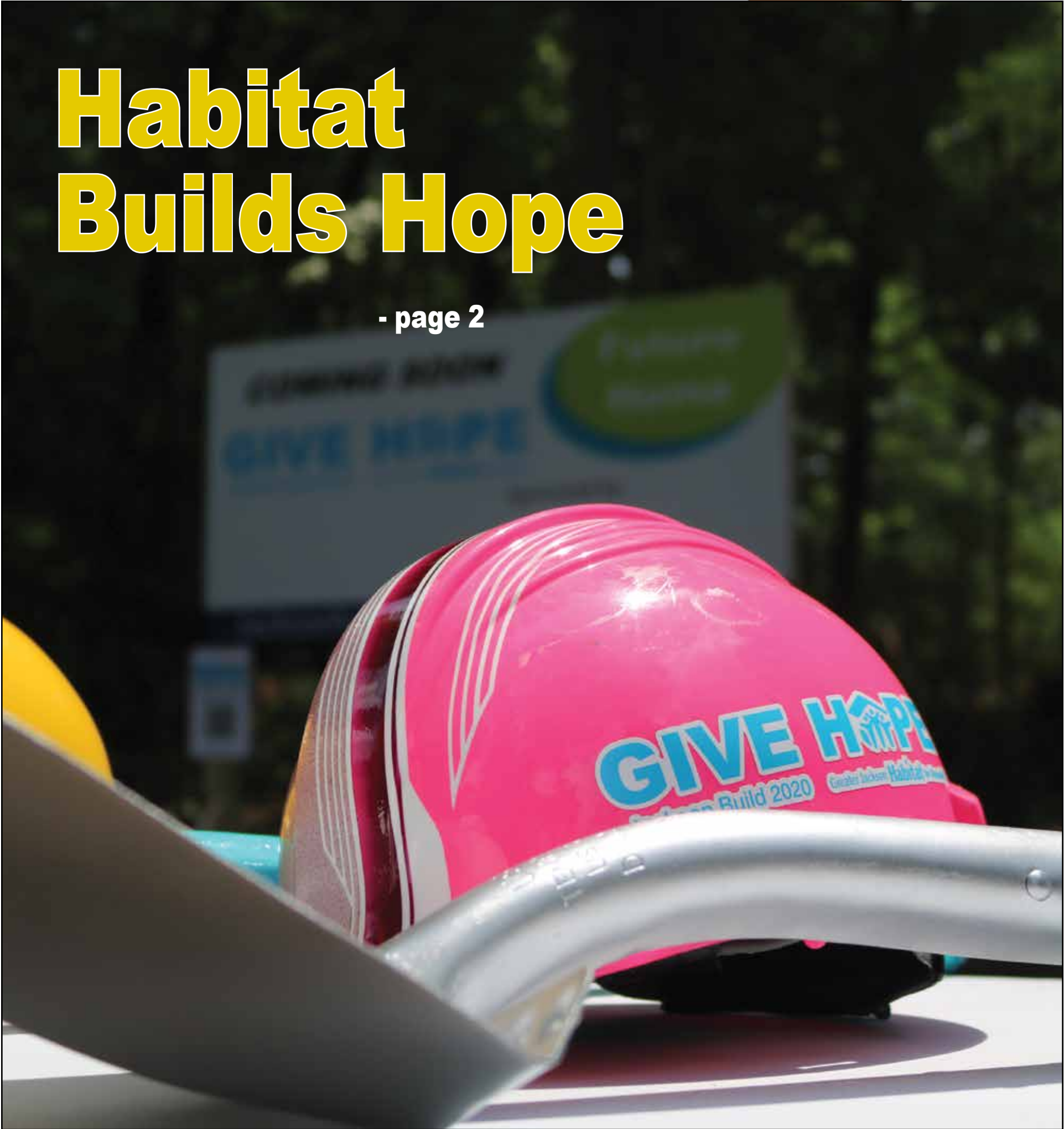




JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

# Habitat Builds Hope

- page 2





**NOW OFFERING 36 months 0% INTEREST**  
Monday-Friday: 10:00 AM-6:00 PM • Saturday: 9:00 AM-2:00 PM • Sunday: By Appointment

**SIMPLE  
FLOORING  
SOLUTIONS**

808 West Ganson, Jackson  
Behind Roxy Cafe  
**517-783-1971**



Welcome to J.A.C.K.S. —

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](http://www.jacksfamilyguide.com)

**Stefanie Riggs**  
Publisher  
[jacksfamilyguide@gmail.com](mailto:jacksfamilyguide@gmail.com)

**Morgan Riggs**  
Managing Editor

**Evan Zigler**  
Distribution

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.

