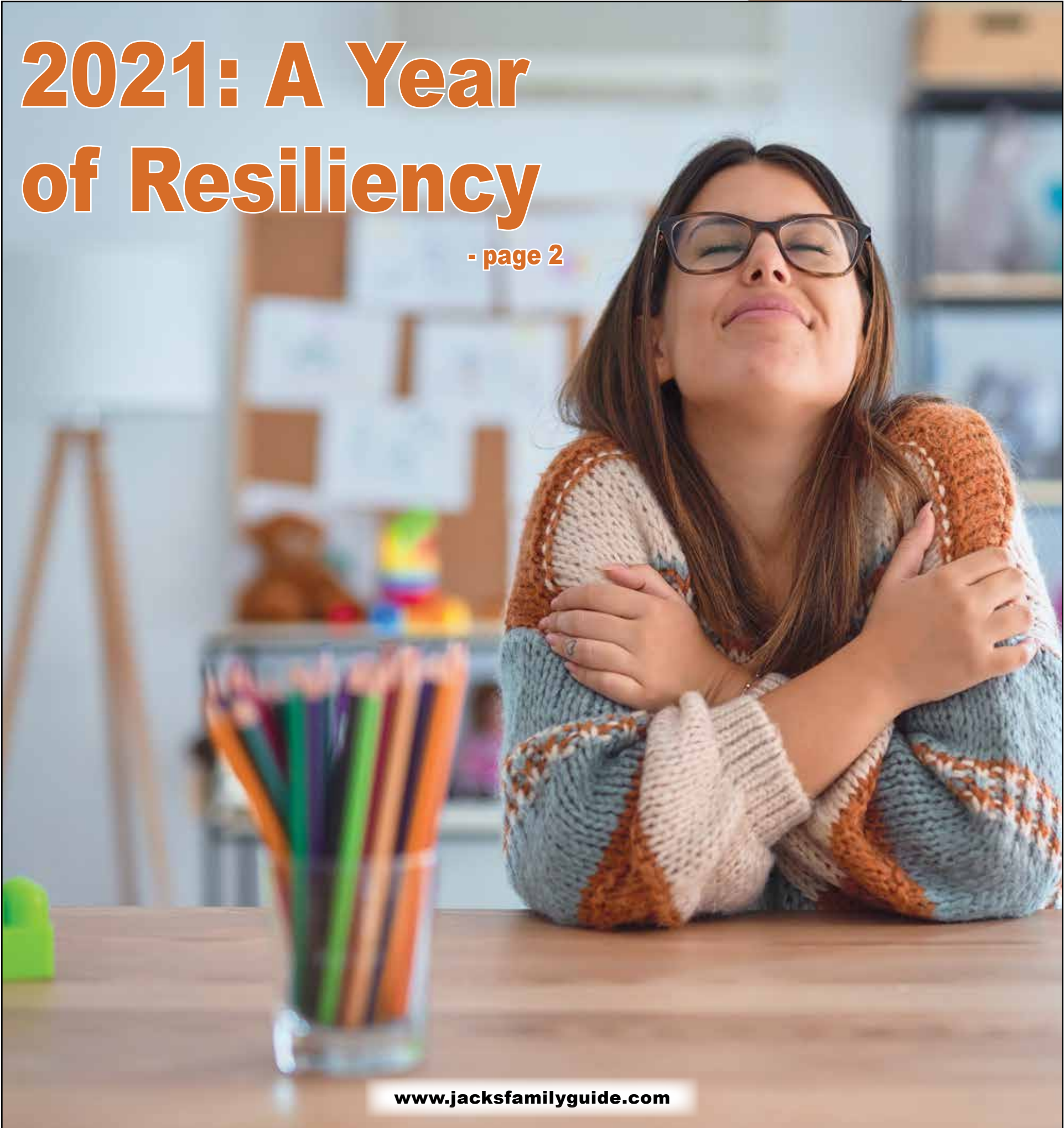




JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

2021: A Year of Resiliency

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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
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2021: A Year of Resiliency

By Christy Penza, Laurie Melville, & Kris
Dack, Community Action Agency
Head Start Education Coaches

Resiliency: 1) The capacity to recover quickly from difficulties; toughness 2) The capability of a strained body to recover its size and shape after deformation caused especially by compressive stress 3) an ability to recover from misfortune or change "Resiliency." Merriam-Webster.com. Merriam-Webster 2020. Web. Nov 20 2020.

