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HOME & Garden SHOW



February 25th-27th
American 1 Event Center



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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.

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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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HBA of Jackson 2022 Home & Garden Show February 25-27

*Contributed by Home Builders
Association of Jackson*

Are you looking to remodel, update, add space, or build a new home? HBA of Jackson and Consumers Energy proudly present the 2022 Home & Garden Show February 25th-27th at the American 1 Event Center at Keeley Park.

Make Those Project Dreams a Reality!

Come explore the Home & Garden Show for the latest innovations in remodeling, home improvement & building trends. Discover options to update and upgrade the interior and exterior of your home. We have something for everyone with exhibitors to help you with your building, remodeling, and various home improvement projects. Browse kitchen & bath displays, windows and door displays, home heating solutions, flooring, home services, new builds, and more. Check out the landscape & garden displays with ideas for all of your spring and summer landscaping projects.

Whether you are planning to build a new home or remodel your existing home, you won't want to miss this event. No matter the size or scope of your project, our local pros will be on-site all under one roof to help! From the front door to the backyard, you'll find it all at the HBA of Jackson Home & Garden Show 2022. Visit our website at JacksonHomeShow.com for a list of the exhibitors who will be available at the show.

The site is full of information for show attendees, sponsors, and exhibitors, including a schedule of events, sponsors, 2 for 1 coupon, and more.

Tips to Get the Most Out of the Home & Garden Show

Before you leave the house:

1. Think about projects you would like to tackle.
2. Measure and take photos of those

project areas.

3. Save money before you enter the show! Clip the buy 1 get 1 free coupon from the ad in this publication or download the coupon from the JacksonHomeShow.com website.

At the show:

1. Take notes and photos. Shop and compare prices, services, and products.
 2. Talk to the pros at the show. Chat with them about things you'd like to do in your home and get ideas for improvements you may not have even considered.
 3. Gather information, pricing details, and take advantage of show-only discounts and special offers.
 4. Make appointments. Many vendors will offer promotions for free estimates.
- Visit the home show during these times to gather ideas and inspiration to create beautiful indoor and outdoor spaces.

February 25-27, 2022 - American 1 Event Center

- Friday 3:00 PM - 8:00 PM (Ladies night 5-7 pm) Veterans Get in Free
- Saturday 10:00 AM - 7:00 PM
- Sunday 10:00 AM - 3:00 PM (Balloons for the Kids by Balloony Bin)

About Home Builders Association of Jackson

Home Builders Association of Jackson (HBA) is a non-profit advocate for the home building industry including builders, remodelers, property owners, developers and suppliers to the single family and multifamily residential construction industry. Our membership is affiliated with the Home Builders Association of Michigan and the National Association of Home Builders in Washington DC. The Home Builder's Association of Jackson is the voice of the building industry, dedicated to preserving and protecting the American Dream of home ownership. The HBAJ promotes professionalism while providing education and membership support.


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Jackson Snow Plows Named by Residents in Online Survey

By Aaron Dimick,
City of Jackson Public
Information Officer



After a flurry of submissions and votes, five snow plows have been officially bestowed with unique Jackson-centric names! The results are sliding in from an online survey that had Jackson residents pondering 10 names. The top five vote getters will now be applied to snow plow/salt trucks operated by the Department of Public Works.

Here are the top five winners in order of voting preference:

1. Cooper Scooper (References Cooper Street, a major roadway

that stretches the length of the City)

2. Grand Shiver (References the Grand River, which flows through Jackson)

3. Cold Air Jubilee (References Hot Air Jubilee, an annual hot air balloon festival in Jackson)

4. Cas-Blades (References the Cascades waterfall and park)

5. Jackson Frost (As in Jack Frost)

Cooper Scooper cleaned up the competition, scooping up 43.7% of the vote. The bottom five plow names pushed aside by voters were Snowney Dog, The Plowarlor, Bright Squalls, Under the Snowks and Winter Night Tree. This chilly task got a warm reception from residents. Nearly 600 voters had their voices heard in the final round of name consideration.

Earlier this month, the City put out a call for naming submissions. Names unique to Jackson streets and attractions were given more consideration than the average “Plowy McPlowface.” City Public Information Officer Aaron Dimick says City staff narrowed down their top 10 favorite submissions for the community to vote on. “We thank residents for participating in this fun naming challenge,” Dimick said. “Our plow trucks do a lot of important work in the winter, so it’s only fitting that we show appreciation by giving them better identities than just numbers.”

If your submission or favorite name was not selected, there’s no need to get salty! The City is planning on more salt/plow truck naming efforts in the future.

