***Healthy Dearborn is a community united to promote a healthier tomorrow!*
 *Our Vision:* Dearborn, a thriving, diverse community, will fully embrace a unified culture of health where everyone enjoys whole health (mind, body, spirit), with equal access to healthy foods, health care, green space and opportunities for safe, active living.**

***Our Mission:* We will create valuable opportunities for people in Dearborn to practice healthy lifestyles by enriching their minds, nurturing their bodies, and revitalizing their spirit.**

**HEALTHY DEARBORN COALITION
MEETING MINUTES
2/19/19**

**ACCESS, 6450 Maple Street, 2nd Floor Conference Room**

**Attendees:** Zahra Abbas, Anna Akbariford, Hala Alazzawi, Ali Baleed Almaklani, Lila Amen, Mary Baker, Toni Battle, Sophie Blaharski, Kelly Citron, Hadis Dastgerdi, Charlie Dewey, Jessica Haddad, Tim Harrison, Mona Hijazi, Amanda Jaczkowski, Ryan Lazar, Marci Mahssney, Cynthia Mason, Chris Mayer, Alonzo McCann, K’Yetta McKinney, Michael Mroczyk, Dave Norwood, Kate Pepin, LaNequia Porter, Donna Posnot, Valerie Reid, Nancy Sautter, Glenn Savarese, Juana Scandrick, Samantha Shankin, Gadah Shariff, Donna Simmons, Sharon Stanek, Nadia Syed, Claudia Walters, Jake Williams

***Research Team attendees****:* Hadis Dastgerdi, Heather Dillaway, Rachael Dombroski, Faith Hopp, Matthew Stiffler, Rose Wellman

**Host:** ACCESS, courtesy of Mona Hijazi

The meeting began promptly at 8:30 AM with a thank you to ACCESS for graciously hosting the meeting and providing space. Mona Hijazi, Community Engagement Manager for ACCESS, welcomed everyone and described the different programs and services offered by ACCESS, including medical and mental health care, health care research, youth and adult education, cultural competence training, substance use prevention coalition and services, and services for refugees and immigrants.

People were encouraged to attend the Wednesday mall walk at Fairlane Town Center, held every Wednesday evening with a 6 PM meet-up at the Food Court Entrance. Additionally, the new Gardening Education Series launching on February 27th, 6:30 PM, at Henry Ford Centennial Library, with an introduction to the new Seed Library, was announced. The March 7th Community Evening Meeting at McCollough-Unis School, 6 – 7:30 PM, was also announced.

Everyone introduced themselves.

A shout-out was given to Gleaners Community Food Bank, Communities in Schools and others involved in the new mobile food pantry at Lowrey Elementary School beginning on March 5th.

An update on Open Streets was given. Dave Norwood, Sara Gleicher and others met with key City of Dearborn staff, including the Fire Chief Joseph Murray, police officers, and representatives from the Planning, District Authority and Public Works Departments. Dave and Sara were instructed to talk with Detroit Open Streets organizers to find out their costs, experience with logistics, and overall feedback. It was also determined that Schaefer Road cannot be used for an Open Street event since it is one of two emergency fire routes in the city. An alternative was suggested: Vernor Highway, and holding a joint event with the City of Detroit along Vernor, continuing onto Michigan Avenue. Dave and Sara did speak with Lisa Nuzkowski, from MoGo Detroit, the organizer of Detroit Open Streets. Detroit will not be hosting an Open Streets event in 2019. The majority of their costs were overtime costs for police officers. Southwest Detroit organization representatives may be interested in holding an Open Streets event, and Dave and Sara were encouraged to follow up with Southwest Detroit Business Association representatives to continue the discussion about a possible joint event between Dearborn and Detroit.

