




# Whole-person Wellness Initiative

Alaska Black Caucus

June 14, 2024

[thealaskablackcaucus.com](http://thealaskablackcaucus.com)

Greetings. I am Celeste Growden, President and CEO of the Alaska Black Caucus. I will review our Whole-person Wellness Initiative and a little about the work we are doing.



Municipality of Anchorage  
Healthy and Equitable Communities Grant:  
Expanding Access to Black Alaskans

“The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Municipality of Anchorage, Anchorage Health Department. This project was supported by a grant awarded by the Municipality of Anchorage

The Alaska Black Caucus is the recipient of a Healthy and Equitable Communities Grant provided by the Municipality of Anchorage, Anchorage Department of Health. The goal of this grant is to increase access to COVID-19 health education and vaccination/boosters; prevention strategies for chronic diseases and mental health among black youth and adults in Alaska.



# ALASKA BLACK CAUCUS

Mission: To assert the constitutional rights of African Americans.

Focus: Education. Economics. Health. Justice.

The Alaska Black Caucus began in the 1970s and was active for three decades. It's purpose continues to be the assertion of the constitutional rights of African Americans. Our areas of focus are: education, economics, health, and justice.



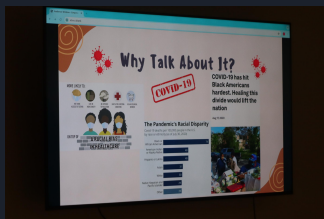
# WHOLE-PERSON WELLNESS INITIATIVE

1. Physical and Mental Health
2. Spiritual and Emotional Health
3. Financial and Economic Health
4. Family and Community Health



The concept of the whole-person wellness was born out of the work of the Alaska Black Caucus Health Committee. We believe for Black Alaskans to be healthy and well, we must address: physical and mental health, spiritual and emotional health, financial and economic health, and family and community health. The Health Committee supports a strengths-based approach to wellness. Consider what one does have and what one can do to improve their health. It is important to mention that the Health Committee uses the 2022 Black Alaskans Health Status Report to inform programming decisions. The Health Committee is Co-Chaired by Amana Mbise and Thea Agnew Bemben.

## Family Matters: Healing Through Conversation



In April, the Alaska Black Caucus hosted two events: 1) Family Matters: Healing Through Conversation. This event was facilitated by a Clinical Social Worker. This event was for all members of the family. We had a meal together, and discussed barriers to health care, chronic diseases, mental health, and the importance of receiving the COVID19 vaccinations/boosters. Our families were engaged via the jeopardy game format. It was fun and educational.

## Healing Through Art (Youth Session)



The 2nd event in April were two sessions for youth, entitled “Healing Through Art”, which was facilitated by an Artist and Educator. Youth were able to explore their emotions/feelings to various music genres. They’d listen for a few minutes, connect with what they were feeling as they listened, and then expressed those feeling or thoughts through art. The youth talked about the feelings they have in daily life, and their methods for managing and coping. The groups discussed the importance of mental well being, and having a supportive person, with whom they could talk.

## Black Leaders Forum: Cultivating Black Wellness



The Alaska Black Caucus hosted a Black Leaders Forum: Cultivating Black Wellness. The conversation was moderated by a Social Worker, and included panelists from diverse backgrounds. Ten Black Leaders shared candidly about their lived experiences, covering topics that ranged from healthcare, mental health, diabetes, heart disease, domestic violence, etc. Suggestions for self advocacy were shared, and audiences were encouraged to be empowered regarding their health and overall wellness.

# Corene Davis Graham Cancer Telethon



The Alaska Black Caucus  
Sunday  
June 2  
2024  
7:00pm

PRESENTS THE  
*Corene Davis Graham*  
CANCER TELETHON

LOCATION: WENDY WILLIAMS AUDITORIUM  
2535 PROVIDENCE DR. ANCHORAGE, AK 99508

FREE  
Event  
WELCOME  
to ALL

PHYSICIANS  
VIDA HENDERSON  
PHD, PHARM,  
MPH, MFA  
&  
DR. MANOJ MENON

MUSIC

Join us as we promote health and love on cancer survivors at this annual event. Your presence and support will help Alaskans live longer and healthier lives.

FREE VENDOR TABLES AVAILABLE! SCAN TO VISIT WEBSITE

REGISTER & LEARN MORE INFO AT: [WWW.THEALASKABLACKCAUCUS.COM](http://WWW.THEALASKABLACKCAUCUS.COM)

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This was the first event, of what will become an annual event, the Corene Davis Graham Cancer Telethon. The evening was filled with entertainment, celebration of cancer survivors and their stories, health education, information, and awareness building from service providers and agencies in Alaska. The keynote speakers were Drs. Vida Henderson and Manoj Menon from the Fred Hutchinson Cancer Center, in Seattle Washington.



