***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  
10/16/18**

**16901 Michigan Avenue, Dearborn 48126 – City Council Chambers**

**Attendees:** Zahra Abbas, Hala Alazzawi, Mariam Alkazal, Ali Baleed Almaklani, Lila Amen, Dennis Archambault, Mary Baker, Maryanne Bartles, Suzy Berschback, Sophie Blaharski, Megan Blue, Kelly Citron, Malcolm Cunningham, Megan Dwaihy, Katherine Fuller, Amrita Ghosh, Jessica Haddad, Tim Harrison, Joana Ibrahim, Amanda Jaczkowski, Danielle Jones, Ryan Lazar, Erica Lyght, Marci Mahssney, Cynthia Mason, Chris Mayer, Alonzo McCann, Quentin Moore, Maria Orsick, Stephanie Osborn, Kate Pepin, Donna Posnot, LaNequia Porter, Carmel Price, Betty Priskorn, Samantha Raad, Glenn Savarese, Juana Scandrick, Gadah Sharif, Bahiyh Shariff, Donna Simmons, Sharon Stanek, Lori Toia, Carla V, Claudia Walters, Jake Williams, Eric Woody, Samantha Yochim

**Special Guests: John Waterman & Shawn Kohmann, from PEAC**

**Meeting notes:** David Norwood was thanked and lauded for his facilitation of the September Healthy Dearborn coalition meeting. An announcement was made for the input session for Dearborn’s Multi-Modal Transportation Plan draft, with encouragement for people to attend the session and/or provide input online. Action teams met until 9:30, at which time the special guests, John Waterman, from PEAC, gave a rousing and stimulating presentation on his program services, providing people with disabilities one-on-one mobility training on bicycles and public transit. John asked meeting participants to reflect on their first bicycle ride and to think of one word that describes what learning to ride a bicycle meant personally. Common words used were “independence”, “inclusion”, “responsibility” and “falling”.   
  
John stated that PEAC was incorporated as a nonprofit organization in 2004. John has been teaching people with disabilities to ride bicycles since 1988. For anyone learning to ride a bike for the first time, John suggests walking the bicycle without its pedals to learn balance first. He provides one-on-one training to anyone to ride a bicycle or learn how to use public transit, typically charging $50/hour. PEAC program services are offered for free or nominal charges. Shawn Kohmann from PEAC provided first-person testimony to his reliance on bicycling for his primary mode of transportation, having learned to ride from John Waterman when he was in the third grade. Shawn acknowledged his cognitive disability. PEAC is submitting a sponsorship request application to Beaumont Health to bring a summer program to Dearborn.

Action team notes:

**HEALTHY FOODS**

Healthy Restaurants (Mariam)

* Add 5 more restaurants over the next 12 months.
  + Meet with restaurants that have reached out by 11/15
  + Evaluate their menus by 12/1
  + Organize meeting with owner/manager by 12/1
  + Document and distribute information by 12/15
    - In website
    - With Communication team
    - Update restaurant FB group.
      * Monthly “shout-outs”
* Resend evaluation and criteria to group

Healthy Grocery Stores (LaNequia)

* November 13th after coalition meeting from 10-11
* Complete cooking matters grocery store tour as a team
  + Jake will send YouTube link
  + Gleaners will offer the tours
  + Gleaners will complete outreach
  + Gleaners will make the recipes
    - Taking suggestions
* Offer it more in the community
* Have connection with store
  + Advertise healthy meals
* Randomly audit
  + Mid- month
* Aim for Super Greenland
  + 1/3 of tours is fresh fruits and vegetables
* Starts with soups in January
* Approach stores by 12/1
* Approach 6 stores aim to gain 3 within next 12 months
* In January, look at map to

Seed Library (LaNequia)

* Immediately replenish stock
* Approach seed companies for donation-ME
* Create educational materials or classes
  + Seed saving in the summer
  + Seed starting in January

**HEALTHY SCHOOLS**

A progress report was given on the Dearborn SHINES project.   
  
Last month’s action team minutes, goals and objectives were reviewed and discussed.

Team members want to focus on making recess happen before children eat lunch in the schools.

The healthy fruits and veggie grant is only limited to certain grade level buildings. It is for elementary schools only. This grant would run through your food service company.

We need more photos that capture the work being done in the schools, a photo archive that documents all work completed.

Danene Charles’ idea of creating a whole wellness program in all of the Dearborn Schools was brought up. Betty Priskorn mentioned that community members (doctors) want to give back and we should see if they can help.

LAHC mentioned the national walk to school event. About 800 people attended the event in Salina Elementary and Salina Intermediate schools. The police department collaborated with LAHC for this event.

All of the cooking and fitness classes have kicked off within the district. One hour of fitness is followed by one hour of cooking. It’s an 8 week program. Salina Elementary, Salina Intermediate, McCollough-Unis and Henry Ford Elementary schools receive this program.