Email us at [jacksfamilyguide@gmail.com](mailto:jacksfamilyguide@gmail.com) or call 517-474-1422 for advertising information.

It is the responsibility of the submitting business or organization to obtain the proper photo release. The Jackson Area Collaborative Knowledge Source, is a collaborative guide. Stories and articles published herein are not written by us.

FIND US AT ONE OF THESE  
AREA BUSINESSES!

ABC Academy, Lansing Ave.  
ARE Drop in Center  
Academy of the Arts  
Airport Lanes  
Allegiance Gift Shop  
Allskate Fun Center  
Ballooney Bin  
Bean Elementary School  
Biggby Coffee, Horton Rd.  
Biggby Coffee, E. Michigan  
Biggby Coffee, West Ave.  
Biggby Coffee, Spring Arbor  
Blue Ox Credit Union  
Book Cottage  
Brent Family Chiropractic  
Career Center  
Chilango's Burrito Bar  
Chilango's Chop House  
Christoff & Sons Flooring  
CPFCU - 3 locations  
Clothing Carousel  
Columbia Central Schools  
Community Action Agency  
Commonwealth Comm. Center  
Cotton Tales Toys  
Culver's  
D Nora's Tailoring  
Dahlem Center  
DHS  
disAbility Connection  
Dr. Davenport, D.D.S.  
Ella Sharp Museum  
Francis Street Primary School  
Funday's Family Fun Cafe  
Goldsmith & Associates  
Greenwood Pediatric  
Habitat ReStore  
Howard Hanna Realtors  
Hutches  
Imagine Planet  
I've Been Framed  
Jackson Coffee, Downtown  
Jackson County Chamber  
Jackson County Health Dept.  
Jackson District Libraries  
Jackson Furniture Outlet

Jackson Pack N Ship  
Jackson Pediatric Associates  
Jackson Public Elementary  
Schools  
Jackson Symphony Orchestra  
JTV  
Kibby Cobb Market  
Lifeways  
Lyle Tarrant Center  
Marino's, Parnall  
Marino's, Spring Arbor  
Maximum Gymnastics  
McDonald's, 10 locations  
McFerran Dentistry  
Michigan Center Elementary  
Schools  
Michigan Theatre  
Miller Shoes  
Napoleon Elementary  
Next Step Dance Centre  
North Star Montessori  
Not So Shabby, Oh! So Chic  
ORS Fieldhouse (The RAC)  
Paragon Charter Academy  
Parlour of Jackson  
Parma Elementary School  
Personal Images Spa & Salon  
Picture This Jackson  
Polly's Country Markets  
Queen's Elementary School  
Recovery Technology  
Salvation Army  
Simple Flooring Solutions  
Spring Arbor Cafe  
Spring Crest Dental Associates  
St. Vincent de Paul Stores  
Summit Garden Center  
The Blue Julep Bakery  
The Jackson School of the Arts  
The V Spa Beauty Club  
Trinity Lutheran School  
United Way  
Vito's Espresso  
Walton Insurance Group  
Warner Elementary School

# Habitat Builds Hope

By Wendy Clow,  
Executive Director  
Habitat for Humanity

Everyone. COVID-19 has stopped everyone in their tracks. Everyone has been affected by this global public health crisis and the accompanying economic shocks. Everyone has been forced to consider the fundamental importance of home — of having safe, decent and affordable shelter.

The COVID-19 pandemic has exposed the housing crisis that we've been fighting for decades. It's a health crisis that is turning into a financial crisis that is turning into an even more severe housing crisis.

As a result of COVID-19 over 300 million people in 42 states have been asked to stay at home through a myriad of shelter-in-place/safer-at-home orders. The scope and coordination of these orders are unprecedented and have led to a near halt of the US economy and over 16 million people losing their jobs. In addition to the economic impact, these directives have also shined light on underlying housing issues that many Americans face.

Low income households are particularly at risk as a result of their economic instability and their concentration in service industry and other hourly jobs that are at risk as a result of COVID-19 disruptions.

