

THE REAL MEN OF CMHA

CMHA held its Fifth Annual Brother to Brother Event

On Thursday, June 11, 2009, a health and wellness rap session was held for CMHA male residents at the Cleveland Museum of Natural History. Brother to Brother is an annual event created to lift the mind, body, soul and spirit, originally developed by the men of CMHA.

The event included remarks from Frank Jackson, Mayor of the City of Cleveland, Doris Jones, Vice Chairperson of the CMHA Board of Commissioners, and Melfert Shaw, Executive Board Member of the Progressive Action Council. The program incorporated break out sessions for the men discussing health, wellness, behavior, and relationships in a small group settings. CMHA also provided a panelist/guest speaker question and answer session, health screenings and networking for the residents. Panelists featured this year were George Phillips, CEO of CMHA, Jeffery Patterson, Chief of Staff and Operations, Jim Chones, President of Phoenix Component and Commentator for ESPN College Basketball, M. Campy Russell, Director of Alumni Relations for the Cleveland Cavaliers, Terrell Pruitt, Councilman for the City of Cleveland Ward 1, and Blaine Mickens, 19-year-old Serial Entrepreneur.

“I’m glad I had the opportunity to be involved in a positive activity that included men of various ages, backgrounds, and experiences sharing information that would benefit everyone,” said Patterson. “I enjoyed speaking on the panel, but I was more excited about the impact that this event had on the men in attendance. I look forward to building on this experience both personally and professionally in the future, and I believe other men in attendance will do the same.”

In collaboration with CMHA for the Brother to Brother event included Cleveland Museum of Natural History, American Diabetes Association, American Heart Association, American Sickle Cell Anemia Association, Beech Brook, Buckeye Community Health Care, Caretenders Homecare, Care Alliance Health Center, Cenpatico, Cleveland Sight Center, E.F. Boyd and Son Funeral Home and Crematory, Hospice of the Western Reserve, Hastings Professional Medical Equipment, The Gathering Place, Lifebanc, Cuyahoga Community College – Metro Campus, City of Cleveland Department of Public Health, City of Cleveland Department of Aging, Project Safe, Dr. Dwight Scott, D.P.M., podiatrist, St. Vincent Charity Hospital, Recovery Resources, Regional Transportation Authority (RTA), and Visiting Nurse Association.

“Be your own leader. Do the right thing for the right reason,” said CMHA resident from Riverview Towers. “Be in your kids lives; it will make all the difference to them to have someone in their corner.”