



2023 Homeless Health Fair volunteers

OCTOBER HOMELESS HEALTH FAIR

President's Message

Hello AOJAH's Members & Friends,

Hope you and your family enjoyed the holidays and are looking forward to a gratifying 2024. There is hope as we welcome the new year, and I would like to convey our thanks and appreciation to all of you for your support during the last year. We are proud of all our accomplishments for 2023 and look forward with excitement to 2024.

Just to share our 2023 accomplishments: our Homeless Lunch Program in skid row continued throughout the year, in June, we conducted our Annual Medical & Education mission in Jamaica serving approximately two thousand patients in the rural areas, performing surgeries, awarding scholarships and supporting the basic schools by providing school supplies. We also partnered with Kaiser Permanente to support the HOPICS homeless event in August in South Los Angeles. where hygiene products were given to two hundred individuals.

AOJAH awarded two high school students from Compton with 4-year scholarship of \$1,000 each yearly. AOJAH also continues the support the two students from Titchfield High School in Portland, Jamaica WI., with scholarship of \$1,000 each yearly.

AOJAH's Annual Health & Wellness event for the homeless was held in October where eye testing and glasses, hot lunch and hygiene products were provided for approximately two hundred individuals.

We hosted our annual fundraising gala at the Sheraton Universal in November, this event was a success. Finally, AOJAH hosted its annual Holiday homeless event at the Fred Jordan Mission in skid row, 200 homeless individuals were provided with a scrumptious lunch and hygiene products. Please see pictures of the events highlighted in this newsletter.

Events are slated for 2024 to live up to our vision and mission, one such event is the planning of an eye mission to Grenada slated to occur the early part of 2024.

We will continue to maintain our energy and work towards accomplishing our goals and live up to our mission. Again, on behalf of the board, I would like to express appreciation for your continued support and looking forward to you being a part of AOJAH's lasting commitment to the underserved.

Happy to Serve,



Joan Crawford

President

October 2023 homeless event

AOJAH's annual health and wellness fair was held on October 14th at the Fred Jordon Mission and was a big success. We had approximately 40 volunteers plus several UCLA dental students and the eye van team. The eye team saw over 100 people. AOJAH served a hot lunch and provided hygiene bags to over 200 participants.



Throughout the year we also provide hot meals and hygiene bags to approximately 200 homeless folks about every other month.



2023 Holiday Event for the Homeless on Skid Row

On December 18th, 2023 we had our annual Holiday Event for the homeless at the Fred Jordon Mission. We provided a holiday meal, gifts and hygiene bags to over 200 individuals. It was a huge success.



Your donation at work !!



Annual Fundraising Event at Sheraton Universal



The annual Gala was a success bringing in over \$20,000 to support our efforts. Thanks for all the support .

Congratulation to 2023 awardees ,
we appreciate all you do to support AOJAH

Dr. Ivan Barrow –AOJAH’s 2023
Volunteer Award

Celia Guzman- AOJAH’s 2023
Community Award



UPDATE!!

Education - AOJAH continues to support our scholarships recipients in Jamaica and Los Angeles.

- In Jamaica - we have two students attending Titchfield High and four students at the HEART College of Hospitality.
- In Los Angeles we have two high school students in the Compton area.

GRENADA OPTOMETRY MISSION

Last year we were asked to provide some help to the Island of Grenada and after meeting with officials we agreed to do so. Their biggest need is eye care so in March of this year we have a team doing an optometry mission in Grenada. Our partner in this venture have set up a Go-Fund-Me to support this effort. Attached is the link to the Go-Fund-Me, so donate if you can and feel free to share this information.

Here's the link: <https://gofund.me/ddc9082b>

HEALTH ALERT!!

As a group which focuses on providing health care we want to remind our members and friends that COVID is still with us! Don't forget to keep wearing masks in crowded places and maintain good hand hygiene, be safe.

A TASTE OF JAMAICA-- ---- Escoveitched Fish

Escoveitched fish is a popular dish in Jamaica eaten any time of the day in the island. Nearly any fish can be used in this recipe. The fish is cooked & pickled in a sauce of vinegar and spices and garnished with onions, chayote, carrots etc.

