

# *Harambee:*

We are all in this together

22nd Missouri Institute on Minority Aging



Paula J. Carter Center  
on Minority Health and Aging  
Lincoln University Cooperative Extension

# SENATOR PAULA J. CARTER

1940 – 2002



**T**he Paula J. Carter Center on Minority Health and Aging, formerly the Missouri Center on Minority Health and Aging, was established in 1997, through funding from the Missouri Department of Health and Senior Services – Office of Minority Health. Representative Carter was instrumental in the founding of the Missouri Center on Minority Health and Aging, a multiethnic training, research and public policy center located at Lincoln University in Jefferson City, Missouri. Lincoln University renamed the center after Paula J. Carter in honor of her dedicated service to all Missourians.

The mission of the Lincoln University Cooperative Extension – Paula J. Carter Center on Minority Health and Aging is to provide leadership in addressing the health, social and psychological needs of Missouri’s 50 and older minorities and the underserved population. This is accomplished through education, research-based information, policy analysis and the use of technology as strategic tools.



*“Promoting Healthy Aging for Minority and Underserved Seniors”*

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# Monday, August 26 | Afternoon and Evening



<b>Dinner 5:30 p.m. – 7:30 p.m.</b>	
<b>Windsor Rooms: I, II, III</b>	
Moderator	<b>Jessie Kwatamdia</b> , PJCCMHA Advisory Board Member
Welcome	<b>Yvonne Matthews</b> , Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri
<b>Tribute to Dr. Mable Grimes</b>	<b>Rev. Clyde Ruffin</b> , Columbia, Missouri, <b>Robert Evans</b> , Director, Dance Ministry Institute, New Rochelle, New York; and the <b>Sassy Sisters</b>
Setting the Stage	<b>Deborah Jenkins</b> , Research Assistant, Lincoln University Cooperative Extension; Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri



<b>Concurrent Sessions (Attendance is Optional)</b>	
<b>7:30 – 8:30 p.m.</b>	
<b>Parliament I</b>	
<b>A Little Dab Will Do It: Piecing Together Creative Expressions of Art</b>	<p><b>Marietta Monroe</b>, Retired, Columbia Public Schools, Columbia, Missouri</p> <p>Living your best life requires focusing and engaging in each moment of life. Participants will channel their inner artistic expressions and experience the joy of creating a meaningful piece of artwork through mixed-media. Exploring your inner creative self through painting helps you to experience uplifting, enlightening, and challenging expressions of art.</p>
<b>Parliament III</b>	
Chair Fitness	<p><b>Estelle Brooks</b>, Fit Four U, LLC, Kansas City, Missouri</p> <p>Chair Strength — Enhance your ability to strengthen your muscles and engage each muscle group in full range of motion.</p>
<b>7:30 – 9:30 p.m.</b>	
<b>Piccadilly Room</b>	
<p><b>Movie Night: Green Book</b></p> <p>Facilitator: <b>Yvonne Matthews</b></p>	<p>“Green Book” is a 2018 American biographical comedy-drama film directed by Peter Farrelly. Set in 1962, the film is inspired by the true story of a tour of the Deep South by African-American classical and jazz pianist Don Shirley (Mahershala Ali) and Italian American bouncer Frank “Tony Lip” Vallelonga (Viggo Mortensen), who served as Shirley’s driver and bodyguard. The film was written by Farrelly, Brian Hayes Currie and Vallelonga’s son, Nick Vallelonga, based on interviews with his father and Shirley, as well as letters his father wrote to his mother. The film is named after <i>The Negro Motorist Green Book</i>, a mid-20th century guidebook for African-American travelers written by Victor Hugo Green.</p>