In addition to the impact of the crisis on low income households, the economic crisis has placed unprecedented stress on the financial sustainability of nonprofit organizations, including local Habitat affiliates like ours here in Jackson, resulting in limited support for its homeowners at the time when they need it most.

At Greater Jackson Habitat for Humanity, the activities planned for our homebuyer and repair programs were significantly delayed. The focus had to pivot, and balance 'damage control' for future economic injury with meeting the housing needs of low income households in our community.

Habitat's Critical Home Repair program, which

picked up momentum last December from an injection of funds from its partners, MSHDA and Consumers Energy, came to a screeching halt in March, because entering occupied homes to do repairs was prohibited. The one consoling exception was that if the necessary repair was a health or safety issue, assistance was allowed. During the three-month interruption of the program, Habitat was able to connect more than a few households with a resource to replace furnaces that were unsafe or inoperable and ensure they had heat and a safe environment.

The new build projects that were underway at Habitat for Humanity in Jackson were also impacted. The Heyser house was within a few weeks of comple-

magnitude meant even longer delays for carrying out the mission. Making up for that kind of loss takes time.

Greater Jackson Habitat for Humanity started coming back to life in early June. The facility on Prospect slowly went from looking like a ghost town to being a thriving hub of activity again, although it looks very different as new safety measures are now our new normal. We weathered the storm, or at least the first pass of it, and we're back to serving the community the way we were intended. The repair program has been safely reactivated, and several homes will soon have new roofs, bathroom repairs, more safe and efficient water heaters, and much more.

The Heyser house is almost complete. The homebuyer is happily anticipating a move-in date in the very near future. Keep an eye on Habitat's social media pages for an announcement of the home dedication event coming soon.

The planning for the DeLand development took a brief hiatus but is now underway again. Progress updates will be

published in various media outlets soon

Habitat has also reignited a newly formed partnership with an organization called Give Hope to build a new home in the Northwest school district. If you drive down M50/Clinton Rd. and make a detour on Wolhaven Lane, you'll see a new house going up. And if you do so on the week of August 3, you'll witness Habitat's first "Blitz Build" in over a decade. The lot will go from being a hole in the ground to having a house on it in a week.

The Jackson community is an extremely generous community. "We take care of our own." is a phrase that seemingly was crafted for Jackson. That generosity has been on display everywhere you look. Habitat, as well as other nonprofits in Jackson, may not survive the madness of 2020 if not for you. It's a tremendous thing to witness when people come together to "build homes, community and hope".



tion with the anticipation of the homebuyer moving into their new home by the end of April. Expectations for that family had to be reset, which meant an additional few months of living in subpar conditions with inflated living expenses, not to mention the deflated hopes of moving into their new home in the spring.

The pandemic also caused a significant delay in the timeline for the DeLand Pointe neighborhood, a development of fifteen houses to be built on a block of property near downtown Jackson, behind the YMCA. The focus for Habitat shifted from planning new developments to surviving the economic crash all were reeling from.

Habitat's thrift store, the ReStore, on Prospect St. in Jackson, is a primary income source that supports operations and supplements funding for Habitat's mission. The forced closure of the store equated to approximately \$80,000 of lost income. Lost income of that



## Culver's

### \$1 OFF A KID'S MEAL

Redeemable only at  
Culver's of Jackson  
3471 O'Neill Dr • 517-787-5550  
Culver's of Ann Arbor  
5910 Jackson Rd • 734-741-1111  
[culvers.com](http://culvers.com)



Learn to Be a Tourist in Your Hometown

# Why Embracing Your Hometown is Important

By Val Herr



I have been asked many times about why I write this series. Why do I think it's important to encourage people to embrace their hometown? Why do I care? I'm going to dedicate this month's article to a rare insight of Valerie Herr and why I write this article.

I was born in Jackson, MI and I've lived here my entire life-by choice. I grew up in Rives Junction and went to Northwest (Go Mounties). When I got married I moved to Blackman Township. When I got divorced I moved to Grass Lake. A couple of years later I bought my home in the City of Jackson and last August we moved to Brooklyn. All of these were choices I made to stay in my hometown. I believe Jackson is a great place to live, work and play. That doesn't mean it's perfect-no town is perfect. We have room for improvement. I was taught that the best way to fix something is by doing something. Get involved! Nothing happens without people stepping up to make a difference.

