Education & Health
For the African American Community
Yes2Kollege Education Resources, Inc.

- **Education Programs for the African American Community**

- 3rd to 12th grade **Early College Preparation**

- **After School Programs** - Life skills, character building, career exploration

- **Parenting Enrichment** - discipline, communications, engagement

- **Saturday Scholars Academy** - 6 part program on career exploration, college preparation, networking, goal setting, time management, study skills

PS7 Elementary Charter School

Kit Carson Middle School
Saturday Scholars Graduations

Smythe Middle School @ McGeorge Law School

Fern Bacon Middle School @ Sac City College

Rosa Parks Middle School @ Sac City College

Kit Carson Middle School @ CSU
Say Yes To College....
Program funded by The California Endowment & in part by The CA Wellness Foundation

A program of the Building Healthy Communities Initiative for:

- Treatment & Self-Management of Type 2 Diabetes, Hypertension, Obesity
- Healthy Eating
- Active Living – Fitness
- Mental Health
- Advocacy - Leadership Development
- Support

“Changing Our Health For Future Generations”
Strong Connections with Community Health Organizations and Businesses
African Americans comprise 12% of Sacramento County population. 52% are women. 15% of those Women have Type 2 Diabetes.

Partnerships Provides Program Resources to Assist Women and Girls Control their Chronic Diseases

• Type 2 Diabetes
• Hypertension
• Obesity
Program funded by The California Endowment

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Education – Treatment/Self Management

UC Davis School of Medicine – 2nd Year Residents
Meet & Greet & Treat AAWHL Women @ Oak Park Imani Clinic
Education – Treatment/Self Management

Sacramento State School of Nursing Students Conducted Surveys of AAWHL Women and Presented Diabetes and Foot Care Workshop

Dignity Health’s 6 Week Diabetes Management Workshop
• Home Gardens
• Nutrition classes
• Farmers Markets
• Farm Field Trips
Active Living - Fitness
Mental Health Retreats
Sister Support

Monthly Sister Circle Breakfast & Women of Color Making Connections Meet-Up at The Brickhouse Gallery where women connect to their healthy creative energy while building community
Advocacy – Coalitions

California Family Health Council’s “Sacramento Women + Health Care Reform”

Sierra Health Foundation’s “Healthy Sacramento Coalition”

California Black Women’s Health Project – “Advocacy Training Program”

Focus Group of Young Women (18-35) to Impact Health Care Reform
Health Professions High School Students attend Black Physicians Forum at UC Davis Medical Center
Middle & High School Minority Health Professions Mentor Program

Program Funded by The California Wellness Foundation

Students and Parents connect with a host of Doctors and Healthcare Professionals at 1st Annual Conference
Middle & High School Minority Health Professions Mentor Program

UC Davis School of Medicine Undergraduate Students from Oak Park’s Imani Clinic

UC Davis School of Medicine Student Kevin Mullins Shares Motivating Words With the Audience
A Senior Organ Recovery Coordinator and our County Public Health Director Inspire our youth.
Middle & High School Minority Health Professions Mentor Program

Health Professionals

Dr. Jana Murray-Garcia (Guest Speaker) - Pediatrician/Assistant Adjunct Professor at the Betty Irene Moore School of Nursing at UC Davis. She received her college degree from Stanford University with honors, her medical degree from UCSF and completed pediatric residency training at Oakland Children’s Hospital, followed by a master’s degree in Public Health from UC Berkeley. Recently, Dr. Jana produced an award-winning, youth-directed documentary, “From the Community to the Classroom,” about racial inequity in the highly ranked public schools of Davis, California, and how young people are still leading positive change there. You can see the film on youtube or at www.communitytotheclassroom.com. She is a community activist improving the lives of children and young people.

Dr. Tiffany Minna - Clinical Psychologist - Dr. Minna attended college at Claremont McKenna College where she graduated with Honors in Psychology and Women’s Studies. Dr. Minna earned a Master’s Degree in Theology and a Doctor of Philosophy Degree in Psychology. She is the founder of the Rosetta Center for Counseling and Wellness: A place for health, healing and hope, meeting the needs of women and their families.

