



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Falcons Return to Jackson Rooftop

- page 2





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Jackson Area Collaborative Knowledge Source. This community resource guide is designed to improve the lives of children and strengthen families in the Jackson community by providing fun and useful information.

Learn more at
www.jacksfamilyguide.com

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If your business or organization would like to submit an article for FREE for publication please do so by the 3rd Friday of each month.

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A Letter From the Publisher

Dear Friends,

With the recent outbreak of COVID-19, we are thinking of the people who mean the most to us. That includes you, our extended J.A.C.K.S. family. There's some solidarity in knowing that all of you are making adjustments, staying in, and looking out for family and friends, as are we.



As the community responds, we are grateful for our readers, advertisers and content contributors.

With our fifth year in Jackson coming this June, we look forward to celebrating this milestone with our community. Our goal from the beginning has been to share all of the amazing things that are happening here in Jackson. Whether it be our numerous festivals, museums, concerts, expos, educational and spiritual events and so much more.

Your support makes all of this possible, and we thank you. Now, when we are all in our homes practicing social distancing, we bring this issue to you through our website and social media.

As always this issue has great articles from some of our faithful contributors as well as some fun reads from BrandPoint.

For our cover this month we chose Jackson's resident falcon mother, Big Red. The falcon throughout history has been an emblem for success, victory and rising above a situation. Now more than ever we need to "rise above." The COVID-19 pandemic with the "stay in place" order from Governor Whitmer, has brought new challenges to us all. The world is not what we once knew, and it may not be again. Hopefully, when life returns to normal - whatever that may look like in the future, we are all a little kinder, more patient and grateful.

Until that time, stay safe, practice social distancing and check out the live feed of Big Red and her family at: <https://www.co.jackson.mi.us/787/Falcon-Report>. Her hatchlings are do to appear in early May, hopefully we will be able to bring you your printed copy of J.A.C.K.S. once again.

Sincerely,

Stefanie Riggs

Publisher

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How to Find Your Inspiration

(BPT) - Inspiration is the stimulation to do something and can drive people to do incredible things. It doesn't matter who you are, what your job is or which hobbies you enjoy - inspiration is at the core of personal and professional growth.

John Paxton, senior designer at Kia, finds his inspiration in looking to the future.

"My inspiration has consistently been fueled by a desire to anticipate what's next," says Paxton. "Similar to entertainment such as music and film, there's a human desire to explore and find newness in sights, sounds and experiences."

He goes on to explain that it's part of human nature to always want to expand and grow, to reach farther and explore beyond what has already been accomplished. This desire has driven innovation through-

out history.

"A desire to continue to develop newness in the projects and designs I'm tasked with tackling is what drives me," Paxton says. "I thoroughly enjoy the challenge of seeing the unseen, and finding solutions that consumers can eventually connect with... starting with a blank canvas."

In his design work, he keeps a keen eye on what people want now while anticipating the future. Why? Because the Kia cars he is designing today may not be in the hands of drivers for several years, like the Kia Soul, Forte and Cadenza models.

"A challenge I face is anticipating what people are going to look for in a design not only today, but years from now when the production vehicle is actually available to them, it's like having a crystal ball for designers.

The most rewarding aspect is when you are able to see the predicted work out in a well-received product on the road," he says.

Paxton uses the new Kia Soul as an example. His design work on the Soul focused on a youthful demographic heavily inspired by social media, music and fashion. Using these ideas as inspiration, he worked with his team to create something that didn't fit the standard vehicle mold. "This was about loudness, boldness, confidence, in a very youthful voice. Nothing was reserved or timid," he says.

Inspiration can be collaborative or personal, and sometimes both. It can help you reach an individual goal - such as fundraising, home improvement or health and wellness - or it can, like Paxton, drive innovation in your professional life in a way that can significantly impact

others.

If you want to discover your inspiration, consider these simple activities:

Create an inspiration board: Sometimes called a mood board, these are great for kicking off creativity and finding purpose. Get a large piece of paper or use a blank wall and create a collage of things that inspire, centering on your goal. These can be pictures, colors, words - whatever strikes a positive chord. This becomes an abstract representation of what drives you and what you want to achieve.

Go for a drive: Few things beat the feeling of the open road, so go for a drive to a local park to take a hike or simply meander and see where destiny takes you. As you drive, open your mind to the sounds and sights around you. You might see a particularly inspiring mural in the city or a calm field in

rural areas. If feeling stuck, turn on some music and drive on.

Explore online: Try visiting websites that provide inspiring content. For example, the Give It Everything Collective from Kia at www.kia.com is a digital space where people can share their stories of what it means to give everything. In reading about other people's goals and driving factors, you may find inspiration for reaching your goals.

Do something new: Sign up for that class. Make a fresh fashion choice. Check out that indie film. Strike up a conversation with a stranger. Doing something new can put you outside your comfort zone, and that builds confidence. In expanding your world you may find the inspiration you're looking for while discovering more about who you are personally.



