



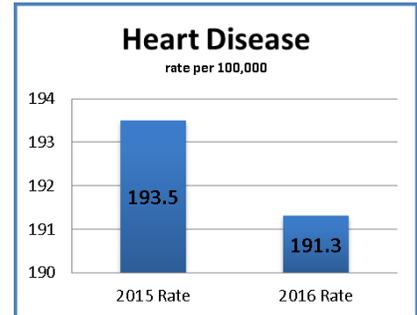
SANDHILLS FAMILY HERITAGE ASSOCIATION

SEPTEMBER 2018 NEWSLETTER

SFHA PROGRAMS HELP REDUCE CHRONIC DISEASES IN CUMBERLAND COUNTY

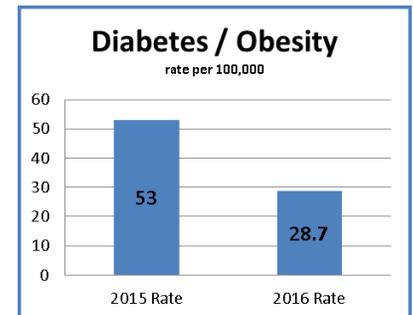
Heart Disease

The reduction in Heart Disease rates in Cumberland County 2015 and in 2016 was a collaborative effort with Quitline NC, 2017 NC Fruit and Vegetable Outlet Inventory, **Sandhills Family Heritage**, American Heart Association, and Mid Carolina Area Agency on Aging.



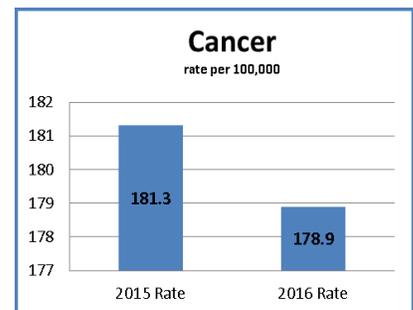
Diabetes/Obesity

The reduction in the Diabetes/Obesity rates in Cumberland County 2015 and in 2016 was a collaborative effort between Better Health, School Health Advisory Council, 2017 NC Fruit and Vegetable Outlet Inventory, **Sandhills Family Heritage**, American Heart Association, Healthy Churches 2030, and Mid Carolina Area Agency on Aging. Also implementation of Diabetes Self-Management Programs.



Cancer

The reduction in Cancer rates in Cumberland County 2015 and in 2016 was a collaborative effort with Quitline NC, 2017 NC Fruit and Vegetable Outlet Inventory, **Sandhills Family Heritage**, American Heart Association and Mid Carolina Area Agency on Aging.



The 2017 NC Fruit and Vegetable Outlet Inventory conducted in Cumberland County provided an opportunity to identify the farmers markets within the community, ask residents where they access fresh food within the local community, and share information on Health Promotion. The Cumberland County 2017 Fruit and Vegetable Outlet Inventory findings included 2 major outcomes: 12 farmers markets were identified, 2 of which are open all year, and 8 which accept S.N.A.P. benefits. The farmers market owners were appreciative to be identified as a part of the solution for the community to reduce diabetes, hypertension and cancer.

Efforts were continued in Spring Lake with the Sandhills Farmers Market. **The Sandhills Family Heritage Association** received a grant and the community was funded to start a farmers market in 2011. The market has been up and running and has held several events including health fairs, cooking demonstrations, and utilized social media to get the word out about its new facility.

Source: Cumberland County Health Department—State of the County's Health Report 2017

SFHA HERITAGE FOOD TASTING

The annual SFHA Heritage Food Tasting had another successful year! September 8th was the date, and we're so thankful to all who were able to attend. There was good tasting food across the spectrum from pork, to beef, to chicken. Vegetables, corn bread, desserts, and lemonade complimented the meal. This was a real feast.

Entertainment included recorded music that was uplifting and a wonderful addition from Bobbi Jordan of Johnsonville AME Zion Church. She brought with her a great youth group of spiritual steppers. The Sankofa Players Director, Evelyn Frett, provided an enlightening overview of the groups repertoire of skits and presentations. Teen poet and Sankofa dancer, Kailee McLean shared original verse for attendees.

Better Health Options, one of the SFHA Healthwise community partners, was a welcome guest to provide free health screenings for blood pressure and glucose level. Quite a few participants took advantage of this opportunity to maintain a valuable asset—our health. SFHA feels your love and commitment, and we're grateful.



