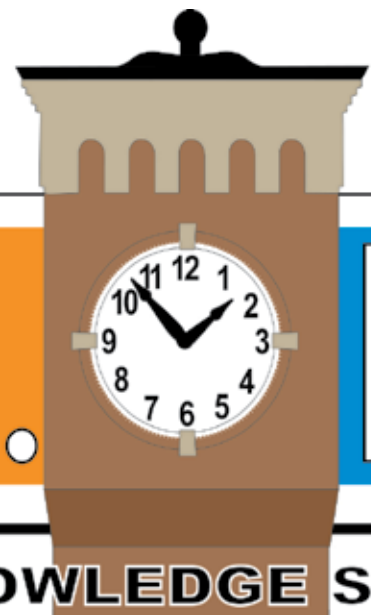


J.A.C.K.S. N



JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Plans for a Community Kitchen

- 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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Jackson Plans New Community Kitchen & Job Training Center

*By Aaron Dimick,
City of Jackson Public
Information Officer*

Jackson residents looking to start a food business or gain experience in the food industry have new opportunities coming their way. At their Tuesday, March 22 meeting, the Jackson City Council voted to allocate \$2.5 million in American Rescue Plan (ARP) funds to a community kitchen and job training center at the City's Masonic Temple building.



Plans call for renovating the ground and first floors of the 4-story historic building at 145 W. Cortland St. Once completed, the community kitchen will be available for residents needing a space to start and operate a small food-based business. The kitchen will also be used as a job training center to prepare residents for careers in the food industry.

City administration says a non-profit organization will be started to operate the

kitchen and training center. The former Masonic Temple facility was bought by the City in 2017. Since then, extensive renovations have taken place to get it ready for future development. The adjoining Vermeulen's Furniture building on W. Cortland was sold by the City in 2020 and redeveloped as the new home of the Jackson School of the Arts.

Mayor Daniel Mahoney says this is an exciting opportunity for Jackson. "The development and investment to build the community kitchens is more than just an investment into the Masonic Temple, it is also an investment into the development of existing and aspiring food businesses in the City of Jackson," Mayor Mahoney said.

There is no timeline for when construction will start at the building. The City of Jackson received \$31 million in ARP funds in July 2021. Since then, more than \$10 million has been allocated to gun violence reduction efforts, public safety improvements, affordable housing initiatives, and infrastructure overhauls. Residents can track this spending through the City's website by visiting cityofjackson.org/ARP.



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YMCA Hires Youth Program Leaders

By Bonnie Gretzner
Director of Marketing and Communications,
Jackson YMCA

The Jackson YMCA has two new leaders guiding youth programs this year.

Megan Galvin

Megan was recently promoted to Youth Development Coordinator. She joined the Y over a year ago as School-Age Lead (as Megan Cole - she was recently married!), in charge of after-school programs and at the Y on-site program at Paragon Charter Academy. In her new role, she oversees those programs as well as the winter and spring camps and Kids Zone.

"I never really had a mentor," Megan said, "and I love the opportunity to help our staff be mentors to our kids and be people they can look up to."

In addition to ensuring our kiddos have a great time in our programs, Megan said she is looking forward to combining fun with educational activities, particular-

ly in summer camp, to help address learning loss.

Sam Hunt

Sam recently joined the Y as the Sport and Day Camp Coordinator, in charge of Saturday youth sports and Summer Day Camp. A Napoleon Community Schools alum, Sam graduates this year from Eastern Michigan University with a degree in Sports Management.

Sam said working at the Y gives him the opportunity to do what he loves in his hometown. "I am most looking forward to growing the YMCA sports programs into more diverse and exciting opportunities, as well as working with our day camp staff in providing entertaining activities for our summer campers," he said.

Sam will be guiding the YMCA Summer Day Camp program, which offers 10 weeks of fun, activities, learning opportunities, and more. Registration is now open.

Visit JacksonYMCA.org to register or learn about all programs.



the Y

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- Hunt Elementary April 19th 9:30 - 11:00 am
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- JPS Montessori Elementary April 27th 5:00 - 7:00 pm
- Northeast Elementary April 26th 5:00 - 7:00 pm
- Sharp Park Academy April 20th 5:00 - 7:00 pm

- Prizes & Food!
- Free Class of 2035 T-Shirt upon enrollment!
- Community partners will be available to serve you!
- Please arrive early as program will begin promptly!

For More Information Please Call 517-841-2147

Enforced



Learn to Love Your Hometown

Experiencing Quality Care Close to Home

By Val Herr



I think we all know by now how much I love my hometown. It's usually easy for me to write these articles, and I appreciate having the opportunity to do so. This month was one of the easiest, as I knew exactly what I wanted to write about: our local hospital.

In March, one of my most loved people in the world was experiencing a health issue. This issue had

been going on for a bit but suddenly became important enough to warrant a trip to the emergency room. I'm not going to lie; there was a moment when we thought about if we should go to Jackson or elsewhere. I'm so grateful it was only a thought, and we went to Henry Ford Allegiance Health.