# “Get Moving” Challenge



The Whole-person Wellness Initiative  
**GET MOVING CHALLENGE**  
June 2nd '24 - June 30th

**The Alaska Black Caucus**

Join the Alaska Black Caucus and our community to get moving in June. The sun is shining and we're taking advantage of the extra energy we all have at this time of year.

**Here's how it works:**

- The Get Movin' Challenge kicks off on June 2 at the Corene Davis Graham Cancer Telethon. There are 3 ways to join us: In-person at the Telethon, join our Facebook Group, or follow our YouTube Channel.
- Each week a video will drop in the FB group and YouTube Channel with a new challenge for you to accomplish during the following week. The first video will drop on Friday, June 7.
- Join us at our Juneteenth celebration for Field Day and other activities.
- The Challenge will end on Sunday, June 30.
- The FB group is where we will interact with each other, share inspiration, wins and struggles, get advice and answers to your fitness and nutrition questions.

The Get Movin' Challenge will be led by Ginny Grabowski. Ginny has been helping people of all shapes and sizes get moving and transform their health through Fitness and nutrition since 2005. She has a Master's Degree in Exercise Science and Health Promotion, owned and operated *Asaaki* in Anchorage, and now leads The Women's Wellness Academy, an online fitness and nutrition coaching business. She is an ABC ally and active member of the ABC health committee.


Join us in our "Get Moving" Facebook Group for activities and exercises throughout the month.

**TheAlaskaBlackcaucus.com**

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The “Get Moving” Challenge is lead by an expert in Exercise Science and Health Promotion. The challenge runs the entire month of June. It provides weekly challenges for participants to get moving in their daily lives, the thinking is that all movement is good, whether cleaning your a garage, working out at the gym, or dancing for 5 minutes, 5 times per day. The community can join the challenge via the ABC “Get Moving” Facebook Group and the ABC YouTube Channel. Information on nutrition and chronic disease is provided.


# Juneteenth Health Fair & COVID19 Clinic



**Alaska Black Caucus**  
**Juneteenth Health Fair & COVID-19 Clinic**  
**June 19, 2024**  
Location: **Delaney Park Strip** Time: **1pm-6pm**  
W 9th Ave, Anchorage, AK 99501

**WE HAVE YOU COVERED.**  
Join us at the Delaney Park Strip for our Health Fair & COVID-19 clinic. Register you and your family online to get your COVID-19 vaccination or booster.



**SCAN ME** 

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The Juneteenth Health Fair and COVID19 Clinic will be hosted at the Juneteenth Celebration on Saturday, June 15th from 12pm to 6pm. . ABC will feature: a float in the parade, Molly of Denali, Interactive Kung Fu Exercise, Free Tree Seedlings, provided by the Alaska Community Forestry Program, “Get Moving” Challenge will provide health education sessions, 360 Degree Photo Booth, and Field Day. You are invited to get your COVID19 Vaccination at Juneteenth for FREE! Register at [thealaskablackcaucus.com](http://thealaskablackcaucus.com).

## Equity Center



Having the vision, passion, and ambition to create authentic, bold, and impactful projects and programs that uplift our community and other marginalized groups. Working together with allies who share our mission and are committed to advancing equity, even if they may not share our background. These allies possess the resources, power, funding, and other essential elements required to drive progress towards equity, including local and national funders, individuals, businesses, organizations, members of the Anchorage Assembly, and more.

We express our deepest gratitude to the Anchorage Assembly for generously awarding ABC ARPA funding of 1.6M, enabling us to acquire a building in downtown Anchorage to establish the Equity Center. Since 2021, the Alaska Black Caucus has been diligently collaborating with community partners to create a safe haven for Black, Indigenous, People of Color (BIPOC) Alaskans in Anchorage. The Equity Center will provide essential services such as a commercial kitchen, gathering space, below-market-rate office spaces, co-working opportunities, partner leased spaces, and various programs. This space signifies more than just a physical location; it symbolizes a sanctuary where we can breathe freely, strategize to improve the conditions of BIPOC communities, and engage with one another and community leaders. It is a place where trust is built, relationships are nurtured, and advocacy turns into action. The Equity Center is envisioned as a hub for young individuals, small business owners, and all community members seeking to share knowledge, acquire new skills, or enhance their well-being. Through the unwavering support of our partners and funders, we have raised nearly \$3M towards this project. As we approach the final phase of renovations, we are seeking to raise an additional \$300,000 to complete the vision. The Equity Center promises to be a valuable asset not only to downtown Anchorage but to the entire community, opening its doors in October 2024 to create a space of unity and empowerment.



Thank you.



Live Well. Eat Well. Love Well. Be Well.

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