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Jackson County Early College

Learn to Love Your Hometown

How to Combat the Winter Blues this Year

By Val Herr



I believe there are two types of people in Michigan. Those who love winters, the snow, and the cold can't wait to go ice fishing, snowmobiling, and skiing.

Then there are people like me who count down the days until spring and when life can get back to normal. Every year, I struggle in February and March with the lack of sun and feeling stuck indoors. Do you? I'm embarking on a journey to help me cope with the next two months that stand between me and spring. I hope you join me. One of my struggles is finding things to do. In the warm months, we are always outside. We work in our yard, in our gardens, and spend time on our lake. So, here are a few ideas I'm going to try.

1. I'm going to take advan-

tage of amazing places like Beck's Flower Shop and Gardens (2322 Lansing Ave). I recently saw they have Air Plant Terrarium kits, and I think this would be a fun activity and a new way to bring some green



life into our home. They are also an excellent resource for planting your garden. Check them out; I know I will!

2. The Book Cottage (4200 Spring Arbor Rd). Their Facebook page is always full of fun activities,

and let's be honest, if I can do a fun activity and buy a couple of books for those wicked cold days when I don't want to leave the house, it's a win-win.

3. Take a trip to the Cake Con-

nection (1948 Lansing Ave). Have you always or maybe at least once thought I would love to make my own cake or candy? The Cake Connection will help. While I consider myself a decent cook and baker, I've not mastered the art

of cake decorating or candy making. This year, for Valentine's Day, instead of spending a lot on pre-made items for your loved ones, make your own. Better yet, get all the supplies together and have a group baking day. Bring your kids, friends, or anyone else, and go all out by experimenting in the kitchen!

4. Lastly, I know this one may only sound fun to me, but I do my deep spring cleaning in February. That way, I can get outside as soon as it's nice out. I go through all of our closets and drawers, take down my curtains, wash them, and delve into the depths of under our beds, basement, and garage. Then I load up everything I don't want or use and donate it. This cleans out the old and is ready to welcome spring.

If you have the winter blues as I do, I hope you try a few of these, and together we will make it until spring. Do you have other suggestions for beating the winter blues? If so, I'd love to hear them.

Jackson County Animal Shelter's Adoptable Pets: Bella & Liz

Contributed by the
Jackson County Animal
Shelter

Bella

Meet Bella! She is a solid black, 8-year-old, possible Labrador Retriever/ Shar Pei mix. One eye is blue, and the other is brown. This mature lady is potty trained, knows basic commands, and is super friendly. She is not crazy about cats and is selective about her dog friends. Bella is friendly, and she likes to walk on the leash.

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, and a cat room walk-through is available to test reaction. Dogs will go to approved applicants; the adoption fee is \$150 for medium/large dogs and \$250 for puppies/

small dogs, including vaccinations, microchips, and sterilization.

Liz

Liz is a stunning 3-year-old calico with large golden eyes. This spicy girl is curious, adventurous, and spunky like a big kitten. One minute she is purring, and she wants to wrestle the next minute. Liz prefers to be the only kitty in your home. After having a litter of kittens, she is looking for her forever home. Liz has been completely sponsored; her adoption will be at no charge. Won't you come meet her today at the Jackson County Animal Shelter, 3370 Spring Arbor Rd., Jackson, Michigan. Cat Adoption Fees are \$60 for one cat and \$80 for two, including 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 the online cat application: <https://www.co.jackson.mi.us/Docu->

mentCenter/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. Find us on Facebook or view all pets on Petango. com-Shelter Details. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



Strategies for Combating COVID-19 Stress, Anxiety & Depression

By Leon Puttler, Ph.D.,
Center for Family Health



COVID-19 has impacted almost everyone's mood and outlook. But for some people, the pandemic brings debilitating levels of anxiety and depression.

It is natural and probably helpful to worry enough about a pandemic to take sensible precautions when we go about our daily lives. Anxiety is different. Anxiety is when we worry excessively about something in the future that may or may not happen.

The COVID-19 disease, and the social isolation enacted to slow the pandemic, have caused or contributed to anxiety and depression. For people with pre-existing anxiety or depression, it can exacerbate those conditions, particularly because access to treatment went down at the same time anxiety went up.

When facing anxiety, stress, and depression, it is important for people to recognize and accept their feelings. We need to accept the way we feel rather than seeing ourselves as weak.