Our teachers, our families, our children ... this is what they do every day, "showing up" and staying present in a time of uncertainty.

Virtual teaching has left us with a new expectation of what learning will be. As for many, a new experience overall. Whether a parent of a child trying to maneuver the ins and outs of the virtual classroom provided or a teacher hoping to engage children in a new form of learning, each of us in a different way have embraced change and plugged forward through uncertainty, curiosity and creativity. Teachers are at the forefront, the first learners, along with their students who rely so heavily on their newfound knowledge. Although it appears simply put, and easy to achieve, the truth of the matter may not reflect this sentiment.

As Education Coaches, we ask teachers, parents and students to give themselves grace in mastering the virtual learning platform, as it is unknown territory and presents new and unforeseen challenges daily. Where does this forgiveness originate? How do we encourage our professionals, parents and children to care for themselves in a way that allows them to address the adverse challenges they face from day to day and bounce back with that resilience that was fore mentioned? The answer lies in the ability to practice efficient self-care in the moment, and over the course of time.

The following are strategies that can be incorporated into a self-care routine that will aid in building those resilience factors in order to be successful.

In The Moment Self-Care Strategies
When Emotional Responses are
Heightened

1. 4-7-8 Breathing
 - a. Close your mouth and inhale quietly through your nose to a mental count of four.
 - b. Hold your breath for a count of seven.
 - c. Exhale completely through your

mouth, making a whoosh sound to a count of eight.

- d. Now inhale again and repeat the cycle three more times for a total of four breaths.

2. Focus on sounds or visuals that brings you delight such as family members or peaceful locations. Even taking a moment to stop and look at the sky, etc.

3. Create a sensory release: squeeze a squish ball, balloon filled with rice, play-doh, bubble wrap, scented lotions

4. Text a friend

5. Give yourself a hug or better yet, hug someone else

6. Positive self-talk/blow yourself a kiss in the mirror

7. Put your hand on your heart and feel your heart beat

8. Smile

Sustained Self-Care Strategies

1. Create a support group for social activity/professional support/have socially distanced play dates for children

2. Get outside/take a walk

3. Enjoy a bubble bath

4. It's ok to say "No"

5. Sing & dance to your favorite music

6. Clean your social media friends list

7. Learn something new

8. Walk on grass barefoot

9. Try to establish a daily routine (with a predictable learning time for students)

10. Starting your morning with the "One thing I am thankful for"...

11. Five positive things about yourself

12. Tap into creativity: coloring/draw a picture of yourself, painting, Lego building, planting seeds

13. Look at family photos

14. Snuggle your pet

15. Watch Soul Pancake (You Tube)

16. Declutter/organize something

17. Play a game of solitaire

18. Keep a journal

19. Try a new recipe

20. Pay it forward

It is hopeful in the near future, our educational system will reflect that of in person instruction and our children will receive the hands on support we know to be best practice. As we attempt to adapt, assimilate and meld into this newly introduced method of teaching and learning, we refer back to the notion that it is through the wellness of self, that resiliency is cultivated. As resilience is fostered in one's self, we can conquer and sustain through life's toughest challenges ...

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College & Career Access Center, February Scholarships

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The College & Career Access Center is grant funded; receiving financial support from local, state, and private donors. Each month scholarship information is made available for area students in addition to other services such as advising, outreach initiatives, and one-on-one help with post-secondary planning.

ANS John & Muriel Ladis Scholarship

Eligibility:

- Undergraduate and graduate scholarships are open to ANS student members enrolled in a course of study relating to a degree in nuclear science or nuclear engineering.
- All applications must be sponsored by a faculty advisor of an ANS Student Section or an individual ANS member.
- U.S. and non-U.S. residents may apply if they are enrolled in and attending an accredited institution in the United States with an established ANS Student Section or Alpha Nu Sigma chapter.
- Incoming freshmen awards are open to graduating high-school seniors who have enrolled, full-time, in college courses and are pursuing a degree in nuclear engineering or have the intent to pursue a degree in nuclear engineering.

Description:

The American Nuclear Society believes in rewarding its members for their academic, services and leadership excellence.

To do so, scholarships

are granted to qualified student members of ANS Student Sections who have demonstrated a high commitment to the standards set by the Society's constituents.

