whole food eater. Now it's a fad to eat organic, and to try and eat six to seven fruits and vegetables per day, but I have always eaten this way. If you eat right and walk you can maintain your health. When I came back from Africa I decided not to purchase a car. That was over twenty years ago. I've been walking ever since and I feel good!



Above: Dr. Rodney Burton

DIABETES, A NOT SO SILENT KILLER

by Rodney Jones,
Community Coordinator at
Bradenton Village, Bradenton, FL

Diabetes is not a joke. It isn't something that can be taken lightly. If you have diabetes or know you are at risk of developing the disease, please be warned. If not treated it can change your life forever, and not in a good way.

In short, diabetes is the condition in which one's body does not have the ability to process sugar appropriately. This means your cells will not use the sugars that you consume, and the sugars build up in your blood stream and potentially cause fatal damage.

You may say, "Why is having a lot of sugar in your blood stream bad?" One doctor described having too much sugar in your blood as like having a million small pieces of glass in your blood circulating through every part of your body. Over a period of time the sugar damages the small veins in your eyes, kidneys, feet, legs, and even heart. The long term effects of such damage can be catastrophic.

There are 1.4 million new cases of diabetes diagnosed each year in America. In 2010, diabetes was the seventh leading cause of death in the United States. Many believe the ranking should be higher as research shows that diabetes is under-reported as a cause of death in many cases. Yes, it can be fatal, but it can be debilitating as well. Diabetes can cause blindness, kidney damage and failure, hypertension, stroke, amputations, and heart attacks. For males, diabetes may severely diminish your manhood, if you know what I mean.

Unfortunately, diabetes is prevalent in Bradenton Village. Over 60 percent of residents in this community are Black or Hispanic. Black and Hispanic people rank just behind Native Americans for the highest rates of diabetes nationwide. By both observation and self-reporting, there appear to be a large number of residents in Bradenton Village that have the disease.

Mary Bryant, the president of our resident council, has diabetes. She developed the disease over ten years ago and did not take it seriously. She now has had amputations to both feet—including half of her

right foot. She states the disease has been life changing and has diminished her ability to work and do things that she once enjoyed. "The disease is preventable," she says, "But if you do have it you must take it seriously, because it could not only debilitate you, but kill you."

I've also struggled with diabetes since learning I had the disease in 2002. I didn't take it seriously either. Thirteen years later I have had five surgeries to my right foot—two of which were amputations to the same foot. I recently had laser surgery on both eyes as I was told that without the surgery to slow the degeneration I could potentially be blind in two years. It's been life altering. Things I once loved, such as running and playing any outdoor sports at a high level, are all but a memory. I just can't do them anymore and I can only blame myself.

But all is not lost if you make a change to your eating and exercise habits, and it is well worth the effort. The change of life may save your life.

Here are some things I've learned that help prevent developing diabetes, and if you already have it, will help you live a long and healthy life.

- Move daily to increase energy levels and to feel better.
- Eat a balanced diet that includes healthy carbohydrates.
- Relax daily – a high level of stress only advances the disease.
- Limit alcohol consumption.



Above: Mary (top foot) and Rodney (bottom foot) display how diabetes has affected their feet.

- Don't smoke.
- Take your medications as directed by your doctor. If you eat healthy and exercise you may be able to stop medication.
- Know your numbers: A1C (blood sugar test results), blood pressure, cholesterol, and weight.
- Sleep enough to wake up feeling refreshed and renewed.

- Discover the meaning and purpose of your life—this provides motivation.
- Live each and every day with purpose and meaning.

Your body is your temple, my friends, it really is. Take care of yourself because if you don't, your life tomorrow may be much different than it is today.

My Journey!

by Faye D'allesio, Thomas Paine Square,
San Francisco, CA

My journey began two years before I was diagnosed with breast cancer—I had a very dear friend who died from breast cancer. I had the opportunity to be a participant of the support team helping her to cope and I witnessed the challenges and difficulties she had not having medical insurance. When I moved back to San Francisco I had the opportunity to work at the University of California, San Francisco with Dr. Edward Sickles, one of the leading radiologists for breast cancer. From that experience, I learned about the types of breast cancer, the surgery, treatments, and struggles of the disease. In June of 2008, I was diagnosed with stage 2 breast cancer. On July 1, I had my surgery.

and that I had been scheduled for surgery and after care. They gave me a list of doctors and helped me to select one. During this whole process I could feel myself talking and talking—I couldn't seem to stop, I was in total shock. Because the cancer was stage 2, I was set up for surgery within a week. After my surgery I underwent chemotherapy for six weeks, five days a week. Each day a friend went with me. Two months later I underwent five weeks of radiation. One night as I showered it happened! My hair was falling out in lumps. The next morning I called my beautician, and she came over and shaved my head. Finally, months later, I was cancer free.