It's easy to sit on the sidelines and focus on what you think is wrong-it's hard to stand up and not only talk about the good but work towards improving things. Jackson County is made up of a great group of diverse people, businesses and nonprofits. We have beautiful parks, lakes and so many great people that put themselves out there everyday to make a difference. I started this series to highlight good people and the reasons I chose to live, work and play here.

Only by working together can we make Jackson an even greater place to live, work and play. Together, we can implement change and together we can improve our community. When we the people who live in Jackson choose to support our local businesses, restaurants and community we are investing in our future. Those local businesses are the ones who support our kids sports teams, who donate cases of water and employ our neighbors. By visiting our local parks, the people who make the decisions on funding parks see that we value our parks and utilize them. Jackson is a small town and everything we do has an impact on everything else. We decide if the impact is going to be positive or negative.

As I've chosen to live, work and play here why wouldn't I want my impact to be a positive one? Why wouldn't I want to leave this community a better place than I found it for my kids and yours? Why wouldn't I step and get involved?

I always encourage you to break out of your routine and try something new here in Jackson. This month I'm asking you to break out of your routine and do something that has a positive impact here in your hometown.



the  
SUMMER  
DAY CAMP

MAKE THE MOST OF  
SUMMER!

There's still time to sign  
up for Summer Day Camp  
for ages 6-11!



Camp runs through  
August 14, 2020

Time: 8:30 am to 5:30 pm  
Cost: \$135 per week/members  
\$170 per week/community

For more information or to  
register, visit  
[JacksonYMCA.org](http://JacksonYMCA.org).

Sign up today - space is limited!  
517.782.0537

All For

SAFELY  
RETURNING  
TO CARE



ALL FOR YOU

We're carefully returning to the services we're known for. But it isn't business as usual. We're also cleaning around the clock, supplying masks and reimagining our waiting areas. So if you need care of any kind—especially if you're facing an emergency—don't delay. We're here and ready to help.

To see all the ways we're adapting our environment for you, go to [HenryFord.com/AllForSafety](http://HenryFord.com/AllForSafety)



# Response Fund Distributes 170k Pounds of Food, 132k Basic Need Items with help from City of Jackson

By Aaron Dimick,  
City of Jackson Public  
Information Officer



Jackson continues to come together to meet community needs during the COVID-19 crisis. Partnerships between local government, non-profits, organizations, businesses and resident-led groups are making a big impact to meet those needs.

This time of the year, the Boos Community Center is often packed with residents enjoying recreation activities. But in summer 2020, the community center is functioning as the distribution center for Jackson's response to the COVID-19 pandemic. Stacks of boxes ready to go out to residents in need fill the center's gymnasium, packed with food, cleaning supplies and personal care products. "It's phenomenal. I've seen people stepping up in so many amazing ways," said Colleen Sullivan, AFLCIO Community Services Liaison for the United Way of Jackson County.

When the crisis began in March, the Jackson Community Foundation and the United Way of Jackson County created the COVID-19 Response Fund. The fund has raised \$343,349 over the past four months thanks to donations from businesses, organizations and families. Those funds are used to purchase supplies that are distributed from the Boos Center to local non-profits for relief efforts, along with supporting area organizations with COVID-related work.

In recent months,

170,000 pounds of food, 57,213 personal care products, 46,335 diapers, 22,728 cleaning products and 6,394 baby supply items have gone out to the community. Colleen Sullivan of the United Way oversees supply distribution at the center. She says these efforts have helped thousands of residents. "Jackson has a high poverty rate, so a lot of the need is always there. But when we have a crisis like this, it really pushes people over the edge," Sullivan said.

Sullivan and fellow United Way employee Lois Dunning work alongside City of Jackson employees John Willis, Marshawn Norris and Roy Ryan to distribute the supplies. "We couldn't have done any of this without the City. The City brought all of the people together and offered up places like the Boos Center, which enabled us to focus on other things for the relief effort," Sullivan said.

Other local organizations have been assisting with efforts at the center through Jackson County's emergency response and the Jackson COVID-19 Action Network (JCAN).

Mayor Derek Dobies declared a State of Emergency in March due to pandemic. He says this declaration has helped make City government more flexible when responding to the crisis. "I am very proud of the way our City has responded to this pandemic. Quick and thoughtful action from City leadership early on helped our government and entire community respond to the crisis," Dobies said. "I am heartened by the close work of the City and the United Way, along with a multitude of other organizations. Partnerships like this will be needed as we continue to

meet the growing needs of Jackson."