My loved one was seen by the triage nurse quickly and moved to a room. Once

settled, a nurse came out to the waiting room and escorted me back. By the time



I arrived in the room, only a few moments later, my loved one was hooked up to

machines, tests were being ordered, and their comfort was being handled. I can't begin to tell you how relieved I felt seeing that level of care that fast.

My loved one ended up being admitted and had a three-day hospital stay. The level and quality of service continued to meet and exceed my expectations. The loving staff was insistent that I be cared for as well

while I was there. They always offered me something to drink, asked if I wanted a snack, and checked to see if we needed anything. When we had a question, answers were sought out quickly and provided to us.

I'm thankful and grateful for my fantastic hometown and that we don't have to travel to receive world-class health care. Thank you, Henry Ford Allegiance Health Care System. Thank you to the nurses, doctors, cooks, and everyone for taking such great care of my loved one and remembering to look after the caregivers as well.

Jackson County Animal Shelter's Adoptable Pets: Noah & Ramsey

Contributed by the Jackson County Animal Shelter

Noah

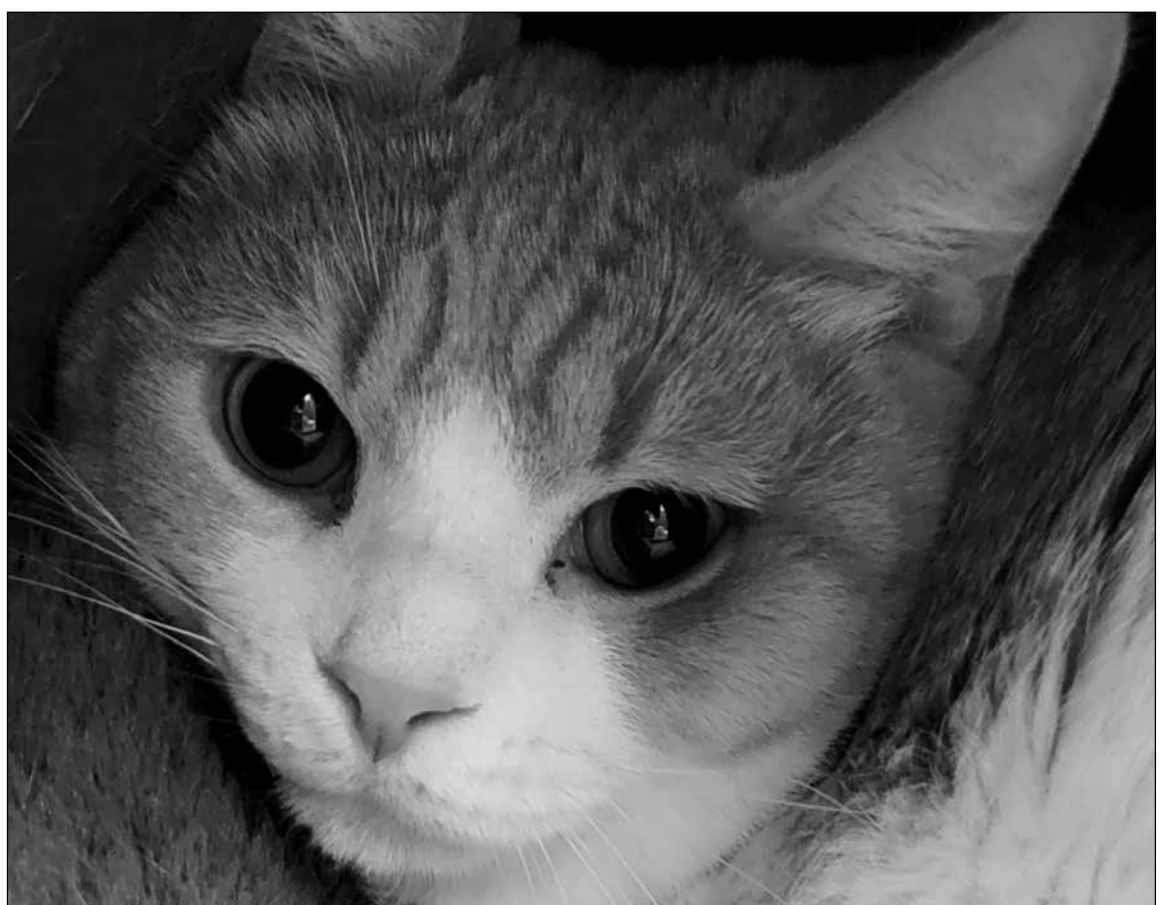
Meet Noah, he is a one year old black American Staffordshire and possible Labrador mix. Noah is all about having fun. He enjoys being outside and playing retrieve with a ball. Friendly, active and affectionate all describe this big happy boy.

Dog adoptions require an application, online link <https://www.co.jackson.mi.us/DocumentCenter/View/8193/Dog-Adoption-Application-PDF>. Availability date is when the dog becomes JCAS property; any necessary medical procedures may delay an adoption. A meet & greet with your dog is mandatory. A cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 medium/large dogs, \$250 puppies/small dogs which includes vaccinations, microchip, and sterilization.

