

Season's Greetings

**All Healers Mental Health Alliance
Black Psychiatrists of Greater New York**

Holiday Greetings to You & My Fondest Wishes for a Safe, Happy, Healthy and Active New Year

2007 has been very fulfilling to me and, I hope, for you as well. Here are some of the highlights:

I took the year to look after myself and have lost 60 pounds in the Weight Management Program at Mt. Sinai Hospital. (a healthy diet, lifestyle changes, and exercise) I can't tell you how good I feel. And, I have been able to significantly decrease the amount of blood pressure medication that I take.

At the same time I have had the wonderful opportunity to work with the members of the **All Healers Mental Health Alliance (AHMHA)**, mental health professionals, faith-based and other associates, technology experts and survivors, to bring help and hope to **all** victims of disaster and hazards, including those who are homeless.

I have included in my greeting to you photos of some of these wonderful "**Heroes of Healing**" that were taken in New Orleans in October when we celebrated them and learned more about their work in a conference and a banquet held at the Southern University of New Orleans. You can learn more about our work at www.ahmha.org. **AHMHA** was awarded the "MayaTech New Public Leadership Award" at the American Public Health Association meetings in Washington, D.C in November.

Working with the homeless was not just limited to the Gulf Coast. In my capacity as Chair of the **Social Service Board at the New York Society for Ethical Culture**, I worked to help celebrate the silver anniversary of our Women's Shelter in June.

I finished one year as a new radio talk show host on WBAI.FM and www.WBAI.org called "**Ethics on the Air**". You can access these shows on NYSEC's website: www.nysec.org.

I enjoyed another year as president of my **Co-op - Harperley Hall**. We even opened a little mini gym for exercising when the weather is inclement.

Rounding out this wonderful year was the invitation I received to be a member of the Academic Board of the Scattergood Center for Bioethics in Behavioral Health at the University of Pennsylvania. One of my lifetime dreams was to be on a "think tank". Wow, does this Board think! And, I joined the Academic Advisory Board of the Brookdale Department of Geriatric Medicine at Mt. Sinai, which opened its Martha Stewart Center for Living in October.

I am looking forward to establishing the **Healthy and Safe Activist Institute at the New York Society for Ethical Culture**.

In 2008 I hope you will join us there in person or virtually!

My warmest regards,



ph-r

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www.harrison-ross.yourmd.com

www.bpgny.com

www.ahmha.org

www.nysec.org/social-service-board

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HEALTH, HAPPINESS, PROSPERITY IN 2008

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