



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



Dear Healthy Dearborn,

Successful organizations need dedicated volunteers and effective leadership. Healthy Dearborn is lucky to be surrounded and guided by the best of both. Among the hundreds of outstanding volunteer-leaders (you!) who make Healthy Dearborn shine are the coalition's Steering Committee members.

Each and every one of them is generous and kind in spirit as well as deed. Please join me in recognizing and thanking each one of our Healthy Dearborn Steering Committee leaders: Sanae Abbas; Zahra Abbas; Ali Baleed Almaklani; Lila Amen; Dennis Archambault; Nancy Berry; Danene Charles; Timothy Harrison; Mona Hijazi; Dorothy McLeer; David Norwood; Kate Pepin; Carmel Price; and, Glenn Savarese.

Another group of people who contribute to Healthy Dearborn's achievements are student interns. We love them! This fall, they are: Mariam Alkazal, Kamira Felton, Jessica Kandaloft, Joana Ibrahim, LaNequia Porter, Juana Scandrick, and Samantha Yochim. Thank you, students!

I hope you enjoy this newsletter. Please let us know what you think! Enjoy all the holidays with your loved ones with health and happiness.

Sincerely,
Sara Gleicher, LMSW
Healthy Dearborn
Beaumont Health

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



Healthy eaters, active bodies, strong minds – that's what Dearborn SHINES for Healthy Kids! is developing! Students, families and school staff are creating new edible and physical activity learning classrooms across eight public schools to encourage healthy lifestyles.

The 18-month project is a partnership between Beaumont Health, Wayne State University Center for Health and Community Impact, University of Michigan-Dearborn Environmental Interpretive Center and ACCESS.



It is funded with a \$450,000 grant from The Michigan Health Endowment Fund. The eight participating schools are: Long Elementary; Lowrey Elementary-Middle; McCollough-Unis; Miller Elementary; Nowlin Elementary; OL Smith; Salina Elementary, and; Salina Intermediate.

Action days were held this fall, during which students, staff and volunteers worked diligently with EIC staff to build new edible gardens at seven of the schools... and they are beautiful! Each garden comes with a shed, outdoor seating, and an activity table. Next spring, students will plant cool-weather crops.

Each month, "family nights" will be held, once at each school. The first one was held on November 28th at OL Smith, with volunteer physical education leader Billy Amen leading the activities. Future family nights will be announced soon!

by neighborhood residents!

With a grant from KaBOOM!, a national nonprofit supported by the Ralph Wilson, Jr. Foundation, Healthy Dearborn and the City of Dearborn partnered with residents living in an east side neighborhood to design a new park.



A vacant lot is being converted to a place where families can enjoy mini-soccer games and other play opportunities. Two design workshops were held with more than 75 residents who told us the types of play equipment they wanted in the park. The park will be completed by August, 2019.

This new park will have play equipment that will be accessible to children with disabilities. You will be invited to the grand opening!

**Walk & Roll Walkers unite!
Join us to strut your stuff!**



As you know, the third Healthy Dearborn Walk & Roll season ended on October 30th. It was a gloriously successful season, with more than 500 bicyclists and walkers who met up each Wednesday evening for leisure, fun and fitness. Intrepid bicyclists continue to meet and ride each Wednesday, led by Tracy Besek.

Now, those who love to walk can continue apace! **Join us Wednesday evening, Dec. 12 and 19th, and every Wednesday evening in January.** Meet us at Fairlane Town Center, 5:30 PM, at the Food Court mall entrance for a family-friendly, hour-long walk. All ages, all abilities welcome!

Congrats to Bob and Barb Hayes for the City of Dearborn Volunteer Award



Barbara and Bob Hayes volunteer four days a week for past four years delivering, packaging meals

Barbara Hayes was a nursing school student when she got her first close-up look at Wayne County's Meals on Wheels program and the positive impact it has on homebound seniors.

From that time on, she knew she wanted to be a part of it one day. The Dearborn native did just that after she retired in 2014 from a more than four-decade career as a delivery nurse at Oakwood Hospital.

Holiday delicious cookie recipe: Double Peanut Butter Chocolate Chip Cookies



Ingredients

- 1 cup dates (packed and pitted // soaked in warm water for 10 minutes then drained)
- 1 medium ripe banana (1 banana yields ~1/2 cup mashed)
- 2 Tbsp salted creamy peanut butter
- 1 cup almond meal (ground from raw almonds)
- 1 cup rolled oats (gluten-

For the past four years, Hayes and her husband, Bob Hayes, have volunteered for the Dearborn Meals on Meals program four days a week, almost every week. For their consistent and dedicated efforts,

Barbara and Bob Hayes were named the city of Dearborn's 2018 Volunteers of the Year by the Senior Services Division of the Recreation and Parks Department. They were honored at the annual Volunteer Lunch on Oct. 17.

