



FROM THE FRONT LINES

A monthly update from Care for the Homeless



We made it through the first (and only, we hope!) big storm of 2016. We hope you enjoy the heart-warming video in this e-news and the feature on our Health Education team.

The Role of the Health Education Team



"Health Education empowers individuals to make healthy decisions and play an active role in their health care." Isabel Odean, Health Educator

One of the ways that homeless individuals can take back some of the control they lost when homelessness took over their lives is by taking control of their health. This is possible thanks to the compassionate support and guidance of our very own Health Education team.

Their goal is to **educate and encourage individuals to adapt new behaviors that will foster a healthier lifestyle.** Changing a person's behavior is not always easy but having a team of skilled and knowledgeable health educators is an integral part of the CFH mission to deliver high-quality and client-centered health care to homeless individuals.

The team accomplishes their goal by implementing a year-round calendar of interactive workshops, presentations, and health fairs, at multiple CFH clinic sites around NYC. Bi-lingual brochures and other take-away literature reinforce the information provided at these activities.

Another essential method the team utilizes when working with homeless persons is to learn their individual attitudes, beliefs and perceptions about their health so that destructive behaviors can be changed. One example of this is hypertension, otherwise known as "the silent killer". It is a symptomless disease that can lead to heart attacks, stroke, kidney damage and more and is prevalent among the homeless population. The Health Education team works with diagnosed individuals to help them make lifestyle changes that will reduce their risk of the inevitable negative consequences of an untreated disease.

When asked what was rewarding about his work, Health Educator Daniel Afful replied, *"My most rewarding experience in the field is when a client shows their trust in me by sharing their personal stories. Their thankful expressions let me know that I made an important impact in their life."*

You have made an impact, Health Education team, on many lives! We thank you and all our generous donors for making this work possible.

Save the Date - The Health, Care & Hope Gala



SAVE the DATE

Wednesday, April 20, 2016

Edison Ballroom, 240 West 47th Street

Honoring Harry M. Rosen, Ph.D., in Memoriam

For ticket or sponsorship information, please click [here](#).

Speaker's Bureau



Have you seen this great video about the Care for the Homeless Speaker's Bureau, where members of our Consumers Advisory Board are trained to be powerful advocates on behalf of housing and health for homeless individuals? Check it out [here](#).

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From the Front Lines is a monthly update on how Care for the Homeless fights homelessness in New York City.

Thank you for your generous support of our mission.