The COVID-19 Response Fund is still taking donations and allocating funds to help the community. Donations are accepted online by visiting [uwjackson.org](http://uwjackson.org) and going to the "Donate" section. If you're looking for help, call the 211 helpline to get connected with response efforts.



Boos Center workers (left to right) John Willis, Roy Ryan, Marshawn Norris and Colleen Sullivan stand with supplies.

## High Quality Preschool Preparing Children for Kindergarten

APPLY NOW

At No Cost to You!



### Locations to Better Serve Your Family:

Ashton Ridge  
Bailey Early Childhood Center  
Bennett School  
Camden  
Chalet Terrace  
Francis Street Primary  
Frost Elementary  
Greenfield  
Hillsdale CAA  
Hunt Elementary

Lyle Tarrant  
McCulloch Academy of Technology & Science  
North Adams  
Northeast Elementary  
Pittsford Elementary  
Reading  
Salvation Army  
Shahan Apartments  
Springport Elementary  
Waldron

### Who Qualifies:

- Children age 3 or 4 by December 1
- Families receiving TANF-FIP, SSI or with low family income
- Foster children
- Children with disabilities
- Families experiencing homelessness



Community Action Agency's Head Start

Jackson: (517) 784-4800 Hillsdale: (517) 437-3346



## BOSOM BUDDIES – MOM4MOMS SUPPORT GROUP

Please call or text (517) 798-1550 or email [jacksonmibreastfeeding@gmail.com](mailto:jacksonmibreastfeeding@gmail.com) for more information.

Sponsored by the Jackson County Breastfeeding Coalition



Breastfeeding Support Jackson Michigan

### Attention Jackson Moms!

Join other breastfeeding moms for the opportunity to gather information, form friendships and build a network of resources to benefit you and baby.

No cost to attend. Older children are welcome, but no childcare available. Your support person is also welcome to attend.

A lactation professional will be onsite to help with breastfeeding concerns.

Pregnant women are encouraged to attend!

### CLUB MEETING INFO:

Due to COVID-19, please check the Facebook page for meet up location.

Last Tuesday of the month from 11:30am – 1:00pm

## CHOOSE

Get more money  
for your home.



Jackie Park  
517.937.2862

JackiePark@howardhanna.com



# Get in on the Fun! There's Still Time to Sign Up for Summer Camp at the Jackson YMCA

By Bonnie Gretzner,  
Jackson YMCA  
Director of Marketing

There is still time to get in on the fun of Summer Day Camp at the Jackson YMCA! For ages 6-11, camp runs through Aug. 14 at the YMCA, 127 W. Wesley St. in downtown.

Although camp looks a little different this year, the YMCA staff has been working hard to make it a fun and safe experience.

"This year, camp groups are smaller, and the campers stay in their group throughout the day," said Lindsay Wood, the YMCA School Age Coordinator and director of summer camp. "Our staff wears masks, and we are continuously disinfecting and washing hands throughout the day. Also, each camper is given a tote to store their backpack, papers and other materials."

Campers take trips throughout the county, visiting the many Y partner organizations. Two new partners this year include the Jackson School of the Arts (JSA) and the YMCA Storer Camp. At the JSA, kids are learning hip hop dances. "Each week they are learning something new and adding on to the dance from the previous week." Along with dance, campers are learning new different styles of art using chalk, crayons, paint and more.

At the YMCA Storer Camp, archery has been a big hit, and kids have been learning how to build fires and make shelters in the woods. Another partner, CP Federal Credit Union, has



Campers at Jackson YMCA summer day camp enjoy learning archery at YMCA Storer Camp.

brought the fun to the Y with games and activities.

Camp runs weekdays from 8:30 a.m. to 5 p.m. Weekly cost is \$135 for

members / \$170 for the community, and financial assistance is available. Questions? Email Lindsay at [lindsay@jacksonymca.org](mailto:lindsay@jacksonymca.org).

