Complementary and Alternative Medicine
Celebrating African Americans practicing physical and alternative healing

2013 African American History Calendar
Healthful lifestyles call for healthful alternatives

We live in a time where there are many alternatives. Health care is no exception. While alternative medicine therapies have been practiced around the world for centuries, their use has become more prevalent in the United States, especially over the last three decades.

Aetna is pleased to celebrate the African American men and women who have followed their passion for wellness in the field of Complementary and Alternative Medicine.

In this 32nd annual Aetna African American History Calendar, you will meet 12 extraordinary individuals who understand the importance of treating the whole body. They do this by taking the time necessary to understand the mind, body and spirit of the person they are treating.

Read amazing stories about how:
- laughter and art therapy can stimulate minds
- yoga can help find balance and meaning in life
- aromatherapy can help ease anxieties
- herbal remedies can temper cold symptoms
- chiropractic medicine can help manage pain and heal
- homeopathic remedies can treat insect bites
- meditation can help manage stress

The individuals featured believe in their work because they have tried the therapies and remedies. They, too, were looking for cures to heal their own ailments from anxiety to addictions, from sports injuries to skin rashes.

By integrating modern medicine with alternative medicine, we can help people live smarter, healthier and happier.

A holistic approach to health and wellness

By Yvonne Bronner, Sc.D., R.D.

Alternative medical therapies have a long, rich history that spans centuries in cultures and countries around the world. Recognizing the need for a holistic approach to health and wellness, Complementary and Alternative Medicine (CAM) has been used to balance and integrate with mainstream medicine.

Some of these practices include herbal remedies, aromatherapy, yoga, Pilates, prayer, meditation, chiropractic and acupuncture. Therapies such as these can be integrated with allopathic medicine to provide optimum care for individuals.

Evidence continues to emerge through national studies led by the National Center for Complementary and Alternative Medicine, formerly the Office of Alternative Medicine, which was first established in 1992, regarding the efficacy and effectiveness of many of these therapies.

Throughout life, whole foods should be coupled with good mental health practices of mindfulness, meditation, massage, music, art, dance therapies, physical activity (yoga, Reiki) and spirituality.

The health status at each stage of life is predicated on previous behaviors — another reason to encourage healthful habits at an early age. The goal is not only to live long, but to live long and be healthy during the mature years.

As people live longer, they often need to or want to be employed later in life. To keep working, good health is necessary. Fortunately, CAM offers alternatives that take into consideration the whole body — mind, spirit and health.

Dr. Yvonne Bronner is a professor and founding director of the M.P.H./Dr.P.H. program at Morgan State University. She previously served as director of the university’s Complementary and Alternative Medicine Research Training Program.
“I was drawn to the profession due to the unique merger between art and psychology. It’s fascinating.” — Stella A. Stepney

The young women were creating mandalas, which are centered designs executed within a circular format,” Stepney said. “The artwork one woman produced was very powerful. It incorporated an image of her pierced outstretched hand. It spoke volumes to everything she was feeling and everything I was trying to do to connect with these women.” The artwork later became the cover of Stepney’s first book.

Stepney believes art therapy can provide a positive avenue for many people to achieve personal insight. “It gives you an opportunity to enjoy the life-affirming pleasures of art making,” she said. “It’s a wonderful, authentic means of self-expression.”

January 2013

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Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1 2 3 M. 1. Abraham Lincoln becomes President. New Year’s Day

4 5 6 7 8 Martin Luther King Jr. is assassinated. New York Times

9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

1963: Martin Luther King Jr., is assassinated. New York Times


2009: Barack H. Obama sworn in as the 44th president of the United States of America, becoming the first African American to hold the office of U.S. commander-in-chief.

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Stella A. Stepney

Fairport, NY
Dr. Wentworth Jarrett had his first massage as an adult — and immediately realized its tremendous benefits. “I view the body with a great deal of reverence,” he said. “It is a marvelous engine.”

The board-certified physician decided that rather than build a typical medical practice in Miami, he would open an integrated medical center with a full-service spa offering wellness services such as massage therapy, yoga, Pilates and skin care.