Fortunately, there are many helpful ways to reduce anxiety and depression:

- Exercise is important. Get out of the house and take a walk, go biking, or engage in some form of physical activity.
- Find your own space in your house so you have some privacy if you share living space with others.
- Relaxation is important. Try something like deep breathing or tensing and relaxing different muscles in your body to assist you.
- Social support is ex-

tremely helpful. We've lost the ability to go out and see other people. But there are other ways to stay in contact through different platforms like Zoom. It's not the same, but it's important to maintain these relationships. In some ways, it can be even better. If you have a Zoom birthday party, people who live far away can attend and bring everyone closer together.

- Our normal routines have been changed by the pandemic. It helps to get back to a daily routine that works for you as much as possible.


- Try to come up with a positive thought or two every day. Humor eases stress, so watch something funny and have a good laugh.

- Helping other people can reduce anxiety. Good deeds are rewarding. We're also reminded that we're not alone and that some people are worse off than we are – giving us an important perspective to view our own problems.

Therapy services are available in many forms, both short- and long-term. I encourage everyone who struggles with difficulties dealing with the COVID-19 situation to reach out to professional therapy resources.

Finally, adjusting to COVID-19 is not a short-term issue. Someday the pandemic will pass. But I believe the aftermath and its impact on us will go on for years. Remember, you are not alone.

Leon Puttler, Ph.D., is a clinical and research psychologist who works for the Center for Family Health, 505 N. Jackson Street, Jackson, and for the University of Michigan. He is a member of the American Psychological Association and the Research Society on Alcoholism.






Our speakers this month

WINTER LEARNING SERIES

We are excited to bring this FREE series to our members and the Jackson community. This series will take place every Monday through March. All are welcome; topics are geared for active older adults but can benefit others.


Snacks, beverages and prizes.

 Monday, February-March 2022
  11:30 AM - 12:30 PM
  127 W. Wesley St., Jackson, MI
  517.782.0537
  www.JacksonYMCA.org




February 7
TOPIC:
Understanding the Physiology of Advanced Directive Decisions

LEE PATON, PhD, RN
Hospice Administrator
ProMedica
(formerly Heartland Home Health & Hospice)




February 14
TOPIC:
Heart Health

DEANNA TREGONING, NP
EP/Cardiology Nurse Practitioner
Henry Ford Allegiance Health



February 21
TOPIC:
Medication Management

AUSTIN BROWN, PharmD
Vice President
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February 28
TOPIC:
Changing Family Dynamics in the Senior Years

DAWN BUCHBINDER, LMSW
Social Work Supervisor
Thorne PACE



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Area United Ways Announce Merger, Bringing New Opportunities for Bigger Impact Locally, Regionally

Contributed by the United Way of Jackson County

The merger of three United Ways based in south and mid-Michigan will bring exciting new opportunities to the region while strengthening local impact and maintaining their local presence.

The boards of directors for Capital Area United Way, United Way of the Battle Creek and Kalamazoo Region, and United Way of Jackson County voted today to merge their organizations and create a new nonprofit, United Ways of South Central Michigan. The new organization will partner locally and regionally on community impact efforts across six counties—Calhoun, Clinton, Eaton, Ingham, Jackson and Kalamazoo. As a merger of equals, each of the local United Ways brings unique strengths, shared authority and a continued focus on local needs.

For the three United Ways, which have been working together on common needs for a decade, coming together as equal parts of a new United Way is the next logical step.

“Each of our communities is unique, with needs that our individual United Ways tackle every day. At the same time, many of those needs are interconnected. We think we can address these issues better together, both locally and regionally,” said Teresa Kmetz, President and CEO of Capital Area United Way (CAUW).

Financial instability is an example of these shared issues, according to Ken Toll, President and CEO of United Way of Jackson County (UWJC). “The ALICE Report shows how the challenges for people in poverty or just above poverty are similar across communities—depressed wages, access to key services like child care, systemic inequities, the economic effects of the pandemic, and lots more,” said Toll. “Com-

binning our expertise means we can bring more resources, capacity and ideas that will benefit all of our communities.”

ALICE stands for Asset Limited, Income Constrained, Employed—a term describing 40% of households in Michigan that struggle financially.

Local Presence & Impact Will Remain

Chris Sargent, President and CEO of United Way of the Battle Creek and Kalamazoo Region (UWBCKR), said the merger of equals ensures that the local United Way that people count on remains in place. Donations made locally will be invested locally, not sent elsewhere. Local offices, local staff and local partnerships will not change. Even the local United Way’s name will stay the same for fundraising and other local purposes.

“The strength and benefit of a merger like this is in its scale,” Sargent explained. “The merged organization will be able to tap new sources of funding, create new partnerships, advocate for racial and economic equity more effectively, and take a bigger role in leading impact for vulnerable families that our individual United Ways can’t do by themselves.”

