

## Rev. Mary Diggs-Hobson

**Cofounder and Executive Director  
African-Americans Reach & Teach Health  
(AARTH) Ministry**

Seattle, Washington

Rev. Mary Diggs-Hobson is on a personal mission to eliminate the health care gaps in African American communities. That's because her oldest son's life was cut short in 2007 from chronic kidney and heart disease complicated by HIV/AIDS.

"The best way to overcome fear and apathy is to educate people. We all need to know how to better care for ourselves and each other," said Rev. Diggs-Hobson. "We want to improve the health of our people today for the generations to come."

Rev. Diggs-Hobson and her son, the late Rev. Reginald Diggs, cofounded AARTH Ministry. It is a faith-based nonprofit organization that focuses on health education for African Americans in Alaska, Idaho, Oregon and Washington. The organization was founded based on Christian principles of unconditional love, compassion, communication, integrity, peace, power, wholeness and wisdom.

AARTH partners with faith houses to deliver the Health Ministry Program, a faith-centered strategic-planning course. They work to create health strategies that are unique to each place of worship. "If a church takes ownership of its plan, then it will be able to sustain it," said Rev. Diggs-Hobson.

As part of its health education program, AARTH partners with the Northwest AIDS Education and Training Center to offer HIV/AIDS training. AARTH will collaborate with Puget Sound Christian Clinic to launch their mobile medical clinic in 2011 to provide free medical services for people without health insurance. "One of our goals is to help improve the health of the whole community," Rev. Diggs-Hobson said.



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— REV. MARY DIGGS-HOBSON

# WISDOM

### Health Tip



Share your beliefs and traditions.

Spend time with others who share similar spiritual beliefs. Lift up each other when needed.

## June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1968: Henry Lewis becomes first black musical director of an American symphony orchestra — New Jersey Symphony.	2 1971: Samuel L. Gravelly Jr. becomes first African American admiral in the U.S. Navy.	3 2008: Senator Barack Obama wins Democratic presidential nomination, becoming the first African American nominee of a major U.S. political party.	4 1967: Bill Cosby receives an Emmy® Award for his work in the television series <i>I Spy</i> .
5 1987: Dr. Mae C. Jemison becomes first African American woman astronaut.	6 1831: First annual People of Color convention held in Philadelphia.	7 1917: Poetess Gwendolyn Brooks, first African American to win the Pulitzer Prize (poetry, 1950), born.	8 1953: Supreme Court ruling bans discrimination in Washington, D.C., restaurants.	9 1995: Lincoln J. Ragsdale, pioneer fighter pilot of World War II, dies.	10 1854: James Augustine Healy, first black Roman Catholic bishop, ordained a priest in Notre Dame Cathedral.	11 1964: Nelson Mandela sentenced to life imprisonment by South African government.
12 1963: Medgar W. Evers, civil rights leader, assassinated in Jackson, Mississippi.	13 1967: Thurgood Marshall nominated to Supreme Court by President Lyndon Johnson.	14 1864: Congress rules equal pay for all soldiers. <b>Flag Day</b>	15 1913: Dr. Effie O'Neal Ellis, first black woman to hold an executive position in the American Medical Association, born.	16 1970: Kenneth A. Gibson elected mayor of Newark, New Jersey, first African American mayor of a major Eastern city.	17 1775: Minuteman Peter Salem fights in the Battle of Bunker Hill.	18 1942: Harvard University medical student Bernard Whitfield Robinson commissioned as the Navy's first black officer.
19 1865: Blacks in Texas are notified of Emancipation Proclamation, issued in 1863. <b>Juneteenth</b> <b>Father's Day</b>	20 1953: Albert W. Dent of Dillard University elected president of the National Health Council.	21 1821: African Methodist Episcopal Zion (A.M.E.Z.) Church established.	22 1897: William Barry patents postmarking and cancelling machine.	23 1940: Sprinter Wilma Rudolph, winner of three gold medals at 1960 Summer Olympics, born.	24 1964: Carl T. Rowan appointed director of the United States Information Agency.	25 2009: Michael Jackson, musician and entertainer, dies.
26 1975: Dr. Samuel Blanton Rosser becomes first African American certified in pediatric surgery.	27 1991: Supreme Court Justice Thurgood Marshall announces his retirement.	28 1911: Samuel J. Battle becomes first black policeman in New York City.	29 2006: Lloyd Richards, theater pioneer and Tony® Award winner for direction of <i>Fences</i> , dies on his 87th birthday.	30 1917: Lena Horne, singer, actress and civil rights activist, born.		