“I had a vision, and I brought together the people to help me implement the vision,” said Jarrett. His wife, Sandra, runs the spa area; while Jarrett maintains a growing medical practice providing care for men, women and children.

The center’s spa allows the Jarretts to begin working with patients before illness occurs. “When a health change happens, as it always will, our patients have somewhere to go. We are all on a continuum — a journey that leads us somewhere. The key to care is consistency and trust,” said Jarrett.

“The services offered at the spa — in particular yoga, Pilates and biofeedback — help to strengthen the core as well as help with relaxation. “We all have to learn how to pause,” Jarrett said. “We have to realize we are not in a dress rehearsal.”

“In our society,” he said, “we are challenged because we are always rushing. I try to encourage my patients to embrace the best during life. If you don’t enthusiastically enjoy today, then you are missing the point,” said Jarrett.

Wentworth Jarrett, M.D.
Wellness Services
Miami, FL

“When a health change happens, as it always will, our patients have somewhere to go.”
– Dr. Wentworth Jarrett
Growing up in Memphis, Tennessee, Jamela Franklin knew what it was like to have very little resources, especially for health care.

"Many black families had to rely on folk medicine as opposed to modern medicine," she said. "I learned the body could be healed using natural remedies."

Franklin has seen positive health results, especially with her popular blend Peace Be Still. It is an oil blend that can be inhaled, massaged into the skin or put into bath water. It helps to calm anxiety in adults and children, allowing them to have a good night's rest. It also helps to keep away the flies and mosquitoes.

"Once people experience it, they are hooked," said Franklin. "Not only do the products smell good, but they are therapeutic as well."
Laughter Therapy
Detroit, MI

It took a tragedy in her life — the sudden death of her best girlfriend — to make Dr. Cynthia Shelby-Lane recognize the healing power of laughter. “Two weeks after her funeral, I couldn’t stop crying. So I went to Rodney’s comedy club,” she said. “I was laughing and crying, and realized that laughter truly is the best medicine,” she said. The physician and certified health coach was “doctor by day” and “comedian by night.” When she wasn’t working in the emergency room, she was performing standup at comedy clubs. She even created her own comedy troupe, Girlfriend Village & Company.

“Laughter is part of our human spirit. We need to laugh and be happy to heal ourselves,” she said. The power of laughter has a proven healing effect. A recent study from the University of Maryland Medical Center says laughter may help prevent heart disease.1

“People want different things from life. Some want to stay well. Some want to look beautiful. But everyone wants to be happy,” Shelby-Lane said.

Today, Shelby-Lane incorporates humor in her private practice with traditional, alternative, complementary, and integrative medicine to help her patients heal their bodies, minds, and spirits. She is a frequent speaker at workshops and seminars. She also created a 12-step program to help people laugh more and live longer.

“People want different things from life. Some want to stay well. Some want to look beautiful. But everyone wants to be happy,” Shelby-Lane said.
For decades, George Mumford had to deal with migraines and chronic back pain from sports-related injuries. To ease the pain, he relied heavily on medication and eventually became addicted. In the mid-90s, he took control of the addiction, changed his lifestyle and freed his body from drugs. He discovered and studied the power of meditation — something he desperately needed in his overstressed career as a financial analyst.

“Don’t let anyone dull your sparkle, you’re uniquely you,” said Mumford. “When you pay attention and really listen to yourself, it will tell you a lot.”

In the mid-90s, he took control of the addiction, changed his lifestyle and freed his body from drugs. He discovered and studied the power of meditation — something he desperately needed in his overstressed career as a financial analyst.

Following his calling as a teacher, Mumford left the corporate world to teach a mindfulness-based stress-reduction program to prisoners and staff at several Massachusetts correctional facilities. He was then led to the NBA® and NCAA®, where he worked as a sports psychologist with teams such as the Chicago Bulls®, Los Angeles Lakers®, Boston College and Holy Cross. Through insight meditation, he teaches players how to deal with the stress of success by opening their minds to good and bad experiences.

