



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

Hello Healthy Dearborn!

We are excited to announce that Open Streets Dearborn is officially approved for Sunday, October 6th! Open streets are good for public health and the environment. They are designed to promote physical activity, by closing them off to cars and opening them to everyone else. They are also good for local businesses because of their increased exposure and accessibility to people on foot. Now, Dearborn will join other cities across the world in putting people and community first! Read the newsletter for comments from a resident, Tim Harrison, on the City Council resolution approving this exciting initiative.

The Mayor's/Healthy Dearborn's/Beaumont Health's walking campaign is a big success! We now have more than 150 walkers signed up for an eight-week challenge and opportunities to win prizes. It is not too late to sign up - contact us if you would like to join your neighbors and do your body a favor.

There is a lot happening this summer. Please take a few minutes to read this newsletter about some of the different activities going on in your community. We welcome your input and participation - always.

Visit us at the Beaumont Health Wellness Tent during Homecoming (August 2 - 4), 11 AM - 4 PM! We will have fun games for the entire family, with lots of giveaways and raffles for bikes and FitBits.

Most important of all, please be healthy and happy!

Sara Gleicher & Tameka Spruce

Check out what's happening with Healthy Dearborn.

Dearborn Gets Walking

We're excited to be partnering with Dearborn Mayor, Jack O'Reily, Jr., in the 8-week Dearborn Gets Walking Campaign (July 10 - Sept. 10). The campaign has walking teams from all areas of Dearborn. Each participant receives a

Healthy Dearborn Evening Meeting

Every quarter, Healthy Dearborn has an evening meeting. In June, coalition action team representatives shared their strategic plans. Participants gave excellent and insightful feedback and ideas for new initiatives. We appreciate those who came

walking kit with a log to track steps. Monthly prizes are awarded. Also, first, second and third place walkers will win prizes.

At the Walk Campaign Kickoff, held during our weekly Walk n Rolls, special guest were State Rep Abdullah Hammoud, Council Members Erin Byrnes and Leslie Herrick, and School Board Trustee Adel A. Mozip. We had a great time walking and biking near Geer Park.



out.

The next quarterly meeting will be held in late September in the South Side, Salina community. An EHRA student group will give a presentation. For more about the EHRA Academy, please read the article in this newsletter!



Dearborn Farmer's Market

Sponsored by Beaumont Health and Jack Demmer, the Farmer's Market is held each Friday. You can visit carefully selected vendors who sell only seasonal, local, Michigan-produced farm products and goods.

While shopping at the market, patrons can also enjoy special features like cooking demonstrations, live entertainment, food trucks, gardening workshops, ice carving demonstrations and Yoga sessions provided free by Yoga Shala. The farmers market is a great place for people of all

EHRA ACADEMY IN YEAR TWO!

Dearborn Environmental Health Research to Action (EHRA, pronounced 'era') for Air Quality is a community-based research project designed to respond to residents' concerns about air pollution and related health implications in Dearborn, particularly in the city's Southend (zip code 48120). Although community leaders and residents in this area have repeatedly noted air-pollution related health concerns, these have not been systematically documented or communicated to residents and decision-makers with evidence.

The unique aspect of EHRA is its focus on documenting environmental health exposures in a participatory way with residents. Research shows that Dearborn's Southend experiences relatively high air

ages. We have the popular POP (Power of Produce) children's tent with art lessons, games, face painting, and nutritional information. The Beaumont Health/Healthy Dearborn table features free blood pressure checks for senior citizens and nutrition education. Soon, people with disabilities will offer their homemade plant arrangements for sale!

The farmers market runs every Friday in the summer from 2pm-7pm and is located on West Village Drive, behind Wagner Place, between Monroe & Mason Streets. Come to this weekly event in the heart of Dearborn for a fun-filled day and support our local farms and businesses!

To learn more information about Dearborn Farmers Market go to <https://www.dearbornfarmersartisansmarket.com/>



pollution exposures and health disparities as documented with the CDC's 500 Cities project (CDC, 2016) when compared to the state and nation. Among the three census tracts in this area, census tract 5735, which houses Salina Elementary and Intermediate Schools, sees higher rates of diagnosed current asthma (approximately 14%), chronic obstructive pulmonary disease (approximately 14%), and self-reported 'not good' health for more than 2 weeks (18%) compared to the United States prevalence rates of approximately 8%, 6%, and 12%, respectively (CDC, 2016).