Ramsey

Ramsey is an orange

and white tabby male who is just one year old. He was owner surrendered and has soft big gold eyes. He is still pretty timid at the shelter and needs a minute to warm up to you. Ramsey gets along well with other cats. Won't you come meet him today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan. Cat Adoption Fees are \$60 for one cat, \$80 for two, which will include applicable tests, vaccines and spay/neutering. Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources include: Online cat application: <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org. See our website for more information at: [mijackson.org/579/Animal-Shelter](https://www.mijackson.org/579/Animal-Shelter). Come find us on Facebook or view all pets on [Petango.com](https://www.petango.com)-Shelter Details. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



The Importance of Reading to Your Child

Contributed by

Community Action Agency

It's undeniable that a child's reading skills are essential to their success in school, work, and life in general. And it is very possible to help ensure your child's success by reading to them starting at a very early age. Continue reading to learn more about the top benefits of reading to children and how reading can support them in the future. The following are 4 Benefits:

- Supported cognitive development
- Improved language skills
- Preparation for academic success
- Developing a special bond with your child

Supporting Cognitive Development

Reading to young children is proven to improve cognitive skills and help along the process of cognitive development. Cognitive development is the emergence of the ability to think and understand; it's "the construction of thought processes, including remembering, problem-solving, and decision-making, from childhood through adolescence to adulthood" (HealthofChildren.com). It refers to how a person perceives and thinks about his or her world through areas such as information processing, intelligence, reasoning, language development, attention span, and memory. When you begin reading aloud to your child, it provides them with background knowledge of their young world, which helps them make sense of what they see, hear, and read. Introducing reading into your

young child's life prompts conversations and helps them to make sense of their own lives, especially at a young age.

Improving Language Skills

Reading daily to young children, starting in infancy, can help with language acquisition, communication skills, social skills, and literacy skills. This is because reading to your children in the earliest months stimulates the part of the brain that allows them to understand the meaning of language and helps build key language, literacy, and social skills. These cognitive skills and critical thinking skills are especially important when you consider that, according to the American Academy of Pediatrics, more than one in three American children start kindergarten without the skills they need to learn to read. About two-thirds of children can't read proficiently by the end of the third grade.

Preparing for Academic Success

Early reading with your child is a true one-on-one opportunity for children to communicate with their parents and parents to communicate with their children. It allows children to grow their vocabulary skills with exposure to new words and listening skills they develop from hearing someone read to them that become vital to their academic success. Studies have shown that "the more words that are in a child's language world, the more words they will learn, and the stronger their language skills are when

they reach kindergarten, the more prepared they are to be able to read, and the better they read, the more likely they will graduate from high school" (PBS.org). Numerous studies have shown that students who are exposed to reading before preschool are more likely to do well when they reach their period of formal education. According to a study completed by the University of Michigan, there are five early reading skills that are essential for development. They are:

1. Phonemic awareness – Being able to hear, identify, and play with individual sounds in spoken words.
2. Phonics – Being able to connect the letters of written language with the sounds of spoken language.
3. Vocabulary – The words kids need to know to communicate effectively.
4. Reading comprehension – Being able to understand and get meaning from what has been read.
5. Fluency (oral reading) – Being able to read text accurately and quickly.

While children will encounter these literacy skills and language development once they reach elementary school and beyond, you can help jumpstart their reading success by reading to them during infancy and their early toddler years.

Developing a Special Bond with your Child

It goes without saying that reading to your young child on a regular basis can help you forge a stronger relationship with them. When it comes to children, one of the most important things

you can do to positively influence their development is spend time with them. Reading to your children provides a great opportunity to set up a regular, shared event where you can look forward to spending time together. With shared reading, your child will trust and expect that you will be there for them. The importance of trust to small children cannot be overstated. Reading a favorite book to your children not only helps you bond with them, but also gives your children a sense of intimacy and well-being. This feeling of intimacy helps your child feel close to you, and the feel-

ings of love and attention encourage positive growth and development. Reading aloud together and having a shared activity gives you and your child something to talk about, which, in turn, supports the development of reading and writing skills (per the vocabulary and reading comprehension areas of development mentioned above). And down the road, reading together can be used to discuss real-life experiences and issues. A children's book can provide springboards to meaningful discussions about many different topics, further developing a child's critical thinking skills.

