



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

Dear Healthy Dearborn!

As we plan for newsletter features each month, we would like to know what is important to you when it comes to cultivating healthy communities. Would you take a few minutes to share your ideas and feedback? Please send us your comments, either by emailing [sara.gleicher@beaumont.org](mailto:sara.gleicher@beaumont.org) or texting Sara Gleicher at 313-378-7052.

Are you interested in promoting mental well-being so that everyone can experience a balance of physical, spiritual and mental health? If you are, join us at the next Healthy Dearborn conversation about how to integrate mental health and well-being into our strategic plan. Details of the meeting are below.

Thank you again for reading the Healthy Dearborn newsletter and for helping to shape its future readability. And please share this newsletter far and wide!

Sara Gleicher & Tameka Spruce

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

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**FIRST EVER OPEN STREETS  
DEARBORN A SUCCESS  
THANKS TO SPONSORS  
AK STEEL, YEMENI AMERICAN  
BENEVOLENT ASSOCIATION  
& UNIVERSITY OF MICHIGAN-  
DEARBORN – AND  
VOLUNTEERS**

Dearborn held its first ever Open Streets event on Sunday, October 6<sup>th</sup>. The day began with morning rain which gave way to gloriously sunny skies and temperatures in the high 60's. Open Streets Dearborn featured more than three

**EHRA STUDENTS ADVOCATE FOR  
IMPROVED AIR QUALITY IN THE  
SOUTH END**

Three Environmental Health Research to Action (EHRA) project fellows gave a presentation at the Healthy Dearborn Community Conversations event on Thursday, September 26<sup>th</sup>, and were enthusiastically received by audience members. The three Fellows are: Daliah Almaklani, a junior at Dearborn High; Ahmed Alshemmam, a senior at Edsel Ford; and Yasmine Elhagehassan, a freshman at University of Michigan-Ann Arbor. Spearheaded by Drs. Natalie

miles of a “paved park”, where roads – Vernor Highway and Holly Streets - were closed to cars and open to people, in Dearborn’s south side. Open Streets are recognized by experts as a “best practice” to improve health by promoting physical activity. They are free and often regularly occurring programs that encourage people of all ages, abilities and backgrounds to experience streets in new ways.

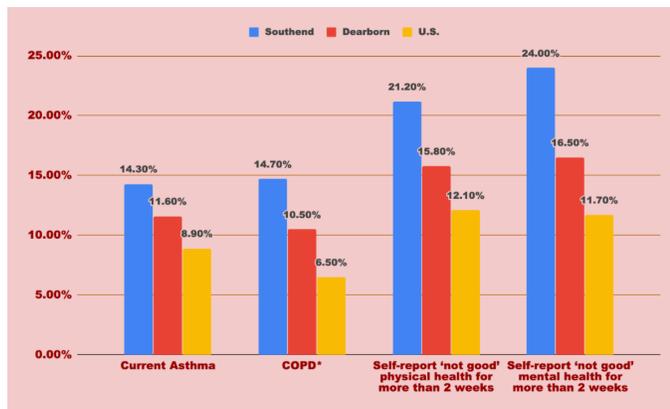
This year’s Open Streets Dearborn was a pilot, launched by members of Healthy Dearborn. Planning for the event began last May. Dearborn police, fire, public works and planning staff worked with Healthy Dearborn to determine the location and logistical needs.

Open Streets Dearborn benefited from a partnership with Dearborn Community Fund. Sponsorships were obtained from AK Steel, Yemeni American Benevolent Association and University of Michigan-Dearborn. Thanks to their support, city costs incurred during the event were covered.

The event’s success lay in the generosity of the sponsors and time donated by hosts of volunteers. AK Steel employees came out in force, donating their time on Sunday to ensure that everything went smoothly and helping out where needed. Other volunteers organized physical activities and judging from the happy faces of participants, they were a huge success. Other volunteers who participated were: Beaumont Health nurses; Beaumont Health Registered Dietitian Lois Sczomak; Danene Charles, Dearborn Public Schools; Eric Peterson, Mike Shooshanian and Erica Lyght, City of Dearborn Recreation & Parks; Mary Jo

Sampson and Carmel Price from University of Michigan-Dearborn, EHRA is a community-based research project designed to respond to residents’ concerns about air pollution and related health implications in Dearborn’s Southend. It trains and engages high school students in air quality, pollution monitoring and translation of science into usable products, including effective advocacy. At the same time, youth project participants gain knowledge and training that will be valuable for their pursuit of careers in science, technology, engineering, or math.

