

# The Miami Herald

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## ON THE RIGHT TRACK

BY LATOYA BURGESS

The Miami Herald

Like many Americans, Judith Smallhorne loves her pork.

Lucky for her, there is a non-profit organization in Miami Gardens that will check her blood pressure free of charge.

"I love pork so I got my blood pressure taken today," said Smallhorne, 49, who went to a health fair sponsored by the Center for Advancement Restoration and Empowerment (C.A.R.E.). "I also learned how to use natural herbs and juices and the do's and don'ts of what to eat."

Earlier this month, dozens of people gathered in front of the CARE office at 651 NW 183rd St., nestled between an African clothing store and a hair salon in the parking lot of Pentecostal Tabernacle International Church.

The center not only holds free health fairs throughout the year, but the group also offers free counseling, clothes, food and GED classes that are sponsored by the county.

At the Oct. 9 health fair, several local vendors offered a range of services to the public such as blood-glucose and blood pressure testing, vision exams and instructions on how to make organic fruit juices.

"Our organization comes under the umbrella of the church. We are a faith-based organization. We bring social services and screening together," said Pansy Rose, executive director of CARE, founded in 2001.

Among the vendors were nursing students from Barry University such as Rachele Jules, a junior, who warned fair-goers about the danger of too much salt intake.

"It is very important to get your blood pressure checked and minorities are at higher risk," said Jules, 20. "Nowadays people are eating too much salt and this can lead to plaque in the arteries."

Rose said the community donates clothes and perishable and non-perishable food items to the church. But Yola-rose Bancroft, administrative assistant at CARE, says this is not enough.

"We do services for homeless people and the community doesn't donate a good mix of clothes," said Rose, who said the organization is hoping to team up with a big company like Wal-Mart. "There are homeless people who need the right clothes for job interviews and we want to be able to dress them and we don't always have that opportunity."

CARE has grocery distribution from 11:15 a.m. to 3 p.m. every other Tuesday; free GED classes from 6:30 p.m. to 9 p.m. from Tuesdays to Thursdays; clothing distribution from 2 p.m. to 4 p.m. every Wednesday; counseling five days per week by appointment only.

To find out more information about CARE or make a donation call 305-917-0376 or go to [www.careinonline.org](http://www.careinonline.org).

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