August 23rd was the day to celebrate the new school season with the Sankofa Youth and Friends! The Youth gathered at the SFHA Market. Friends included supporters and entertainment. Youth received t-shirts that identify their group affiliation as Sankofa Youth.

Everyone enjoyed refreshments, live entertainment by King Jaden and DJ CARTERj. The Sankofa Youth also gave away nonperishable food to the community!



Chanai Winborn



Marie Smith & Liz Adams

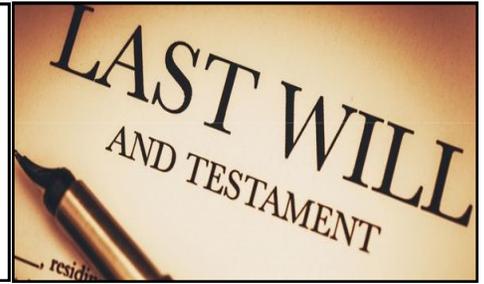
Chanai Winborn is the Sankofa Youth Director working in partnership with Pamela Marks and Liz Adams from Bethel AME Zion and Marie Smith from Johnsonville AME Zion Church.

Please provide any suggestions you have to any one of these youth leaders to improve on the success of the Sankofa Youth Program.



THE PROMISED LAND PROJECT WILLS CLINIC

Saturday, October 13, 2018 @ 10AM
Spout Springs Presbyterian Church
2420 Highway 24 West, Cameron
Call 910-568-5809 or 910-497-0628



The Wills Clinic is back on the SFHA schedule again. The next one is planned for Saturday, October 13th at 10:00 a.m. at Spout Springs Presbyterian Church. Please call one of the numbers above to register. This is a totally confidential and individualized process. You will be able to leave with your documents written, processed and in hand when you go home. Best of all, this service will cost you nothing if you are a SFHA member. Not a member yet, the membership for SFHA is still one of the best bargains around at only \$20 annually.

The Wills Clinic has been a tremendous success in the past. The partnership with the North Carolina Central University Law School, the Land Loss Prevention Project and the Conservation Trust of North Carolina has already provided such piece of mind for participants in previous workshops. The following testimony from two years ago gives a great overview of this service to the community.

"I am so happy to tell everyone how I was afforded the opportunity to get a will, living will and healthcare power of attorney, because of this wonderful organization. The experience actually made me feel like a weight was lifted off of me. All of these documents were at no cost to me through their network of partnerships with NCCU Law School, Land Loss Prevention and Conservation Trust of North Carolina (CTNC)." November 12, 2016 (See this testimonial at the SFHA Facebook page)

The foremost feature of this process is the protection of assets by assuring a written, current Estate Will is completed. Whether you have a Will, and need a new update, or need one because you've never had one—these legal professionals and interns from the NCCU Law School can help you achieve this goal. Some of the circumstances that may face any of us are deaths and births, divorces or marriages, alienation of family relationships, sale or purchase of some assets, lack of availability of a previously identified executor, and others. All of these may have impact on our need to get an update to our Estate Will. Haven't identified an executor yet, just think about who you would trust to carry out your wishes as expressed in your Will.

The Estate Will, or Last Will and Testament, outlines your wishes regarding the distribution of real estate and personal property upon death. This can be as simple or complex as may be necessary for the person to assure that his/her wishes are known. This document includes who is designated as the executor to assure these wishes are completed as outlined in the Estate Will.

The Living Will simply identifies what procedures you would or would not want if you were unable to express those wishes at the appropriate time. As long as you are able to express your wishes, the Living Will is not applicable. But, in the case of your not being able to do so—what peace of mind to have put those wishes in writing for the designated Healthcare Power of Attorney that you have selected to know they are carrying out your wishes.

All you need to do is let the Executive Director, Ammie Jenkins, or one of the Board Members know of your desire to attend the clinic on Saturday, October 13th. We'll be sure you are on the list of participants. Remember, you leave with executed documents in hand including an Estate Will, Healthcare Power of Attorney and Living Will. This is how you spell relief (and peace of mind).

SANDHILLS VETERANS HISTORY



SFHA is an Official Partner of the Veterans History Project of the American Folklife Center at the US Library of Congress. This project collects and preserves the personal accounts of American war veterans from WWI to the present day.



SFHA is seeking new members and volunteer interviewers to help preserve the legacy of America's veterans.

Please call 910-497-0628.

"Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."

Dr. Martin Luther King Jr.

A SPECIAL THANKS TO OUR PROJECT PARTNERS AND FUNDERS



Foundation



SPOUT SPRINGS



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Z. Smith Reynolds
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Rural Advancement Foundation International - USA
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Sandhills Family Heritage Association

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