Action teams met in groups to discuss implementation of their 2019 projects. Action team notes follow:

Health Disparities/Health Equity

* Women’s Workout initiative: in the works. Ideas: Education video on sex-separated workout or a blurb included when advertising. Not just religious – sometimes cultural – but separated due to specific movements. Women’s Workout organized in partnership with LAHC – Leaders Advancing and Healthy Communities. 9 month program, will open up in March; flyers being worked on.
* Graham Park – east side, $63,000 grant from KaBOOM! to convert a vacant lot. Mini soccer park and discussion with community members. Another $60,000 possible to allow it to be wheelchair accessible. This area was hit hard by 2008 housing foreclosures.
* Fostering a Healthy Dearborn discussion on differences and how to ask sensitive questions about others’ beliefs and practices. Acknowledging racism and anti-Semitism in Dearborn’s history noted in the Bill McGraw article. The underbelly is racism. Organize a health equity talk for either the morning or evening community meeting? Perhaps first in Healthy Dearborn coalition meeting, then later open the conversation to support the diverse citizens by educating others: to acknowledge the history of Dearborn.
* John Waterman from PEAC is proposing a summer program to ride adaptive bikes. Grant proposal submitted to extend it throughout the year.
* Evening community meeting in the works to get information from nonprofits or other groups to get link with them. Example: Epilepsy Foundation having a representative there in the evening meeting.
* Screen time as well as the lack of social skills in youth. Help feel more comfortable with people, get people off their screens, addicting screen time. Talking is teaching and parental education program to discuss with children. Talk to them – they gain skills with grammar, syntax and vocabulary.
* Get parents to do smart phone screen time out: for parents of screen free zones such as dinner time or dining somewhere else. Then when kids get smart phone they are much shorter. Education campaign on this?
* Other initiatives? Educational campaign: speakers on history of Dearborn. Screen time. Democracy dialogue: o talk about issues in a safe environment. A healthier debate than on more combative social media. Have civil discussions.

Healthy Foods

* Healthy grocery store tours: tie in with ACCESS’s and diabetes year long. Meet up and Eat Up tie in and targeted schools.
* Friday morning, Thursday, mock tour with Healthy Foods workgroup.
* Jake – April, May, July – monthly tours then quarterly tours as needed
* Outline of possible meeting dates and times for tours. Google doc and Doddle (time frame)
* Beaumont Library can support with marketing
* Training for the coalition, healthy foods workgroup
* Target additional grocery stores in other zip codes
* Seed library – education portion of UM Dearborn, seed starting & saving
* Repackage heirloom seeds soon
* Next series in April. Another speaker possibly
* Seed library will move to Bryant Library during remodeling of the Main Library.
* Healthy Restaurants – meet with Unburger, next member
* Brome & Mint29 discussions rescheduled
* La Pita, MCantina - next selections, resistant to having an RD speak to clients
* Healthy Dearborn logo on healthiest menu selection
* Monthly feature on the Healthy Dearborn FB posts, ongoing
* Contact the restaurant via social media. Reach out to certify other restaurants.
* Make the healthy restaurant criteria an infographic and post to FB
* City of Dearborn.org/healthydearborn

Healthy Schools

* Objective 3: improve school food options – Lila reached out to Jeff to set up a meeting to address barriers and ways to improve school lunches and breakfasts
* Smoothies – using extra/leftovers to make smoothies; need blenders (added expenses)
* Snack carts – reach out to Catherine @ United Way – pilot in smaller schools; 2-3: Becker, DuVall/Long, RiverOaks
* Bigger schools do food prep & ship to smaller schools to reheat
* Free school breakfast and lunches for next five years for everyone
* Lunchroom food demonstration/signage/education
* Zee the Cook – TV show with Dr. Maleyko
* Video to play about healthy eating
* Food poster contest
* How to get the kids to eat the healthy foods on their plate
* Recess first – what’s the resistance?
* Sue Stanley to promote the advantages at administrative meeting

Objective 1:

Healthy Eating food demo

* During the day (outside) no school
* Free food samples and giveaway bags
* Tues, Wed, Thursday Geer Park, Becker, Miller/Cotter, William Ford
* Introduce in Sept.
* Last day June 14th
* April 8th or April 18th – wait for fall, October

Parent workshops – does Dearborn SHINES do any?