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Learn to Be a Tourist in Your Hometown - Virtually

Quartine Doesn't Have to Mean You Can't Explore

By Val Herr



Like the rest of the world my personal world has changed dramatically in the last few days. I'm now working from home and my college student is home with all online classes. I'm forever grateful we are home together and still able to work. Usually I talk about getting out and about and trying new things..... it's kind of hard to write about that when most things are closed and as I write this particular article I have no idea when that will change. So, how can we learn to be

tourists in our own hometowns when we are all stuck at home? Well, I have an idea...usually I don't promote screen time as most of us get way more than we should but I think we should all take advantage of the amazing Facebook Live events and other online engagement that places all around the world are providing us. Some of these include behind the scene tours, concerts and never before seen information.

One of my personal favorites is How to watch Broadway shows for free. This is a great way to do something special-make it even more special by dressing up, ordering a special take out from your local restaurant and have an amaz-

ing experience from the comfort of your home.

Another favorite is the zoo videos. Most zoos right now are streaming special segments of their animals for us to enjoy. Make a picnic lunch, move the furniture out of the way, spread out a blanket and spend an afternoon at the zoo.

A great friend of mine (Becky) is doing board games through video chats. Her and her daughter are teaming up with others (who are stuck in their homes) to spend a night playing board games. This is a great idea and can be done with grandparents as well who are missing times with their families.

Lastly, the list of museums is far too long to share



here but museums all over the world are sharing parts of their collections, behind the scene tours and other engagement activities. Be sure and check them out and explore the world of art while sitting at home.

While we currently live in a world of uncertainty what we do know is this will pass. We will get back

to "normal". It's important for our mental health and especially our kids' stress levels that we spend quality time together doing activities and getting our mind off current events. Don't let being stuck at home stop you from being a tourist and exploring this great world that we live in.

Spring Cleaning Can Help with Allergies

(BPT) - As days grow longer and new blooms appear, it can only mean one thing: Spring is here and with it comes the task of spring cleaning. For people with allergies, spring cleaning does more than spruce up a home. When done correctly, it removes dust, mold, dander and other allergy triggers so you can feel your best.

"There are specific things you can do while cleaning that can dramatically improve allergy symptoms," says Dr. J. Allen Meadows, allergist and president of the American College of Allergy, Asthma and Immunology. "When you spring clean to remove allergens, you can breathe easier plus enjoy a sparkling home."

Meadows and the experts at ACAAI recommend these steps when cleaning for allergies. Before you begin, keep in mind that when you clean you come in contact with many allergens. You may want to take allergy medication beforehand and if your allergy is severe, consider wearing an N95 filter mask while dusting or scrubbing.

Step 1: Dust Thoroughly

Dust all surfaces in your home with a damp rag or microfiber cloth made for cleaning. Avoid using any kind of duster that simply kicks dust into the air. Additionally, clean vents and return registers to limit dust recirculating and finish by wet mopping tile and other hard flooring. Don't neglect the area under the beds, which can get dusty and should be cleaned often. Eliminating dust helps your home shine and also removes some of the most no-

torious indoor allergy triggers.

Step 2: Clean Carpets

Start by moving all furniture off the carpet. Then vacuum well with a cyclonic vacuum, which spins dust and dirt away from the floor,



or a vacuum with a HEPA (high efficiency particulate air) filter. Meadows does not advise shampooing carpet, because it can cause dust mite eggs to hatch. If you are using diluted bleach and water solution for spot treatments or to kill mold, make sure someone other than the allergy sufferer does the cleaning because bleach can trigger asthma.

Step 3: Clean Window Treatments

Window treatments like curtains and valances can be a magnet for dust and pollen yet are often ignored when it comes to cleaning. This spring, make sure to follow the manufacturer's recommendations and wash or dry clean window

kills dust mites and effectively removes allergens. If bedding can't be washed at this hot temperature, place items in the dryer for at least 15 minutes at 130 degrees or above. For children with allergies, do the same with their stuffed animals.

Step 5: Replace Air Filters

At the start of every season change the air filter in your furnace. This helps the HVAC system run efficiently while also filtering out air particles -including allergens - to keep your home's air as clean as possible. Consider setting an alarm for every three months as a reminder and use filters with a MERV rating of 11 or 12. This is also a good time to clean the drip pans in appliances like the refrigerator.

Step 6. Control Humidity

Bathrooms, basements and tiled spaces are prone to mold, so spring is a good time to deep clean. A bleach cleaner works well to eliminate mold or make your own by mixing borax and water. Next, help prevent mold from developing through moisture control. Always run bathroom fans when bathing or showering, clean up any standing water immediately and use a dehumidifier if needed to keep humidity below 60%.

"Spring cleaning is a great step in allergy control," says Meadows. "However, if you continue to suffer from allergy or asthma symptoms, see a board-certified allergist to help you control your symptoms and live the life you want. You can find an allergist near you at acaai.org/locate-an-allergist."