Award: \$5,000

Deadline: February 1, 2021

Application: <https://www.ans.org/scholarships/landis/>

Calvin J. Peterson Memorial Scholarship

Eligibility:

Applicant must be:

- A member of Service 1 Federal Credit Union or the child or grandchild of a member of Service 1 Federal Credit Union.
- A high school or college student who plans to enroll or is already enrolled in an undergraduate course of study at an accredited 2 or 4 year college or university.

Description:

College is expensive. Service 1 FCU can help! The 2021 Calvin J. Peterson Memorial Scholarship application period is open to Service 1 Federal Credit Union members and their families. College-bound high school and current college students can apply for a \$1,000 scholarship to help with education expenses for the 2021-2022 academic year.

Award: Two \$1000 awards

Deadline: February 5, 2021

Application: <https://www.service1fcu.com/youth/scholarship-program>

AMS Freshman Undergraduate Scholarships

Eligibility:

- Applicants must be

U.S. citizens or hold permanent resident status.

- Applicants must have a GPA of 3.0 on a 4.0 scale.

- Applicants must be entering their freshman year of college in the fall of 2021 as a full-time student and plan to pursue a degree in the atmospheric or related oceanic or hydrologic sciences. Marine biology does not meet this requirement.

Description:

The American Meteorological Society is pleased to announce the AMS Freshman Undergraduate Scholarship program, open to all high school students and designed to encourage study in the atmospheric and related sciences. Serving as a unique example of various sectors of our field joining together to support young, talented minds, the scholarships are being sponsored by partners in industry, as well as through named scholarships either established by an AMS member or in memory of someone.

Award: \$5000 - awarding \$2500 each year for freshman and sophomore years

Deadline: February 5, 2021

Application: <https://www.ametsoc.org/index.cfm/ams/information-for-students/ams-scholarships-and-fellowships/ams-freshmanundergraduate-scholarship/>

Visit the College & Career Access Center today in the Jackson Crossing!

For the complete list of February scholarships please visit www.jcisd.org/CCAC.

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Woof! City of Jackson Announces Creation of First Dog Park

By Aaron Dimick, City of Jackson Public Information Officer



Four-legged furry friends and their two-legged parents will soon have a new park made just for canines to socialize and romp around in. The City of Jackson is announcing the creation of its first-ever dog park! Located at the corner of N. Blackstone and Van Buren streets, Betty's Dog Park will make use of the existing Beech Tree Park in Downtown Jackson. Construction on Betty's

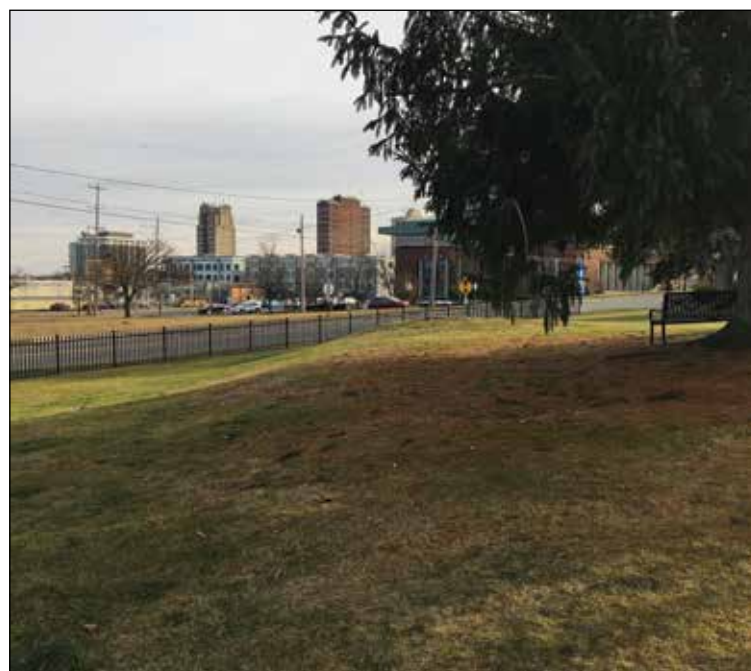
Dog Park is planned for spring 2021 and is expected to last six weeks. The new park will be fully fenced, with separate areas for big and small dogs to roam free, including new sidewalks, benches and picnic tables. Beech Tree Park is a public park that's maintained by the Parks and Recreation Department, but it is currently without a use since its award-winning beech tree was removed due to a lightning strike.