# Tuesday, August 27 | Morning



<b>Breakfast 7:30 a.m. – 8:30 a.m.</b>	
<b>Windsor Rooms I, II, III</b>	
Opening Remarks Moderator	<b>Yvonne Matthews</b> , Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri
<b>8:00 a.m. – 8:45 a.m.</b>	
<b>Keynote Address</b>	<b>Dr. Jerald Jones Woolfolk</b> , President, Lincoln University of Missouri
<b>8:45 a.m. – 9:00 a.m.</b>	
Door Prizes	
<b>9:05 am – 9:15 a.m.</b>	
Morning Pump-up	<b>Estelle Brooks</b>
<p><b>Two Concurrent Sessions - Each session will be repeated.</b>            9:30 a.m. – 10:45 a.m. &amp; 11:00 a.m. – 12:15 p.m.</p>	
<b>Morning Break 10:45 – 11:00 a.m.</b>	
<b>Parliament I</b>	
Estate Planning: What You Need to Know to Ensure the Best for Yourself and Your Family	<b>Jacqueline Shipma</b> , Legal Counsel, Lincoln University, Jefferson City, Missouri. This presentation will give a basic overview of Missouri probate laws relating to wills, trusts, and estates. In addition, information regarding alternatives to wills and trusts will be provided.
<b>Parliament II</b>	
Harmony in the Community – Your Voice Matters	<b>Ayanna Shivers, Ph.D.</b> , Director of the Bachelor of Liberal Studies, Lincoln University, Jefferson City, Missouri, and Mayor of Mexico, Missouri. This presentation will discuss ways that everyone can use their voice to make a difference in their community.





<b>Lunch - 12:40 p.m. – 1:40 p.m.</b>	
<b>Windsor Rooms I, II, III</b>	
Moderator Greetings	<b>Valerie Butler</b> , Special Assistant – Professional, Department of Health and Senior Services, Office of Minority Health, Jefferson City, Missouri
<b>Keynote Address</b> Medical Marijuana Program	<b>Lyndall Fraker</b> , Director, Section for Medical Marijuana Regulation, Missouri Department of Health and Senior Services, Jefferson City, Missouri
<b>Visit Exhibits/Networking 1:45 – 2:20 p.m.</b> <b>Atrium Area/Piccadilly Room</b>	
<b>2:30 p.m. – 4:30 p.m</b>	
<b>Parliament 1 and 2</b>	
Town Hall Forum: You and the Law	Law Enforcement: Kansas City, Central, St. Louis, Springfield, Southeast Missouri
<b>*Afternoon Break 3:30 – 3:45 p.m.</b>	





<b>Visit Exhibits/Networking 4:30 – 5:00 p.m. Atrium Area/Piccadilly Room</b>	
<b>Dinner 6:30 p.m.</b>	
<b>Windsor Rooms I, II, III</b>	
Moderator(s)	<b>Mary Larde</b> , PJCCMHA Lay Leader, St. Louis, Missouri.
	<b>Earnest Bradley</b> , LUCE St. Louis, Missouri.
Keynote Presentation	<b>Deborah Swanigan</b> , National Storyteller
Coronation	Crowning of Mr. and Ms. MIMA







<b>HOTEL CHECKOUT: 7:00 – 7:30 a.m.</b>	
<b>Breakfast 7:30 a.m. – 8:30 a.m.</b>	
<b>Windsor Rooms I, II, III</b>	
Moderator	<b>Marietta Monroe</b> , Advisory Board Member, Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri
<b>8:00 a.m. – 8:10 a.m.</b>	
Remarks	<b>Alphonso Sanders, Ph.D.</b> , Provost and Vice President of Academic Affairs, Lincoln University, Jefferson City, Missouri
<b>8:10 a.m. – 8:20 a.m.</b>	
Remarks	<b>Majed El-Dweik, Ph.D.</b> , Dean, College of Agriculture, Environmental and Human Sciences
<b>8:20 a.m. – 9:00 a.m.</b>	
<b>Keynote Address</b> We Are All In this Together	<b>Senator Karla May</b> , St. Louis, Missouri
<b>9:05 a.m. – 9:25 a.m.</b>	
Morning Pump Up	<b>Estelle Brooks</b>
Remarks	<b>Senator Kiki Curls</b> , Kansas City, Missouri
<b>9:30 a.m. – 10:00 a.m.</b>	
Evaluations/Door Prizes	