* + 1 grocery store in each district. Review list from previous survey.
  + Have grocery store has a healthy meal for $10 dollars and under each month. And promote on Facebook page
  + Create proposal plan to give to grocery stores.
  + Create assessment, similar to Healthy Restaurant.
* Have community members and agencies complete 8 dimensions of health training through SAMHSA.
  + Access employee (speaks English and Arabic) has already been training. Will follow-up to see how they wish to move forward.
  + Maybe someone in the school district trained
* Offer more Cooking Matters Courses through Gleaners through the community.
  + Classes are 6 weeks long once a week for 2 hours.
  + 12-18 person group and need a commitment for the whole 6 weeks.
  + 50% of the class needs to be SNAP eligible
  + No kitchen needed.
* Get more restaurants awarded as a Healthy Restaurant
  + How often should awards go out?
  + Do existing restaurants have to reapply? Annually?
* Plan Event for next September (Hunger month)
* Constantly update Facebook Page
  + Recipes
  + Healthy restaurants
  + Partner with popular food pages to give a Shout out
  + Make website mobile user friendly.

**HEALTHY AT WORK**

Objective 1: When new organizations attend the monthly meeting, ask them (open discussion) 1) what are they trying to get out of being a part of the action team. Make sure they get resources they want.

Have a (Mitzi) representative from our Action Team at the Sept. 27th evening event. It is probably a great opportunity to interact with community and employers. I would imagine a regular evening meeting would be better for us, in terms of local companies attending.

Objective 1: Gentle marketing/promotional campaign for Healthy Dearborn restaurant program. See if they’re interested in taking the survey…implementing wellness programs.

Objective 2: Starter Toolkit\* – NKF (Samantha) intern (Erica) will do some research for us. We discussed offering Step-by-Step instructions to start a wellness program. Possibly offering a health interest survey to determine employee health needs and interests…that way, interested organizations can get started…since we meet infrequently as an action team.

\*The Starter toolkit would possibly be included in an email, after they complete survey. The email would invite them to coalition meeting; begin the process of connecting them with a provider. We currently send an email but it doesn’t include a “starter kit”. We are open to Erica’s suggestions at the October or November Healthy Dearborn meeting.

We like the idea of asking the interested employees if they would like to receive monthly Healthy Dearborn newsletters (electronic).

The results are shown below; highest priority objectives are highlighted in green and second highest priority objectives selected by at-large participants are highlighted in blue.

**HEALTH DISPARITIES/HEALTH EQUITY**

The team reviewed the notes from the Listening sessions. Priorities (themes that surfaced from data):

* Mental health – access to & communication
* Lack of culturally appropriate access to social/physical opportunities
* Transportation to mental health resources
* Pollution/environmental concerns

A priority Chris wants team to explore: loneliness – social opportunities to bring people together to engage. Games/creative classes, instruction. Find out how similar we are.

Possible programs we can do:

Crowd sourcing:

* Mental health providers
* How to help people access more services
* Wayne County – 2 clinics
* Public health clinics
* Transportation

Pop-up health clinic next year?

**HEALTHY ENVIRONMENTS FOR PHYSICAL ACTIVITY**

Goal: Increase physical activity by ensuring that everyone, no matter where they live, has access to safe and desirable opportunities for play and active lifestyles.

Objective: Explore the feasibility of increasing or improving use of space for physical activity by making school grounds available for public use after school hours through structured programs. We need to collect data from the School Board. We need to find out what policies are in place? This is a 12 month goal plan.

Challenge: Does the community want outdoor or indoor structures? If the community wants to utilize the parks for recreation we need to find out the policies, recommendation, manpower, overhead, budget etc. from the City of Dearborn. We need to collect data from the City Council? Can Gleaners donate?

Objective: Create, expand or improve community environments where people can be physically active (improve access to bicycles, bike racks, helmets, ala Back Alley Bikes, introduce Open Streets Initiative, create neighborhood walk groups.

This is a 24 month goal plan.

We need to find out the logistics involved in closing down the streets.

Which streets can we utilize?

Whose jurisdiction is this under?

What’s the plan to execute an open street every year?

Can we actually implement this in 2019?

Detroit will have an Open Streets on 10/7/18 from 12:00pm til 5:00pm. Please review DET.org for further information regarding this event. We can check out this event to get some ideas on how we can conduct our Dearborn Open Streets Event.

Next steps: contact the following:

Norm Cox, Glynn, Moe, Dearborn Police Department, Arab American Chamber of Commerce, Dearborn City Council and City of Dearborn School Board.

**INCLUSIVE HEALTH COMMITTEE**

In attendance Dr. Ryan Lazar, Hala Alazzawi Tameka Citchen-Spruce and Mona

We met with our intern Mona to discuss her work for Inclusive Health Committee. She will collect a list of accessible playgrounds in Dearborn, specialty doctors, and organizations that deal with physical activity.

Also, Hala and she will meet with Hala’s doctor from Center Exceptional Families. Tameka talked about meeting with PEAC and how we’re going to do the parent seminar. We will follow up everything discussed in the next meeting.

**Announcements**

Ali Baleed reminded everyone about the 100th anniversary celebration at Salina Intermediate School on October 26th. He also announced the YABA 49th Anniversary Dinner event.

Tim Harrison announced SODA’s “Track or Treat” event on Sunday; all are welcome.

The meeting was adjourned at 10:00 a.m.  
  
**Future Meeting Dates:**  
November 13th – Dearborn Administrative Center, City Council Chambers

December - TBD