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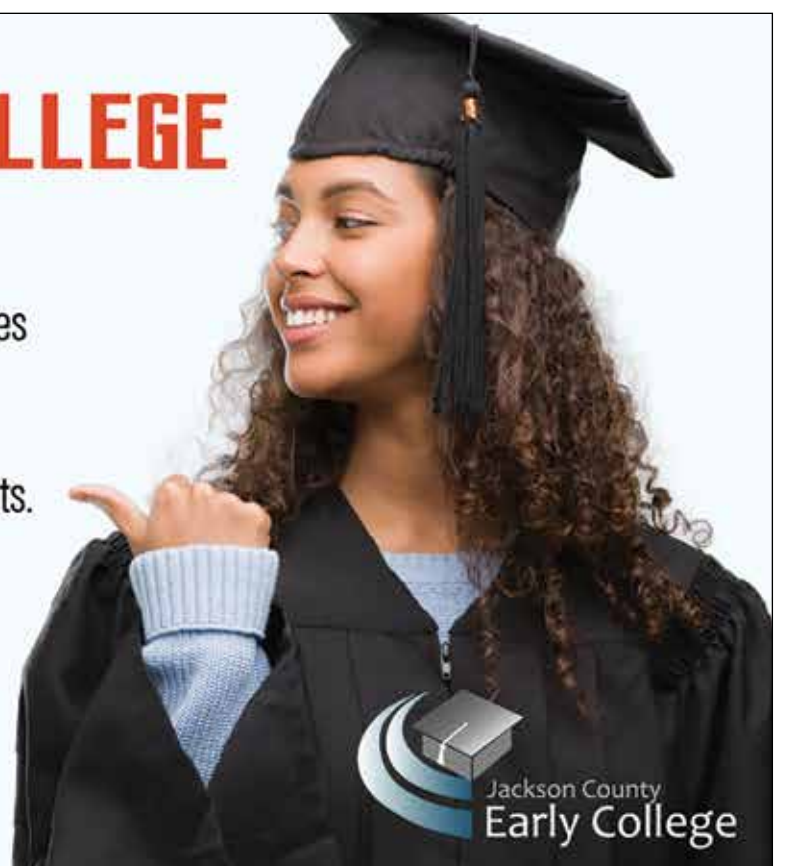
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 Jackson County
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Shop Rat Program Teaches STEM

*Contributed by
The Shop Rat Foundation*

“What do you want to be when you grow up?” How many times have we asked and been asked this question?

When we ask this question of children, we expect answers like Doctor, Nurse, Teacher, Lawyer, Engineer, etc. The thing is, it isn't because children really only want to pursue these careers, but more than likely, they don't really understand the scope of opportunities that are available to them. At the Shop Rat Foundation, we aim to change that.

Now, more than ever, we live in a world where the possibilities are endless for children to take what lights them up and turn it into a career, and it all begins with exploration. Through the Shop Rat Education Program, students enrolled

in grades 3-10 are able to explore STEM concepts through hands-on learning and gain awareness of how STEM can turn into an exciting career opportunity. Through their experience within the Shop Rat Education Program, we hope that students can identify a broader range of opportunities and make educated decisions for their futures.

Enrollment for Spring and Summer 2022 programs is now open through the Shop Rat Foundation's website: www.shoprat.org. Programs offered range from introduction to computer-aided design and coding to welding and building trades.

If you would like to learn more, we encourage you to visit our website, Facebook or Instagram pages, or contact us directly at shoprat-foundation@gmail.com.



WCSR to Host First-Ever Smoke Show Event

*Contributed by
McKibbin Media Group*

Hillsdale, Mich. – In an effort to bring more entertainment to the Hillsdale, Michigan community, WCSR 92.1 FM and its parent company, McKibbin Media Group, have announced that the radio station will host its first-ever WCSR Smoke Show event on Saturday, June 25.

The WCSR Smoke Show will take place at the Hillsdale County Fairgrounds with hours of the event still to be determined. The WCSR Smoke Show, presented by County National Bank, will feature a community BBQ cooking competition, plus live music entertainment and a Kids Zone, among other activities that will be announced at a later date.

The festival-style event will be FREE to the public, however, a \$5 per-person tasting wristband will be required to participate in the BBQ sampling.

The WCSR Smoke Show was created in Hillsdale after a successful K105.3 Fall Festival and Chili Classic event that was held in downtown Jackson last October and operated by McKibbin Media Group and its Jackson stations.

“We had such a wonderful, successful chili event in Jackson last fall, we felt it was important to host something similar in the Hillsdale community,” McKibbin Media Group President and Owner Katina McKibbin said. “The WCSR Smoke Show will be a can't-miss event on the cal-

endar this year. The Hillsdale community has embraced WCSR and its sister station 99.5 The Dale for many years. We are hoping to put on a great event that the community will enjoy as a way to say thanks for that support over the years.”

More details on the event will be announced at a later date, but the community and its local businesses can sign up for the BBQ competition now. Applications are available at www.radiohillsdale.com. Cash prizes will be issued to the top teams with a local celebrity guest panel conducting the judging.

Other sponsorship opportunities are also available and inquiries can be directed to WCSR sales manager Juli Morgan at djjulimorgan@gmail.com or by calling 517-437-4444.

About McKibbin Media Group

McKibbin Media Group (MMG) was founded by the late Jamie McKibbin (1977-2020) and his wife, Katina, in December of 2019. MMG currently holds six local radio stations in its portfolio, providing quality news, sports and weather coverage, plus music and entertainment to tens of thousands of listeners in the Jackson, Hillsdale and surrounding communities in Michigan. MMG also provides digital and social media services, plus hosts a variety of community events each year. For more information on MMG and its stations, visit www.K1053.com, www.wkfm.com or www.RadioHillsdale.com.