Dozens of others were also thanked for their volunteer work with the City's senior community.

The Hayes are two of 65 full-time drivers, 15 substitute drivers and numerous college and high school students who volunteer in some capacity with Dearborn's Meals on Wheels program.

Bob and Barb Hayes have been avid supporters of Healthy Dearborn and walkers in our Walk N' Rolls.

Congratulations, Bob and Barb!

Inclusive Health Committee helping Healthy Dearborn become more inclusive.



Healthy Dearborn is passionate about serving the community. Since the beginning of this year, members decided to open the door to a new team, the Inclusive Health Committee.

The Inclusive Health Committee is comprised of people with disabilities or people who work with them. As already stated in a previous newsletter article, they are working on a summer bike program and

free for GF eaters)

- 1/4 scant cup **peanut butter chips**
- 1/4 scant cup **dairy-free semisweet chocolate chips**

Instructions

Add dates to a **food processor** and pulse until small bits remain.

1. Add banana and peanut butter and mix again until combined, scraping down the sides as needed.
2. Next add the almond meal and rolled oats and pulse until a loose dough is formed. It will be kind of wet and sticky. That's OK! You're on the right track.
3. Scrape your dough into a mixing bowl. If it feels too wet to the touch to form into cookies, add another few Tbsp of almond meal and/or oats and stir. I added another few tablespoons of each until I was able to form them into cookies without them sticking too much to my hands.
4. Add in chocolate and peanut butter chips, then chill dough for 10 minutes and preheat oven to 350 degrees F (176 C).
5. Scoop out 1 Tbsp amounts of your cookie dough and form into loose discs, then arrange on a parchment-lined baking sheet. They won't expand so pack them closer together (but not touching).
6. Bake for 15-18 minutes or until golden brown and somewhat firm to the touch. The good thing about these cookies is a little under-baked is OK since there are no eggs and they'll ultimately just be a little

parenting seminars.

Now they're ready to give recommendations to the other Healthy Dearborn action teams on ways to become inclusive to people with disabilities.

At the December Healthy Dearborn Coalition meeting, the committee will announce their recommendations to each team on ways they can be more inclusive to the disability community.



WOW! A Women's Only Workout program is coming soon!

LAHC is working with Healthy Dearborn to launch a new, free fitness program targeted to women. The weekly class will feature a variety of workouts and it will initially be located inside Salina Elementary School. Stay tuned for more information!



Join our new Facebook page!



more moist.

7. Remove and let set for a few minutes on the pan. Then carefully transfer to a plate or cooling rack to cool. Serve immediately.
8. Store leftovers in an airtight container for several days. Move to the fridge or freezer for longer term storage.

Notes

*Because the DIY Peanut Butter Chips are 100% natural, they don't keep their form as well as traditional baking chips, which get extra help from a variety of additives. As you can see, you'll get a few little holes during the baking process, but the flavor is 100% spot on!

*Adapted from my **5 Ingredient Vegan Gluten-Free Cookies**

*Nutrition information is a rough estimate.

Nutrition Per Serving (1 of 24 cookies)

- Calories: 85 Fat: 3.8g
Saturated fat: 0.9g
Sodium: 6mg
Carbohydrates: 12g
Fiber: 1.6g Sugar: 7g
Protein: 2g

You can get the receipe from this link
<https://minimalistbaker.com/double-peanut-butter-chocolate-chip-cookies/>

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!

The Healthy Dearborn Coalition meetings are held every Third

We have a new Facebook page. What makes our page different from the group page is now Healthy Dearborn is public and can be seen more widely.

In a couple of weeks, we will be closing our older Facebook group so please like our new page here today: <https://www.facebook.com/Healthy-Dearborn-197507811053968/>

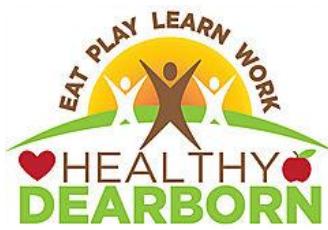
Keep up to date with news and fun articles on our page.

Tuesday of the month, 8:30 - 10:00 AM. Upcoming meeting dates:

Tuesday, December 11th, Dearborn Administrative Center, 16901 Michigan Avenue - Dearborn City Council Chambers.

Special guests: Student Interns will give updates about new action team initiatives.

Tuesday, January 15th, 8:30-10:00 AM, Dearborn Administrative Center.



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Contact Us