The EHRA Youth Academy is a great opportunity for Dearborn's high school students. From more than 200 applications, twenty-five students were selected for the two-week program this year. By the end of their classes, they will be "citizen scientists" with knowledge of air quality, pollution monitoring, and translational science. Citizen science with youth is increasingly showing an ability to yield future policy leaders and scientists.

As noted elsewhere in this newsletter, a team of EHRA graduates will present their findings and recommendations for action at the September Healthy Dearborn community evening meeting. Please join us!

For more information on this novel initiative, please contact Dr. Natalie Sampson at nsampson@umich.edu.



We love student interns!

This summer we're fortunate to have six student interns. Courtnee Pruitt and Kori Cason are high school students from

Instagram

Advanced Technology Academy (ATA). Ashton Scott and Krystn Harter are Wayne State University public health and kinesiology students. Melissa Makled is a graduate student majoring in Public Health at University of Michigan-Ann Arbor. Maha Taranish is a dual School of Medicine/Community Health major at Wayne State University.

Courtnee is part of the now famous Detroit Youth Choir that was featured on America's Got Talent.

Below is a link to the Detroit Youth Choir Golden Buzzer performance!



Instagram Mania!

Many of us are enjoying a fun, new Instagram contest that is easy to do. Every month has a theme and this month's theme is gardening. In order to participate in the contest, go to Healthy Dearborn Community on Instagram, snap a picture of fruits or vegetables you're growing and use the spot and tag two other people with the hashtag #healthydearborncommunity.

Play the weekly contest for a chance to win prizes! Have fun and good luck!

OPEN STREETS ARE COMING

From Dearborn resident Tim Harrison, President of SODA Neighborhood Association: "I was in attendance for last night's City Council meeting. I was there for other reasons, but a resolution to grant approval to conduct our Open Streets event was on the agenda. ... I took the opportunity myself to thank the Council for their support and gave a brief synopsis of our plans. Council thanked us for our efforts and they look forward to seeing the event. They thought the location was great and hoped that we might be able to bring a similar event to other parts of the community in the future.

The resolution was passed by unanimous vote. Below is a copy of the resolution text.
BYRNES AND HERRICK

Granting approval to conduct



the first Healthy Dearborn Open Streets Event on Sunday, October 6, 2019 from 11 a.m. to 3 p.m. with assistance from DPW for the provision, delivery and pick-up of barricades and from the Police Department for traffic safety/control for the duration of the event at the Dix Vernor intersection; also granting approval to use and close off vehicular access to Vernor Street from the city boundary to the Dix Vernor intersection and authorizing the Chief of Police to make application and sign all required documents relating to the issuance of any necessary state and county permits and requesting immediate effect.

Plant Based Eating Nutrition Support Group (PBNSG)

There are multiple small group PBNSG chapters throughout the world and the Detroit chapter is finally here! These monthly meetings will be held on the 4th Wednesday of every month at the Detroit main library in the staff lounge and will feature talks on key plant based subject matters and support on your transition to a plant based lifestyle. All are welcomed. Please bring all of your questions and an open mind!

Wed, July 24, 2019
6:00 PM – 7:30 PM EDT

Detroit Main Library
5201 Woodward Ave
Staff Lounge
Detroit, MI 48202

To register for the class.
<https://www.eventbrite.com/e/whole-foods-plant-based-living-for-weight-loss-chronic-disease-prevention-and-mental-health->

Grilled Vegetable Sandwich with Herbed Ricotta

Ingredients

- 1 cup ricotta cheese
- 1 tablespoon each of fresh basil chives and parsley, chopped
- 1 clove garlic minced
- 1 tablespoon extra virgin olive oil plus more for drizzling
- kosher salt and freshly ground black pepper
- 1 portobello mushroom
- 1 medium zucchini sliced lengthwise
- 1 medium yellow squash sliced lengthwise
- 1/2 medium eggplant sliced into rounds
- 1/2 red onion peeled and sliced into rounds
- 1/2 red bell pepper seeded and sliced in half or quarters
- 2 teaspoons dried oregano
- 1 loaf ciabatta bread or other soft bread sliced into 6-inch sections and cut in half

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Join Beaumont Health's Diabetes Prevention Program

Redefine your health by learning how to prevent diabetes. The next class in the Dearborn area begins on Monday August, 26th with an information session, 6:00pm-7:00pm. Classes begin September 9th.