“Basketball players have the same stresses as everyone else. As bad as the critics are on the outside, the inner critic is much worse. With the players, I focus on their performance and interactions with others. When you feel a reaction coming, you have to get clear; strategically plan how to be in that situation and find balance.”

Mumford said there are two kinds of stress — one that makes you stronger and one that can debilitate. “There is no avoiding stress. I teach people how to be mindful of it and how to deal with it in a positive way.”

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May 2013

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**George T. Mumford, M.Ed.**

**Insight Meditation**

**Worcester, MA**

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“Dance and movement are great tools to help us transition through life.”

– Dr. Angela Tatum Fairfax
Bed cough that won’t go away? Itchy skin that can’t be relieved? Rash that won’t heal? According to Dr. Lester L. Carter, Jr., it may be time to try a new, natural remedy.

The pharmacist and herbalist has been making and providing natural products and formulas since he opened Carter Drug Store in 1968. The only African American-owned drugstore in Milwaukee, Wisconsin, the store is known for its healing remedies. It is a hub for people seeking natural remedies based on science.

“When someone needs a solution, I go to my chemistry book and come up with a preparation to fit his or her needs,” said Carter, who still works behind the counter, consulting with clients and making his products, which he ships across the country. “My products are all natural, so you don’t have to worry about side effects.”

Carter’s diverse career in pharmacy began at the Creighton School of Pharmacy in Omaha, Nebraska. While in pharmacy school, he ran the soda fountain at a Rexall® drugstore and made nighttime deliveries on the wealthy side of town. His upper-class clients were impressed by his deep knowledge of herbology. They called Rexall and demanded he be hired as a pharmacist. As the store’s only African American pharmacist, Carter was assigned to making the ointments and salves in the back of the store. That is, until customers started asking to meet the person making the medications. That was the start of his loyal client base, which continues to grow.

“Pharmacy is the greatest profession in the world,” he said. “You get to use your education and scholastic work to help people solve their problems. I’ll always enjoy that.”

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**July 2013**

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<td>1</td>
<td>1868: Frederick Douglass named U.S. minister to Haiti.</td>
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<td>1868: Dr. M. McClysan patents first self-lubricating locomotive engine.</td>
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<td>1868: The Quakers in Germantown, Pennsylvania, made the formal protest against slavery.</td>
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<td>1868: Frederick Douglass named U.S. minister to Haiti.</td>
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<td>1868: Jesse Williams wins women’s singles championship at Wimbledon.</td>
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<td>1868: Dr. Daniel Akim patents fast food.</td>
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<td>1868: George Washington Carver (1864-1943), the noted plant breeder, an African American, is sent on a trip with Hawaii.</td>
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<td>1868: Violette A. Johnson, first black woman to graduate from college, born.</td>
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<td>1868: L. C. Johnson, first black woman to practice before the U.S. Supreme Court, born.</td>
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**2013 Aetna African American History Calendar**

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Homeopathy
San Anselmo, CA

A house call to an elderly couple changed the direction of Dr. Ifeoma Ikenze’s medical practice forever. After borrowing a history book on the practice of medicine from the couple’s extensive library, she became fascinated with homeopathy.

“Homeopathy was a popular method of practicing medicine in the United States until 1932,” said Ikenze. “It wasn’t until 1970 that a group of young doctors from California began to explore it again.”

Homeopathy helps cure illnesses by treating the “like with like.” For example, a bee sting can be treated with a remedy made from bee venom.

“There are more than 1,000 homeopathic remedies made from natural substances such as minerals, plants and animals,” Ikenze said.

“To determine the right remedy for each person, I first take a detailed assessment. I address the entire human being. This includes the emotional, physical, mental and psychological. I ask them to tell me their life stories,” Ikenze said.

A good homeopathic doctor can usually determine the right remedy the first time.

“But the remedy has to match the totality of each person’s personality and life experiences, as well as the illness. In some cases we have to keep searching for the right remedy, but those are the more complex or rare circumstances,” Ikenze said.

