

CMHA CELEBRATES ITS 8TH ANNUAL BROTHER TO BROTHER EVENT

The Real Men of CMHA

On Friday, July 20, 2012, CMHA hosted over 250 people at the Langston Hughes Center for the annual “Brother to Brother” Health and Wellness Rap Session. This event acts as a motivational vehicle to promote healthy, lively, and productive lifestyles for the men of the CMHA estates. Through a series of “Breakout Sessions,” the participants engaged in various group discussions such as mental and physical facets of their lives.

Cleo Smith, nicknamed Mayor of Cedar High Rise by his peers, has lived at CMHA for 11 years and has helped to build the community in the Central Neighborhood. He has attended all eight Brother to Brother events. “I wouldn’t miss it. These events are so important. I love them and learn so much in the health sessions. In fact, I actually made a doctor appointment for next week because of what I discovered. It has been a long time coming, but I know I need to go after some of the discussions we had at the event with the care providers. I can’t thank CMHA enough.”

The event consisted of a welcome from George Coulter, Executive Officer, CMHA Police Department and Delores Lynch, Executive Director, Senior Outreach Services, Langston Hughes Center. The invocation along with an overview of the “Breakout Sessions” was from George Coulter, reflections by Reverend James Bankston of Ambleside Tower, Progressive Action Council and additional remarks by Doris V. Jones, Vice Chairperson of the CMHA Board of Commissioners.

The keynote speaker was CMHA’s very own Jeffery K. Patterson, Chief Executive Officer. He gave an outstanding and motivating speech about the significance in making internal changes that will essentially create productive external results. Patterson engaged the audience with useful and practical examples and he invited members of the audience to give examples of how they would make dynamic changes going forward in their personal lives. Additional remarks were made by Donovan Duncan, Real Estate and Development Director.

“Brother to Brother is an exceptional event,” said Marshall Turner from CMHA’s Beachcrest Estate, Captain of the “Beachcrest Bears” Billards Team. “The information I received from the group discussions were very inspiring. I enjoyed the openness of the rap sessions and really appreciated being recognized for the success of my team. Thank you for allowing me to participate in one of many high quality CMHA events.”