## RENOVATIONS PLUS

### Hauling & Handyman Service

# 517-740-2445

- Home Cleaning
- Interior/Exterior Painting
- Maintenance Plumbing
- Carpentry
- Landscaping
- Flooring
- Trim
- Power-Washing
- Gutter Cleaning
- & Much More

Affordable  
**FREE ESTIMATES**  
Work Is Guaranteed

When one door closes, another opens. Throughout the COVID-19 pandemic, the Jackson YMCA has pivoted to meet the needs of the community in numerous ways.

### SUMMER CAMP

- About 40 kids in camp each week
- 10 local partner organizations
- 266 campers registered this year
- Countless memories made, even during this very different summer!

### MEAL DISTRIBUTION

- About 3,000 student meals per week in spring; 2,000 in summer
- Served 4,461 meals one week
- 100 family meals distributed weekly
- 100 boxes of produce/protein distributed in June with Jackson Public Schools

### DELIVERIES

In 75 days:

- \$13,800 in donations from members
- More than 600 meal/item deliveries
- 1,200 miles traveled for deliveries - the distance from Jackson to Orlando, Fla.!
- Average delivery is a 30-pound box
- 70,000 pounds of meals/items delivered

### GROUP EXERCISE

- Outdoor classes launched June 17
- 27 hours of classes weekly
- 297 participants in two weeks
- 21 workouts on YouTube
- FREE for members!

### CONNECTIONS

- Available 20 hours a week by phone
- Response to email/Facebook inquiries within 24 hours
- Dozens of calls weekly from members who miss the Y and want to say hello

The Jackson YMCA is always here for our community

[www.JacksonYMCA.org](http://www.JacksonYMCA.org)

Call **844-252-7268**  
or visit us online at  
**[miscmv.org/ReturnToLearn](http://miscmv.org/ReturnToLearn)**  
to enroll today.

## Return to learn.



# CCAC September Scholarships

Contributed by College and Career Access Center

Visit the College & Career Access Center's website 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. Find more at <https://www.jcisd.org/>

Page/2279.

The Center was created to provide a continuum of support and coordination to assist students and families in understanding, accessing, and utilizing available support systems within schools and the community. Assisting students in academic success, while decreasing barriers to learning, effectively prepares

them for post-secondary education and ultimately successful entry into the workforce. Our College & Career Advisors participate in post-secondary planning events within each of the 13 Connected School districts as well. These events provide parents and students with career planning tools as well as scholarship and financial aid resources.



ALLEGRA®

MARKETING • PRINT • MAIL

Locally Owned & Operated Since 1988

## High Impact Printing Services

Full Color Printing

Graphic Design

Bulk Mailing Services

Signs, Banners & Displays

Direct Mail Marketing Campaigns

Marketing Consultation

Website Design

Branded Promotional Products and Apparel

(517) 784-8800  
[allegrajacksonmi.com](http://allegrajacksonmi.com)

HOME.fm  
106.9

ANDROID APP ON Google play

Available on the App Store

# JACKSON COUNTY EARLY COLLEGE

🎓 Earn credentials, certifications or even a degree in just one additional year.

📖 Six career pathway options and hundreds of major courses to choose from.

📝 Earn program specific credits.

🚫 No cost to earn college credits.



Call 517.841.3700  
for more information.



Jackson County  
Early College



# Recycle! Reuse! Rethink Your Impact!

By Victoria Beaman  
Owner, The VSpa



O c c a - sionally, I sit down to write this article and I think to myself “what do I write about”? I usually pick the normal things that make sense like holidays and special occasions then focus on that. But..... when I think about all the things I'm passionate about, I could talk for hours and write for days!!! So this is a topic that's very different from my usual article. A little off the beauty path but ties into beauty and wellness in way that hopefully you will understand. RECYCLING! I'm 100% about improving wellness and beauty so why not the environment we live in as well. Let's be the most amazing we can be and give 110% to everything we can control. This includes our own personal environment and the environment of others so we can stay on top maintaining

a healthy environment for ourselves and future generations. In the past I was one to like the idea of recycling but never took the plunge. I have found out that It's so easy! But I have something even better! RE-USE!! RE-USE!!! RE-USE!!!! I realized this evening as I was cleaning up the kitchen that I do this all the time. I noticed that I keep the containers that appeared to me to be good quality. I wash them and throw them in a drawer to be honored with storing amazing healthy foods for the future. These happen to be my FAVORITE food storage items. I grab these before anything else. And of course we all know that certain plastics are bad, JUST NEVER MICRO-WAVE THEM. Re-using these items is cost efficient and very environmentally savvy and smart. Of course there will be items you don't re-use and want to throw away, DON'T, recycle those. The ones that appear to make sense, keep them, wash them and throw them