Sargent likened the concept to a regional business with local outlets. The outlets focus on serving their local community by understanding and meeting local needs; they can do that better when they’re part of a larger organization with shared values, culture and priorities that brings new resources to help.

The Road to Merger & Beyond

Kmetz said CAUW, UWBCKR and UWJC began exploring a potential merger in 2020. Board members from all three United Ways were ac-

tively involved in the discussion, as were other stakeholders.

“We’ve talked with key donors, agency partners, corporations, organized labor, former board members and others, explaining how a merger would allow us to do more for those we serve. Everyone who looked closely at this merger, everyone who helped us study it from every angle, gave strong support for the idea,” said Kmetz.

With the merger approved, the United Ways of South Central Michigan will form a new board of directors with equal representation from the local United Ways’ boards. The new board will decide on overall governance, executive leadership and other board-related responsibilities. Ideally, launch of the new organization will happen within the next six months.

Toll underscored that existing partnerships, investments and goals at the local level won’t change due to the merger. Local leadership committees will report to the new UWSCM’s board as well as advise the local site, ensuring that the community’s voice remains. “People trust their local United Way to use their donated dollars to change lives locally. We’re committed to keeping that in place,” Toll said.

Sargent noted that both UWBCKR and CAUW have experience with mergers. “We know how to bring multiple United Ways together to grow our regional impact while preserving, and strengthening, our impact locally,” said Sargent. “It’s exciting to think about tapping our individual strengths and expertise, and leveraging our new size, to make a real, lasting difference for people who count on us.”

Learn more about the new United Ways of South Central Michigan at www.unitedforscmi.org.

Sleep & Your Child: How You Can Build Healthy Sleep Routines

*Contributed by
Community Action Agency*

Sleep is important to how your child learns, grows, and even behaves. Children who get enough sleep regularly do better in school and have fewer behavior issues. A regular bedtime routine can help your child get enough sleep, and it can also make bedtime easier for you!

Ideas to Build Your Own Bedtime Routine

- Consider what time the bedtime routine will start
- Turn off screens
- Take a bath
- Brush teeth
- Take a bathroom break
- Read stories
- Head to bed!

How Much Sleep Does Your Child Need?

- Infants (0-12 months): 14-15 hours throughout the day
- Toddler (1-3 years): 12-14 hours throughout the day
- Preschoolers (3-5 years): 11-13 hours throughout the day
- School-age children (5-12 years): 10-12 hours

How Do You Know When Your Child Isn't Getting Enough Sleep?

- "He gets really excited

and hyper. He wants to run around and won't sit down, but I know he really needs to rest"

- "Her teacher says she has a hard time paying attention and doesn't want to join in or loses interest."
- "He will have a melt down that normally wouldn't cause that reaction. It's because he either didn't get a good nap or didn't sleep well the night before."

• "Moody, he gets really moody. And I check in to ask if he's tired."

• "She just sort of falls apart when she hasn't had enough sleep, and starts acting out."

If your child shows these signs, they may need more sleep or fewer interruptions at night.

Tips for Building a Bedtime Routine

- Set a regular bedtime: this includes the weekends.
- Start your child's bedtime routine about 30-60 minutes before their bedtime: this allows your child to recognize its time for bed and for you to spend quiet time together.
- Pick out clothes and other things your child may need.
- Provide an area that is safe, comfortable, and mainly used for sleep so there will be fewer interrup-

tions.

- Offer quiet activities: reading a book or listening to soft music helps if your child is struggling to fall asleep.
- Turn off the TV or video games: these make it harder for your child to fall and stay asleep.
- Limit drinks: beverages high in sugar or caffeine before bed such as juice, tea, soft drinks should be avoid-

ed.

- Offer time that allows for quiet conversation: talk about your child's day, favorite things, or sing a quiet song together.

What Do You Like to Do With Your Child Before Bed?

- "We like to read a few books. Sometimes she will read them back to me."
- "We sing my favorite

song from when I was a child."

- "We like to snuggle a few minutes before bedtime. It is my favorite part of the day."

• "He likes it when I scratch his back for a few minutes. It really helps him calm down."

Information & graphic courtesy of National Center on Early Childhood Health and Wellness.

