

H.D. POPE FUNERAL HOME

Personal Service • Peace of Mind • Pleasant Memories



World Health Day 2016

"An estimated 3.7 million or 14.7% of all non-Hispanic blacks age 20 and over have diabetes." ~Centers for Disease Control and Prevention

On April 7, 1948, the World Health Organization (WHO) founded World Health Day. Each year on that date, WHO promotes a global health issue in an effort to prevent more cases. The subject of World Health Day 2016 is diabetes—a disease in which blood glucose levels are above normal. Prevalent among African American adults, "an estimated 3.7 million or 14.7% of all non-Hispanic blacks age 20 and over have diabetes."

If you suspect you may have diabetes, make an appointment to have your physician test your blood. While there are some symptoms, it is possible to have diabetes without having any signs at all. Here is a list of possible indicators:

- being very thirsty
- urinating often
- feeling very hungry

April

Poetry Month

- 1 - April Fool's Day
- 7 - World Health Day
- 15 - Ella Baker Day
- 18 - Tax Day
- 22 - Earth Day
- 27 - Administrative Professionals Day



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- feeling very tired
- losing weight without trying
- sores that heal slowly
- dry, itchy skin
- feelings of pins and needles in your feet
- losing feeling in your feet
- blurry eyesight

According to WHO, many cases of Type 2 diabetes (Type 1 is typically genetic) can be prevented—or the onset can be delayed—by controlling one’s weight, exercising regularly, and eating a healthy diet. If you’ve been diagnosed with diabetes, it is important to manage it by eating healthy meals, being physically active, taking your medication as prescribed, and regularly monitoring your glucose levels.

To provide local support, the Centers for Disease Control and Prevention (CDC) launched the National Diabetes Prevention Program. For more information, contact the Halifax County Public Health System, 19 North Dobbs St., Halifax, NC 27839, 252-583-5021. *There is not a registered program in Nash County at this time.

**Sources: wincalendar.com, Centers for Disease Control and Prevention, World Health Organization, the National Institute of Diabetes and Digestive and Kidney Diseases*

CHICKEN AND BLACK BEAN BURRITOS



Ingredients

- 1 avocado, mashed
- 4 large low-carb, whole-wheat tortillas
- 1/2 cup pico de gallo or jarred salsa
- 2 cups cooked chicken breast, shredded
- 1 cup canned no-salt-added black beans, rinsed and drained
- 6 Tbsp reduced-fat shredded cheddar cheese
- 1 cup shredded lettuce
- 1 cup diced tomatoes

Instructions

1. Spread 3 Tbsp mashed avocado on 1 tortilla. Top with 2 Tbsp pico de gallo, 1/2 cup chicken, 1/4 cup black beans, 1 1/2 Tbsp cheese, 1/4 cup lettuce and 1/4 cup diced tomatoes.
2. Fold into burrito. Repeat procedure for remaining 3 burritos.

See more at: <http://www.diabetes.org/mfa-recipes/recipes/2016-1-chicken-and-black-bean.html#sthash.BS1S4JBO.dpuf>

APRIL IS NATIONAL POETRY MONTH

Children of Children

by Oscar Brown, Jr.

The children of children by the time they're half grown,
they have habits like rabbits and young of their own.

The children of children from their mama's lap hop to
the ground to be taken in traps.

The children of children are trapped in their dark skins
to stay in and play in a game that no one wins.

The children of children while so young and sweet are
all damned and programmed for future defeat.

The children of children are trapped by adults failed
and jailed to hide the results.

The children of children enabled to cope with systems
that twists them and robbed them of hope.

The children of children are sinned and ashamed.
Preparing and bearing; who do you blame?