in your Tupperware drawer. These are also the items you send to your ex-husbands house for your daughters after dinner snacks or breakfast cereal that has your approval but not his. LOL. Or anywhere you know it's never coming back. At least you didn't contribute to buying the pollution for that item. I truly don't want to offend anyone, that's not my intention. I want to put a thought out there for anyone that desires to help the environment with an inspiring idea that is not talked about, the re-using of items, not recycling. This is a small way you can start your contribution to lessen the amount of pollution being put into our atmosphere. Does recycling these items cause pollution of some kind? Can you imagine the impact this would have if everyone in the world re-used only a few items a week? Great example of re-using an item. I made salsa tonight and had left overs. How perfect was it that I had saved a few salsa containers and re-used those for the salsa. Perfect! Salsa container for

leftover salsa. Tip: Not only do you NOT microwave plastic but also wait for hot food to cool before putting it in the plastic. The heat will react with the plastic and emit toxins directly into your food. If you happen to be in a hurry make sure you put the food in glass. Well, that was a lot. Lol. Just remember to look beautiful doing it. Take care of your gorgeous face. The VSpa has a special “After Quarantine Facial” to get your gorgeous face glowing with natural peptides. Finishing with a Champagne Bubble Mask that sends oxygen directly into the cells to fight free radicals, energize the skin and brighten dullness. The antioxidants in this mask neutralize the effects of oxidative damage and pollutants leaving the

skin with a plump and dewy appearance. Amazing! Let's sign you up! Bonus: If you bring 5 items to your appointment that can be recycled you can choose one of any upgrades added to your facial. A \$45 value. SEND A TEXT MESSAGE TO 517-588-1648 with code UPGRADE to book your facial and receive the special promotion opportunity. Make sure to follow VSpa on FaceBook and Instagram. As one of Michigan's premier makeup artists, Victoria has brought a wealth of knowledge about natural beauty to the Jackson area. With all genres of work under her belt, she continues to enhance her given talent with on-going education, as well as guest teaching at local aesthetic and cosmetology schools.

# Ask Yourself Questions on a Daily Basis

By Alex Cash  
Cocreative Life Coaching



Questions are a powerful tool that, as a life coach, I ask clients to help them arrive at new conclusions. When someone is asked a high quality, well thought out question, they get to work coming up with creative and inspiring answers. I would love the opportunity to ask any potential client questions to help them evolve, but you can be your own self-coach by asking the questions yourself. As part of your own self-growth, you can think of and ask yourself questions on a daily basis that help bring awareness to things you want to improve or change in your life. When you ask yourself a question, your brain can't leave it hanging. It has to go to work coming up with an answer. We ask ourselves simple questions daily. Many questions just help us figure out the logistics of our day. Then there are times that we start questioning ourselves and tearing down our own character. Those types of questions are not necessarily pro-

ductive. Why am I like this? Why don't my friends call me back? Why do I always fail at the things I try? These kinds of questions are a form of negative self-talk. If you are pondering answers to negatively phrased questions, you might try rephrasing them in a more positive light. Then, you will have better ability to actually arrive at conclusions to change your circumstance. Instead of why can't I ever keep this extra weight off? Try how can I end my struggle with weight loss for good and learn to love being healthy? Some simple questions to get you started:

- What am I feeling right now?
- How do I feel about the upcoming day ahead?
- What were moments of joy in my day?

Some more advanced questions when you are ready:

- What can I do to be a better listener to my friends?
- What is one step I can take right now to work toward a goal?
- What emotion do I want to try and understand better?

If you answer your question with I don't know, that's okay! But, instead of saying I don't know, continue to remain curious and lean into the fact that you are still

learning. Remember questions should be phrased to get you thinking about how to find a solution. They are meant to create awareness of something you want to improve, not meant to make you question yourself. If you find yourself feeling unmotivated, uninspired, or stuck in a rut, reach out to me at alex@cocreativelifecoaching.com. Also find me on Facebook: Cocreative Life Coaching or cocreativelifecoaching.com.

