



Healthy Dearborn is creating a culture of health in Dearborn where everyone enjoys access to healthy lifestyles!

Hello Friend!

Healthy Dearborn is a movement with an ambitious goal: to create a culture of health in Dearborn where, by 2025, everyone enjoys whole health (mind, body, spirit), with equal access to healthy foods, health care, green space and opportunities for safe, active living. Healthy Dearborn is a resident-led coalition of nearly 600 people representing government, health care, public schools, faith, civic, business and neighborhood sectors.

We believe that *everyone* deserves an equal opportunity to make the choices that lead to good health. And, we recognize that the creation and sustainability of a healthy, vibrant Dearborn is a result of the whole community coming together, united by shared values and vision.

Open Streets Dearborn is an exciting and key part of this movement – promoting outdoor activity and community engagement using city streets. Open Streets is about getting people active and changing our experiences of our streets and neighborhoods in safer, healthier, and more livable ways. The best thing about Open Streets is that they are for everyone – from young to old, people on foot or bikes or skateboards, to people in wheelchairs.

Open Streets Dearborn is a groundbreaking, first-ever event, happening on Sunday, October 6th, 11 am – 3pm when Vernor Highway will be closed to cars and turned over to the people – *all of us*! Read more about Open Streets Dearborn and other upcoming events in this newsletter.

Be a part of our movement. Join us at our monthly meetings, quarterly evening meetings, Walk & Rolls, new parks or on Sunday, October 6th at Open Streets Dearborn. You'll be glad you did – and we'll love to see you!

Tameka Spruce & Sara Gleicher

**Check out what's happening
with Healthy Dearborn.**

**OPEN STREETS DEARBORN –
HOW YOU CAN PARTICIPATE**

**WHAT CAN WE DO ABOUT AIR
POLLUTION IN DEARBORN?**

Open Streets Dearborn is a first-time event in Dearborn where 3.5 miles of public streets will be closed on Sunday, October 6th, 11 am – 3 pm to cars and open for people to walk, bike, skateboard, and play.

It is designed to bring together people of all ages, abilities and backgrounds and encourage them to be physically active in a fun way. A Healthy Dearborn goal is to make Open Streets Dearborn more than a one-time event. Open Streets Dearborn is a partnership between Healthy Dearborn, City of Dearborn, Bike Dearborn and the Dearborn Community Fund.

Here are a few ways for you to participate in Open Streets Dearborn:

1) **Know the location & come play!** Vernor Highway will be closed to cars, from Woodmere to Dix. Cross Dix to Holly Street which will also be closed to cars. Take Holly Street to Lapeer Park. Dix Avenue will remain open to cars.

2) **We need volunteers!** You can volunteer to host a physical activity or at the event! Fill out the volunteer form online at: **www.cityofdearborn.org/opensstreetsdearborn**.

3) **Be a sponsor!** When you donate to Open Streets Dearborn, your logo and name will appear in all of our social media, online and other promotions. We want everyone to be safe and comfortable at Open Streets Dearborn. While we are fortunate to have willing volunteers and partners who are dedicating resources to this event, we'd like to raise funds for Porta-Potties and to cover city costs for security.

Come and find out how we can work together to improve air quality in Dearborn, on Thursday, September 26th, 6:30 – 8 PM, in the Salina Intermediate School auditorium.

This is one of a series of quarterly Healthy Dearborn community conversations held in the evening. On September 26th, a group of high school students who graduated from the EHRA Academy will give a presentation on air pollution during the evening Healthy Dearborn community conversation. They will highlight recommendations for action.

Following their presentation, David Norwood from the Mayor's Office will explain how the new, final Multi-Modal Transportation Plan will directly affect residents by transforming neighborhoods into walk and bike-friendly areas.

Attending these quarterly community conversations is a great way to meet new people, stay updated, and enjoy good food. Arabic translation will be provided as needed. All are welcome!



Your check can be made out to "Dearborn Community Fund"; write "Open Streets Dearborn" in the memo line. Mail the check to: Dearborn Community Fund, 15801 Michigan Avenue, Dearborn 48126. Or, donate online at: www.dearborncommunityfund.org/give-online.

4) Promote it on social media! You can follow and share our social media posts at these sites: Instagram - @HealthyDearborn. Twitter - Healthydearborncommunity.

We're also on these Facebook pages: Healthy Dearborn; Healthy Dearborn Walk & Roll, and; Bike Dearborn.

We hope you will join us at this transformative community event through volunteering, donating and spreading the word about it to your colleagues, associates, friends and family. And, come play with us in the streets on Sunday, October 6th!



To volunteer or sign up to run an activity, contact Sara Gleicher at (313) 378-7052 or sgleicher@ci.dearborn.mi.us



HEALTHY DEARBORN COMMUNITY CONVERSATIONS

Presentations by & conversations about:

- **EHRA High School Students** on air quality & recommendations for action!
- **DAVID NORWOOD, City of Dearborn** on the city's new multi-modal transportation plan and Open Streets event in your neighborhood!