Step 4: Wash Bedding

Wash sheets, pillowcases and blankets in water that is at least 130 degrees F. This temperature

treatments. Remember, opening windows allows pollen and other allergens into your home, so during peak allergy season keep them closed, and whenever possible, use air conditioning in your car and home.

\$1.9 Million Investment Underway at the MLK Community Center

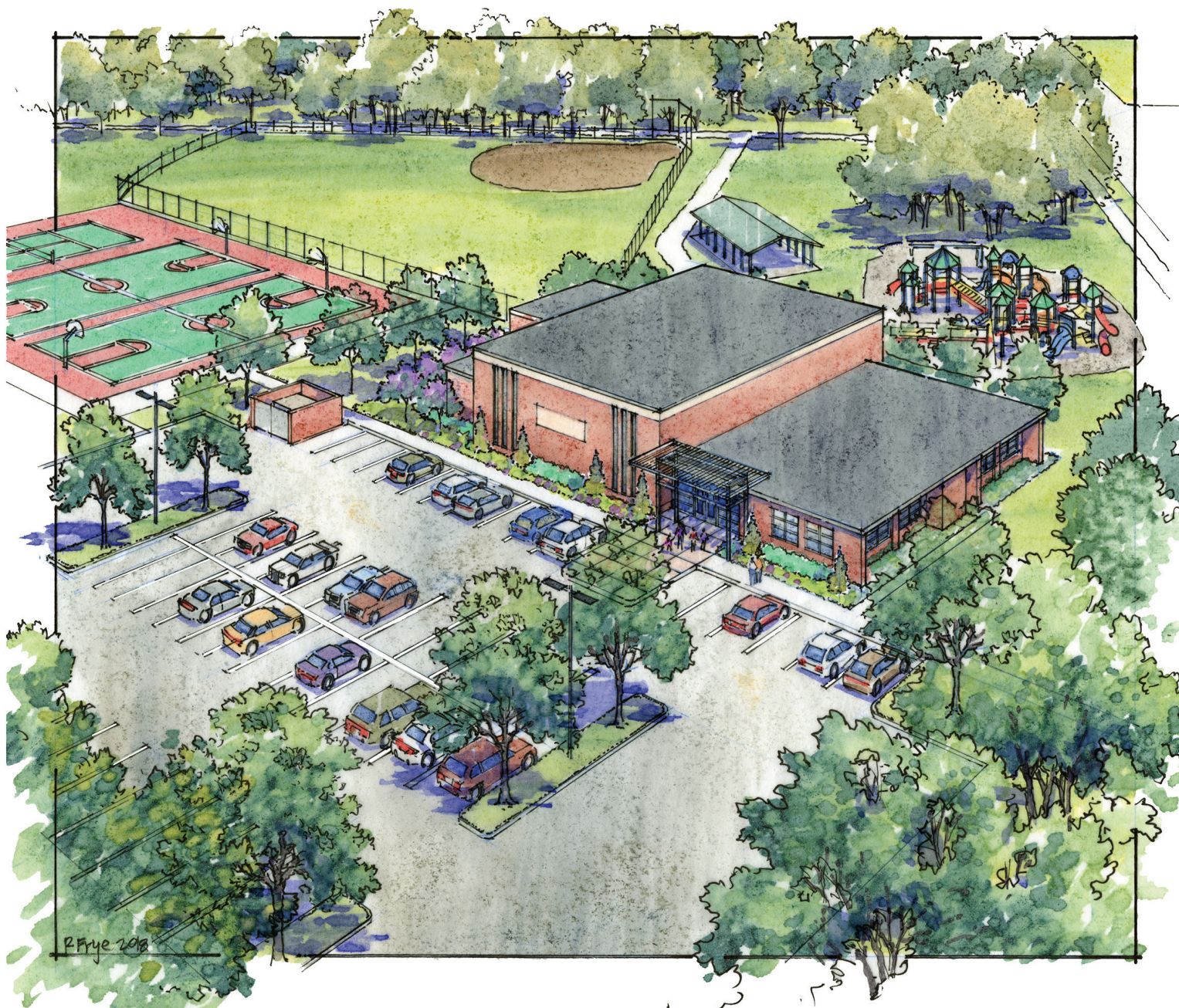
By Aaron Dimick,
City of Jackson Public
Information Officer



A long-awaited project that will invest nearly two million dollars into a Jackson neighborhood is now underway! Construction began March 12 at the Martin Luther King Jr. Community Center and is expected take place through the summer.

In January 2020, the Jackson City Council approved a \$1.9 million construction contract for the MLK Center, which is being paid for by municipal bonds. Plans call for a full renovation of the community center, including a larger kitchen, a building addition for more office space, a new roof, expanded weight room, resurfaced gym floor, and more windows throughout the facility.