# Wednesday, August 28 | Morning (continued)

<b>Morning Break: 10:00 – 10:15 a.m.</b>	
<b>Windsor Rooms I, II, III</b>	
Moderator	<b>Horace “Don” Glover</b> , Advisory Board Member, Paula J. Carter Center on Minority Health and Aging, Fulton, Missouri
<b>10:15 a.m. – 10:25 a.m.</b>	
Dance Presentation	<b>Anointed And Ready to Praise</b> , Columbia, Missouri <b>Vicki Freelon, Teresa Garr, Yvonne Matthews</b> and <b>Juanita Washington</b>
<b>Anointed And Ready to Praise</b> is an adult praise dance ministry from St. Paul African Methodist Episcopal Church in Columbia, Missouri. The group was established by the Reverend Mary Hull-Lovett because it was her vision to have older adults with experience and wisdom provide testimony through dance. This group of women, who are 50 plus and/or grandmothers, will provide a message about believing in yourself and knowing that at any age, you have the power to contribute to your community.	
<b>10:30 a.m. – 11:20 a.m.</b>	
<b>Keynote Address</b> A Journey of Mentoring to Impact All Generations	<b>Apostle Russell Freeman</b> , United Community Cathedral, Columbia, Missouri
We must take a close look at the theme, especially the word “this” and understand, we are together in all circumstances. The status/position in life does not matter. We are together and must resound with the voice and spirit of community. <b>Harambee: We Are All In This Together!</b>	
<ul style="list-style-type: none"> <li>• Many reasons “Divide” us in our community.</li> <li>• Assist each other in all circumstances involving community building.</li> <li>• Build to sustain our “Together.”</li> </ul>	
<b>11:25 a.m. – 12:30 p.m.</b>	
Closing	<b>Yvonne Matthews</b>
<b>1:00 p.m</b>	
The 22nd Missouri Institute on Minority Aging Ends	



# LINCOLN UNIVERSITY

Office of the President

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August 26, 2019

Dear MIMA Participants,

Welcome to the 22nd Missouri Institute on Minority Aging (MIMA). This year's theme, "Harambee: We Are All in This Together," is fitting as we consider the importance of teamwork in the health and wellness of our aging population. As we age and continue to thrive in good health, so do our families and communities.

The Lincoln University Cooperative Extension — Paula J. Carter Center on Minority Health and Aging offers this annual conference as a way to share information and provide activities to promote health and wellness. I know you will enjoy the workshops and activities that have been planned over the next couple of days. Get ready to learn a great deal and leave here ready to get the most out of some of the best days of your life.

I thank you for your participation in the 22nd Missouri Institute on Minority Aging. I hope you will be able to travel to Jefferson City soon to visit the Lincoln University campus and participate in the many activities offered by the Lincoln University Cooperative Extension — Paula J. Carter Center on Minority Health and Aging and other programs.

Sincerely,

Jerald Jones Woolfolk, Ph.D.

President





Dear MIMA Participants:

I welcome you with delight to the 22nd Missouri Institute on Minority Aging (MIMA). As Lincoln's chief academic officer, I value education, especially health awareness. MIMA will provide great information, support, training, and opportunities for Missouri minorities to maximize their health benefits toward being a healthier you.

Apart from being informed, your attendance at MIMA will give you a social outlet to make new acquaintances that could broaden your view of life. It will also give you a platform to share your concerns and encourage others along your journey of health and wellness.

I am a new resident of Missouri, and this will be my first time attending MIMA. I am looking forward to becoming a part of this important mission. I believe that togetherness is the strength of a more beautiful life. "If you want to travel fast, travel alone. If you want to travel far, travel together."

Best regards,

Alphonso Sanders, D.A. Ed

Provost and Vice President for Academic Affairs





LINCOLN UNIVERSITY  
MISSOURI  
COLLEGE OF AGRICULTURE,  
ENVIRONMENTAL AND HUMAN SCIENCES

112 Bennett Hall  
824 Chestnut Street  
Jefferson City, MO 65101



Dear 2019 MIMA Participants,

Welcome to the Missouri Institute on Minority Aging (MIMA) as it celebrates its 22nd year. It is my pleasure as Dean of Lincoln University's College of Agriculture, Environmental and Human Sciences to be involved in this vital outreach to Missouri's senior population.

The theme this year is "Harambee: We Are All in This Together." Lincoln University Cooperative Extension (LUCE), through the Paula J. Carter Center on Minority Health and Aging (PJCCMHA), invites you to sample from the wide variety of workshops, speakers and other informational activities so that you leave the conference informed and energized.

I also hope that after the conference, you reach out to your friends, neighbors and family to share what you learned at MIMA. In this way, you contribute to the outreach that exemplifies LUCE. And throughout the coming year, I welcome you to participate in other LUCE activities, either through the satellite office near you or in Jefferson City.

Cooperative Extension is one of the areas that makes Lincoln University a land-grant institution. Lincoln has a statewide mission of outreach to Missourians, which is accomplished in large part through Extension. Along with teaching and research, Cooperative Extension brings research-based and state-of-the art information to you and others across Missouri. For example, LUCE has programs on youth and community development, horticulture, small farm agriculture and much more.

