

# SANKOFA

Sankofa - A publication of  
the African American Advisory Board  
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## Census 2010 Stand Up and Be Counted

The Census 2010 is coming soon, and it is important that everyone get counted.

The census is a count of every person living in the U.S. Filling out the census is important because the information is used to distribute more than \$300 billion in federal funding every year. The census helps governments to plan for delivering better services, such as transportation, education, job creation, and social services.

Filling out the form is easy and no registration is required.

The census form, which will be mailed to every household in March 2010, should be completed and sent back to the Census Bureau free of charge. If the form is not completed, a census taker will visit your home to collect the information.

The 2010 census is important to the African American and Caribbean communities and everyone should fill out and return the forms. The census information is confidential and will not be shared with

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**IT'S IN OUR HANDS**

## Calling for Nominations

Do you know a pioneer in your community who has had a positive impact? Tell the African American Advisory Board about their contributions, community involvement or volunteer work and they may be recognized with a Trailblazer Award.

The Board has been honoring outstanding citizens every February since 2000. People can be recognized in different categories depending on their expertise and achievements: culture and arts, education, health and human services, economic

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**2008 winners stand with County Legislator Bill Ryan (far left) AAAB Chair Barbara Edwards (third from left) and Deputy County Executive Susan Tolchin (second from right).**

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## New Loans Available for Minority- and Women-Owned Business

If your small business is stressed meeting expenses during these economic times, the U.S. Small Business Administration has a new loan program designed just for you.

The America's Recovery Capital (ARC) Loan Program can provide up to \$35,000 in short-term relief for viable small businesses facing immediate financial hardship. The business must be established, have financial statements demonstrating it was profitable in one of the past two years, and be able to project sufficient cash flow to meet current and future loan payments over a two-year period.

The best candidates are small businesses that have been profitable and making their loan payments and only recently have begun to struggle due to financial hardship. ARC loans can be used to make payments of principal and interest, in full or in part, on one or more existing, qualifying small business loans for up to six months. These loans allow borrowers to redirect cash flow from making loan payments to investing in their businesses, to help sustain the business and retain jobs. For more information, go to [www.sba.gov/recovery/arcloanpro](http://www.sba.gov/recovery/arcloanpro)

gram or call (866) 947-8081 Monday through Friday from 8 a.m. to 6 p.m. You can also contact your lender who can help determine if you are eligible.

### Get E-Mail Bulletins

Want to receive information and updates from the Office for African American Affairs and general county news? Sign up for email news bulletins and we'll keep you in the loop. Send your email address to [tqm2@westchestergov.com](mailto:tqm2@westchestergov.com).



### Did You Know About These Free Services ?

- Assistance for victims of domestic violence (914) 995-6581
- Anti-drug and anti-alcohol literature and programs (914) 995-6070
- Housing eviction prevention and immigration services (914) 995-2476
- Job training counseling and placement services (914) 995-3910
- Half-fare bus discount program for seniors (914) 813-6393
- Lunch programs for seniors (914) 813-6393
- Confidential and anonymous HIV testing as well as counseling (914) 813-5000
- Eligibility screening for low- or no-cost health insurance programs (914) 813-5000
- Free or low-cost screening available to eligible clients for colorectal, breast and cervical cancer (914) 813-5000
- Immunization for eligible children to prevent childhood diseases (914) 813-5000
- Rabies vaccines for pets (914) 813-5000
- Supplemental food and nutrition education for eligible pregnant women, infants and children up to age of 5 (914) 813-5000
- Depression Support Network (914) 995- 5236
- County out-patient mental health clinics 914 995-HELP

**Compliments of Westchester County Government!**

### Upcoming "Blueprint for Change" Report

The African American Advisory Board's "Blueprint for Change" summit is being turned into a how-to document that will help address disparities in education, health care, the economy and housing.

The Summit, held on April 14 with TV host Gil Noble as the keynote speaker, had experts sharing their best practices and encouraging discussion about solutions participants can implement.

A summary document will be completed later this year.



**AAAB Planning Committee**

# Faces and Places

## Don't Go Hungry in Difficult Times

Did you know that there are over 80 food pantries in Westchester County? The following communities have one or more agencies that distribute food bags or provide meals: Harrison, Mamaroneck, Mount Kisco, Mount Vernon, New Rochelle, Ossining, Peekskill, Port Chester, Tarrytown, Thornwood, Tuckahoe, White Plains, Yonkers, and much more. Call (914) 995-2961 to find out about a food pantry near you.

## Help for High Home Heating Costs

If your home heating bills are more than you can handle, you may be eligible for assistance from HEAP – The Home Energy Assistance Program.

HEAP can help low-income residents pay for electricity, oil, gas, wood, kerosene, propane or coal heating. To find out if you meet income guidelines, or for more information, call the Westchester County Department of Social Services at 995-5619.

## Dare to Be a Doctor

Westchester County will be hosting its 2nd *Rx for Success: Dare to be a Doctor* event promoting careers in the health professions to black and Hispanic students.

Students will get to hear from a Latina doctor who grew up in a tough neighborhood and followed her dreams to become a doctor and lawyer. They will also learn what they need to do to get to med school and have a chance to talk with dozens of doctors and healthcare professionals about what they do every day.

The free event will be Saturday, October 17 from 8:30am-3pm at the County Center. To register, visit [www.westchestergov.com/daretobeadoctor](http://www.westchestergov.com/daretobeadoctor)

### CELEBRATE!

Thousands of people turned out to enjoy the African American Heritage Festival at Kensico Park in Valhalla on June 28.



### BLUEPRINT FOR CHANGE SUMMIT

Presenters who shared their own expertise at the Blueprint for Change Summit last spring joined County Executive Andy Spano and Barbara Edwards, chair of the African American Advisory Board.



## Healthy Soul Food Recipe

### Low Fat Orange Vinaigrette Dressing (Serves 4)

- ¼ cup orange juice
- 2 tablespoons of balsamic vinegar
- 1 tablespoon Dijon-style prepared mustard
- 2 teaspoons honey
- 1/8 teaspoon cracked black pepper

*In a small jar with a tight-fitting cover, combine the orange juice, vinegar, mustard, honey and pepper. Cover and shake well until combined. To store, refrigerate for up to 1 week. Shake well before serving.*

## Clergy Day

Local clergy are invited to this first-of-its-kind event to learn about county services. The free event, on October 30 from 8:30 to noon at the County Center, is open to all clergy and staff. To register, call (914)995-2934,

## Calling for Trailblazer Nominations

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development, civic responsibility or publishing. Please call (914) 995-2934 for a nomination form. All forms must be received by Monday, November 16, 2009.

## Census 2010

any other organization. Not being counted in the census means not getting funding. For more information, contact the Department of Planning at (914)995-6252.



Give us your e-mail and/or cell phone number, and sign up at

[www.westchestergov.com/cens.htm](http://www.westchestergov.com/cens.htm)

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