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Invasive Pets: Why Researching a Potential Pet's Future Size & Life Span Matters

*Contributed by
Imagine Planet*

Many animals that are sold as pets end up outgrowing or outliving their owners. Many of these unfortunate animals are released into the wild or end up in shelters or rescues. This month we will be talking about animals we have here at Imagine Planet, which can be invasive, especially in warmer climates. A species is considered invasive when it is non-native to an area, adapts and reproduces quickly, and outcompetes native species for resources. In short, it has a negative impact on an ecosystem. Invasives can introduce diseases to native populations. They also can harm economies by causing a decline in other species we use as resources or food. Controlling them can cost governments millions of dollars.

Iggy, our common green iguana, is an example of such a pet. He will reach up to 6 feet in length and has outgrown his cage so that now he roams Imagine Planet as his cage. If an iguana is set free in Michigan, it will shortly die. But in Florida, green iguanas are becoming a real problem and are breeding populations. Originally native to Central and South America, they do well in warm, tropical environments and affect many Floridian plants and gardens.

Rabbits in Michigan do not become invasive, as they do not outcompete the native rabbits. If released into the wild, most die, eaten by dogs, coyotes, or hawks, as they can be easily seen due to their unusual color patterns. Our big Californian rabbit, Einstein, was found outside in Jackson. He was very lucky to be found by a 4-H rabbit club

member and is much safer here at Imagine Planet.

Red-ear sliders, a distinctive type of pond turtle, are a major invasive species here in Michigan. They outcompete the native painted turtles and are, frankly, everywhere. Originally from the southern United States, these turtles have adapted well to living in Michigan. They are closely related to painted turtles. This species was introduced to Michigan by releasing pet turtles into the wild. The DNR has classified the red-ear slider as a Michigan species, so it can no longer be sold in pet stores or shows. However, there are many still kept as pets, and as the red-ear slider can reach 8-12 inches, many end up needing new homes. Imagine Planet has two red-ear sliders in our big 90-gallon turtle tank and one unusually colored Rio Grande red-ear slider in our smaller turtle tank. Fun fact- the Teenage Mutant Ninja Turtles were red-ear sliders! Imagine Planet is not taking any more red-ear sliders but will try to help find homes for them. We are committed to providing as good as possible care for these turtles.

Our newest addition is a fish that can no longer be sold in Michigan but is still in tanks getting bigger. The Jojo, weather, or pond loach is a fish that was popular in the pet trade, but is very adaptable and could easily become established here in Michigan if released. Our new loach, about 8 inches long, was going to be flushed, which would have most likely ended in death, but could possibly lead to letting it loose into the environment. He is living in our big turtle tank and seems to be coexisting with the turtles just fine. Many other fish should not be re-

leased, either because they would die or become invasive, such as the snakehead.

We do not have a Burmese Python here at Imagine Planet, but these snakes have become quite a problem in Florida and the Everglades. Our Ball Python, Pi, would not survive in Michigan and won't get too big to keep.


Many people think ferrets would become an invasive species in Michigan, but as almost all are neutered or spayed before they are sold, they can't establish a breeding population. They are also used to being fed

kibble and do not survive outside.


The lesson here is to research your pet before you get it and see if you will be able to keep it at its adult size. We use Iggy and Little Rock, our sulcata tortoise, as examples of animals which will get very big. Our parrots are examples of animals that can live a long time, up to 80 years, and often end up outliving their owners. Even hermit crabs can live to be 40 years old with proper care! Be sure you are ready for the commitment; otherwise, come to Imagine Planet and interact with our animals instead.