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Northwest Student Poetry

*Contributed by Nick Gaffney,
Northwest Schools*

My name is Nick Gaffney, and I teach English Literature and Composition at Northwest High School. Through working and talking with the students at Northwest, I've discovered that there are outstanding poets, storytellers, artists, and essayists at the school. The work of these brilliant students is so outstanding that I felt compelled to share it, and the Jackson Area Collaborative Knowledge Source helps to make that possible each month.



Frustration

By Mia Fracker

The words start to blur
 Like freshly smeared ink
 on a snowy color of paper
 I can feel the rage grow
 My sight turns red
 Violent shades of vermilion
 My eyes start to fill with tears
 What starts as a trickle
 Turns into a river
 A river to an ocean
 My mind racing
 I have to get this done
 Teacher says
 "Read the first two pages by tonight
 Or get a zero,"
 My mind spinning
 Doctor says my visions fine
 Teacher says,
 "Read this paragraph,
 And write an essay."
 Heart rate increases
 Mind spinning
 Eyes filling
 then, the bell

Mia Fracker is 14 and in the 9th grade at Northwest High School. In her spare time, she enjoys writing and designing simple clothing styles. Her love for writing began two years ago in the 7th grade.

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The “Curly-Haired” Tarantula

Contributed by
Imagine Planet

Happy Spring, everyone! Our animal ambassadors are feeling the spring weather, and we are looking forward to being out and about this summer. First, we will be at the Jackson County Science Fest at Columbia Central High School on Saturday, April 9th, from 12 -3 pm. Then on April 16th, we will be at the YPOP (Young People of Purpose) event at 11 for the gardens. On April 23rd, we will be at the Annual Earth Day Celebration in the Park. The event will be held on Saturday, April 23rd, from 1 pm to 4 pm at the Cascades (Sparks Park Foundation County Park). Southside Festival Series is also kicking off on April 23rd, and while we can't be there this time (I haven't figured out how to be in two places at once), we are planning on being there on May 21st at Elnora Moorman Plaza. Be sure to watch our Facebook page for up-to-date information on happenings in Jackson.

I did some shopping at the MGMS Rock and Mineral Show in March and the new additions include a cockroach in amber, a bee fossil, and a fossil sperm whale tooth, among others. Come and check out our minerals and fossils and bring in up to ten specimens from your own collection to learn how to identify minerals and rocks. Non-tumbled and non-polished stones are best.

This month, our featured animal is our new curly-haired tarantula, *Tiiltocatl albopilosus*. The species' native range is Nicaragua and Cos-

ta Rica, and they are primarily terrestrial, opportunistically burrowing spiders. The curly-haired tarantula is found in tropical scrubland, either around the base of large trees, near rivers, or in patches of cleared rain-forest.

This tarantula is covered in long bristles that have a characteristic curl to them, giving them a unique look, which is why they are nicknamed “curly-haired” tarantulas.

The curly-haired tarantula is a plump-bodied spider, covered with dark brown to black bristles that start light in coloration as a juvenile and darken as the tarantula ages. It has a golden-bronze sheen due to longer gold bristles that cover the whole body, which are particularly dense on the hind legs. In captivity, both male and female specimens have grown to have a leg span of just over 6 inches; however, males live a shorter life at only 5 years in captivity opposed to females reportedly living up to 20 years. Males are often a lighter bronze color than females.

Primarily a nocturnal, opportunistic ambusher, the curly-haired tarantula preys on insects and small vertebrates. An area

on the end of each leg is sensitive to smell, taste, and vibration, and is used to detect prey. The tarantula holds its prey with its pedipalps (front limbs) and injects it with venom delivered via two hollow fangs. This venom has a double purpose, paralyzing the prey, as well as beginning digestion. Once the venom has acted, the tarantula is able to suck up the proteins and fats of its prey, leaving just a small ball of undigested body parts. This usually docile tarantula will kick hairs off the abdomen with its hind legs when threatened, which causes blindness if they hit the eyes of a predator and can also cause a rash on the skin. Its bite is similar to a bee sting but can be dangerous if someone has

an allergic reaction.

As a pet, this species is quiet and docile, but is easily frightened, so handling should be kept at a minimum. We are letting our new friend adjust to the change in environment and will respect what is best for the animal. This species also requires a temperature between 75 and 85 degrees and 65 to 70 percent humidity, making our back room perfect for our new friend. Hopefully, it is a female and will be with us for a long time.

We are located at 632 E. Michigan Ave. and are open on Mondays, Tuesdays, Thursdays, Fridays, and Saturdays from 12 pm to 5 pm. Please come see us at our outreach locations on Saturdays in April.