* Once a month – 2 hours @ 3 schools
* Funds & resources (Beaumont any $) grants?
* LAHC @ Miller, Salina Int., McCollough Unis, Henry Ford
* Piggyback on PTA/principal coffee – parents are already there
* PTA Council meeting – present to hem to get on board
* Nowlin, McDonald, Snow? Maple. DuVall, Long

Objective 2 – Year of Health

* E3 DPS – every other Friday
* Dearborn SHINES newsletters
* Interns to increase social media posts about nutrition – cooking tips
* First walk & roll have little pep rally of Beaumont President, Mayor, superintendent – promote Year of Health May 1st

Healthy at Work

* Talked about the luncheon and its success. Would like to engage more businesses about workplace wellness
* Want to brainstorm ways to get in front of larger businesses with the capability to utilize these programs
* Would like to make a list of larger businesses in the area. Samantha will start this
* Would like to discuss hosting another luncheon or event to attract larger companies for a face-to-face event
* Would like to continue work on the toolkit
* Samantha (intern) will start finding documents for the toolkit
* All resources available – low, mod, high
* Donna recommended resources – MI Wellness Council, National Wellness Inst., Salveo Partners, Welcoa – toolkits forwarded to Samantha

Healthy Environments for Physical Activity

* Recap: internal meeting on Open Streets. Police, Fire, DPW, and Recreation engaged in special planning meeting. Idea had then thought to be aggressive
* Concerns centered on: intersections and the closing of Schaefer.
* Estimated cost - $30,000
* May not have enough traffic blocking devices
* Not within budget currently, will need to set up a week in advance
* Solution: Lisa with MoGo use of sponsors’ budget of $250,000; sponsors used in the past – DTE, Quicken Loans
* Police department partnership – concern
* Consider factors of danger during the time of Homecoming – issue of capacity
* Team up with Detroit – committee fund, possible location for Open street – Patton Park – bridges the gap between both Detroit and Dearborn
* Meet with SW Detroit Business Association staff
* Original idea – Open street organized on Schaefer – organization recommended a 3 mile stretch
* How to connect Detroit to Dearborn
* Discusses option for an actual location – idea of Open Street location and concerns for transportation and possible conflict between west and south Dearborn
* Bring in reserves to help manage Open Street. Reach out to SW Detroit to cross bridges between cities
* If objection arises what alternatives shall be sought
* Conducting Open Street by ourselves- Detroit required more police
* Accommodating food and beverage, port-a-potties
* Timing – Sunday 11 – 3
* Discuss with Eric Peterson for logistics
* Resources for funding – budget & location

Inclusive Health Committee

Build Healthy Dearborn committee meeting March 7th-Donna will be out of town and Dr. Lazar is up in the air about whether he is able to come or not.

No objections to goal of inclusive health committee

Objective 1-Each member of inclusive health committee sits on other teams periodically

Objective 2- reschedule parenting seminar waiting for Khodr to get back to us about a day to hold the seminar-looked at PowerPoint in order to familiarize ourselves with everyone’s roles for the seminar

Changes to Bird by Ear and Beyond?\*

Objective 3 Dr. Lazar suggested that we develop partnerships with additional organizations and agencies that provide healthy options for PWD. (not going to limit or tie ourselves to five orgs specifically)

Keep objective 4 the same implement summer bicycle program in partnership with PEAC (no suggested changes for this objective)

\*Dr. Lazar wrote down the suggested changes that we talked about today and submitted changes to Sara

The meeting adjourned at 10:00 AM.

**Future meeting dates:**

**Tuesday, March 19th**, Dearborn Administrative Center

**Tuesday, April 16th**, Dearborn Public Schools Administrative Service Center