Dahliah, Ahmed and Yasmine pointed out that the factories in the southend of Dearborn are emitting high rates of toxic pollutants into the environment. These pollutants are negatively affecting the health of the residents. Air pollution has been linked to increasing asthma attacks as well as lung impairment. Here is their data chart on the impact of air pollution on South End residents’ health:



After highlighting data showing high rates of pollution caused by industry and truck traffic, the Fellows had recommendations for action. These include: 1) **Energy Conservation and Efficiency:** Reduce the amount of electricity being used at homes, as well as encouraging better public transport infrastructure; 2) **Enforcement of Standards:** State departments such as EGLE should enforce stricter standards on surrounding industries, such as meeting new caps on levels of pollutants emitted; 3) **Trucks and Anti-idling:** There should be policies that enforce numerous limitations on trucks,

Durivage and Kim Ismail, League of Women Voters; Linda Bazzi and Kim Kin, LAHC; ACCESS; American Moslem Society; National Kidney Foundation; The Wise Decision; Alerson Volleyball; and, Rubi Rodriguez. University of Michigan-Dearborn Environmental Interpretive Center naturalist Dorothy McLeer led nature walks.

Bike Dearborn volunteers gave away more than 110 free helmets to children and adults. DDOT and SMART buses provided participants with hands-on lessons for placing bicycles onto their front racks, as well as information about public transit.

Dearborn Police were outstanding, too. They provided invaluable support to help people cross Dix Avenue safely, ensured proper barricades were in place, and lent good cheer and help to everyone.

More than three hundred people turned out for Open Streets Dearborn to walk, bike and play in the streets. We are planning next year's Open Streets events and invite you to help us. Please let us know if you are interested in working with us to hold a bigger, improved Open Streets Dearborn for 2020!

such as limiting amount of trucks passing near residential areas, and restrictions on trucks that idle near these areas; 4) **Air Monitors:** More local air monitors that aren't as spread out for more accurate data on individual communities; 5) **Advocacy for Policies:** Education is a key! Knowing your rights/and issues in your area helps give you and your community power to organize and advocate for better policies in your community.

Drs. Sampson and Price both attended the meeting. They added two important points. First, emission standards set quantitative limits on the permissible amount of specific air pollutants that may be released from specific, individual sources/companies. However, given the harmful impacts of having multiple sources of pollutants emitted in a geographic area, we need new standards that limit aggregate emission levels.

Second, the United States Environmental Protection Agency and environmental experts recognize that low income and minority communities are disproportionately exposed to air and water pollution more than affluent communities. Because Arabs (the predominant minority community in Dearborn's South End) are classified "White" by the U.S. Census, the area is not formally recognized as an "environmental justice community".

The EHRA fellow students give all of us hope and optimism that with data, community involvement and effective advocacy, positive change and improved health will occur in Dearborn's South End community!



Beaumont





## UPCOMING PROGRAM ON EATING DISORDERS

### Special Speaker Series: **FOCUS ON FOOD**

The College of Arts, Sciences, and Letters has launched an "Integrated Bands" program, bringing together faculty whose research and/or teaching interests focuses on food.

Throughout the academic year, special events and talks will be held examining how food connects to the human experience.

#### Amy Pershing

Founder of Bodywise, Clinical Director of the Center for Eating Disorders in Ann Arbor

***Eating Disorders in Higher Weight Bodies:  
Countering The Impact of Weight Stigma and Healthism on Recovery***

Wednesday, October 16  
11 a.m. - 12:15 p.m.  
Kochoff Hall A, University Center

Eating disorders come in every shape and size. While many treatment paradigms offer pathways to recovery, higher-weight clients require treatment providers to offer size-sensitive interventions and a size-inclusive milieu. Treatment providers must be fully cognizant of their own weight stigma and biases, and know how to best address these issues directly in clinical work.

This presentation will explore the specific paradigm changes required to treat higher-weight clients effectively, including challenging the medicalization and moralization of weight and health, discovering the truth about the role of weight in disease, the role of restriction/malnutrition as part of higher-weight eating disorder presentations, and the danger of traditional clinical assumptions about body size.



Sponsored by:  
The College of Arts, Sciences, and Letters Integrated Bands Program  
and the Women's and Gender Studies Program.



For more information about the event or if you require special accommodations under the ADA, contact Prof. Lisa Martin: [martilis@umich.edu](mailto:martilis@umich.edu).

The University of Michigan-Dearborn does not necessarily endorse speakers' views.

### Do you have or know a parent who has a child with a disability?

Healthy Dearborn and City of Dearborn Department Parks and Recreation are planning to develop recreational programs for children with disabilities.