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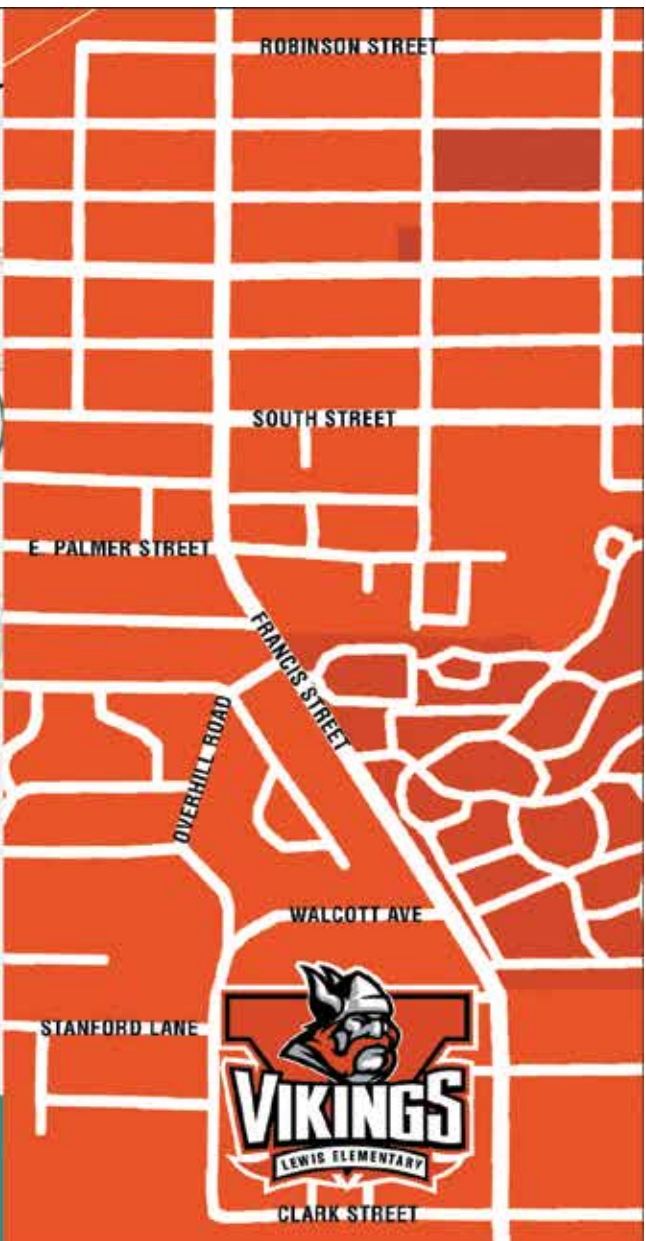
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College & Career Access Center, May Scholarships

*Contributed by
College & Career
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Michigan Nursing Foundation Scholarship

Eligibility:

- a student currently enrolled in a Michigan college/school of nursing that grants a certificate for practical nursing or an associate, baccalaureate or higher degree in nursing; and
- in good academic standing with demonstrated progress toward degree completion.

Description:

The Michigan Nurses Foundation was created in 2000 to advance nursing and nursing education by awarding scholarships and research grants and by providing financial aid for the treatment of recovering nurses. MNF is funded through private contributions and fundraising activities. Submit your application by the deadline, along with:

- a one-page personal vision of your future nursing practice. (Include your name and contact information at the top of the page.)
- current transcript (a copy is allowed)
- a letter of reference from a nursing faculty member

Award: \$1,000

Deadline: May 1st, 2022

Application: https://www.michigannursesfoundation.org/uploads/7/7/1/1/7711851/mnf_scholarship_application.pdf

Bill Cowden Memorial Aviation Scholarship

Eligibility:

- Applicant must hold a current Private Pilot Certificate and plan to pursue advanced training in aviation.
- Applicants must submit a one-page, typewritten essay giving their reasons for pursuing advanced training in aviation, a professional resume and one letter of recommendation related to aviation skills.

• Available to pilots in the Midwest, limited to: ND, SD, NE, KS, MN, IA, MO, WI, IL, MI, IN, and OH.

Description: Bill Cowden passed away at the age of 47 in an air show performance accident in June 2014. Those who knew Bill remember his attention to detail and hunger to attain

each subsequent aviation rating. His passion was honing his aviation skills and promoting aviation activities in all their forms. It is in this spirit and in his loving memory that his wife, Heather Cowden, reached out to the Community Foundation of Dunn County to establish the Bill Cowden Memorial Aviation Scholarship. It is Heather's hope that aspiring pilots who lack the financial resources to pursue advanced pilot training will be able to fulfill their dreams in Bill's memory.

Award: Maximum award of \$1,500

Deadline: May 15, 2022

Application: <http://cf-dunncounty.org/funds-2/scholarships/cowden-aviation/>

MGMA Midwest Section Scholarships

Eligibility:

- The applicant must be a student member of MGMA and must be enrolled in an undergraduate or graduate degree program relevant to medical practice management, including public health, business administration, health care administration.
- Applicants must reside in MGMA Midwest section states (Illinois, Indiana, Iowa, Michigan, Minnesota, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin) and enrolled in an undergraduate or graduate degree program relevant to medical practice management.

Description: The ACMPE Scholarship Fund Inc. (SFI) is a program that supports individuals who, by virtue of the experience gained through current position and plans, demonstrate a strong potential for contributing to the medical practice management profession.