SWIM LESSONS AT THE

JACKSON YMCA

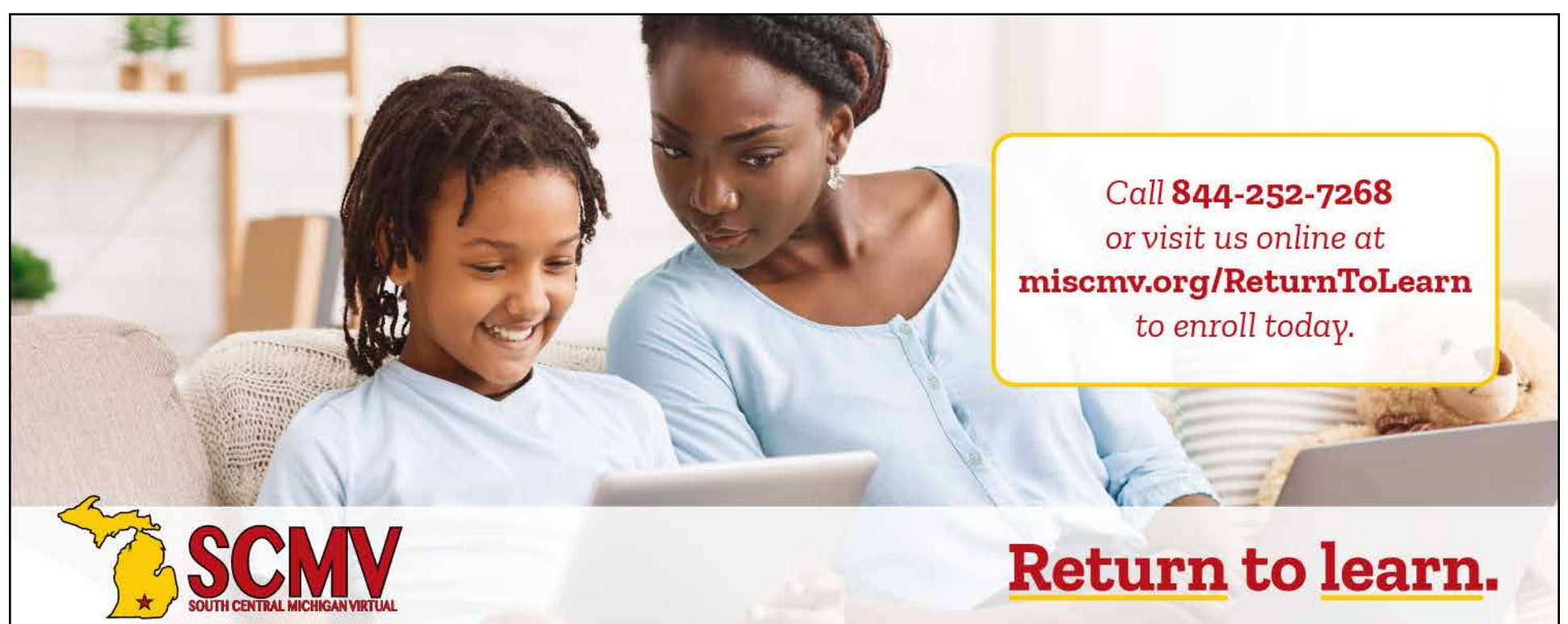


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Northwest Student Poetry

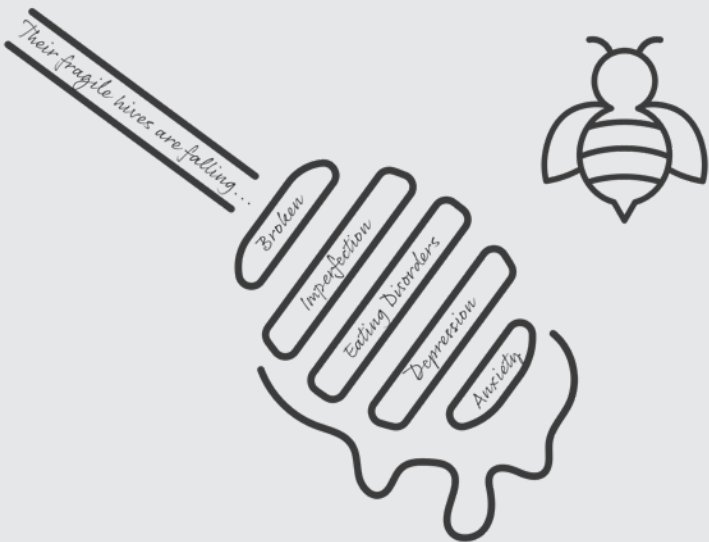
Contributed by Nick Gaffney,
Northwest Schools

My name is Nick Gaffney, and I teach English Literature and Composition at Northwest High School. I've had the opportunity to read two primary texts with the students this year. The first is a book by Sandra Cisneros titled, The House on Mango Street. The other is Shakespeare's Romeo and Juliet. These texts revolve around teenagers, the struggles they go through, and how those struggles shape their identities. Keeping in line with that theme, the students in my classes have written poetry, short stories, and essays, all of which revolve around them gaining a better understanding of themselves and their world. Outstanding poets, storytellers, and essayists have emerged through these various writings, and because of that, I felt as though their work should be shared for all to read.

In His Shoes
By Madison Soule

His piercing screams made me shiver
like an iceberg bobbing in the water.
I'm in the center of the store feeling red
with flustered skin,
people turning their heads with a blank stare.
I've done nothing wrong
but have a brother that is different from others—
a brother with ear-splitting screams and cries.
I comfort him with gentle words
as I usually do. I hush him,
the store gets quiet again,
and heads face forward.
Embarrassment's drowned me.
My heart raced loudly,
knowing people had seen what happened.
I wish I were home.
If I were home, it would be silent.
Embarrassment wouldn't have me
gasping for air.