After 25 years of practicing homeopathy, Ikenze gets most new patients through referrals. “It’s usually those who have tried everything else. They are desperate for a cure,” she said. “They are ready to do whatever it takes to get well.”

“Homeopathy is one remedy can bring about radical change. But the remedy has to match the totality of each person’s personality and life experiences, as well as the illness. In some cases we have to keep searching for the right remedy, but those are the more complex or rare circumstances,” Ikenze said.

The beauty of homeopathy is one remedy can bring about radical change.

– Dr. Ifeoma Ikenze

August 2013

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Rolf Gates believes it is time to relax — and learn to deepen your relationship with yourself.

“People today are often anxious and unnecessarily in conflict with their environment. This stress is a learned behavior and can be unlearned,” said Gates, a yoga teacher and author recognized as one of the leading voices in modern yoga. “Yoga and meditation facilitate this learning process.”

Gates began his career in social work. He started meditating and practicing yoga to cope with the stress of working with adolescents who had suffered trauma. He took a job as a part-time yoga instructor; and within a few years, he was teaching yoga full-time.

“I have always been motivated to follow a path of service,” said Gates, who also is a former U.S. Army Airborne Ranger. “Teaching yoga and meditation is my path. My years in social work and counseling inform my work.”

Gates said yoga and meditation can help heal both the body and the mind. The athletic yoga poses and the atmosphere of a yoga class help a person feel centered, strong and present in the moment. The breath-work and meditation involved can address the neurological patterns related to stress by helping rewire the brain. Yoga can move a person from the habit of struggle to the habit of well-being.

“Yoga is the process of becoming who we already are and remembering what we already know,” Gates said.

“Yoga is the process of becoming who we already are and remembering what we already know.”

– Rolf Gates

September 2013

1 1997: Centennial celebration at St. John’s University commemorating the journey of persons of color through American education.
3 1979: Alice Hammond becomes first African American to head a major U.S. bank.
4 1967: Arkansas Governor Orval Faubus orders National Guard to bar black students from entering a Little Rock high school.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

5 1986: Capt. Sonny Liston, former heavyweight boxing champion, dies.
6 2004: Kentucky Wildcat head coach John Calipari named the first African American coach to win the NCAA national championship.
7 1964: Washington, D.C., and Baltimore, Maryland, public schools integrate.

8 1848: Frederick Douglass elected president of the National Black Political Convention in Cleveland, Ohio.
9 1899: Frederick Douglass, executive director of the NAACP, dies.
10 1939: John F. Kennedy receives Pulitzer Prize for his autobiography.
11 1963: Dr. Martin Luther King, Jr., receives Nobel Peace Prize for his work in the civil rights movement.

22 1980: John E. Hay is named head coach of the Boston Celtics.
23 1998: Johnnie Cochran is named head coach of the Los Angeles Lakers.

29 1918: The American Legion is established.
30 1960: James Earl Jones wins his first Tony Award for his role in “In the Heat of the Night.”

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When you’re feeling sick or overwhelmed, Dr. Folashade Omole can help you pinpoint the source of your problem—literally.

The licensed medical acupuncturist uses the ancient Chinese practice of manipulating thin, solid needles in the skin at acupuncture points to help her patients with an array of ailments. She has seen it help with everything from pain to insomnia to infertility.

Omole explains acupuncture with a metaphor: “The energy in your body flows like a river. You have different ailments such as pain when you have a dam in the river or the river is stagnant. The acupuncture needles help open the dam. They allow the river to flow again.”

Omole says acupuncture is both preventative and healing. “You can view acupuncture like you do your annual checkup. You can use it before you feel stressed, overwhelmed or have pain. Or, you can use it to treat anything and everything that ails you,” she said.

She has used it to help a woman with severe knee pain begin to walk in high heels again. She also has helped patients with anxiety become better at making decisions. She even uses it to ease her husband’s throat discomfort.

“When you put the needle in, it’s a source of release,” she said. “It’s a form of rejuvenation.”

