

## Safiyah Abdul Khaaliq

Founder and CEO, Essential Living for Muslim Women Inc.: Breast Cancer Health Initiative

Lithonia, Georgia

During her travels in Egypt and North Africa, Safiyah Abdul Khaaliq witnessed firsthand the cultural and traditional divides that deny basic health care for women in Muslim countries.

When she returned to the United States, she decided to teach Muslim women how to best take care of themselves. In 2006, she founded the Essential Living for Muslim Women Inc.: Breast Cancer Health Initiative. The group provides breast and cervical health education; free exams; and mammograms for uninsured and underinsured Muslim women in the Atlanta, Georgia, region.

At first, Khaaliq tried to get the women to come to her, with little success. So she decided to go to them in their places of worship, libraries and public schools.

“Muslim women tend to have a fear of being a burden on their families. They often neglect their own care and will only visit female health care providers,” said Khaaliq. “We bring ethnically diverse female community health advisors and nurse practitioners into their environments. We embrace women in all walks of life. In our first year, we provided free breast health services for more than 600 women. In over four years, we provided services for more than 6,000 women.”

Khaaliq’s organization, which she hopes to expand globally, has been fortunate to get support from funders such as the Susan G. Komen Foundation and It’s the Journey, The Atlanta 2-Day Walk for Breast Cancer. “This is about women supporting other women,” she said. “We empower them to be proactive about their breast health.”



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— SAFIYAH ABDUL KHAALIQ



# CARE

### Health Tip



Lead a healthful lifestyle and get checked.

The American Cancer Society recommends healthy women age 40 and older have a mammogram each year.

## October 2011

Breast Cancer Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1996: Lt. Gen. Joe Ballard becomes first African American to head the Army Corps of Engineers.
2 2000: James Perkins Jr. sworn in as Selma, Alabama's, first African American mayor.	3 1956: Nat "King" Cole becomes first black performer to host his own TV show.	4 1864: First black daily newspaper, <i>The New Orleans Tribune</i> , founded.	5 1872: Booker T. Washington enters Hampton Institute, Virginia.	6 1917: Political activist Fannie Lou Hamer born. Om Dussera	7 1993: Toni Morrison becomes the first African American to win the Nobel Prize® in literature. Star of David Yom Kippur Begins (sundown)	8 1941: Rev. Jesse Jackson, political activist and civil rights leader, born.
9 2001: Dr. Ruth Simmons, first African American leader of an Ivy League institution, elected 18th president of Brown University.	10 2010: Solomon Burke, Grammy® Award-winning singer/songwriter, "King of Rock and Soul," dies. Columbus Day Observed	11 1887: Granville T. Woods patents telephone system and apparatus.	12 2005: C. Delores Tucker, civil rights activist and founder of the National Black Congress, dies.	13 1579: Martin de Porres, first black saint in the Roman Catholic church, born.	14 1964: At age 35, Rev. Dr. Martin Luther King Jr. becomes youngest man to win Nobel Peace Prize.	15 1991: Clarence Thomas confirmed as an associate justice of U.S. Supreme Court.
16 1984: Bishop Desmond Tutu wins Nobel Peace Prize.	17 1888: Capital Savings Bank of Washington, D.C., first bank for African Americans, organized.	18 1948: Playwright Ntozake Shange, author of <i>For Colored Girls Who Have Considered Suicide When The Rainbow Is Enuf</i> , born.	19 1943: Paul Robeson opens in <i>Othello</i> at the Shubert Theater in New York City.	20 1898: The first African American-owned insurance company, North Carolina Mutual Life Insurance Co., founded.	21 1917: Trumpeter Dizzy Gillespie, pioneer of bebop, born.	22 1953: Dr. Clarence S. Green becomes first African American certified in neurological surgery.
23 1947: NAACP petitions United Nations on racial conditions in the U.S.	24 2005: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery bus boycott, dies. United Nations Day	25 1992: Toronto Blue Jays manager Cito Gaston becomes first African American to manage a team to a World Series title.	26 1911: Mahalia Jackson, gospel singer, born. Om Diwali	27 1954: Benjamin O. Davis Jr. becomes first black general in U.S. Air Force.	28 1998: President Bill Clinton declares HIV/AIDS a health crisis in racial minority communities.	29 1949: Alonzo G. Moron becomes first black president of Hampton Institute, Virginia.
30 1979: Richard Arrington elected first African American mayor of Birmingham, Alabama.	31 1899: William F. Burr patents switching device for railways. Halloween					