Special To The Tuskegee News

Tuskegee City Manager Alfred Davis recently made a commitment to the city employees and explained to them that health and wellness of employees is a priority.

The Fire Department was the first city department to participate in Living Well Alabama, and all three shifts have completed this interactive six-week program.

Living Well Alabama is a chronic disease self-management program sponsored by the Cardiovascular Health Unit of the Healthy Lifestyles Branch, Alabama Department of Public Health. The evidence-based self-management program was taught one to two hours per week by trained lay leaders of the Thelma Walker-Brown Parish Nurse Coalition of Macon County.

Developed and tested by Stanford University, approved by the Centers for Disease Control and Prevention, the course is designed to complement and enhance medical and disease management and to give participants the skills they need to live life to the fullest. Living Well Alabama is designed for people with arthritis, asthma, cancer, chronic obstructive pulmonary disease, heart disease, diabetes, depression and obesity.

“Living and coping with a chronic condition can be very difficult,” Melanie Rightmyer, Cardiovascular Health program director, said.

“Dealing with constant pain and loss of good health may lead to feelings of anger and isolation, and even depression. With the help of action plans one doesn’t have to finish the goals quickly, but can pace oneself until a task is finished.”

Living Well Alabama helps persons with chronic conditions break down overwhelming tasks into doable steps that they can accomplish in one week through the use of action plans. Participants learn to use tools such as brainstorming, problem solving, helping others and goal setting through developing “action plans.” Workshop sessions are lively and interactive.

Participants talk, share, practice skills and learn ways of achieving the following goals together:

1. Decreasing pain
2. Coping with fatigue
3. Overcoming depression
4. Improving sleep
5. Increasing mobility
6. Overcoming stress and fear
7. Talking with their health care team
8. Learning safe and easy exercises
9. Managing medications
10. Improving nutrition

“An advantage of Living Well Alabama is you learn from others participating,” Rightmyer said. “The firefighters and other staff all agreed that developing action plans can be helpful in all areas of life because the plans help identify a problem and then solve it. They learned a lot from each other as well as skills that will enhance their abilities to communicate and work even closer with the citizens they help.

“Tuskegee is fortunate to have such committed leadership in Alfred Davis, city manager. It is encouraging to see leadership understanding the importance of living a healthier life.”

Mizraim Temple No. 119 members from Fitzpatrick, Marcus Hardnett, Illustrious Potentate. J. Lewis sponsored Booker T. Washington High School students celebration. Those attending the celebration group shot with Temple representatives standing on.

BTW Third Nine Weeks Honor Roll

Mizraim Temple No. 119 sponsors the Booker T. Washington High School Third Nine Weeks Honor Roll. The students were able to enjoy refreshments while being acknowledged for their achievements.

Six students made all “A” Honor Roll:
Grade 9: Candace Wilson
Grade 10: Janae McNeil
Kendra Taylor
Grade 11: Emilia Tolbert
Grade 12: George Washington

Shakita Collins
“A/B” Honor Roll
Grade 9: Monica James
Ibrahim Kane
Malik King
Kennedy Moore
Mikhalia Peterson
Vashawn Sanders
Amber Smith
Grade 10: Desiree Butler
Allaya Moneisha Cannon
Davida Hayden
Dee Jannell Holmes
Evelyn Hooks
Tereem Johnson
Sydney Kennebrew
Adrian Matthews
Calvonna Myers

Dorothy Robinson chosen as Ms. Magnolia Haven Health and Rehabilitation Center 2012.

Excitement filled the air on Friday, April 27 as 66-year-old year old Dorothy Robinson was crowned as Ms. Magnolia Haven Health and Rehabilitation Center 2012.

One of five residents of the long-term health care facility vying for the coveted title, she will join other winners from nursing facilities across the state at The Wynfrey Hotel in Birmingham on July 23, to compete in...