I would also like to thank the Missouri Department of Health and Senior Services – Office of Minority Health for funding MIMA through a grant to the PJCCMHA. As you listen and participate in MIMA, you can piece together elements that you want to incorporate into the fabric of your life, making it richer than it was before.

Thank you for your attendance and support of MIMA.

Sincerely,

Dr. Majed El-Dweik  
Dean/1890 Director Cooperative Extension and Research, College of Agriculture, Environmental and Human Sciences  
Professor of Biological Engineering

*Lincoln University, U.S. Department of Agriculture and Local University Extension Councils Cooperating  
Lincoln University Cooperative Extension offers its programs to persons regardless of race, color, national origin, sex or handicap.  
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LINCOLN UNIVERSITY  
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Dear MIMA Participants,

Welcome to the 22nd Missouri Institute on Minority Aging (MIMA). I am once again so glad that we can come together to learn and be inspired by the presenters and by each other as well.

“Harambee” means “we are all in this together.” Harambee is a Kenyan tradition of community self-help events and literally means “all pull together” in Swahili. At MIMA, we are truly all coming together with a common purpose to enrich ourselves through learning, networking and sharing our experiences, and caring for one another.

This year’s institute will also focus on advocacy – the act of ensuring that all people are able to have their voices heard on issues that are important to them, are able to defend and safeguard their rights and are also able to have their views and wishes genuinely considered when decisions are being made about their lives. Accordingly, this year’s theme for MIMA is “We Are All in This Together.”

In the spirit of “harambee” we will dialogue with law enforcement professionals about their interaction with our communities and keeping our loved ones safe; we will explore ways that we can play an active role toward creating harmony in our community and having our voices heard. We will also plan for the future; start each day with healthy exercise; and so much more!

MIMA is enriched by your presence and your participation. As you meet new friends and receive new information and knowledge, please return to your communities ready to share and empower others.

I extend a very warm welcome to you from the Paula J. Carter Center on Minority Health and Aging staff and from Lincoln University Cooperative Extension. In the spirit of harambee, We Are Lincoln!

Sincerely,

A handwritten signature in blue ink, reading 'Yvonne Matthews'.

Yvonne Matthews, Associate Administrator  
Lincoln University Cooperative Extension





**Missouri Department of Health and Senior Services**

P.O. Box 570, Jefferson City, MO 65102-0570 Phone: 573-751-6400 FAX: 573-751-6010  
RELAY MISSOURI for Hearing and Speech Impaired and Voice dial: 711

**Randall W. Williams, MD, FACOG**  
Director



**Michael L. Parson**  
Governor

August 1, 2019

Greetings MIMA Participants!

Welcome to the 22<sup>th</sup> Missouri Institute on Minority Aging (MIMA)! The Office of Minority Health, Missouri Department of Health and Senior Services in partnership with Lincoln University, provides useful information to enhance your health outcomes and personal well-being.

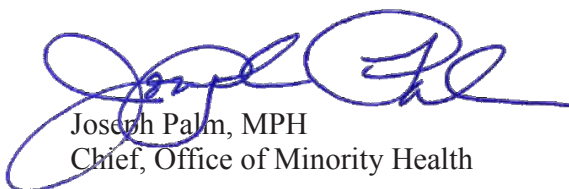
Throughout the State of Missouri, our most up to date research has consistently shown that some health disparities exist among minorities in the aging population. Many older minorities experience immense difficulties in obtaining reliable transportation for medical appointments, have greater difficulties decoding instructions for medical prescriptions and frequently misunderstand the terminology used by their healthcare provider to describe their illness.

These barriers have contributed to the occurrence of health variations within this population. The mission of the Office of Minority Health, Missouri Department of Health and Senior Services is to eliminate health disparities through assertive leadership, advocacy support, and visible interaction with minority communities in the State of Missouri.

The Office of Minority Health in the Missouri Department of Health and Senior Services under the leadership of Director Dr. Randall W. Williams will continue to reduce the occurrence of health disparities among older individuals by partnering with the Paula J. Carter Center on Minority Health and Aging, and supporting MIMA.

*Harambee!* Be advocates for one another and prepare for the vast information awaiting you for yourself, family, community and state. We are all in this together.

Peace and love,

  
Joseph Palm, MPH  
Chief, Office of Minority Health



[www.health.mo.gov](http://www.health.mo.gov)

**Healthy Missourians for life.**

The Missouri Department of Health and Senior Services will be the leader in promoting, protecting and partnering for health.