Award: \$2,500

Deadline: May 21, 2021

Application: <https://www.mgma.com/membership/get-involved/scholarships>

B. Davis Scholarship

Eligibility:

- There is no age restriction
- Available to all high school juniors and seniors, as well as all students currently registered in any postsecondary institution.

• This is not an academic scholarship, but we would

like to know where you are going to school now and what your future academic plans are.

- Please do not send transcripts or letters of recommendation at this time.

Description: To apply for this scholarship, you will need to write an essay of less than 1000 words on:

- Describe the three characteristics of leadership you value most. Discuss why you believe that these traits are so important and how you feel that they are developed in an individual.

• Your submissions must be sent to the committee at awards@studentawardsearch.com

Award: \$1,000

Deadline: May 21, 2022

Application: <http://www.studentawardsearch.com/scholarships.htm>

LGBTQ+ Fashion Scholarship

Eligibility:

- U.S. citizen or permanent resident
- High school student with a minimum 3.25 GPA.
- Identify as lesbian, gay, bisexual or transgendered (LGBT)
- Students must submit all relevant materials, and have a desire to work in the industry after graduation.

Description: In an effort to encourage LGBTQ+ high school students to pursue a career in the fashion industry—whether in fashion design, marketing, merchandising, or other related fields—we offer an incentive through our scholarship program. The BOMME

STUDIO Fashion Scholarship provides additional funding funds to supplement the costs of studying fashion at any US-institution (university, college or trade school).

How to Apply:

1. You must submit an essay of at least 1,000 words on one of the topics below:

- Vision: Describe your goals and action steps that you plan to take towards pursuing a career in fashion.
- Adversity: What challenges have you faced and how have you overcome them to pursue your dreams?
- Entrepreneurship: What are some ideas that you have had to start a business in fashion?

2. Fashion Sketches Show us your work! We know you are just getting started in fashion, so it doesn't have to be perfect. Send us up to 5 sketches so we get a sense of your style and creativity.

Send us cover letter, essay in word or PDF format and images in PDF format to scholarships@bommestudio.com with subject line: Fashion Scholarship Applicant: [Your Name]

Award: \$500-\$1000

Deadline: May 30, 2022

Application: <https://www.bommestudio.com/fashion-lgbt-scholarship>

The American Indian College Fund Full Circle Scholarship Program

Eligibility:

- U.S. citizen or Canadian eligible to attend college in the U.S. under provisions

of the Jay Treaty.

- Enrolled in a certificate, associate, bachelor's, or graduate program at an accredited tribal, public, or private (non-profit) college or university.

• Full-time enrollment (Full Circle applicants only).

• Registered as an enrolled member of a federal or state recognized tribe, or a descendant of at least one grandparent or parent who is an enrolled tribal member. Alaska Natives may use Native Corporation membership. Learn how to prove descent or trace Indian ancestry.

• At least a 2.0 cumulative GPA. Your scholarship may require a higher GPA to maintain eligibility. The American Indian College Fund (the College Fund) provides scholarships to American Indian and Alaska

Native students attending tribal colleges and universities. The College Fund also provides a limited number of scholarships to undergraduate and graduate students attending accredited public and nonprofit private colleges across the United States.

Award: Varies

Deadline: May 31, 2022

Application: <https://collegiefund.org/student-resources/scholarships/scholarship-programs/>

Visit the College & Career Access Center today in the Jackson Crossing! For the complete list of scholarships please visit www.jcisid.org/CCAC.



THANK YOU

Spring Break Camp Sponsors

We are grateful for the contributions from the following organizations; thanks to them, our spring break campers adventured out to the Hurst Planetarium, Potter Park Zoo, Allskate Fun Center and The Parlour of Jackson.

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JacksonYMCA.org

Exercising Post-COVID

By Theresa Horne, CPT

Getting back to exercise post-Covid, or after any illness or injury can be a tricky balance. When, where, and how much to do as you start are all factors. However, there are a few guidelines to consider when deciding to return to your fitness program.



Case By Case Basis

Exercise is never one size fits all. The best advice will always be to check in with your doctor or health care professional before beginning any fitness program. Jordan Metzl, a sports medicine physician at the Sports Medicine Institute at the Hospital for Special Surgery in New York, had the following recommendation: "there's not a one-size-fits-all [solution], and every person that gets exposed to this has a different reaction, and their body fights it differently." This is excellent information to remember when getting back to your fitness routine. There are also more specific guidelines published by the American College of Cardiology's Sports & Exercise Cardiology Council that might be helpful to go over with your health care professional. Consider visiting your local provider or calling the office for a recommendation.

Slow and Steady Wins The Race

Remember the story of the Tortoise and the Hare? We want to emulate the tortoise and be on a continuous slow, steady journey to health and wellness. One great way to begin is walking. You can start gradually and increase speed and distance as you improve your endurance. Take your pre-covid fitness level into consideration when you re-enter your exercise journey, but do not let it be the only factor you consider. For many, their level of fitness will return quickly, while for others, it may take more time. One great option is to re-enter fitness with a trained professional or in a facility with fitness professionals present to support and guide you if needed.