Over the years, the MLK



Center has grown beyond just recreational offerings, and now provides after school and summer programs, free meals, tutoring, and has become a gathering place for residents young and old. College courses through Jackson College are now offered at the center. The MLK Center has been a big part of Jack-

son's south side community for over 50 years, and the center's director, John Willis, says this investment will help the center continue to be a community resource for their next 50 years. "This renovation means a lot to the community center and the neighborhoods we serve. During the construction, we plan to maintain

the same level of service we give to the community at other locations," Willis said.

City staff have made arrangements with two local churches so the center's recreation programs can continue this spring and summer. Youth programs will take place at the St. John's United Center for Caring, 801 S. Mechanic

St., and senior programs will continue at Second Missionary Baptist Church, 304 E. Prospect St.

Construction is expected to wrap up in mid-August 2020. The City of Jackson will provide regular construction and recreation program updates to the community as they become available.



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College & Career Access Center Offers List of Scholarships Due this Spring

Contributed by College & Career Access Center

Scholarships are extremely important to the college funding process, as they are a source of money that is awarded to the student. Unlike student loans, these funds represent dollars that do not require repayment. In dedication to our mission, the CCAC will assist students in exploring all possible options. Our advisors research local, state, and federal scholarships from a broad variety of scholarship resources. We seek out unique opportunities based upon each student's eligibility. We take into consideration criteria such as: academic performance, financial need, and major concentration. We also look for scholarships that base awards on the unusual. Writing contests, fun competitions, and talent based contests provide creativity in college funding.

You may visit this site for a monthly list of scholarships and their respective deadlines. You may also schedule an appointment with any of our advisors to research options as well as discuss individual concerns.

John George Jr. Student Loan Fund

This opportunity is a loan. Therefore, the student will eventually pay back any amount borrowed plus interest.

- \$6,000 per year, 2% interest
- Must be a Jackson County resident
- Attending a state-sup-

ported Michigan college or university

- Applicant must have a co-signer unless he/she is able to verify his/her annual income exceeds \$20,000.

For detailed information, visit their website and download the application:

Deadline: May 1, 2020

Application: <http://www.johngeorge.org/eligibility.htm>

The Brower Youth Award

Eligibility:

Eligible candidates must be:

- Youth environmental change leaders aged 13 to 22 years (as of May 1, 2020)
- Living in North America (including Mexico, Canada, some Caribbean Islands)
- * Residents of U.S. territories are encouraged to apply.

Description:

All applications must be completed using our online process. Please notify us well in advance of the deadline if you foresee any problems with submitting an application online. Applicants must complete their own application. Parents, friends, mentors, teachers, etc. must not complete it on behalf of the student.

In addition to meeting award eligibility requirements and following all instructions to complete the online application, each applicant must submit:

- a self-photograph
- finalist will be asked for a letter of support from someone who is familiar with him/her and his/her environmental work (cannot

be from a parent or guardian)

Award: \$3,000 cash prize, a professionally produced short film about their work from an Emmy award winning film crew, and flight and lodging accommodations for a week-long trip to the San Francisco Bay Area. Deadline: May 1, 2020

Application: <http://www.broweryouthawards.org/apply/>

Society of Women Engineers Scholarship

Eligibility:

- Only women are eligible for this scholarship.

- Undergraduate applicants must be planning to study an ABET-accredited program in engineering, technology, or computing in the upcoming academic year.

- Masters and PhD candidates must be enrolled or accepted at a school with ABET-accredited programs in engineering, computing, or technology.

- Applicants must be planning to attend full time (exceptions are made for reentry and non-traditional applicants).

- Applicants must not be fully funded for tuition, fees, and books and equivalent.

- Transcripts must be in English.


Description:

The SWE Scholarship Program provides financial assistance to women studying baccalaureate or graduate programs, in preparation for careers in engineering, engineering technology and computer science. In 2019, SWE awarded approximately 260 new and renewed scholarships valued at over \$810,000.

Award: Varies

Deadline: May 1, 2020

Application: <https://scholarships.swe.org/applications/login.asp>

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Parkinson's Programs at the Jackson YMCA

By Bonnie Gretzner
Communications and
Marketing Director,
Jackson YMCA

Joanne Sheldon wakes up every morning with a choice to make - fight or withdraw. She opts each day to fight back against Parkinson's disease. Thanks to the Rock Steady Boxing (RSB) program at the Jackson YMCA, she is not fighting alone.

"The rigorous workout has lifted my depression and improved my fitness, agility and overall strength," said Sheldon. "There is something special about being around other people with Parkinson's and our dedicated coaches. It's a lonely disease - but here, we are part of a community."

RSB is one of two programs at the Jackson YMCA for those with Parkinson's disease. April is Parkinson's Awareness Month, and Mailynn Pratt, the YMCA Parkinson's Coordinator, wants the community to know there is hope, as she is continually amazed by the improvements that participants experience.