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

## *Rev. Clyde Ruffin*



Rev. Clyde Ruffin was appointed to the University of Missouri faculty in 1982 and granted the title of Professor and Chair Emeritus in 2015. In 2001, he was appointed to serve as President of the John William Boone Heritage Foundation Board of Directors. He is also the Senior Pastor of the Historic Second Baptist Church - Columbia and is currently in his fifth year as the representative for the First Ward on the Columbia City Council.

## *Estelle Brooks*



Estelle Brooks is a high-energy certified fitness instructor/ personal trainer with a master's degree in social work. She has been able to effectively combine her professional training as a social worker with her new career. Working with individuals from diverse backgrounds for over 40 years has helped her to correlate the importance of physical activity as it relates to an individual's mental health status. Brooks is an energetic 65-plus-year-old who enjoys fitness and working with individuals and groups of diverse backgrounds of all ages. She states, "Health and fitness is of great importance; I am living my vision of being able to assist people in obtaining optimal health and their fitness goals."

When she started working out, she began to see and feel the differences in her overall health. She was more energetic and had a more positive attitude toward life in general, feeling 100 percent better physically and mentally. Brooks says, "I fell in love with exercising and eating healthy. I made it a priority and diligently worked to become a certified fitness instructor."



## Robert Evans

In 2001, Robert Evans established the Dance Ministry Institute (DMI) as a means of providing technical dance training to those involved or interested in liturgical dance. DMI's mission is to enhance the worship experience of the believer and expose the Gospel of Jesus Christ to the world through the vehicle of dance and dance theater.



Evans' dance ministry roots began with the Harlem Tabernacle Dance Ministry (Harlem, New York) where he served as the Assistant Director from 1991-2001. He also served from 2011-2013 as the Dance Consultant for the STRIVE Dance Leadership Academy, a New Rochelle, N.Y. Youth Bureau program.

Evans' choreographic works have ministered to people throughout the United States and the Caribbean, including the Bahamas Faith Ministries, Nassau, Bahamas; Christian Cultural Center, Brooklyn, N.Y.; Faith Fellowship Ministries World Outreach Center, Sayreville, New Jersey; The Greater Allen A.M.E. Cathedral of New York, Queens, New York; Jericho City of Praise, Landover, Maryland; World Changers, Atlanta, Georgia; The Potter's House, Dallas, Texas; and Praise Academy of Dance, Bridgetown, Barbados.

In addition to his choreographic works for DMI, Evans has choreographed for the annual Westchester One in Praise Good Friday Services. He continues to direct DMI's annual Christmas production "NATIVITY: Birth of a King," which is currently in its 12th season.

Evans, a native of St. Louis, Missouri, received his formal dance training from the Katherine Dunham School in East St. Louis, Illinois, as well as the Alvin Ailey School of Dance and the Broadway Dance Center in New York City. He frequently combines his passion for both dance and drama in his choreographic works.

Evans has a Master of Science in Education from the City University of New York-City College and a Bachelor of Science from the University of Missouri (Columbia campus), where he majored in housing construction with a minor in drama and a certification in dance. Evans works for the New York City Department of Education, where he thoroughly enjoys teaching math to young people aged 17 to 21 in preparation for the High School Equivalency (HSE) exam.

Evans and his wife Selena have three sons and attend Family Christian Center in New Rochelle, New York, where they currently lead the Marriage Enrichment Ministry. Evans considers himself privileged to serve the body of Christ.

## *President Jerald Jones Woolfolk*



Dr. Jerald Jones Woolfolk has served as the 20th President of Lincoln University of Missouri since June 1, 2018. Woolfolk is prepared to lead the university to the forefront of 21st Century HBCUs. Through her vision of remaining deeply rooted in its historic founding by African American veterans of the Civil War, the university will also educate and graduate well-prepared future leaders in an environment that seeks and promotes diversity and inclusion.

Woolfolk's higher education career focus has been in the area of student affairs and enrollment management. Prior to her announcement as President of Lincoln University, she served as the Vice President of Student Affairs and Enrollment Management at The State University of New York (SUNY) Oswego from 2014-2018. While at Oswego, she also held positions as a Visiting Associate Professor and the Interim Chief Diversity and Inclusion Officer. She has also served as Vice President for Student Affairs, Enrollment Management and Diversity at Mississippi Valley State University and Vice President for Student Affairs at The City University of New York (CUNY) College of Staten Island.