WHEN
September 26th
6:30 pm – 8:00 pm

WHERE
Salina Intermediate School Auditorium
2623 Salina Street, Dearborn 48120



**EVERYONE
WELCOME!**

FREE!

**ARABIC
TRANSLATION
PROVIDED**

**REFRESHMENTS
PROVIDED!**

**WE WANT TO
HEAR FROM
YOU!**

FOR MORE INFO:
Sara Gleicher
(313) 378-7052
sgleicher@ci.dearborn.mi.us



المحادثات المجتمعية لديربورن الصحية

عروض تقديمية بواسطة:

طلاب أكاديمية الصحة البيئية إلى العمل (EHRA)
وهناك حول جودة الهواء وتوصيات للعمل.

ديفيد نورود، مدينة ديربورن: حول خطة النقل الجديدة
معددة المراحل لمدينة ديربورن وعن فعالية الفوارع المفوعة في حكم.

الزمان:
26 من سبتمبر/أيلول
من الساعة 6:30 م وحتى الساعة 8 مساءً

المكان:
قاعة مدرسة سالينا المتوسطة
2623 Salina Street, Dearborn 48120



الجميع مرحّب به

مجاناً

**تُوفّر ترجمة إلى
العربية**

التشطبات متوفرة

**نريد أن نسمع
منكم**

للزبد من المعلومات:
سارة غليشر
(313) 378-7052
sgleicher@ci.dearborn.mi.us

EVERYONE WAS A CHAMPION IN THE MAYOR'S/HEALTHY DEARBORN 8- WEEK WALK CHALLENGE

More than 100 people participated in the Mayor's/Healthy Dearborn 8-week walk challenge from July 10 – September 10th.

What is truly impressive is the collective number of miles walked – 16,092! Linda Bazzi's team walked the most miles: 6,018.



Assuming the average person burns 80 – 100 calories per mile walked, walk challenge participants burned between 1.29 million and 1.6 million calories.

16,092 miles is slightly farther than the distance between Dearborn and Melbourne, Australia!

The top 10 walkers will be revealed and awarded prizes on Wednesday, September 18th, 5:30 PM, at the new Graham Park, 8763 Graham Street, 48126. Afterward, people are invited to stay for the Walk & Roll which starts at 6:30 pm at the same site.

Several people commented they were sad the walk challenge ended. Many others noted how much better they feel physically and mentally.

Because this walk challenge was so successful, we are thinking about ways to launch an indoor walk challenge during the winter months. If you are interested in developing a new walk campaign, please contact us at (313) 378-7052 or sgleicher@ci.dearborn.mi.us with your ideas.

Pictured below: Sharon Stanek (wearing the black hat) is with members of her walking team.



The Basics Open Streets

Dearborn is an event that will open the streets to people and close them to cars. People traffic replaces car traffic and the streets become “paved parks” where people of all ages, abilities, and backgrounds can come out, engage and improve their health through play and physical activity.

In addition to biking, walking and skating, other activities will be staged at three hubs that could include activities such as fitness class lessons, bike rentals or walking tours.

WHEN Sunday, October 6th (rain



Picture below: Barbara Hannum is with Gail Mair, two walk challenge walkers.

date: Oct. 13) 11 AM – 3 PM

WHERE Vernor Highway from Woodmere to Dix, crossing Dix to Holly Street to Lapeer Park. (Dix will remain open to cars)



DEARBORN'S NEWEST PARK OPENS TO THE PUBLIC

The Mayor held a ribbon-cutting at Dearborn's newest park on Graham Street on Monday, September 16th at 4:30 PM.

Other elected officials joined Mayor John B. O'Reilly, Jr. at the ceremony including U.S. Congresswoman Debbie Dingell, State Representative Abdullah Hammoud, Wayne County Commissioner Sam Baydoun and City Council Susan President Dabaja. Mary Zatina, Senior Vice President, represented Beaumont Health and Healthy Dearborn.

Graham Street Park was inspired by Mansoor Mashrah's vision for the east side Dearborn neighborhood. He is Co-Founder and President of Al Huda Islamic Association. The Association, with Mashrah's leadership, is investing millions of dollars in Dearborn with the construction of its mosque and community center on Warren and Lonyo Streets.

First Ever Student Led Walk n Roll Was a Success!

On September 5th, we held the 1st Student Led Walk n Roll at Shatila Bakery.

Our Guest Walk Leader was Ahmad Hijazi, an Elementary Student.

Our Guest Bike Ride Leader was Thomas Besek, an 8th grade Bryant Middle School/Stout Theater Company.

We encouraged families with Dearborn students to join us! And we had a great time. It was an excellent way to kick off the school year.

Pictured below: Mona Hijazi and her family.

It is Mashrah's hope that families will be attracted to the area with these new investments. He is dedicated to helping to revitalize Dearborn through community development designed to increase the number of families who move to the city and enjoy quality of life and health.