"We are seeing participants who can now lift their knees and get into their vehicle. Little things we take for granted are huge for them," Mailynn said. "They are finding they can still be independent. At the Y, we're giving them their function back; we're giving them a better quality of life."

Pedaling for Parkinson's

The Y first launched Pedaling for Parkinson's (PFP) in the fall 2013 with 12 participants; class sizes over the last seven years have varied from 8-22. PFP, held Monday, Wednesday and Friday at the Downtown Branch, is a form of "forced exercise" on the bike, where participants ride for one hour in a specific format - 10-minute warmup at 60 revolutions per minute (RPM), 40 minutes at 80 RPM and a 10-minute cooldown. According to studies, participants who rode three days a week for eight weeks have shown improvement in their Parkinson's-related symptoms by as much as 35 percent. Visit www.pedalingforparkinsons.org for details.

Dale Decker, who at age 84 is the oldest PFP participant, says he has noticed improvement in his health and strength. His wife, Yvonne, said the difference is remarkable.

"When he does have to miss it, his memory is not as good as it should be," she said. "For example, he will ask me where certain stores or restaurants are located - and then he will ask me how to get there! These things don't happen if he makes his regular visits to the Y for his pedaling program."

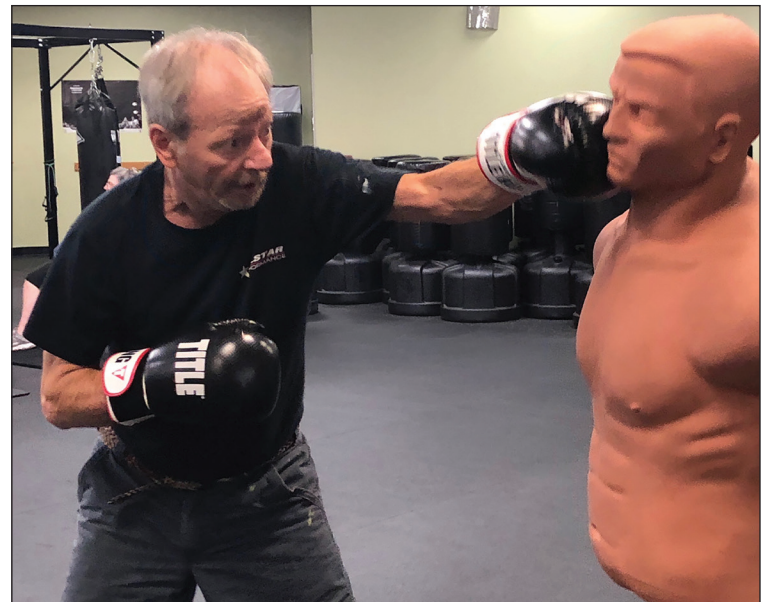
Rock Steady Boxing

The boxing program was added in April 2017 after Debbie Craft first learned of it on a CBS

Sunday morning show. Her husband, Rick, had been diagnosed with Parkinson's in 2013, and she was immediately intrigued by a program that could slow the disease's progression. Believing the Y would be the ideal location for RSB, she approached Y leaders, who quickly agreed to launch a second Parkinson's program; there are currently 27 men and women enrolled in the class that's held Tuesday, Thursday and Saturday at the Summit Branch.

RSB gives people with Parkinson's disease hope by improving their quality of life, sense of efficiency and self-worth through a non-contact boxing fitness curriculum. The coaches, who along with Mailynn and Debbie, include Lisa Scott, Katie Foster, Don Williams, Walt Davis, Phil Sayer and Belinda Vinton, help participants realize the enhancements possible to their quality of life and ability to perform and enjoy activities of daily living. Rock Steady has identified 22 symptoms of the disease, such as tremors, rigid muscles and slowed movement, and designed a program to "fight back" against each of these symptoms. Visit www.jacksonymca.rsbaaffiliate.com for more information.

"It's about so much more than boxing," said Mailynn. "It helps with functional fitness including drills for balance, gait and voice



Photos contributed by the YMCA of Jackson

activation. It also combats emotional symptoms like depression, isolation, helplessness and more - things the disease is stealing from them. The main goal is to improve quality of life and to give them HOPE!"

Rick Craft participates in both programs, and Debbie said the benefits are tangible. "After working out, his movement is better, and he seems more alert. It's great for him to know he is not alone in this fight, and he has made friendships. It's like a big family; they all encourage each other and worry about each other if someone is not in class."

Nothing gives Mailynn greater joy than watching

the great strides participants make. "One gentleman hadn't left the house in two years; he's now able to do that and even go out for lunch. Many participants who struggled with walking are stronger, so they are walking longer and further. I've seen them learn to write their name again, thanks to our dexterity drills," she said. "I'm so proud of all of them. Our participants never give up - they never stop fighting."

For more information: Want to know more about either program? Call the Jackson YMCA at 517.782.0537 or contact Mailynn directly at mailynn@jacksonymca.org.