PRINT & FRAME YOUR WORLD

866 N. Wisner St. • 517-783-3810  
ivebeenframedjackson.com

JACKSON SCHOOL OF THE Arts

GROW WITH THE ARTS

dance art theater

ABOUT US

For nearly two decades, the Jackson School of the Arts has been a leading provider in arts education.

As a nonprofit organization with a mission to make the arts accessible to all children, we offer subsidized fees that are based on household income.

REGISTRATION NOW OPEN FOR SUMMER & FALL CLASSES  
JACKSONARTS.ORG 517.784.2389

WHY THE ARTS?

Our classes provide a creative outlet and encourage out of the box thinking.

The study of the arts contributes to student achievement and success in school & beyond.

Our classes support healthy active lifestyles and development in a judgement-free zone.

Participation in our classes boosts self-esteem and provides a sense of accomplishment.

COVID-19 CONSIDERATIONS

During the COVID-19 era, we will be limiting class sizes to 9 students and implementing health precautions. We will also be following government recommendations as situations develop.



# Henry Ford Allegiance Health Makes Newsweek List of Maternity Care Excellence

*Contributed by Henry Ford Allegiance Health*

Jackson, Michigan—Henry Ford Allegiance Health is one of ten Michigan hospitals included on Newsweek's annual list of the best maternity hospitals in the U.S.

Partnering with a panel of national experts and the Leapfrog Group, a national nonprofit organization that serves as a voice for health care consumers, Newsweek compiles a list of hospitals across the U.S. that demonstrate excellence in maternity care.

To be considered, hospitals must meet the Leapfrog Group's standards for excellence, which include measures related to

## Lyme Disease & Ticks

*Contributed by Henry Ford Allegiance Health*

Lyme disease cases are on the uptick this summer. Lyme disease, caused by bacteria that is passed to humans and pets by deer ticks, causes flu-like symptoms. Left untreated, Lyme disease may spread to joints, the heart, and the nervous system. Henry Ford Allegiance Health encourages you to learn more about how to protect yourself and your family. Go to [CDC.gov/Lyme](http://CDC.gov/Lyme) for more information.

Finding and removing ticks within 24 hours can prevent the spread of Lyme disease. Check for these tiny, sesame seed size pests as soon as you come inside—inspect yourself and your clothes, gear, children and pets. To be extra safe, put clothes in the dryer on high heat for 10 minutes and take a shower within two hours of coming inside. For more tips, Henry Ford Allegiance Health recommends [CDC.gov/Lyme](http://CDC.gov/Lyme).

As you enjoy time outdoors this summer, remember ticks like to live in grassy, brushy or wooded areas. When outdoors, be sure to wear a tick repellant, walk in the center of trails, and keep your feet and legs covered. Avoiding tick bites helps to protect against Lyme disease. For more tick safety tips, Henry Ford Allegiance Health recommends [CDC.gov/Lyme](http://CDC.gov/Lyme).

screening newborns, lowering rates of caesarean deliveries and episiotomies, and following medical research and best practices to protect mothers and babies.

"We are delighted to be included on Newsweek's elite list for maternity care. This is a recognition of our diligent efforts to apply best practices to provide the safest and best overall birthing experience for mothers and babies," said Henry Ford Allegiance Health's Clinical Nurse Manager of Women's

and Children's Services Pamela Suckow. "This infor-

mation can help Michigan families make informed de-

cisions about this important choice."

Since 1973

**WE PROVIDE...**

- ...BUSINESS CONSULTING
- ...ACCOUNTING SERVICES
- ...PAYROLL PREPARATION
- ...TAX SERVICES
- ...RETIREMENT PLANNING
- ...COLLEGE PLANNING
- ...WEALTH MANAGEMENT
- ...FINANCIAL SERVICES

**GOLDSMITH & ASSOCIATES**  
ACCOUNTING & TAX SERVICES

[www.goldsmithandassociates.com](http://www.goldsmithandassociates.com)

**879-1104**


2508 Spring Arbor Road • Jackson




## Kindergarten & Young Fives ROUND-UP!

**CALL US AT 517.841.2200**  
for more information and to register.

**CASCADES • DIBBLE • HUNT**  
**MONTESSORI • SHARP PARK • NORTHEAST**





**REGISTER ONLINE AT** [registration.jpsk12.org/apply](http://registration.jpsk12.org/apply)

**#BELIEVETHEHYPE**

**SPONSORED BY:**