“Cancer is a personal fight and you want to win.”

I discovered my cancer by doing a breast self-examination. I felt a lump, but it was so deep that I was sent for a mammogram and ultrasound on the same day, and two days later was scheduled for a biopsy. Friday evening, the same day of the biopsy, I received a call telling me I was scheduled to meet with the clinician nurse that Monday. Up until this time I had been comfortable with the process because I had gone through it before and my results were benign. It was not until the phone call late Friday evening that I begin to worry but I still told myself, “Oh no, it cannot happen to me.” On Monday when I reached the conference room I was met by two nurses. As they talked to me their voices began to sound really sad. Finally, I was hit with reality, as they told me I had been diagnosed with stage 2 breast cancer. They proceeded to tell me what the test showed,



Above: The breast cancer ribbon in balloon form. Photo courtesy of Nesbitt_Photo, Flickr, 2008

Seven years later a spot showed up on a test. I had five days of radiation and it was gone. I am now eight years cancer free.

One of the most important things I learned from this experience is how invaluable a strong and caring support system is; this is what kept me from going into a deep depression. I was very fortunate to know of the resources available to breast cancer patients, and through it all, managing to keep my sense of humor. I had a saying, “Cancer had me, I don't have

cancer.” My doctors remind me to always be conscious of my surroundings, eat healthy, and stay positive. It is said that after twelve years cancer free you have a better chance of it not coming back. That is constantly with me. I pray every day that I don't wake up the next morning and it has come back. Cancer is a personal fight and you want to win. Take care of yourself and be blessed.

PLANTING PARADISE

by Quint Gordon, Resident Services Director at Paradise at Parkside, Washington, DC

The annual Paradise at Parkside Summer Camp Program was developed to expand the horizons of our resident youth by maximizing the potential for them to be engaged participants in a wide range of social, cultural, recreational, and educational activities. During the past three years, we have worked very hard at Paradise to incorporate a more structured academic component into daily summer camp activities. College students from local universities serve as teachers who are supported in the classroom by the young adults from the community who work as camp counselors.

In the afternoon, elementary school aged residents participate in enrichment sessions led by counselors who have developed courses based on their personal interests and/or talents. Typically, campers have a choice among areas of interest such as art, music, civics, and sports history and procedures.

We typically have six to seven counselors every summer. Each counselor has responsibility for a group comprising anywhere from eight to twelve youngsters. Among the on-site activities the youth are expected to be engaged in are educational classes, arts and crafts, modern dance, drill team, music appreciation, and recreational sports and games.

Early in the summer of 2014, one of our Georgetown University students, Michelle Stearn, proposed to create, implement, and sustain a community garden in the Paradise at Parkside neighborhood as a learning component of the

2014 Paradise Summer Camp.

The Paradise Community Garden Program educates students in sustainability, science, literacy, and wellness using a community garden as a medium for hands-on application, exploration, and creativity. The Community Garden Program also tackles issues of youth education, food access, health, and team building through community gardening. The goal was to help students envision and live out the connection between how their daily decisions can impact both their own health and the health of the earth upon which we live. By cooking and preparing healthy and delicious foods harvested from their own community garden, the garden program empowered students to change their lifestyles for the better.

The campers wrote about their experiences and learned science lessons about plant life cycles and the natural world. They also took field trips in the area to see local urban farms, community gardens, and a mobile farmers market located just a few blocks from the Paradise garden. Our campers were able to use the community garden as a vehicle to foster independent learning and curiosity about science, reading, and team activities that might otherwise seem mundane.

During an eight week period, Michelle Stearn and her team were able to provide a very enriching and productive summer for over thirty elementary school aged residents. We all observed how the hands-on, student-led initiatives in the garden enable our campers to use and retain their newly acquired knowledge, and even teach it to their families and peers.



Left: During a field trip to the Sasha Bruce community garden in summer 2014, students cooked swiss chard in the outdoor kitchen during a workshop held by local urban agriculture group "E.D.G.Y. Roots" (Entrepreneurs Dedicated to Gardening with Youth).