Right at Home Partners with Parkinson's Foundation

By Elaine Gribble,
Right at Home Jackson

"Right at Home has been a Parkinson's Foundation Moving Day National Partner since the event was established in 2011," notes Gribble. "To date, Right at Home has participated in 151 Moving Day events to support funding for research, resources, and quality care to be delivered to people affected by Parkinson's. Moving Day features a family-friendly

walk, caregivers' relaxation tent, and Movement Pavilion with yoga, dance, tai chi, Pilates and other activities to help manage the symptoms of Parkinson's." For more information go to www.rightathome.net/special-care-situations/parkinsons-disease.

The information in this article is not intended to replace the advice of your healthcare provider. Talk to your doctor about the diagnosis and treatment of Par-

kinson's disease.

About Right at Home

Founded in 1995, Right at Home offers in-home companionship and personal care to seniors and adults with disabilities who want to continue to live independently. Most Right at Home offices are independently owned and operated and directly employ and supervise all caregiving staff, each of whom is thoroughly screened, trained,

and bonded/insured prior to entering a client's home. Right at Home's Global Headquarters is based in Omaha, Nebraska, with more than 500 franchise locations in the U.S. and seven other countries. For more information on Right at Home, visit www.rightathome.net.

About Right at Home of South Central Michigan-Jackson Office

The Jackson office of Right at Home is a locally owned and operated franchise office of Right at Home, LLC, serving the communities of Calhoun, Hillsdale, Jackson & Lenawee counties. For more information, contact Right at Home of South Central Michigan at www.rightathome.net/south-central-michigan at 517-768-0900 or by email at outreach@rightathomescm.net

Be the Calm You Want to See In Your Child During the COVID-19 Pandemic

By Barb Barnes

North Star Montessori Founder, Director, and Montessori Educator



Now, more than ever children need us to be there for them. If we can use a calm voice throughout the day, give honest, simple, age appropriate answers to their questions and reassure children that this is a temporary situation and that you are there to take care of them, children will have less anxiety about this pandemic that we all are facing. Children watch what we do and feel the tone of our voices and body language. As we watch news reports about schools closing, working from home, and having to make tough decisions like canceling family trips, reassure them through their tears and questions that this is temporary and you will get through it together. Be mindful, and minimize those more serious, grown up conversations and tv news reports when kids are present. According to PBS writer and educator Deborah Kris, "Research shows that just being in the presence of a compassionate, safe adult can help kids calm down. As families, we can be "that person" for each other."

Tools and Tips to Navigate Our New Normal

Everyone's world has been turned upside down and it is not easy to handle all of these changes for adults, let alone little ones. What do young children thrive on? They need routine. Children aren't able to schedule their day, or week like adults can. A three year old lives

in the many moments that make up their day. Having a predictable schedule for them to count on will provide stability and well being. Build some consistent routines for meal and snack times, play times, nap and quiet times, and bath and bedtimes that will allow children to know what to expect each day. Children who are over tired or hungry will act out their frustrations if their basic needs aren't met, adding more stress to this challenging time.

Young children love to play games and make up their own games. While at home follow your child's own interests and imagination to help prepare activities for them to do. One of our favorites at North Star Montessori Preschool & Kindergarten is The Freeze Game. Put on some of the children's favorite music and wiggle, dance and move until you pause the music and everyone freezes, then start it up again. You can use variations of this game by adding scarves to dance with, or little instruments to play like egg shakers, or moving like different animals. If it's nice out you can even take the activity outside to play. According to Neuropsychologist Wendy Suzuki, "When [kids] run around, their brains

are getting a bubble bath of good neurochemicals, neurotransmitters and endorphins... Adults need this, too... This is a joyful way for parents and children to connect and have fun together while exercising, which is the most transformational thing you can do for your brain because exercise boosts mood and improves



focus and cognition.

Create an art station by preparing a designated space where your child can go to do art with you and on their own. Keep supplies that they can use out and easily accessible. Ideas include cups of crayons and markers, a tray of white copy paper, a pencil and some stencils to trace, child safety scissors, colorful construction paper, and a glue stick. A great project during this time is to make a card, picture, or story for a loved one. Share these over video calls, take pictures on your phone to share via text, or email them to family and friends. Finding new ways to stay connected will spread happiness and well being.

It is normal to have new stresses as we face the many changes the COVID-19 Pandemic brings. Remember to listen to your body and if you are feeling overloaded tell your kids, "My body needs a little break," and do something for yourself like make a cup of tea, take a couple of deep breaths, snuggle up with a book, or take a walk (even if it's just around the kitchen). Using tools to calm our response to stress teaches our children how to help calm down their bodies as well. Our attitudes and tone make a difference. Be the calm you want to see in your child as we navigate these new and trying times during the COVID-19 Pandemic.

Simple Steps to Help Students Explore Trade Careers

(BPT) - With nationwide student loan debt over \$1 trillion and many college graduates with four-year degrees struggling to find employment to make ends meet, younger generations are starting to consider the benefits of a career in the trades.