In addition, she served as Assistant to the Vice Chancellor for Student Affairs, Associate Dean of Students for Residential Life and Dean of Student Life at the University of Arkansas at Pine Bluff.

Woolfolk holds a Bachelor of Science in Psychology from Jackson State University; a Master of Science in Counselor Education from Iowa State University; and the Doctor of Philosophy degree in Urban Higher Education from Jackson State University. In addition, she completed the Harvard University Institute for Educational Management; the American Association of State Colleges and Universities (AASCU)/ Council of Independent Colleges/Academic Leadership Institute Executive Leadership Academy; the AASCU Millennial Leadership Initiative (MLI) and the Indiana University Certificate in Fundraising Management.

## *Lyndall Fraker*



Beginning in 2010, Lyndall Fraker served for eight years in the Missouri House of Representatives. During that time, he was the chair of the Financial Institutions Committee and served on the Fiscal Review and the Utilities committees. After Representative Fraker was term-limited, he was appointed Director of the Section for Medical Marijuana Regulation for the state of Missouri.

Director Fraker has been an advocate for medical marijuana for a number of years and is excited to see where the state is headed. “Administering this new program needs to be done in the right way for Missouri,” Fraker said in the Department of Health and Senior Services press

release. “I look forward to continuing to serve the people of Missouri in my new capacity.”

Fraker was born in Springfield, Missouri, and is a graduate of Marshfield High School and Missouri State University. He and his wife have a daughter, Kasey, and two sons, Landon and Logan.

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# Law Enforcement

## **Buford “Chuck” Walker**

Buford “Chuck” Walker is a retired police detective from the City of Jefferson. Detective Walker had a very successful 34-year career in law enforcement, where he held numerous positions. He started his career as a patrol officer and worked his way up to being the department’s only Community Liaison Officer as well as serving as a detective. Walker was employed with the Missouri Secretary of State’s Office as a Special Executive Assistant to Secretary of State Jason Kander. Currently, Walker is employed as a Crime Victims Advocate for the Prosecutor’s Office in Jefferson City, Missouri.

Walker continues to serve as a board member to many organizations, such as the Missouri Crime Prevention Association, NAACP, Big Brothers Big Sisters, Multiethnic Advisory Board, as well as serving as an active Advisory Board member to the Lincoln University Cooperative Extension (LUCCE) – Paula J. Carter Center on Minority health and Aging for over 10 years. Walker obtained a Bachelor of Arts in Criminal Justice with an emphasis in Administration from Lincoln University.

## **Brandon Keene**

Officer Brandon Keene has served the community of Springfield, Missouri, as a police officer since 2012. During his time at the Springfield Police Department, he has served as a patrol officer, Crime Stoppers Coordinator and Resource Management Officer/Recruiter. He also served as the Treasurer for the Springfield Police Officer’s Association for four years and served on the Collective Bargaining Committee for five years. In his current role as the Resource Management Officer/Recruiter, Keene has worked with community groups as well as universities to enhance recruiting efforts for the local police department.

## **Sergeant Joseph (Joe) Matherne**

Sergeant Joseph (Joe) Matherne has been a law enforcement officer for 30 years and has served in many capacities. He started as a patrol officer and then worked several years as an accident investigator. In 2005, he was promoted to the rank of sergeant in the Jefferson City Police Department. Sgt. Matherne currently supervises the department’s Community Services Unit, which is responsible for School Resource Officers and community policing. Sgt. Matherne is also the Crisis Intervention Team (CIT) Coordinator and works with local mental health providers to provide resources to the community.

## **Kevin Ahlbrand**

Kevin Ahlbrand is a 36-year veteran police officer and is currently a sergeant with the St. Louis Metropolitan Police Department. He was appointed by Governor Jay Nixon to serve as the only active police officer on the Ferguson Commission. After the commission submitted its report and disbanded, he served on the first Board of Directors of Forward Through Ferguson, the entity tasked with facilitating the priorities of the Ferguson Commission report.

Ahlbrand was elected President of the Missouri Fraternal Order of Police and served in that capacity from 2006 to 2016. He currently serves on the Board of Directors as the Past President.

## **Brad Lemon**

Brad Lemon began serving as President of the Kansas City Fraternal Order of Police (FOP), Lodge 99, in June 2014. President Lemon had joined the Fraternal Order of Police in 1992, when he graduated from the police academy as a Kansas City, Missouri, police officer. In 2009, he joined the Executive Board and has served as the 2nd Vice President, Treasurer and Executive Vice President.