Right: The heavy rains of summer 2015 helped grow so many cucumbers that Michelle brought the whole camp together one afternoon to make homemade pickles. One camper, Secoya C., watches her peer carefully chop the cucumbers. The group made over 20 jars!



Bass Circle Steps and Stays Healthy

by Caprice Casson, Community Coordinator at Bass Circle, Washington, DC

GIRL SCOUTS

Here in the Bass Circle community, the Girl Scouts have been stepping for the past four years. Our priority is to ensure children obtain the minimum of five hours of physical activity each week. In November, at the beginning of the stepping season, the girls practice a minimum of ten hours. December allows us to increase practice hours due to the winter break. During January and February, however, we peak at about 40 to 50 hours of physical activity per week just practicing for the Step Showcase that takes place in late February or early March. Keep in mind that each Girl Scout is to be a sister to every girl, so there's never the fear as to how much each girl can do as long as she gives it a shot. This type of positive environment gives participants the confidence to keep pushing to be the best healthy girl scout they can be. With the spring and summer around the corner, the girls are already conditioned to continue to stay healthy all year.

SHARE FOOD NETWORK

The SHARE Food Network program has been in the Bass Circle community for the past seven months. This is a program that doesn't have any requirements to participate. It accepts all types of payments and is intended to help create a path for participants to be able to make better food choices. The program provides community members with two big benefits. One benefit is that members always receive healthy food choices. The second benefit is that it's cost ef-

fective. This is the best type of community programming as a win-win situation is ensured. Both community members and neighborhood residents benefit from SHARE at Bass Circle, and each month we have about three to five additional community members come out and join. This program is also a community service opportunity for youth that need to give volunteer hours, so they assist senior residents by carrying the food to their homes and cars. This keeps both residents of all ages interacting as a community and healthy, another win-win!



Top: The Bass Circle Step group.

Above: Youth assisting seniors during the SHARE Food Network Program.

Master Gardeners' Plant-A-Pail Kicks Off a Healthier New Year with Planned Projects at Bradenton Village

by Becky Moreland, Master Gardner and Plant-A-Pail event organizer, Bradenton, FL

"It was a blast!" said Master Gardener Norma Kisida describing the first Plant-A-Pail community outreach program designed to help people grow their own fresh backyard veggies, especially those who live in "food desert" areas.

A food desert is a geographic area where affordable and nutritious food is difficult to obtain, particularly for those without access to a vehicle. Research has linked food deserts to diet-related health problems and health disparities. Bradenton Village is an area that has been designated by Manatee County as a food desert.

The Plant-A-Pail program is currently planned to address resident needs in at least four food desert communities. On March 12, 2016, a session is planned in Bradenton Village during the regularly scheduled Community Meeting. If successful and overly subscribed, we will plan another. The Master Gardeners plan to contact participants to ensure that the Pails are growing and that a harvest is successful. We will return in two months and plant a second crop of summer vegetables.

All materials - including plastic buckets, soil, vegetable seedlings, and instructions—are provided free of charge to communities expressing an interest in and a need for growing their own fresh produce.

The Plant-A-Pail project was conceived to address findings from a survey conducted by the Manatee County Health Department with residents in food desert areas who wished to grow

vegetables in their backyard. The project has been funded by the State College of Florida in celebration of the 2016 MLK Day of Service.

There is nothing healthier than a home-grown vegetable, and nothing more rewarding. Many older adults recall vegetable gardens growing up, yet many young people have no idea where food comes from. This program benefits all ages.

The bucket system ensures vegetables are properly watered, fertilized and are protected from many soil borne pests. The Plant-A-Pail is also a convenient and efficient backyard resource for harvesting fresh veggies for supper!



Above: Young and eager Plant-A-Pail participants.

The program will be coordinated through neighborhood leaders. It is not a community garden. It is intended to reach out to individuals so they can grow vegetables in their own backyard. One pail leads to two, and then residents are growing their own food right outside their doorstep.

"We are very excited by the opportunity to grow our

own fruits and vegetables right in our own backyards", stated Bradenton Village Community Coordinator and ten year resident, Rodney Jones. Bradenton Village Resident Council President Mary Bryant is leading the organizing effort to get the community involved to take advantage of the opportunity. Mary says, "When I was a child everyone in the neighborhood had a garden in their backyard. We have really gotten away from that. This project will give us an opportunity to teach the children from the community about growing their own food, most do not know."