Parents are taking note as well because in many communities the demand for qualified trade professionals far outweighs the supply, meaning people who are trained and ready to work are in high demand in the construction, automotive, manufacturing and other industries.

How high is demand exactly? Three out of four contractors expect to keep adding workers in 2020, according to a survey by the Associated General Contractors of America. Even more respondents found it difficult to fill positions in 2019, and a majority an-

ticipate it will be as hard or harder to do so in 2020.

The skilled labor shortage is a concern for many companies, but an opportunity for students. For example, better than average employment is projected in the building trades at least through 2026, according to the Bureau of Labor Statistics. People becoming electricians, plumbers, brick masons and more should experience ample employment opportunities.

"You can get proper training for many trades through a two-year vocational college, certificate program or even apprenticeship," says Joe Apolloni, Senior Vice President of Retail at Northern Tool + Equipment. "Compared to many four-year degrees, the overall cost is less to pursue trade careers and many people are hired immediately after graduation at respectable salaries."

Parents and caregivers can help their children learn more about a possible career in the trades, while many companies, like Northern Tool + Equipment, are also supporting the cause by donating equipment and expertise to trade schools and their students to encourage and empower students to pursue a career in the trades.

To spark your child's curiosity and help them take the first steps toward a trades career, Apolloni recommends these steps:

1. Talk it out

From wind turbine technicians to welders to elevator mechanics and beyond, there are hundreds of trades and many have been transformed significantly over the past decade due to technological advances. Start by having a conversation with your student about their interests, their desires for the future and which

trades might be a good fit for them. Your support and guidance in narrowing down options will make a big impact.

2. Sign up for electives or extracurricular programs

Ask about school opportunities related to the trades. Many middle and high schools offer elective courses and after-school activities introducing a variety of trade skills. Set up a time to meet with the school counselor and ask questions about these types of classes. Sign up for any that spark an interest.

3. Find a mentor or community volunteer opportunity

Having someone a young person can look up to is an amazing way to support their career exploration. Many schools and communities offer mentoring programs that could help your child learn more

about a potential trade and make some valuable connections. If no such program exists, consider volunteer opportunities nearby. If they can assist others in their profession of interest as a volunteer experience, it not only makes a difference, it's a notable addition to their resume.

4. Attend local college fairs

Finally, college fairs can help any student learn more about trades and opportunities nearby. College reps are wonderful at answering questions and guiding students toward a study path that will lead them to a meaningful career.

"So many trade jobs are just waiting to be filled by the next generation of construction workers, manufacturers, welders, auto mechanics and more," says Apolloni. "It's a really exciting time to be involved in the trades."

Flower Trends that Stand the Test of Time

(BPT) - Like classic pieces in your closet that can be worn season after season, some flowers have become staples for decorators and gardeners alike. Available in a variety of bold colors, Wave® Petunias and Cool Wave® Pansies are a low-maintenance must-have for creating high-impact design in outdoor spaces. Like your little black dress or your favorite pair of jeans, these versatile flowers can be styled in fresh ways to create an on-trend look that fits your space and lifestyle.

Bring Color to Life

Celebrating its 25th anniversary this year, Wave® proves why it has such staying power. In 1995, the striking Wave® Purple Classic became the very first Wave® Petunia variety - and its bold, fun color remains a top choice for adding wow-factor to hanging baskets, window boxes and gardens.

As a nod to tradition, style your patio or balcony with Tidal Wave® Silver petunias this year. Their luxe silvery-white blooms add a touch of glamour, similar to the timeless silver chain in your jewelry box. This award-winning flower grows mountains of color to create a show-stopping look in gardens or large planters.

In early spring, have fun with the wide array of

colors available in pansies to kick off the season - their rich palette adds a touch of elegance to your outdoor space, in the same way that your favorite high-end scarf enhances your outfit. Cool Wave® Pansies are easy to care for and they encourage your family and friends to enjoy the outdoors.

Beyond the Garden

The best thing about petunias and pansies is that they can be styled in a variety of ways - just like that classic white T-shirt you can't do without. Beyond enjoying them in your garden, you can also use these flowers for all kinds of fun DIY craft projects to add a special touch to handmade gifts, culinary creations and more.

Enjoy your blooms forever and capture a precious moment in time by pressing petunia or pansy blossoms. Once dried, you can use them to create festive, one-of-a-kind greeting cards, picture frames, bookmarks or phone cases. Press some of their leaves as well, to add a color contrast to the petals.

For a beautiful yet edible garnish, use pansies to add vivid pops of color to your favorite foods - from fresh salads to decadent desserts. Dress up drinks by freezing pansy blossoms into ice cubes, or simply top off a beverage



with a single freshly cut bloom.