Omole’s goal is to help underserved populations see the potential benefits in acupuncture, and other complementary and alternative medicine options. “I want to make sure these populations are exposed to all the medical options out there,” she said.
Dr. Andrea D. Sullivan believes she entered the field of naturopathic medicine because of a divine intervention. “It was in God’s plan that I followed this direction,” she said.

Thirty years old and 30 pounds overweight, Sullivan went to Dr. James D’Adamo, one of the pioneers of naturopathic medicine. After getting to know her, he saw great promise in her future as a naturopathic physician.

“I followed this direction,” she said. “I was crazy. But I knew this was something that I had to do.”

Since 1988, Sullivan has run the Center for Natural Healing in Washington, D.C. The center focuses on homeopathy, herbal medicine, stress reduction, weight loss, detoxification and nutrition.

“We treat people, not conditions,” Sullivan said. “People come to me usually as a last resort because they are sick and tired of being sick and tired.

“Our body is a miraculous machine, but you have to be involved with it. It’s not like a car that you can drop off for a tune-up and pick up at 5 o’clock. We teach patients about their health and show them how to make the right choices at home.”

Now feeling healthier than ever, Sullivan serves as a role model for patients, as well as in the field of naturopathy. “You have to practice what you preach because people want to see results,” she said.

“‘We teach patients about their health and show them how to make the right choices at home.’
– Dr. Andrea D. Sullivan

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**November 2013**

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Dr. Juneau K. Robbins was introduced to chiropractic medicine in high school. After injuring his knee on the basketball court, he was told by an orthopedic surgeon that surgery was necessary.

His family took the high school sophomore to a chiropractor in Ontario, Canada, to get a second opinion. Within six weeks, his knee was healed without surgery or medicine.

“The body has its own ability to heal itself,” he said. “We just have to get out of the way. Chiropractic medicine is holistic health care.”

At his clinic, he spends much of his time helping patients manage pain. “I help them function again and do the things they previously were able to do.”

“As a society, we overwhelmingly look to Western medicine because alternative or Eastern medicine can’t always be explained. In many cases, the combination of both forms of medicine works best. Chiropractic medicine is great for a lot of things, but it is not necessarily the be-all and end-all,” Robbins said.

Robbins believes practicing a preventative lifestyle is the best approach to good health. He said it is especially important for African Americans, who are prone to health concerns such as high blood pressure. He is hopeful the field of black chiropractic doctors will continue to grow as the practice becomes more accepted.

“I never take offense when someone is skeptical about chiropractic medicine,” he said. “But I do find that once people try it they say, ‘Why didn’t I know about this before?’”
Yvonne Bronner, Sc.D., R.D.

Dr. Yvonne Bronner is a professor and founding director of the M.P.H./D.P.H. program at Morgan State University, and was previously the director of its Complementary and Alternative Medicine Research Training Program. Her research interests include the role of fathers in breastfeeding promotion among African American families, the epidemiological investigation of African American dietary knowledge, nutritional assessment of children, the role and utilization of community health workers, and the application of community-based participatory research methods in obesity interventions. Dr. Bronner earned a B.S. degree from the University of Akron, an M.P.H. degree from Case Western Reserve University, and a Sc.D. degree in Maternal and Child Health from Johns Hopkins School of Hygiene and Public Health.

Dr. Bronner led the team that developed the "Father's Supporting Fathers" video/reading materials and educational research materials, and was a research associate for the Nutrition During Pregnancy and Nutrition During Lactation Institute of Medicine (IOM) reports. She also served as director of the HSG collaboration with the National Infant Mortality Reduction Initiative sponsored by the DHHS Office of Minority Health.

She was a member of the IOM Food and Nutrition Board, the U.S. Dietary Guidelines Advisory Committee, the DHHS Secretary's Advisory Committee on Infant Mortality, Baltimore's Babes: Born Healthy in Leadership Action Program, the American Dietetic Association Board of Editors, Maryland's Assembly on School-based Health Care Advisory Committee, the Pregnancy and Essence magazines Advisory boards and the PhenX national workgroup.

Currently, Dr. Bronner is a member of the American Dietetic Association, Baltimore City Harlem Park Charter School Advisory Committee, McDonald's Global Advisory Council and Charter's Child/Nutrition National Advisory Council.

