

# REMARKS NEWSLETTER

## We Have Learned Valuable Lessons...

A publication of the  
**Remarkable Woman:  
That's You! Program**

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**REMARKABLE**

*That's you.*

Program Coordinator  
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*Buffalo  
Urban League  
Mission*

To enable  
African Americans,  
other minorities, and  
disadvantaged groups to  
secure economic self-  
reliance, parity, power  
and civil rights.



One of the **key** lessons of the Remarkable Woman program, is life is a chain of continued efforts, an on-going process. If you think of yourself as a **work of art in progress** your path to healthy living will be much easier and likely reap greater benefits.

To help you chart your course on this healthy living journey, listed are a few healthy living tips. Just remember each of us must find our own path to living a healthy lifestyle, yet we must follow that path purposefully. Remember whatever works for you, do it **remarkably** each and everyday!

- Everything should be done in moderation – eating, working, resting, playing
- Take stock of how you spend your day, so you can reschedule your time, concentrate on important chores, cut down on the inconsequential, and thereby suffer less stress.
- Go for regular medical check-ups
- Maintain a good social life. Take an interest in other people and help without expecting anything in return whenever possible.
- Be honest, ethical, polite, and sincere.
- Pay attention to the thing that you're doing at any given moment, and do it well.
- Control your mind. What you think and how you think affects your general well-being. Refuse to entertain negative or self-derogatory thoughts and emotions.
- Surround yourself with positive people
- Cultivate your spiritual side
- Eat well and healthy. Learn to cook well. Try new recipes.

**Learning is not attained by chance, it must be sought for with ardor and attended to with diligence.**

*Graduation...  
The  
Successful comple-  
tion of*



*Study.....*

**Remember,  
once  
remarkable...  
Always  
Remarkable**



*Every setback is  
simply a set up  
for a greater come-  
back....*

## Food For Thought

- Don't stuff your face-face your stuff!
- The groundwork of all happiness is health.
- The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.
- There is nothing permanent except change.
- We must accept finite disappointment, but we must never lose infinite hope.

Follow these guidelines to stay on track for healthy eating:

Submitted by Della Miller:  
The Health and Healing Circle Team Leader

2-4 serving of fruits

3-5 servings of vegetables

5-8 ounces of protein  
2-5 servings of whole grains

2-5 calcium rich foods

2-5 servings of fats  
8-10 glasses of 8 oz. water

source: Centre Point

## Laughter is the Best Medicine

*I went to the doctor for my yearly physical  
The nurse starts with certain basics.*

*How much do you weigh? she asks.  
'135' I say.*

*The nurse puts me on the scale  
It turns out my weight is 180.*

*The nurse asks, 'Your height?'  
'5 foot 4,' I say.*

*The nurse checks and sees that I only  
measure 5'2'.*

*She then takes my blood pressure and tells me it is very  
high.*

*'Of course it's high!' I scream, 'When I came in here I was  
tall and slender! Now I'm short and fat!'*



***Go Ahead L.O.L. (Laugh Out Loud)***

## FROM THE DESK OF DR. MARIANNE PARTEE

**The Buffalo Urban League facilitated The Remarkable Woman: That's you! Program** for African American Women is designed to empower black women with the tools needed to fight the battle and win the war against the alarming rate of Diabetes among African American Women. Yes in the times we live often there are conversations and reports of reverse discrimination and movements to eliminate programs based on race. Yet this disease has a preferential target group, African American Women. So in response to this reality a preferential program is needed. The Remarkable Woman is that program and it holds steadfast to one of the many missions instituted by the Urban League. The National Urban League was founded in 1910 for its commitment to improve the quality of life for blacks. The National Urban League was organized to improve housing, medical care, and work conditions for African Americans and others. This program is designed to improve the health and wellness of African American Women as it relates to diabetes.

The workshop presents a guide for African-American Women and there is no need to apologize or sugar coat the fact that this is for black women. It is organized by black women for black women and attended by black women. It could have been organized to target any demographic group but this program is for black women.

Historically, African American Women have been faced with racist views that cast aspersions on the health and respectability of blacks. In this shadow black women struggle against critics who link racial uplift to female domesticity and motherhood on one hand and male authority on the other hand. Yet the black woman stands along with the black man or stands alone. The African American Woman wherever she stands often crafts the art of standing with an internal silence. The unspoken needs over time can take a toll on the quality of life for African American Women. The Black Woman needs a voice and The Remarkable Woman Program is taking the lead in giving a voice to the ugly role of diabetes among African Americans.

Okay of course it is known that people have diabetes but the unspoken truth is that it is a disproportionate burden for black women and all too often African American Women's health issues are neglected. The Remarkable Woman program is addressing various factors that are barriers to preventive health. Often African American Women do not have the economic resources to seek proper medical care, or participate in physical activity programs, or nutritional information classes. In some cases when the economic limitations did not present barriers women just do not take the time out to take care for oneself properly.

The Remarkable Woman Program provides African American Women the tools to meet and manage the all-around challenges that are related to diabetes. The figures are overwhelming and the effects often fatal. And so the choice was made to service the black women. It should not be surprising to anyone that this is the group of choice because the black woman is doing what she has always done to serve.

Now this is not a group of whiners or angry women. It is a proud group that is together because of a common understanding that African American women are valued and needed. African American Women need to take care of their health first and then one can do what often women like to do to take care of others. Be remarkably well and start the habit of serving oneself and then serve others.

## WHAT WE HAVE LEARNED

*When asked what the Remarkable Women, That's You Program has taught us the Buffalo Battalion provides some informative and insightful responses:*

**Lynne M. Ezzell**

The desired number/levels needed to avoid diabetes

**Sandy Walker**

The need to control eating habits

**Jennifer Washington**

The importance of health and stress as it relates to diabetes "Exercise"

**Cellina Bailey**

Watching intake of sodium and how stress can affect diabetes

**Debra Askew**

How to eat healthier to avoid the onset of diabetes

**Juetuan Bledsoe**

Better outcomes come in groups

**Sonyette Shine**

How important it is to take care of yourself daily and not when you get sick, but how to prevent sickness

**Marianne Partee**

The high incidence of diabetes among African American women

**Pamela King**

I have learned healthy choices in my diet

**Takita Barker**

I learned to pay more attention to how I respond to my emotions

**Jonnie Mae Huston**

To exercise daily, even if it is a walk, "Do it" :

**Debora Walker**

Always take your meds, walk, drink a lot of water

**Arnetta Stephens**

Watch what you eat on a daily basis. Eat one slice of pizza instead of two..have cheese no pepperoni

**Jeri Becton**

What diabetes really is and what it means to me and my life

**Dawn Askew**

Small steps become leaps and bounds

**Nedda Boone**

The importance of affirming one another and sisterhood

**Deborah J. Robinson**

Tai Chi

**Barbara Favors**

I would like to thank Nina Adams for getting me involved in the program because I learned how to deal With a lot of things in my life and helped me realize I am A Remarkable Woman!

**Lasean Thompson**

I have learned to take time for MYSELF

**Dawn Berry-Walker**

There are different types of diabetes with different Symptoms and different solutions

Never doubt that a small group of committed people can change the world, it is the only thing that ever has.....