Dr. Anthony Rayman - Chiropractor - was born and raised in Toronto, Ontario, Canada. He completed his undergraduate work in Quebec at Bishop’s University. He graduated from Hayward, California’s Life Chiropractic College West. He and his wife Lisa, moved to Sacramento in 2005 to open their own practice, Keystone Chiropractic.

Dr. Olivia Kasiyire - is Sacramento County’s Public Health Director, and formerly of El Dorado County. She is responsible for communicable disease, maternal & child health programs, and emergency preparedness. Dr. Kasiyire attended medical school in Uganda, her native country. She is in control of programs involving youth to bioterrorism.

Dr. Eric Williams - is Chief of Vascular Surgery at Kaiser Permanente. Originally from Trinidad, West Indies, he has degrees in chemical, civil and environmental engineering from Howard University and American University. He received his medical degree from Howard University’s College of Medicine.

Dr. Glenn Middleton - is a cosmetic and children’s Dentist in private practice since 1992. He graduated from the University of California, San Francisco’s School of Dentistry. Dr. Middleton mentors young students and donates his services to foreign countries as far away as Cuba & Jerusalem.

LaDawn Smedley - is a Certified Orthodontist and Prosthodontist at the UC Davis Medical Center in the Physical Medicine and Rehabilitation Department. He graduated from UC Davis with a bachelor’s degree in Biomedical Engineering. After receiving his bachelor’s degree, he attended CSU Dominguez Hills for a post-graduate degree in Orthotics and Prosthetics.

Dr. Artha Gillis - is a Graduating Resident Physician in Psychiatry at the University of California, Davis, in Sacramento. She earned a Bachelor’s degree in Mathematics before entering graduate school in Biomedical Engineering at Texas A&M University. After earning a PhD, she entered medical school and currently studies aspects of girls’ mental health.

China Tolliver - is the Health Educator/Nursing Student for California Health Collaborative’s Every Woman Counts Program. She earned a Bachelor’s of Science in Community Health Education from Western Michigan University (Kalamazoo, MI), and an Associate’s Degree and California State License in Psychiatric Technician. China is currently in nursing school.

Dr. Kevin Mullins - lifelong dream has been to become a doctor. Now entering his fourth-year of medical school at UC Davis School of Medicine, that dream is becoming a reality. Kevin has a bachelor’s degree in Exercise Biology, and a minor in African American studies from the University of California, Davis, where he graduated with dean’s list honors. He will receive his medical degree in May 2015.

Dr. Karen Hart - Family Medicine - earned her medical degree at the University of Iowa Carver College of Medicine. She completed her Family Medicine residency at the University of Iowa Hospitals and Clinics. Her unique practice model combines traditional and alternative medicine, including spa treatments.

AJ Johnson - from Winston-Salem, North Carolina, is a Senior Organ Recovery Coordinator at Sierra Donor Services, with a focus on African American consent rates in Sacramento. He has a degree in Biology from Ashford University, Clinton Iowa, and served for thirteen years in the US Army. At Sierra Donor Services, he is leading its Multi-Cultural Engagement Initiative with a focus on African American consent rates in Sacramento.

Rochanda Lewis - is a Registered Nurse Anesthetist at the Kaiser Permanente Hospitals in Sacramento. She has a Master of Science degree in Nursing Anesthesia from the University of North Carolina Greensboro/Wake Forest Baptist Medical Center Nursing Anesthesia Program, Winston-Salem, North Carolina. She provides anesthesia for GYN, Orthopedics, Spine, Pediatrics, and Outpatient surgery.
Yes2Kollege Appreciation

- We vigorously thank and appreciate our many volunteers, sponsors, partners and supporters for 12 years of opportunities, contributing to the education and health success of California’s African American communities.