Leaster L. Carter, Jr., R.Ph.

An African American male student starting his own business in the 1960s was not an easy task. However, challenges were nothing new to pharmacist, Dr. Lester L. Carter, Jr. Dr. Carter opened Carter Drug Store, which remains the only black-owned drugstore in Milwaukee today.

Prior to beginning his pharmacy career, Dr. Carter’s military time included four years in the U.S. Navy, reaching the rank of Hospital Corpman 2nd Class; serving nine months at the U.S. Naval Academy; and three years on the U.S. Tortuga LSD-26 in Korea.

Julieann Franklin, Ed.M., M.A.

Jamela Franklin is an accomplished holistic psychotherapist, certified aromatherapist, certified reiki master; metaphysician, reflexologist, energy medicine practitioner, life coach, college professor and author. Ms. Franklin brings a wealth of experience and training to her current private practice in holistic health.

Having completed her undergraduate education at Cornell University, Ms. Franklin pursued and completed a master’s degree in educational administration at Harvard University and a master’s degree in counseling psychology at Lesley University. She currently is pursuing her Ph.D. in holistic life coaching at the University of Sedona.

After working in various positions in the field of education for more than 15 years, Ms. Franklin realized that her career interests were changing. She decided to pursue a practice in holistic health due to her passion and unwavering commitment to empowering people on the spiritual, emotional, mental, physical and financial levels. It is, Ms. Franklin’s belief that holistic health is extremely effective because this modality addresses all facets of one’s life, not just the physical body.

Ms. Franklin’s treatments, workshops, and classes have been described as exceptional, compelling, transformative, and inspirational. Her current practice in Atlanta, Georgia, combines her traditional educational background with her holistic training in psychotherapy, aromatherapy, reiki, reflexology, empowerment, energy medicine and stress management.

Among her other accomplishments, Ms. Franklin also is the host and creator of the television program, "The Holistic Viewpoint: Show。“Higher Consciousness,” which covers topics such as aromatherapy, spirituality, metaphysics, creative visualization, nutrition and empowerment.

Rolf Gates

Rolf Gates, author of the acclaimed book on yoga psychology Meditations From Daily Life, is known for his innovative take on modern yoga. He conducts Vyasa Vinyasa 200 and 500 teacher trainings throughout the U.S. and abroad. A former social worker and U.S. Army Archer, Rolf has practiced meditation for the last 20 years, and he brings his eclectic background to his practice and teachings.

Mr. Gates was born in Manhattan; and grew up in the Boston area as an avid marathon runner, long distance cyclist, and champion wrestler. As the descendant of six generations of ministers, he gained an understanding of service and dedication at an early age.

Wentworth Jarrett, M.D.

Dr. Wentworth Jarrett views his practice style as that of a renaissance man. He currently practices Western-style medicine with a holistic embrace of holistic principles.

After moving to the U.S. from his native Jamaica, Dr. Jarrett became board certified in family medicine; and more recently in hospice and palliative medicine. His practice is truly ecumenical with a diverse representation of cultures from China, Argentina, Canada, Alaska, China and the United Kingdom. He also serves a large Caribbean population.

The diversity in patient cultures has led to a unique practice style. On a beautiful lakeshore vista in South Florida, Dr. Jarrett will see a patient from Barbados, followed by a visit to Nigeria and possibly a Scottish representative. In his center city office on the 10th floor of a class office building he has a face followed by an infrared sauna. Ongoing nutritional assessments and advice also are provided.

Dr. Jarrett has developed a line of skin care products designed for the full spectrum of skin types. This complements the various neuroaesthetic (suppliments) he also offers.

Over the past 22 years, Dr. Jarrett’s destination practice has been successful both economically and spiritually; he refers to this as a life mission.

Dr. Jarrett has two sons — one a senior at Brown University and the other a junior at Princeton University.

George T. Mumford, M.Ed.

Dr. George T. Mumford is a sports psychology consultant, personal and organizational development consultant, executive coach, and an expert in the role teacher on the spiritual principles and techniques that include corporate executives, medical doctors and individuals.