President Lemon has served on the city’s Health Care Committee, Pension Committee and Blue Ribbon Commission on the Local Control of the Police Department. He has attended numerous state and National FOP conferences, training seminars and labor summits.

President Lemon has served in Kansas City’s Metro, Center, East and Shoal Creek Patrol Divisions as well as with the Tactical Response Team. He was promoted to sergeant after making the 1997 Sergeant’s list.

## Senator Karla May



Senator Karla May (Democrat) represents the 4th Senatorial District, which is comprised of portions of the City of St. Louis and of Maplewood as well as Richmond Heights, Shrewsbury, Clayton, Hadley, Jefferson and Gravois. She was sworn into office on Jan. 9, 2019.

Before being elected to the Missouri Senate, May served as State Representative for the 84th District in the Missouri House of Representatives for eight years, from 2010-2018. As a state representative, she served on the Budget and Transportation committees. She was also the ranking minority member of both the Subcommittee on Appropriations – Public Safety, Corrections, Transportation and Revenue; and the Special Committee on Employment. She formerly served as the Vice Chair of the Missouri General Assembly’s Black Legislative

Caucus and Treasurer of the bipartisan Missouri Women’s Legislative Caucus; and she has served as a member of the Budget and Revenue Committee for the National Conference of State Legislatures. May was the Region XI chair for the National Black Caucus of State Legislators from 2012-2018, serving Iowa, Kansas, Missouri and Nebraska. She currently serves on the Executive Committee as chaplain.

May is well aware that mass incarceration negatively impacts every quality of life issue within minority communities. During her first term in the Missouri Senate, May was extremely pleased to have worked on the passage of legislation to reduce the number of criminal offenses in the state that are subject to mandatory minimum sentencing and to allow greater flexibility in determining eligibility for probation and parole. Her Senate Bill 74 was combined with Senate Bill 8 and later amended to become a part of House Bill 192, which will become effective August 28, 2019. Although May agrees that there is still much more that needs to be done toward achieving real criminal justice reform, this legislation is a long overdue step in the right direction.

Aside from her legislative duties, May is President of the Board of Directors of the St. Louis Philanthropic Organization. She has been involved with the organization for the past 21 years, helping award grants to agencies focused on education and programs that benefit residents of the City of St. Louis. She is an executive board member of the Coalition of Black Trade Unionists (CBTU) St. Louis Chapter and has served as an international at-large board member.

Born and raised in the City of St. Louis, May currently resides in the city’s 26th Ward.

## *Apostle Freeman*



Apostle Freeman accepted his call to ministry in 1975 and began his pastorate of the United Community Cathedral in July 1984, where he has remained faithful as Senior Pastor for the last 34 years. Consecrated in September of 2005, Apostle Freeman has since been enthroned as Presiding Prelate of the Christians Equipping Christians for Outreach Fellowship, Inc. (CECO) in October 2017, where he has served and led for the past 10 years.

Bishop W. H. White consecrated him to the Office of Bishopric in September 2005, and in October 2007, Bishop Freeman received the Eastern and Western Streams of Apostolic Succession from Bishop Larry D. Trotter, Sr. It was then that Bishop Trotter enthroned Bishop Freeman as the Presiding Prelate over Christians Equipping Christians for Outreach Fellowship, Inc. On January 27, 2018, because of his work in the Kingdom, he was affirmed to the office of Apostle by Apostle Levi King.

Having licensed, ordained and consecrated over 100 ministers into the gospel ministry, Apostle Freeman's ecumenical endeavors promote apostolic ministry with an emphasis on the development and strengthening of the church's pastors, bishops and apostles. His ecclesiastical focus is on spiritual fathering and church governance. Apostle's Freeman's family life includes the care and support of his mother, Emma Freeman; his loving daughter, Mia Ferrell; and his unique and vibrant granddaughters Secily, Jaccara and Montiera.

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## ***Sponsors***

Lincoln University Cooperative Extension  
Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri  
Missouri Department of Health and Senior Services  
Office of Minority Health, Jefferson City, Missouri  
Primaris/CLAIM, Columbia, Missouri

## ***Door Prize Donations Provided by:***

1. Walmart - Jefferson City
2. Target - Jefferson City
3. Tuesday Morning - Columbia
4. Ulta and Sephora - Jefferson City
5. JCPenney - Jefferson City
6. Kohl's - Jefferson City
7. Dollar General - New Bloomfield
8. Hobby Lobby - Jefferson City
9. TJ Maxx - Jefferson City
10. Janet Whittler - Jefferson City

Special thanks to **Janet Whittler** and the Paula J. Carter Center Advisory Board members for donating door prizes.