Madison Soule is a freshman at Northwest High School. In addition to writing, she also plays volleyball. She enjoys spending time with teammates and friends in her spare time. While school is a big priority, she also loves making new friendships and making others feel welcomed.



Busy Bees
By Audrey Davis

The world is buzzing like a beehive
No one's stopping to look
The beautiful little bees getting bullied
The constant corroding comments cause concussions
3.2 million young minds are being brought down by depression
32 percent of aspiring young adults getting ambushed with anxiety
1 in 10 beautiful young women suffer silently from eating disorders
The world is not perfect
Just like our minds
Young teens are constantly bombarded with the thought of perfect
The "perfect" body
The "perfect" definition of happy
The "perfect" definition of a good life
There is no such thing as "perfect"
Just the fixed facade that faces you
It's ruining young minds that now lay scattered on the ground
Like crumbled concrete after an earthquake
Bottling themselves inside not to show anyone their beauty
This issue needs to be fixed because millions of beautiful bees are broken
And their fragile hives are falling.

Audrey Davis is a freshman at Northwest High School. She shares that she likes poetry because she can be creative and let people use her writing to relate it to themselves and interpret it how they like. She has been writing for about one and a half years, starting in 2020. She also enjoys painting and listening to music in her spare time.



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Do You Love Chocolate with Your Whole Heart?

By Theresa Horne, CPT
Chocolate, more specifically cocoa, has been shown to reduce risk factors for heart disease. Flavanols, a natural compound in plants, are found in the main ingredient of our beloved chocolate. Flavanols are plentiful in the cocoa bean, and the cocoa beans have antioxidants and other benefits that reduce cell damage implicated in heart disease. Cocoa flavanols also contain phytonutrients found only in the prized cocoa beans, so the higher the cocoa count, the better, making dark chocolate the best option. Milk chocolate often contains chocolate liquor, and even worse white chocolate contains no cocoa at all but is a chocolate confection made from cocoa butter. It is always important to read the label to see exactly what you're getting.



In addition to improving heart health, chocolate has also been shown to:

1. Improve brain function: Flavanols in dark chocolate positively impact brain function.
2. Boost athletic performance: The Journal of the International Society of Sports Nutrition suggests

that a little dark chocolate might boost oxygen availability during fitness training. Beetroot juice has a similar effect, and I have been told it is nowhere as tasty as chocolate.

3. Reduces stress: People who ate dark chocolate reported that they felt less stressed, and researchers confirmed that there were reduced levels of the stress hormone cortisol after eating dark chocolate. This may be related to dark chocolate's effects on heart health since stress is a risk factor for cardiovascular disease.

Just like everything, we also need to practice moderation. Too much chocolate can cause: weight gain, tooth decay due to high

sugar content, and depending on where the chocolate comes from, it can contain high levels of lead, among other metals from the refining process of the beans. I even have some clients who can get migraines from chocolate.

When choosing chocolate, you want to go with as high a cacao count as possible. If you are used to a typical chocolate bar, you probably want to start out with 55-60% Cacao and make a gradual transition to a higher cacao count. I find 75-80% to be tasty, and because of the rich taste, flavor, and texture, it is a very satisfying treat.

With Valentine's day this month, I asked a fellow business owner if she

could make a special treat for those of us who were trying to increase the quality of our chocolate consumption, and Chelsea Jones of Chelsea Cakes came up with a great Valentine's treat. Chocolate dipped strawberries using

Theresa is a Certified Personal Trainer, Fitness Nutrition Specialist, certified group fitness instructor, and soul care practitioner.

As she approached 40 years old, weighing 330 pounds she made the decision to have 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 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 or facebook.com/sisterhoodofstrong.



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Scott Clow & Jenny Lewis
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Henry Ford Health System Announces New Location in Chelsea

Contributed by Henry Ford Health Systems

Henry Ford Health System announces plans to open a new medical center in Chelsea to improve access for select outpatient services. Coming in April 2022, Henry Ford Medical Center – Chelsea will provide a primary care walk-in clinic for non-emergency needs, along with a bariatric surgery clinic and a variety of orthopedic services with a focus on hand and wrist subspecialties.

“Our health care providers have served the residents of Chelsea and surrounding communities for a long time and are excited to make these services available closer-to-home,” said Paula Autry, Senior Vice President and CEO, Central Market, Henry Ford Health System. “I anticipate Chelsea residents will be as welcoming and excited as we are about the advantages of our new medical center.”