As a sports psychology consultant, Dr. Mumford has worked with the Los Angeles Lakers, the Chicago Bulls, Boston College men’s and women’s basketball teams, the Ohio University athletic department, the University of Minnesota women’s basketball team and three professional soccer clubs. He also consults with other athletic departments, organizations and private clients. Some of his clients include Olympic athletes, athletic organizations, coaches, senior athletic administrators and athletes in general.

While working at the University of Massachusetts Medical Center’s Department of Preventive and Behavioral Medicine Stress Reduction Clinic in Worcester, Massachusetts, Dr. Mumford developed and implemented mind/body-based stress-reduction programs for an inner-city clinic and several Massachusetts correctional institution facilities.

In 2007, Mr. Mumford was the keynote speaker for the U.C. Davis Health System Alternative and Integrative Medicine for Pain Management conference; and in 2004, he was a presenter at the University of Pennsylvania/Wharton School of Business leadership venture on self-awareness with a program titled “Living from Within.”

In 2003, Mr. Mumford was invited to participate in the three-day conference Healing from Trauma, led by psychiatrist Dr. Peter S. Salzman, and taught his bodywork to 125 holocaust survivors. While teaching in India, he met with the Dalai Lama, former prisoners and meditation teachers.

Dr. Mumford received his B.B.A. degree in accounting from the University of Massachusetts, Amherst, Massachusetts; and his M.Ed. degree in counseling psychology from Cambridge College, Cambridge, Massachusetts.

Fahmida Omale, M.D., F.A.A.P., C.F.D.R.

Dr. Fahmida Omale is a graduate of the Morehouse School of Medicine Family Medicine Residency Program. She earned her B.S.C. in physics from the University of Lagos; an medical degree from Obafemi Awolowo University, Ile-Ife, the most prestigious university in Nigeria.

Upon completion of her residency training, she was appointed chief resident in Morehouse Family’s Medicine department. In 2004, Dr. Omale became the director of the Family Medicine Residency Program. She is a certified medical acupuncturist, a certified professional in DH and practices ostetrics.

Dr. Omale is the recipient of the 2012 Leoend Sea Humanism in Medicine Award, the 2006 Georgia Academy of Family Physicians’ Teacher of the Year Award, and a 2006 inductee of the Omega Alpha Honor Medical Society. She is an instructor in the indigenous Model of the Chiropractic Model with a focus on diabetes, and the integration of complementary and alternative medicine at the Morehouse Medical Associates Comprehensive Family Health Center.

She is a co-founder and codirector of the Veterans Affairs Centers of Excellence (COE) in Patient-Centered Specialty Care Education Initiative. She runs the point injection and acupuncture clinic in the COE. The Specialty Care Initiative encourages facilities to establish collaboration between specialty care, primary care and geriatrics.

Dr. Omale is board-certified in family medicine, a member of the American Academy of Family Physicians, and serves on the Commission on Orthotics of the Public and Science (CHPS). She is a member of the Georgia Academy of Family Physicians, and serves as the treasurer and chairperson of the Finance committee; and she is a member of the Society of Teachers of Family Medicine.
Biographies

**Jannae K. Robbins, D.C.**

Originally from Toronto, Canada, Dr. Jannae K. Robbins is a 1996 graduate of Northwestern Health Sciences University in Bloomington, Minnesota. A strong advocate of drug-free health care and self-empowerment through means of self-responsibility, she is the recipient of several professional honors, including the President’s Choice and Chiropractor of the Year awards from the American Black Chiropractic Association.

Dr. Robbins was selected from a pool of more than 65,000 national and international chiropractors by the National Board of Chiropractic Examiners to participate in a practice analysis advisory committee at the national board headquarters in Greeley, Colorado. Additionally, she sits on the alumni board and has held exposition as an overseas faculty member at Northwestern Health Sciences University, where she provides teaching clinics for chiropractic interns involved in their final phases of professional education.