The idea for converting vacant lots into a new mini-soccer park and playground began when Healthy Dearborn identified a grant opportunity from KaBOOM! Ralph Wilson Jr. Foundation. The particular grant program is designed to inspire development of play spaces for children who live in areas where few other opportunities for physical activity and recreation exist.

In consultation with City of Dearborn city planners, it was decided that the vacant lots on Graham Street were a perfect site for the new playground.

Healthy Dearborn and the City of Dearborn met with Mansoor Mashrah to discuss the project. Mansoor enthusiastically embraced the project and was instrumental in winning support and approval for the park from nearby residents.

Moreover, residents were involved in designing the park. More than 75 residents participated in two design workshops where they articulated their vision for the space and then told the city what type of play equipment it desired.

City staff was able to leverage additional funds, utilizing Community Development Block Grant dollars and Wayne County millage funds for park enhancements including fencing around the soccer field, wheelchair accessible picnic table and landscaping.

The new Graham Park is a shining example of what partnerships between Beaumont Health/ Healthy Dearborn, City of Dearborn, Al Huda Islamic Association, and community residents can accomplish with success.



Pictured below: Walk & Roll Youth Bike leader, Thomas Besek.



The grant was given through KaBOOM! and the Wilson Foundation's Play Everywhere Challenge, which strives to provide children across Southeast Michigan and Western New York with more opportunities for kid-driven play through the creation of unique play areas focused on the customized needs of the community.

Pictured below: Mayor John B. O'Reilly, Jr. with Graham Street neighborhood children



Picture below: Ali Baleed Almaklani and Dearborn City Concilmember Erin Byrnes



We love student interns!

This Fall we're fortunate to have two student interns. Madelyn Mans and Yousef Mohamed. Madelyn Mans is from Wayne State University School of Social Work and Yousef is from Wayne State University School of Public Health.

Here is a picture of them two knocking on doors in Dearborn's South End, spreading the word about Open Streets.



NUTRITION CORNER – LIVE LONGER BY EATING FRUITS AND WHOLE GRAINS

A new study in The Lancet published this year cites evidence

DR. ANN RECOMMENDS THESE TOP TEN HEALTHY SNACKS

Dr. Ann is a trusted resource for information on healthy nutrition.

that:

- Poor diet contributes to one in five deaths
- The biggest dietary risks are too much sodium and not enough whole foods like fruit and 100% whole grains (such as oats and quinoa).
- The Centers for Disease Control & Prevention found that more than 70% of our sodium consumption comes from processed and restaurant foods.

The bottom line? Eat plant-based foods, swap refined grains for 100% whole grain, and eat fruit instead of sugary snacks. (Refined grains are products consisting of grains or grain flours that have been significantly modified from their natural composition. When modified, dietary fiber, iron and many healthful B vitamins are removed.)



She is an author, physician and founder/CEO of Just Wellness, LLC. Here are her recommendations for the top ten healthy snacks:

- A handful of nuts – any variety, packaged or bulk fresh, about 1 ounce
- Fresh veggies – carrots bell pepper strips, celery, cherry tomatoes, broccoli florets - with hummus, guacamole, salsa, mustard or vinaigrette dips
- A piece or two of fresh fruit
- ½ to 1 ounce of dark chocolate – 70% of cacao or higher
- 2 handfuls of soy nuts (roasted edamame)
- 2 handfuls of dried wasabi peas
- 2 part-skim mozzarella cheese sticks
- Small container (5.3 oz) of plain Greek style yogurt sweetened with a teaspoon of molasses or honey or cut up fresh fruit or all-fruit juice sweetened preserves
- 2 hard boiled Omega-3 eggs
- 1 Kashi granola bar spread with peanut or almond butter

WALK & ROLL CONTINUES THROUGH OCTOBER

September

(Walk & Roll starts promptly at 6:30 after group photo)

September 18 - Healthy Dearborn, Graham Park

September 25 - Howe-Peterson Funeral Home, 22546 Michigan Ave

October

(Walk & Roll starts promptly at 6 pm after a group photo)

October 2- Alcamo's, 4423

Healthy Dearborn Coalition Meetings - All are welcome!

We are working on new initiatives such as Open Streets Dearborn, Healthy Dearborn Community Evening meetings and Garham Park. Join us to transform ideas into reality! Healthy Dearborn Coalition meetings are held every Third Tuesday of the month, 8:30 - 10:00 AM.

Upcoming meeting dates:

Tuesday, October, 22nd -

Schaefer Rd

October 9 - The Glass
Academy, 25331 Trowbridge St

October 16 - Snow Woods
Neighborhood Assoc, Pine -
Linden Park

October 23 - Morley Area
Residents Assoc, 915 S Brady St

October 30 - TBA SEASON
FINALE

**ACCESS, 6450 Maple street,
Dearborn 48126**

**Tuesday, November 19th,
location TBD**



16901 Michigan Avenue
Dearborn, Michigan, 48126

313-378-7052
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[Contact Us](#)



[Visit our website](#)