The information session and classes will be held HYPE Athletics, 23302 W. Warren, Dearborn Heights, MI 48127. To register, visit classes@beaumont.org or call 800-633-7377.



Redefine Your Health

Join Beaumont's Diabetes Prevention Program

58% OF NEW CASES OF TYPE 2 DIABETES CAN BE PREVENTED THROUGH PROGRAMS LIKE THE DIABETES PREVENTION PROGRAM

Small changes can make a big difference in your health and helping you to prevent the development of type 2 diabetes. Beaumont's Diabetes Prevention Program is led by trained lifestyle coaches who will give you the skills you need to make lasting, healthy lifestyle changes. Through this year-long program, you will work as a team to focus on healthy eating, getting started with physical activity, overcoming stress and staying motivated as you work toward your weight loss and physical activity goals. After the initial 16 weekly core sessions, you will meet monthly for added support to help maintain your progress.

Beaumont's Diabetes Prevention Program is provided **FREE** of charge!

Information Session	Class Begins
Monday, August 26 6:00 - 7:00pm	Monday, September 9 6:00 - 7:00pm
HYPE Athletics 23302 W. Warren Ave Dearborn Heights, MI 48127	

Please visit classes.beaumont.org or call 800-633-7377 to register.

Sponsored by:



- 1/2 cup arugula leaves
- Balsamic glaze

Instructions

1. In a small bowl, combine the ricotta cheese, fresh herbs, garlic clove, 1 tablespoon extra virgin olive oil, kosher salt and freshly ground black pepper and mix until smooth. Set aside.
2. Oil the grill grates with paper towels lightly coated with grapeseed or canola oil. Preheat the grill on medium high for 10-15 minutes.
3. Drizzle the vegetables with extra virgin olive oil and season with dried oregano and kosher salt and pepper.
4. Drizzle some additional olive oil on the cut side of the ciabatta.
5. Place the vegetables on the grill and cook undisturbed for 5 minutes. Gently flip veggies with a spatula when veggies start to soften and grill marks develop. Cook for another 5 minutes. Toast the cut sides of the ciabatta. Transfer the veggies and ciabatta to a platter.
6. Spread the herbed ricotta mixture on the cut sides of the bread slices. Top the bottom bread slices with layers of grilled vegetables and arugula then drizzle with balsamic glaze.
7. Serve warm or at room temperature.



LAHC has moved!

LAHC has moved from their offices in downtown West Dearborn to a resplendently renovated church on Dearborn's east side. LAHC – Leaders Advancing and Helping Communities – was founded in 1982.

LAHC provides a comprehensive array of social and cultural services as well as advocacy support for all people in need, regardless of ethnicity, gender, race, religion, age or sexual orientation.

It works closely with Healthy Dearborn in several initiatives including implementing WOW, free workout opportunities for women. Its new location reflects LAHC's fierce dedication to building and empowering communities, with ample space for neighborhood, classrooms and, future computer lab and cooking demo kitchen.

Congratulations LAHC, on your new home!

Thank You Betty!

Today at our Healthy Dearborn coalition meeting, we recognized Betty Priskorn, Beaumont Health Vice President of Community Health & Outreach because she will be leaving her position on August 6th. Mrs. Priskorn is the brainchild of Healthy Communities for Beaumont Health and the reason why Healthy Dearborn got started. The Mayor of Dearborn, John O'Reilly, Jr. honored her with a laudatory citation from the City of Dearborn.

Thank you, Betty, for all that you've done and best of luck in the future!



Healthy Dearborn Coalition Meetings - All are welcome!

We are working on new initiatives such as Open Streets Dearborn, healthy grocery stores and a women's only fitness program! Join us to transform ideas into reality! Healthy Dearborn



LAHC
LEADERS ADVANCING & HELPING COMMUNITIES

(888) 315-5242
www.lahc.org

We Moved

Please note our new address:
5275 Kenilworth
Dearborn, MI. 48126

We look forward to seeing you at
our new headquarters

Thank you,
Yours in service,

Wassim Mahfouz

Coalition meetings are held every
Third Tuesday of the
month, 8:30 - 10:00 AM.

Upcoming meeting dates:

Tuesday, August, 20th
location TBD



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[Contact Us](#)



[Visit our website](#)