Fast Facts: Henry Ford Medical Center – Chelsea

- Location: 1145 S. Main

Street, Chelsea

- Services provided: walk-in clinic for non-emergency needs, orthopedic clinic, bariatric surgery clinic
- Grand opening: April 2022

“As a resident of Chelsea, it brings me great satisfaction to know we will be providing access to these much-needed services right here in my community,” said Ryan Beekman, MD, Medical Director for Orthopedics, Central Market, Henry Ford Health System. “I anticipate Chelsea residents will be as welcoming and excited as we are about the advantages of our new medical center.”

About Henry Ford Health System

Founded in 1915 by Henry Ford himself, Henry Ford Health System is a non-profit, integrated health system 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 Macomb 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 also includes Henry Ford Medical Group: Henry Ford Physician Network; more than 250 outpatient facilities; Henry Ford Pharmacy; Henry Ford Opti-Eyes; and other healthcare services. Our not-for-profit health plan, Health Alliance Plan – HAP – provides health coverage for more than 540,000 people.

As one of the nation’s leading academic medical centers, Henry Ford Health System trains more than 3,000 medical students, residents, and fellows annually in more than 50 accredited programs, and has trained nearly 40% of the state’s physicians. Our dedication to education and research is supported by nearly \$100 million in annual grants from the National

Institutes of Health and other public and private foundations.

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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• John R. Lewis Elementary	April 18 th	5:00 - 7:00 pm
• JPS Montessori Elementary	April 27 th	5:00 - 7:00 pm
• Northeast Elementary	April 26 th	5:00 - 7:00 pm
• Sharp Park Academy	April 20 th	5:00 - 7:00 pm

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Aging to THRIVE

By Liz Storey

As a 46-year-old student at the University of Michigan, I have noticed two things: we need greater age diversity on campuses and expand our views on aging. I am passionate about empowering my life at every age.

What might your aging look like if you choose to thrive at every age? We stop celebrating somewhere along the way, and that's a pity. I refused the trope of the mid-life crisis. Instead, I decided to have a mid-life celebration. Why should my age keep me out of certain arenas or limit me in any way? I'm still me, and you're still you, only wiser, with a few more laugh lines.

One of the reasons I'm so passionate and stubborn about the matter of aging is to assert that in order to age healthfully, you have to choose to be active. If you don't use it, which includes mind and body, then you begin to see the effects of decline and disease. I have witnessed this because my father had Alzheimer's disease. I was his guardian and caregiver for 8 years. Alzheimer's Disease is by

far one of the hardest things I have been through. I'm telling you this because no one should have to watch their father slowly fade away. My introduction into the world of Alzheimer's came very rudely one day when a professional simply blurted the diagnoses out, without the least bit of care or humanity. It felt like when you're a carefree child, and you're running and fall down, and it knocks the wind out of you. No words can convey what I felt in that moment, but on that day, in that sterile room, that diagnosis changed my world. There was no guidebook or support handed to me after. There was no tour guide; I had to learn as I went. I had to step into his fractured reality made up of pieces of him from a time long before I even existed. Still, a time he remembered fondly and vividly, woven together with shards of confusion and doubt and sometimes, utter terror. He thought I was his sister sometimes, or his mother, or an 8-year-old version of me. He worried about who was watching me while he was in the hospital. He worried about work, bills, and all the roles and life skills he managed long ago. He spoke fondly of grandparents and his time in the air force. But now? That was where

the war began. Now was a time foreign and hostile to him. He became paranoid and lost and wanted to go home. He wanted his Mom. And I desperately wanted mine. Unfortunately, she had passed many years earlier, so he was the only parent I had left, and through a twist of fate, our roles reversed, and I became my father's parent.

It was one of those turning point experiences in a person's life, where you truly find out what you're made of and decide what to do with this experience. You can let it break you, and it will certainly do an excellent job of that, or you can take each moment as it comes, find the joys where you can, and then, when your time together comes to a close, you can use that experience to help other people. Through my journey with Dad, my stepmom was also diagnosed with Dementia. And then I had two.... So what was I to do but love them and make new memo-

ries with them? Even if they would forget, those memories were mine and something I cherish.

Now, I am serving as the Liaison for the Elder Community at Jackson College. My mission is to raise awareness and promote positive aging through healthy behaviors, including education. Learning new things forms new neural pathways in the brain, which can prevent cognitive decline. So, whether it's a new hobby, skill, or taking a class which, oh, by the way, is FREE at Jackson College for those 65 and older, the important thing is to stay active. If you don't use it, you do lose it. Contact me for more information on how you can empower your aging through our free tuition incentive for seniors.



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Covid cases are rising in our community along with colds and flu.

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