North Barclay Green and Gardening

By Lottie Sneed, Barclay Community Builder, Strong City Baltimore, Baltimore, MD

This past year, there were 24 garden plots maintained by North Barclay Green residents, Barclay residents, and other community volunteers. Mother Seton Academy also brings parents and students to the effort from spring until school closes. We blend in a variety of staple vegetables and always try some-

thing a bit different. There are designated work days where you can expect to find fellow gardeners working and days for sharing. At the end of each season, we are invited to an annual Baltimore City event to celebrate urban gardening. For the 2014 season, we received an award for the most creative collaboration. The photos below are from the 2014 and 2015 seasons.



Left: Some results of the harvest at Barclay included leafy greens and beans.

Right: Residents of all ages get involved in the garden.



Thomas Paine Square COMMUNITY GARDEN

Some of the fruit and vegetables growing in the Thomas Paine garden include collard greens, cabbage, corn, lettuce, and a lemon tree. We also have bell peppers, mustard greens, green onion, an orange tree, strawberries, and Aloe Vera. All are planted and cared for by residents.

Clockwise from top: tending to the garden; produce growing in abundance; leafy greens galore; a short but fruitful lemon tree.





Arcadia's Mobile Markets in Washington, D.C.

Above: The Arcadia Mobile Market at its stop in the Parkside-Kenilworth neighborhood

by Pam Hess, Executive Director, Arcadia Center for Sustainable Food and Agriculture

At any given time in Washington, D.C., you are fourteen times closer to fast food or a corner store stocked with unhealthy foods than you are to one that can support a healthy diet. This situation is particularly pronounced in lower income communities, and that dearth of nutritious food correlates strongly with chronic diseases like diabetes, heart disease, hypertension and obesity.

Everyone, regardless of income, eats the food that is prevalent in their "food environment". For wealthier people with reliable transportation, that food environment is large and varied—they can drive to a grocery store, order food to be delivered, subscribe to a meal kit delivery service, CSA (community supported agriculture food delivery), or visit the farmers market. For people with less money and limited transportation, their food environment is far more limited.

The Arcadia Center for Sustainable Food and Agriculture, a nonprofit, created its Mobile Market program in 2012 to fix that.

Arcadia launched its first Mobile Market in 2012. It converted a big green school bus into a rolling farm stand stocked with locally and sustainably grown foods including fruits and vegetables, herbs, pastured eggs, grass-fed and pastured beef, pork, organic milk, cheese, handmade bread, and honey. Arcadia grows much of the vegetables it sells on its farm in Northern Virginia.

The Mobile Market makes regular weekly stops in low

-food access neighborhoods from May to November—the growing season—and accepts and doubles the face value of food stamps, including SNAP, WIC, and Senior Farmers' Market Nutrition Program (SFMNP). The neighborhoods we serve typically have high SNAP usage, low car ownership, and are at least a mile from a grocery store that can support a healthy diet.

Arcadia began with one vehicle and eight weekly stops in 2012, and by 2015 had two Market vehicles making 19 regular weekly stops—three of them serving communities Neighborhood Associates Corporation partners with: Paradise at Parkside, Bass Circle, and Carver Terrace.

While many nonprofits working in food access distribute food for free to help people bridge the gap at the end of the month, Arcadia's market charges for the food it sells—albeit at steep discounts from comparable food at other farmers markets. This makes our customers partners in their own health and the health of their family. Because they pay for it, the food has inherent value and they can choose what they most want. And every week they come back for more. To wit, SNAP customers have increased the amount they spend from an average of \$8 per transaction in 2012 to more than \$22 per transaction in 2015.

Arcadia's SNAP sales doubled from 2014 to 2015. In 2015, Arcadia's SNAP sales comprised nearly one-third of all SNAP sales made in DC farmers markets—even though Arcadia's total sales are less than one percent of all farmers' markets sales. Arcadia's sales revenues have increased by more than 400 percent

since 2012 with no marketing budget—just quality food, excellent service, great prices and our customers' support.

The remarkable effectiveness of the Mobile Market is attributable to high quality food and customer service, affordable prices, and locations convenient to people with limited incomes. Most farmers markets don't serve the neighborhoods we do because they simply can't earn enough to make it worth the farmers' time. A farmer typically needs to make about \$1,000 per outing to justify a market.