Your Body Has Wisdom; Listen In

Listening to your body is always one of the most important tools you have. Pay attention to how you feel when you're moving. Sleep and rest are crucial to recovery. As you are beginning to move, be sure to continue to prioritize sleep, rest, hydra-

tion, and nourishing your body well; your body will be grateful for it.

Reference: McShane, Julianne (2022, March 3). *Having trouble handling exercise after covid? Here are expert tips.* Washington Post. <https://www.washingtonpost.com/wellness/2022/03/03/exercise-after-covid-infection>

As she approached 40 years old, weighing 330 pounds, she had weight loss surgery. It led her on a journey of seeking wholeness and healing: body, mind, and soul, as she learned her weight was not only about the food.

Theresa has always supported women and families as they embrace and step into their strength. Her passion is to assist others as they embrace their God-given strengths, assignments, and passions. You can follow Theresa @sisterhoodofstrong on Instagram, TikTok, and YouTube or [facebook.com/sisterhoodofstrong](https://www.facebook.com/sisterhoodofstrong).

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APRIL 14, 2022 - 9 AM - 12:30 PM

Please visit www.nwschools.org/kindergartenroundup to sign up for your appointment today!

Team Members Awarded for Preventing Surgical Error

Contributed by Henry Ford Allegiance Health

Anesthesiologist Zeena Husain, M.D., and Deann Crawford, RN, Henry Ford Allegiance Perioperative Services, have been honored with the Michigan Health & Hospital Association (MHA) Keystone Center Speak-up! Award. Due to their alertness and quick action, a serious surgical error was avoided.

The Henry Ford Allegiance Health surgical team was preparing a patient for a procedure to remove the right kidney. Following safety protocol, Nurse Crawford asked the patient to state which procedure was about to be done. The patient answered that the left kidney was being removed. Because this contradicted the related paperwork, Nurse Crawford immediately halted the process. Dr. Husain, the anesthesiologist, reviewed the patient's x-rays, which showed a mass on the patient's left kidney. She reported the error to the surgeon, and the surgeon corrected the patient's charting and marked the left side for surgery.

"Always asking the patient to identify the procedure they are about to have is a crucial safety measure. In this case, it alerted us to look further, even though all our records seemed to be in order. The safety protocols we have in place for every surgery help avoid human error," said Dr. Husain.

Launched in March 2016, the MHA Keystone Center Speak-up! Award recognizes individuals and teams within MHA Keystone Center Patient Safety Organization hospitals who speak up to prevent potential harm to patients or other staff members.

"This award recognizes the importance of speaking up in the best interest of our patients," Nurse Crawford said. "I am honored to receive it and grateful to Henry Ford Allegiance Health for empowering all team members to voice our safety concerns."

About Henry Ford Health System

Founded in 1915 by Henry Ford himself, Henry Ford Health System is a non-profit, integrated health sys-

tem committed to improving people's lives through excellence in the science and art of healthcare and healing. Henry Ford Health System includes six hospitals including Henry Ford Hospital in Detroit; Henry Ford Ma-

comb Hospitals; Henry Ford Wyandotte Hospital; Henry Ford West Bloomfield Hospital; Henry Ford Allegiance in Jackson, MI; and Henry Ford Kingswood Hospital – an inpatient psychiatric hospital.

Henry Ford Health System employs more than 33,000 people, including more than 1,600 physicians, more than 6,600 nurses and 5,000 allied health professionals. For more information, go to henryford.com.

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Hope Continues To March On In Jackson County, Thanks to the Generosity of Those Who Have Given to The Salvation Army During the 2021 Holiday Season

*Contributed by
The Salvation Army*

The Salvation Army in Jackson, with the help of our partners, volunteers, and donors, raised \$356,838.16 over the holidays.

At any given time during the year, someone is in need. Someone needs a home. Someone is hungry. Someone needs a winter coat or school supplies. Someone is seeking professional counseling or rehabilitation.

More than quick fixes, those solutions reflect the Salvation Army's ability to make a difference in millions of lives. Through immediate response, long-term planning, and compassion, we will continue to strive for excellence in our ability to assist others. Be assured that our goal is to make a difference continually.

Whether you rang a bell, donated a toy, put some change in your local Red Kettle or donated online, you made a difference for a neighbor who needs help.

Thanks to you, someone's lights will be on for another day. Another meal will be provided. Someone will be clothed. A homeless person will have shelter. We would not be able to serve these individuals had it not been for the community's donations and outreach over the holidays.

The beauty of our Red Kettle fundraising season is that, yes, we do so much to help families in need experience Christmas. But it's about so much more than that. Our fundraising during these critical months determines how we can help struggling neighbors all year long.

Poverty is not limited to one season. Neither is hope. Thanks to your time, talent, and treasure, hope marches on in Jackson County.

The Salvation Army of Jackson County has been in operation since 1885. Last year they served over 22,000 Jackson County residents.



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