# ***Exhibitors, Vendors and Screenings***

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## **Exhibitors**

1. AARP
2. Central Missouri Area Agency on Aging
3. CLAIM
4. Clear Captions
5. Greater Missouri Chapter Alzheimer's Association
6. Lincoln University Medication Disposal Program
7. Missouri Council of the Blind
8. Missouri Department of Health and Senior Services/Division of Senior and Disability Services/Bureau of Senior Programs
9. Missouri Department of Health and Senior Services/Office of Minority Health
10. Missouri Department of Insurance, Financial Institutions and Professional Registration
11. Missouri Department of Mental Health
12. Missouri Kidney Program
13. Missouri Public Service Commission
14. Missouri Secretary of State/Securities Division
15. Paula J. Carter Center on Minority Health and Aging
16. Wolfner Talking Book and Braille Library
17. Anthem Blue Cross Blue Shield

## **Vendors**

17. Heels on Wheels Handbags
18. Hidden Tears Design
19. Salaams Designer Gifts
20. Etruscan Fine Art, Roma Martin-Erb
21. A Bit of Africa by Hafsah Boakye-Yiadom

## **Health Screenings**

22. A.T. Still University, Rapid Geriatric Assessment (RGA)
23. Department of Social Services/Rehabilitation Services for the Blind - Glaucoma Screenings

## **Special**

24. Heartland Book Bank ( Free Books)



# *Planning Committee and Advisory Board*

## **LUCE - PJCCMHA Advisory Board**

Carol Beahan	Retired - CLAIM, Columbia, Missouri
Michael Brewer	Missouri Dept. of Health and Senior Services – Division of Senior and Disability Services – Bureau of Senior Programs
Bianca Farr	Dept. of Mental Health
Jessie Kwatamdia	Greater Missouri Chapter - Alzheimer's Association
Joseph (Joe) Matherne	Jefferson City Police Department and Community Action Team
Donald Glover	Retired - Caterpillar, Inc.
Marietta Monroe	Retired - Columbia Public Schools
Janet Whittler	Central Missouri Home Health

## **EX-OFFICIO MEMBERS**

Joseph Palm	Missouri Dept. of Health and Senior Services – Office of Minority Health
Valerie Butler	Missouri Dept. of Health and Senior Services – Office of Minority Health
Crystal Sanders	Missouri Dept. of Health and Senior Services – Office of Minority Health
Yvonne Matthews	Lincoln University

## **LUCE - PJCCMHA Staff**

Deborah Jenkins, M.A.	Research Assistant I
Ricky B. Dana	Program Educator Assistant
Glenda Meachum-Cain, M.S.	Community Outreach Worker
Maxine Gregory	Receptionist/Outreach Worker

# Mable Grimes



Dr. Mable Christine Grimes, 75, of Columbia, passed away on January 31, 2019, at her home.

Dr. Grimes was born on December 6, 1943, in Malden, Missouri, in the state's Bootheel region, to the late Albert and Anna Mae (Turner) Jones. Dr. Grimes graduated from Malden High School, enrolled at Mizzou in 1961, and earned a Bachelor of Science in 1965, a Master of Science in 1968, and a Doctor of Philosophy in 1976.

She was employed at the University of Missouri with MU Extension for 37 years before retiring. She also served as a volunteer for ParentLink, a program operating out of the College of Education.

Dr. Grimes was a member of the Black Alumni Organization's first Executive Committee and wrote the preface to the 1994 book *The African-American Experience at the University of Missouri: 1950 - 1994*, which chronicled the history of the Black student experience on campus. She was a charter member of the Delta Tau Chapter of Alpha Kappa Alpha Sorority, Inc. and a graduate member of the sorority's Kappa Chi Omega chapter. In 2014, she was recognized by the sorority as a Golden Soror for 50 years of service. Dr. Grimes was also a member of the National Association for the Education of Young Children, the American Home Economics Association and the Association of Women Students.

Dr. Grimes enjoyed reading, cooking and dramatic storytelling. She was a member of Second Baptist Church.



# *Notes*

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United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture

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