2lb fish ,

¼ cup flour

oil for frying

Escoveitched Sauce - 1 cup vinegar, 1 cup water, Pinch of salt

1 tsp sugar , 1 cup julienne strips of carrots, chayote, green/yellow/red sweet peppers, 2-3 medium size onions, cut into rings.

Hot pepper to taste (preferably scotch bonnet), 6 pimento seeds

1. To prepare fish for frying, clean & wash in lime & water, making sure cavity is thoroughly cleaned. Season with garlic, black pepper and salt.
2. Lightly dust with flour for frying
3. Fry fish in ½ inch deep oil
4. As soon as flesh is opaque, fish is ready. Set aside.
5. Boil 1 part of water with 1 part vinegar with a pinch of salt and a teaspoon of sugar
6. Add julienne strips of carrots, chayote, green, red or yellow sweet peppers, hot pepper to taste, pimento seeds & onion rings.
7. As soon as liquid boils, pour over fish. This is done the day before it is eaten, and it is kept in the refrigerator.

Recipe with small additions taken from “The Real Taste of Jamaica” by Enid Donaldson.



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2024 MEMBER MEETINGS

- Saturday, February 17th
- Saturday, May 18th
- Saturday, August 17th

Reminder and ZOOM link will be sent out before meetings

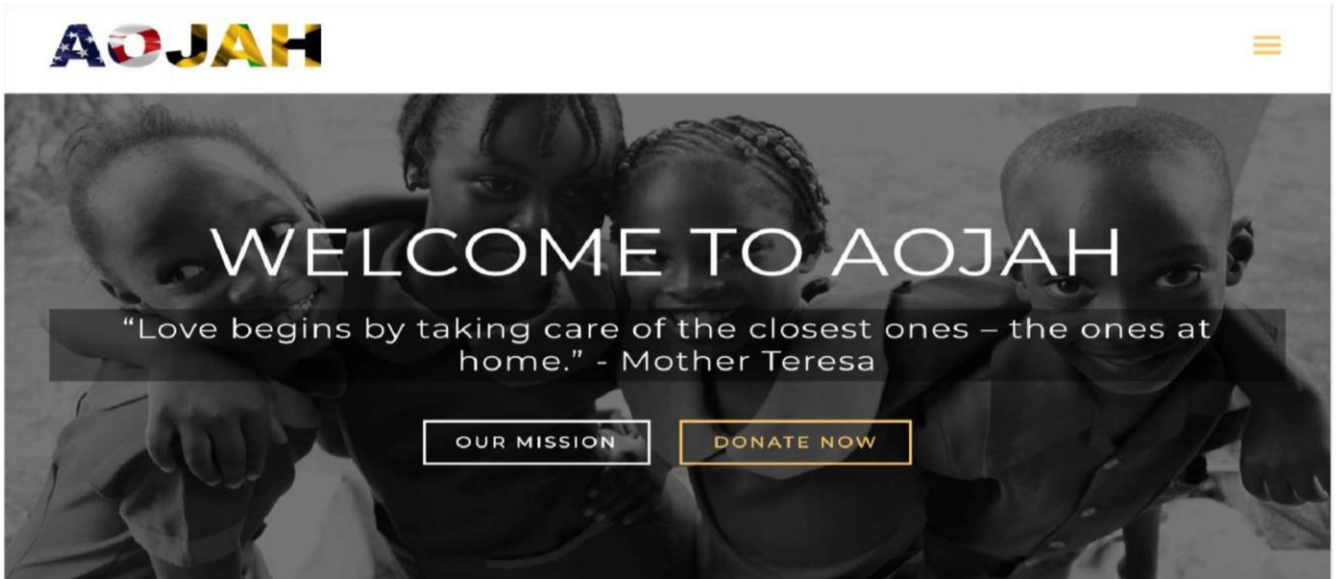
2024 UPCOMING EVENTS

• March 2024

- Optometry Mission in Grenada
- May 2024 – Annual Fundraising Golf Tournament
- June 2024 – Annual Medical/Educational mission in Jamaica
- November 2024 Annual Fundraising Gala

Get involved! Recruit more members! Donate!

Social Media



▲ **Check Out Our Website!** ▲
www.aojah.org



Follow Us on Facebook and LinkedIn!

Search for **AOJAH** and like and follow our page.

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