



Office of Minority Health

Newsletter - January 2020

2020 Minority Health Month Expo

The Ohio Commission on Minority Health's 2020 Minority Health Month Expo and Awards Ceremony will be held on **March 24, 2020** at the Vern Riffe Center for Government and Performing Arts, 77 South High Street, Columbus, Ohio 43215.



#MHMEXPO2020

January is Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the United States. Many people don't know that glaucoma has no symptoms in its early stages. The only way to find out if you have glaucoma is to get a comprehensive dilated eye exam. There's no cure for glaucoma, but early treatment can often stop the damage and protect your vision.

Anyone can get glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60, especially Hispanics/Latinos
- People with a family history of the disease

Join the National Eye Health Education Program (NEHEP) in encouraging people at higher risk for glaucoma to make eye health a New Year's resolution by getting a dilated eye exam.

[Learn More...](#)



SAVE THE DATE

Minority Health Advisory Committee Meeting

March 16, 2019 11:00 AM
Summit County Public Health - Auditorium
1867 W Market Street, Akron, Ohio 44313

* [Feel free to share this invitation](#)

Easy Salmon with
Chimichurri

Make Health Your

- *Prep Time:* 10 minutes
- *Cook Time:* 10 minutes
- *Yield:* 4 1x

DESCRIPTION

This baked salmon is an ultra quick healthy dinner recipe, and tastes incredible paired with a bright green chimichurri sauce!

INGREDIENTS

For the salmon

- 1 1/2 pounds salmon fillets
- **Kosher salt**
- Black pepper

For the chimichurri

- 1 cup fresh cilantro leaves and tender stems, tightly packed (about 1 large bunch)
- 1 cup fresh parsley leaves and tender stems, tightly packed (about 1 large bunch)
- 2 green onions (tops only)
- 1 garlic clove
- 1/2 cup extra virgin olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon dried oregano
- 1/4 teaspoon **kosher salt**
- Several grinds black pepper

INSTRUCTIONS

1. Preheat the oven to 450 degrees Fahrenheit.
2. Generously sprinkle the salmon with **kosher salt** and fresh ground black pepper. Place it on a parchment-lined baking sheet.
3. Bake the salmon for about 10 minutes until flaky and just cooked; test it with a fork to assess doneness. Watch the salmon to make sure not to



Resolution in 2020

Make 2020 your healthiest year yet! Add these tips to your resolution list to boost your health and well-being!

Six Tips for 2020

1. Make an appointment for a **check-up, vaccination, or screening**. Regular **oral** and medical exams and tests can help find problems before they start. They also can help find problems early, when your chances for treatment and cure are better.
2. **Wash your hands** often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps – wet, lather, scrub, rinse, and dry. Learn more about **when and how to wash your hands**.
3. **Make healthy food choices**. A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is low in saturated fats, **trans fats external icon**, cholesterol, salt (sodium), and added sugars.
4. **Get active!** Start small – try taking the stairs instead of the elevator, or parking further from your destination. Consider **mall walking** if the weather is cold or icy. Adults should get at least **2½ hours a week of moderate-intensity physical activity**.
5. **Be smokefree**. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DEJELLO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live. Need inspiration? Check out these **videos** from the **Tips From Former Smokers®** campaign.
6. **Get enough sleep**. Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.

Content source: **Office of Minority Health & Health Equity (OMHHE)**

[Learn More](#)

Events in Our Community:

Project Ujima's FREE Circle Keeper Training!*

Don't Miss Your Opportunity To BECOME A SKILLED CIRCLE KEEPER!

Even though you may have missed Workshops One and Two, it's not too late to participate. Circles are being used more and more by diverse groups and individuals for a variety of purposes, including to build relationships of trust, reach common ground for action-

overcook, the timing can vary based on the thickness of the salmon and variations between ovens.

4. Meanwhile, make the chimichurri: Slice off the tops of the green onions. In a blender, blend all ingredients until a smooth sauce forms, (if necessary, stop and mix the ingredients to allow them to fully blend).
5. To serve, drizzle the salmon with chimichurri, and serve with potatoes.

[More Recipes](#)

Safe Sleep:

Every week in Ohio, 3 babies die in unsafe sleep environments. These deaths are avoidable. Learn why it is safest for baby to follow the ABCs of safe sleep - Alone. Back. Crib.

[SCPH Maternal-Child Health](#)

taking, heal and repair harm, and build unity in our homes, workplaces and community. The “Circle Keeper” facilitates discussion and ensures that all voices are heard in a safe, respectful environment. You, too, can become a skilled Circle Keeper!

Workshop Three: From Talk to Action

When: **Thursday, February 6, 2020**
Time: 5:30 – 8:30 p.m.
(Light dinner at 5:30, training begins at 6:00 p.m.)
Where: Project Ujima Inc.
(Located in the Gus Johnson Community Center)
1015 S. Hawkins Avenue

Workshop Four: Peace Circles & Restorative Practices

When: **Saturday, March 7, 2020**
Time: 8:45 a.m. – Noon
(Continental breakfast at 8:45; training begins at 9:00 a.m.)
Where: Project Ujima Inc.
(Located in the Gus Johnson Community Center)
1015 S. Hawkins Avenue

***We will briefly review Workshops One and Two in case you missed them:**

Workshop One: Circle Basics

Opening and closing rituals · the role of the talking piece and centerpiece · ground rules · guiding questions · Keeper's role

Workshop Two: The Deliberative Process

Facilitating Circles that lead to common ground through discussion of pros, cons, and trade-offs of ideas.

***Registration is required to attend.**

Call 330.529.5672 or email info@projectujima-inc.org for more information & to register.

Akron-Summit County Public Library Science & Technology Division

Exploring CAM: Complementary and Alternative Health

Saturday, March 7
1:00pm-4:00pm
Main Library
Learn More

<https://services.akronlibrary.org/event/3705799>