Like your wardrobe favorites, Wave® Petunias and Cool Wave® Pansies

can be personally styled in modern ways each gardening season to keep up with the latest trends. Check out WaveGarden-

ing.com for more ways to brighten up your garden or deck this year, including DIY projects, tips and inspiration.

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- Foster children
- Children with disabilities
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Expressing Sympathy During This New Normal

(BPT) - Experiencing the loss of a loved one is always difficult. In today's environment of "social distancing", we are even more challenged in finding ways to reach out and connect to those who need comfort at a time of loss.

While many of us may be adapting to new everyday routines, the etiquette of expressing sympathy by and large has not changed. Here are a few helpful tips from 1-800-Flowers.com:

1. Even if you don't know the person well, saying, "I'm sorry for your loss" is always appropriate and meaningful. It's acknowledging what has happened in an honest and direct way. And lets the person know they have permission to experience any uncomfortable emotions. Read

more tips on how to comfort someone who is grieving here.

2. If they haven't said anything on Facebook, neither should you. But if they have posted about it, it is appropriate to comment. Read more about the do's and don'ts on expressing condolences on social media here.

3. Due to recent regulations on large gatherings in many states due to COVID-19, many funeral services are being postponed or livestreamed over the internet making it an extraordinarily stressful time for the immediate family. If you aren't able to express your condolences in person at this time, deliveries of a gourmet food basket, houseplant or sympathy flowers to their home are



appropriate ways to let them know you are thinking of them. Find these sympathy gifts and more for home delivery here.

4. And remember to support those who have experienced the loss of a loved one in recent months, and may be feeling a bit more aware right now; be

it due to social distancing or an upcoming important date or anniversary. Rebecca Soffer, co-founder of Modern Loss provides some additional thoughts here. You can also explore complimentary sentiment ecards for Thinking of you and Sympathy to let them know you are thinking

about them. For additional resources on sympathy and remembrance, click here. If you are in need of expressing your condolences and not sure what to send, 1-800-Flowers.com sympathy specialists can help by calling 1-866-538-2259.

5 Ways to Get Kids to Eat Healthier

(BPT) - Every parent knows the struggle of convincing their little ones to eat more nutritious foods. Luckily, by encouraging your kids to get involved in the kitchen, you're helping them build a solid foundation for healthier food choices. Registered Dietitian and Nutritionist Dawn Jackson Blatner offers five expert tips to get kids involved in making healthy family meals:

1. Let the kids pick the recipe

Flip through a healthy cookbook and see which recipes the kids are interested in making. This is a good way to get kids involved in selecting healthier recipes or new food flavors, and because they helped choose, they will be more invested in trying these foods when you cook them.

2. Take family trips to the grocery store

Head to the store and select nutritious ingredients for recipes, meals and snacks. You can even let the kids help craft the grocery list and search for ingredients while you shop. To introduce new foods, set a goal to select one new food to try at each visit and head home to have a fun tasting.

3. Make their favorite foods with better-for-you ingredients

Eating well doesn't mean giv-

ing up favorite foods, just make them with better-for-you ingredients. Keep kids' favorites like pizza, burgers, fries, tacos, muffins and pancakes on the menu, but just choose healthier ingredients. For example, choose Eggland's Best eggs with better taste, freshness and nutrition compared to ordinary eggs. EB eggs contain 25%



less saturated fat, 10 times more vitamin E, six times more vitamin D and double the vitamin B12, which transforms food into energy that kids need to play and grow.

4. Cook as a family

Kids adore helping in the kitchen, so have them wash their hands and pull up a chair when it's time to cook. Older kids can help with tasks like rinsing vegetables,

chopping foods, measuring ingredients and cracking eggs. Younger children love to help mix, stir and do other simple tasks like using a pastry brush to spread oil.

5. Make it fun

Put on some music when you cook and enjoy the quality time together. Make your meals spe-

cial by lighting candles or using nice glasses. Create your own original recipe and come up with a fun name for it. Your unique recipe could even earn your family \$10,000! From now until May 3rd, Eggland's Best is searching for the best original family recipe featuring at least two EB eggs. Submit your family's favorite recipe at www.americasbestrecipe.com for your chance to win.

For a nutritious and delicious recipe that's kid-approved and easy to make, try these Zucchini Muffins from Eggland's Best:

Zucchini Muffins

Ingredients:

- 2 Eggland's Best Eggs (large)
- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 cup Land O Lakes Butter, melted
- 1 medium (2 cups) zucchini, shredded

Directions:

1. Heat oven to 350 F. Place paper baking cups into 12 muffin pan cups; set aside.
2. Combine flour, sugar, baking powder, baking soda, cinnamon and salt in bowl; mix well.
3. Combine butter and eggs in bowl; stir into flour mixture just until moistened.
4. Stir in zucchini.
5. Fill prepared muffin pan cups three-fourths full with batter.
6. Bake 22-25 minutes or until toothpick inserted into center comes out clean.
7. Cool 5 minutes in pan; remove to cooling rack.