

Neighborhood Health Advocate

West Hill

News of the Neighborhood Health Advocate Program

Volume 3, Issue 1

A Joint Program of Albany Guardian Society and The Community Foundation for the Capital Region

March 2005

Supporting Organizations

Koinonia Health Care

The Elder Network of the
Capital Region

University at Albany

The Sage Graduate School

NYS Office for the Aging

In Cooperation with

The West Hill Ministers
Fellowship

SAVE THE DATE

Carnival on the Hill
2005

will be held on

August 20, 2005

Call the NHAP
team for more
information

In this Issue...

In this issue, you'll find:

- Important facts on colon cancer
- Information on Poverello Center
- Update on future PACE program
- Recognition of Albany police officer

March is Colon Cancer Awareness Month

Colon cancer is the second leading cause of cancer-related death. It is very **preventable**. Do you know the truth about colon cancer?

Myth: Only men get colon cancer.

Fact: Both men and women can develop colon cancer.

Myth: Most people diagnosed with colon cancer are over 65.

Fact: Colon cancer risk rises dramatically at age 50 and older.

Myth: You don't have to be tested for colon cancer until you have symptoms:

Fact: Early colon cancer usually has no signs. They usually

occur only in advanced stages of the disease.

Myth: Colon Cancer is a death sentence.

Fact: When found early, colon cancer can be treated successfully.

Myth: Colon cancer can not be prevented.

Fact: By getting tested, you may be able to prevent colon cancer. Most colon cancer begins as a polyp. Get the polyp early and stop colon cancer before it starts.

Myth: African-Americans are not at risk for colon cancer.

Fact: African-American men and women have higher

rates of getting colon cancer and dying from the disease than people of other racial and ethnic groups.

As stated at the beginning of this article, colon cancer is preventable. What can you do to help yourself avoid this disease? Visit your doctor and talk about your cancer risk. You can pick up a free FOBT kit to get screened for colon cancer at Rite Aid Pharmacies. You will find a Rite Aid Pharmacy at 581 Central Avenue and 310 South Pearl Street in Albany.

You may contact NHAP at 465-2703 and the American Cancer Society at 1-800-ACS-2345 for more information.

Poverello Center Offers Free Services

Now in its third year, Poverello Center offers a wealth of free services. It provides free walk-in urgent care and health screenings, some pharmacy services, and referrals for legal, social, and spiritual services for adults. It operates on an absolute zero

budget and receives many donations from the community.

Dr. Jack O'Connell formed a medical clinic for uninsured adults in South Carolina



The Poverello Center team: Dr. Mary Rapazzo, Father Alvin Somerville, PegDiManno, RN

and wrote a book, Circle of Care. Father Alvin Somerville of Center City Catholic Community was inspired by the Circle of Care vision and formed an

See Poverello Center, pg. 2

**NEWS OF THE NEIGHBORHOOD HEALTH
ADVOCATE PROGRAM**

*A Joint Program of Albany Guardian Society and
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c/o Koinonia Health Care
553 Clinton Avenue
Albany, NY 12206

Phone: 518-465-2703 Fax: 518-465-6220
Email: advocateforseniors@yahoo.com

Older Workers Needed

If you are over 55 with a low income and want to build new job skills, here is your chance to get out and get paid for it. Local agencies value the talents of older workers and look to hire you. You will be placed in a part-time assignment to gain experience and to re-enter the workforce.

If you can work 20 hours a week, please call **Pedro Torres**, Easter Seals' Job Developer, at 456-4880.

Poverello Center *continued from page 1*

advisory committee of dedicated doctors, lawyers, nurses, and other community members in West Hill. This group wanted to use their skills to give back to our neighborhood and together they created Poverello Center. "Poverello" literally means "Little Poor One" after St. Francis's love and care for all human beings.

"Many adults in our neighborhood don't have health insurance and don't have money to pay for a doctor's visit," said Dr. Mary Rapazzo, "but need a physical exam to start a job." Poverello Center is a way to get a physical exam so that you can become employed. Poverello Center is a Wednesday alternative to a hospital's emergency room. "We all enjoy being here on Wednesday evenings," said Peggy DiManno, RN, "and to help people with medical and other needs."

Located at **315 Sheridan Avenue** (the Healthy Capital District Initiative building), Poverello Center is a place where dedicated professionals provide free high-quality medical, legal, and social services in our West Hill neighborhood. Call **426-9428** and/or stop by on **Wednesday evenings at 6:30pm.**

PACE Helps Arthritis Sufferers

Arthritis is an inflammation of a joint(s). You may be familiar with the definition, but even more so of the pain and suffering of arthritis. However, you can control how much arthritis takes away from your life by signing up for the People with Arthritis Can Exercise program (PACE). This is an exercise program that teaches you techniques to ease the pain and aches of arthritis. The program increases joint flexibility and range of motion, while keeping your muscles strong. None of the exercises taught through the program will add strain to your joints; rather, they will ease the tension through a moderate activity level. The program also offers information on healthy eating, getting rest, and managing one's arthritis medications.

Our team is proud to bring the PACE program to West Hill. The NHAP team members will become certified PACE leaders and will lead PACE this spring. The classes will be held in Koinonia Health Care located at 553 Clinton Avenue. We have not set the dates for classes and look forward to hearing from you. If you and/or your loved one want to control your arthritis, please call us at **465-2703**.

Police Officer Brings Hope

Police officer Kelly Kimbrough received an Exceptional Duty Medal last June but he wasn't there to receive it. Officer Kimbrough was out in the field helping somebody.

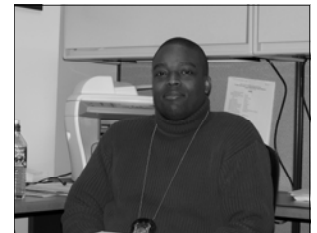
Helping somebody is something natural to Kelly Kimbrough. As a community service police officer for three years, he has demonstrated dedication and commitment to the West Hill neighborhood. He educates kids and adults about safety, participates in many community events, and is involved in whatever the community's topic of the day is. He enjoys finding solutions in West Hill.

"I treat everyone the same way I want my family members to be treated," says Officer Kimbrough. He goes out of his way to treat everyone with respect and courtesy, and helps them as much as he can. Officer

Kimbrough establishes trust with our community, especially with kids. He himself grew up in an inner-city and knows that the police sometimes have a negative image. His involvement in residents' lives changes that image into hope.

B.E., a neighbor from Clinton Ave, was impressed with how much Officer Kimbrough has helped her family. "I didn't know that police have outstretched arms to help people," said B.E. "I will now think of the police as "help" instead of "fear."

If you want to learn more about police community services, please contact Officer Kimbrough at **462-0209**.



*Albany police officer Kelly
Kimbrough*