Dr. Robbins is known for her friendly ability to provide top-notch chiropractic, nutrition and wellness care to patients while working closely with health professionals in other disciplines; helping patients experience the best all-around health care possible in today’s complicated health care environment.

Dr. Robbins speaks frequently at schools, churches, and other community organizations on the topics of drug-free health care, nutrition, and overall wellness. Together with his father, Larry Mansfield Robbins, B.A., M.Ed., Dr. Robbins is the author of a self-published parenting tip book titled "12 1/2 Tips on Raising a Child of Peace." Dr. Robbins is board licensed by the state of Minnesota and the National Board of Chiropractic Examiners. He resides in Minneapolis, Minnesota, with his wife, Anika, and son, Jaye.

**Cynthia Shelby-Lane, M.D.**

Dr. Cynthia Shelby-Lane is a comedienne, anti-aging specialist and talk show host who believes laughter is good medicine. As the creator of CASI, Cynthia Ann Shelby-Lane Productions, Inc., she combines her two passions: laughter and medicine.

Dr. Shelby-Lane is a nationally recognized and in-demand keynote speaker, trainer, and consultant at conferences and events promoting the health benefits of humor. A practicing physician and experienced stand-up comedienne, her high energy, laugh-out-loud programs are as entertaining as they are informative in delivering her important message.

In continuing her research, Dr. Shelby-Lane earned certification as a “Happiness Master,” qualifying her to speak about the “Seven Habits of Happy People.” She is dedicated to encouraging others in the pursuit of happiness, addressing mental health issues, and promoting her strong belief of “Laugh More! Live Longer.”

Dr. Shelby-Lane is a favorite television and radio host who educates listeners on a variety of health issues. On her own radio series, “Dr. Shelby-Lane & The Medicine Show,” she emphasizes the therapeutic and healing power of laughter. She also cowrote the book, Getting Thugs & Creeps Out Of A Bald Wrapped Life.

Dr. Shelby-Lane has joined forces with a team of Hollywood producers and filmmakers for LaughMD.com, which is dedicated to bringing humor into hospitals. The goal is to prove humor is healthful for patients, family and staff. Another aspect of her career is working with Dr. Patch Adams and his innovative Gesundheit! Institute (www.pathcadams.org) to carry their message of healthful laughter worldwide. Her motto: “Keep laughing!”

**Stella A. Stepney, M.S., ATR-BC, LCAT**

Stella A. Stepney is a registered, board-certified art therapist and is licensed by New York State as a creative arts therapist. Ms. Stepney received her B.A. in art therapy at St. Thomas Aquinas College, her M.S. in art therapy at Nazareth College and holds a New York State teaching certification in art education.

Ms. Stepney is on the adjunct faculty of Nazareth College and Saint Mary-of-the-Woods College. Clinically, she specializes in in-at-risk student populations. Ms. Stepney is the author of multiple publications, including Art Therapy with Students at Risk: Introducing Art Therapy into an Alternative Learning Environment for Adolescents and Art Therapy with Students at Risk: Resiliency, Wellness and Growth Through Self-Expression.

Previously, she worked as a primary therapist at Crestwood Children’s Center in Rochester, New York; where she provided counseling and therapeutic intervention to children and adolescents who had serious emotional, behavioral or mental disorders. Also, Ms. Stepney developed and implemented the Creative Art: Growth Through Self-Expression program for children and adolescents residing at Sojourner House in Rochester, New York.

Ms. Stepney serves as a director on the American Art Therapy Association board of directors, is board liaison to the Multicultural and Journal committees, and is board liaison to the New York and Indiana chapters.

**Sharon Valechko**

“...We dedicate this calendar to the memory of our dear colleague Nohemi Alarcón, who passed away suddenly on January 2, 2013. Since 2006, Nohemi served as regional director of community relations at Activa. She was intimately involved in the creation of this calendar, as well as the Activa Latino Calendar. Nohemi will be remembered for her relentless passion, spiritual commitment and hard work to improve the communities she served. May you rest in peace Nohemi. You will be missed by the entire Activa community.”

Special thanks to those whose effort and time helped create this calendar:

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