Without efforts like Arcadia's, these neighborhoods would continue to have no reliable source of convenient, affordable, nutritious food at all.

Arcadia's Mobile Markets are also contributing to a wider policy understanding of what works in food access through our custom point-of-sale system. The

**The Mobile Market
accepts and doubles
the face value of
food stamps
including SNAP,
WIC, and SFMNP.**

Arcadia Farmers Register speeds customer transactions, manages inventory, expedites financial reporting, and logs valuable data on the food purchasing patterns of our customers. This data will be used by the city of Washington to design food policies and interventions that encourage the purchase of nutrient dense foods, and to get the system into the hands of other farm vendors to increase the data set and understanding of customer behavior.

While large grocery and department stores do this as a matter of course, the information is valuable and proprietary and they typically won't share it with others, even researchers. The Arcadia data is available for all—public health researchers, government policy makers, local businesses, and other nonprofits, so we can all understand how to improve everyone's diet and public health overall.

HEALTH CARE REFORM

by Velma Landers, Community Coordinator,
Thomas Paine Square, San Francisco, CA

Obamacare is the popular name for the Patient Protection and Affordable Care Act of 2010. It mandates that everyone must have health insurance or pay a tax penalty. In 2010, the President and Congress signed Obamacare into law. Why? They wanted to make sure all Americans were able to get quality health insurance. More importantly, they wanted to lower the cost of healthcare premiums, and over time it will reduce health care and insurance costs.

The members and staff of Congress are required to get their insurance through the same exchanges, instead of the government-provided health insurance they got before. However, they can also continue to receive subsidies to pay for their insurance.

Here are some ways Obamacare has already improved your family's health insurance:

- Parents can add their adult children (up to age 26) to their plans.
- If anyone gets sick, the insurance company cannot drop them from the plan or limit how much insurance your family uses.
- If any children are chronically ill, a new insurance company cannot deny coverage.
- Most families will find that wellness or pregnancy exams are now FREE. In other words, they no longer have to make co-payments.
- Insurance companies cannot raise premium payments without getting approval from the state government.

- Obamacare allows more people to get Medicaid.
- Obamacare prohibits insurance companies from denying coverage to anyone who has a pre-existing condition.
- If you can't afford health insurance you may qualify for Medicaid.
- Obamacare says that companies must spend at least 80% of premiums on providing actual medical services.

The Bad News Is: Obamacare can be very confusing. For more information or help contact:

- ObamacareUSA.org / 800.963.3448 for top health insurers in your state. This is a free website that makes it easy to find and compare health carriers and brokers, and can match you with providers in your area.
- Or contact HealthCare.gov / 1.800.318.2596 / (tty: 855.889.4325), 24 hours, 7 days a week.
- Or contact your local health insurance exchange. Anyone can compare plans, physicians, hospitals, nursing homes, home health agencies and dialysis services on the exchange, a website run by their state or the Federal government. The Federal government manages the exchanges in about half the states, the remaining states have either created their own exchanges or partnered with the Federal government.



In Memory of Miss Dorothy Dixon

Homewood House resident

by Lottie Sneed, Barclay Community Builder,
Strong City Baltimore, Baltimore, MD

Miss Dorothy was southern bred; she grew up on fresh vegetables and gardening. Even though there were physical limitations—she walked with a cane, at times used a chair, and, for her last season, she was on oxygen—she could always be found enjoying her garden and sharing. She brought her great-grandchildren to the garden. We have wonderful memories of her kind and gracious spirit. We will miss her.

Left: Miss Dorothy front and center of community gardening efforts in Barclay.

Excellence Corner

Adults, youth, and children alike: Please send us a profile of a fellow community member who practices excellence at school, in a skill, at work, or at being a wonderful neighbor so we can feature it above in the Excellence Corner.

STORYTELLERS AND WRITERS

The goal of this newsletter is to share stories and news of significance and relevance to the individuals and families residing in communities across the country. If you would like to share a story or write an article for this newsletter, or if you would like to advertise an upcoming community event, please send us an email at newsletter@neighborhoodassociates.org

IN THE NEXT ISSUE: EDUCATION

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Neighborhood Associates Corporation (NAC) partners with communities to help inspire and create the kind of social organizations and networks that sustain long-term community investment and development (business); our impact is currently being felt in 10 beautiful communities across the country, where a system of core values—civility, livelihood, education, health, housing, green living, cultural leadership, and democracy—serve as guiding points for long-term community sustainability (values).