First, we need input from the parents of children with disabilities in Dearborn. We can offer a bike riding program, basketball, soccer, rock climbing for kids with disabilities. But it's up to you, the parents. So if you have a child with a disability or know someone who has a child with a special need, please fill out the survey here:

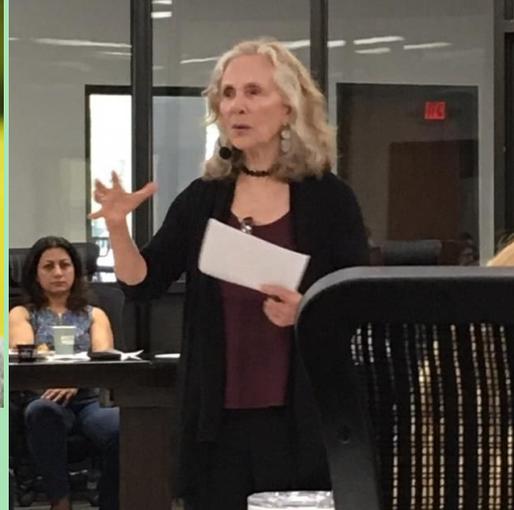
<https://www.surveymonkey.com/r/TGY6NFX>

**Please fill out the survey soon!** The deadline for completing the survey is Friday, November 1st.

### Nationally Renowned Sociologist, Dr. Mindy Fried, Visited Healthy Dearborn

Dr. Fried visited with Healthy Dearborn coalition members at LAHC's beautiful new headquarters. Dr. Fried was inspiring, encouraging us with examples of other successful healthy community initiatives aimed at structural and policy change.

Pictured below: Dr. Mindy Fried speaking



Pictured below: Healthy Dearborn Coalition members listening.



## Plant These Herbs in the Fall

**Fall is a prime time for planting the hardiest herbs that actually grow very well in areas with mild winters.**

You can put an assortment of your favorite cool-weather-loving fall herbs by the kitchen door—all in one container, if you like—for a pinch of each right at your fingertips. You can also plant pretty cilantro and parsley in existing flower beds or **containers** to serve as green companions for **pansies** and other winter flowers.

To help fall herbs flourish in containers, fill pots with a premium-quality potting mix like **Miracle-Gro® Potting Mix**, which is just the right weight and texture for container growing.

## Fun and Healthy Halloween Treats

These Halloween snacks would be fun for an after school snack. They're also a perfect healthy option to add to a Halloween food table or serve at class parties.

### **Cheese Witch Brooms**

#### **Ingredients**

- 12 Sliced cheese
- 12 Snack sticks
- 12 Fresh chives

#### **How to make cheese witch brooms**

- 1.- Fold the cheese slice in half and with the help of scissors go cutting the fringes of the broom.
- 2.- Roll with the "fringes" down with using the snack stick as the axis of the broom.
- 3.- and finally to keep the cheese next to the snack use a chive herb

Also, feed herbs regularly with liquid plant food to ensure they get the nutrition they need to give you harvest after harvest after harvest.

Take a few minutes this fall to set out several herbs that like cool weather, including:

- **parsley (flat Italian or curled)**
- **sage**
- **rosemary**
- **thyme**
- **chives**
- **lavender**
- **cilantro**
- **mint**

Within a few weeks, you will be rewarded with the freshest flavors for autumn meals. A pot roast placed in a crock pot with a few sprigs of fresh thyme, a crushed clove of garlic, a can of tomato sauce, and a pint of mushrooms makes a delicious entrée that will be ready when you are.

To read get more suggestions go to Bonnie Plants at <https://bonnieplants.com/gardening/herbs-in-fall-yes-some-love-cool-weather/>



and make a knot  
Very easy, isn't it?

I hope you like our Witch Brooms .

Together with their hat, brooms are probably the most defining accessory of a witch; they are also their means of transport. Therefore, the cat has decided to supply them with several brooms so witches can visit us on Halloween. There cannot be a witch without her own cat, black one, of course. Let us see how to make these Cheese Witch's Brooms.

### **Cheese Witch's Brooms**

For 12 brooms

Prep Time | 20 minutes

Difficulty | easy

#### **What do you need?**

- 12 Slices of Cheese
- 12 Pretzel sticks
- 12 Fresh Chive

#### **How do you do it?**

- 1.- Fold each cheese slice and cut the fringes of the broom using a pair of scissors.
  - 2.- Roll the slice of cheese around a snack stick having the fringes looking down.
  - 3.- Finally to keep the cheese around the stick, use some chive and knot it around.
- It's easy, isn't it? So, don't hesitate. Surprise your friend is your Halloween party with the Cheese Witch's Brooms .

This is just one of many fun treats. Check out all of these healthy Halloween food ideas at: <https://www.cleanandscentible.com/healthy-halloween-food-ideas/>



## WALK & ROLL CONTINUES THROUGH OCTOBER

Walk n Rolls are almost over. Please check out these remaining dates..

### October

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

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

**October 23** - Morley Area Residents Assoc, 915 S Brady St, 48124

**October 30** - Noah's Smokehouse, 940 Monroe Street, 48124

## Healthy Dearborn Coalition Meetings - All are welcome!

We are working on many initiatives. 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, 15th - ACCESS HOPE HOUSE, 6470 Williamson Avenue, Dearborn 48126**

**Topic: Integrating Mental Health into Healthy Dearborn Strategic Plan.**

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



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Dearborn, Michigan, 48126

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Contact Us



Visit our website