No bones about it, the pooch-friendly park is being made possible by a donation from Betty Dahlem Desbiens. The long-time Jackson resident says she was inspired to help with a dog park project af-

ter she saw a man and his dog walking in Beech Tree Park. "I thought 'How nice it would be for both the owner and dog if that little dog could run and play freely,'" Desbiens said. "A dog park will certainly improve the quality of life for our many Jackson dog owners."

Parks and Recreation Director Kelli Hoover says her department is thankful for this partnership with a resident. "This is a really exciting project and it's all thanks to the thoughtfulness of Betty Dahlem Desbiens," Hoover said.

Danielle Dobies, Chairperson of the Parks and Recreation Commission, says the goal of starting a dog park project had hound-



ed the commission for many years. "I am thrilled to see this project come to fruition," Chairperson Dobies said. "It will be a great addition to the roster of amazing parks in the City, creating a space for us to socialize with our furry friends and further drive community engagement."

With hundreds of people moving into new apartments in Downtown Jackson with their pets, Mayor Derek Do-

bies says there's a growing need to provide dog-friendly digs. "We greatly appreciate this generous contribution to the City," Mayor Dobies said. "This is just another amenity that will attract people to our community. It's something that downtown residents and families all over the community can enjoy. I look forward to bringing my pug, Sir Woof, to Betty's Dog Park."

Meet Your Furever Friend at the Jackson County Animal Shelter

Contributed by the Jackson County Animal Shelter

The Jackson County Animal Shelter has pets available for adoption! Meet two residents looking for their forever homes today: Mr. Meowgi and Ronan.

Mr. Meowgi

Mr. Meowgi is a handsome tuxedo cat, black with white markings. He is a stray that is approximately 7 years old. Meowgi is very affectionate and friendly. His cutest trick is rolling over on his back and using his front paw to pet his own head. It is so adorable and funny, he is just trying to show us what he would like by example. Please 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.

Ronan

Ronan is a 2 year old, black American Staffordshire mix with white markings. He looks big and fierce but he is really a shy guy. Mostly quiet and mild mannered, Ronan will become your buddy once you pet him. Dog adoptions require an application. 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, \$200 puppies/small dogs which includes vaccinations, microchip, and sterilization.

Any necessary medical procedures may slightly postpone an adoption. Visiting the shelter is always best, but other resources include: Online applications: <https://www.co.jackson.mi.us/DocumentCenter/View/803>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org. See our website for more information at: mijackson.org/579/Animal-Shelter. Come find us on Facebook or view all pets on Petango.com. Current Shelter Hours: M, Tu, W, F, 10:00-4:30, Thu 10-7, Sat 10-4.



LIVE LOCAL
COMMUNITY
COVERAGE



Learn to Be a Tourist in Your Hometown

A Fresh Start & Positive Changes for 2021

By Val Herr

It is 2021!! I think we can all agree we have been waiting for this year since March of 2020. I believe in fresh

starts, I believe in new beginnings, I believe we have the power to change the world. 2021 is a New Year and it is a great time for a fresh start, a new beginning, and a chance to change our world.

What are you going to do in 2021 that is new? What are you going to do in 2021 that changes our world?

Here is a list of what my family is going to do differently in 2021 to change our world, embrace and love

our hometown and be kind.

1. We will deliberately shop local. It is really easy to run to Kohl's to find a sweater or look on Amazon for that perfect gift. It can be harder to shop our local stores and not know if they have what we want. Put forth the extra effort. It matters.

2. Focus on experiences. My family will tell you that I am the Queen of Christmas. I love Christmas. I love to spoil my family with gifts. We started in 2020 focusing on experiences and less on gifts. A mug club membership at our favorite brewery, bird seed and a bird book from our local nature center so he can enjoy the birds year-round, and gifts from my kitchen. My kids are grown, and the years went by way too fast. While I

think I did a good job especially as a single mom, I regret the things we could not do or did not do. I am fortunate my kids not only want to spend time with me but want to do things with me. We have big plans in 2021 including everything from museum visits and planting a bigger garden to visiting parks. Kids remember the time we spend with them, not necessarily the things we bought them.

3. Giving back. Our community needs each one of us. Everyone has something to contribute. It does not have to be money. Sometime our time is the most important thing we can donate. Do you have a love for dogs and cats? Our shelter and Humane Society are always looking for volunteers. Do you love to cook? Volunteer at our homeless shelter to

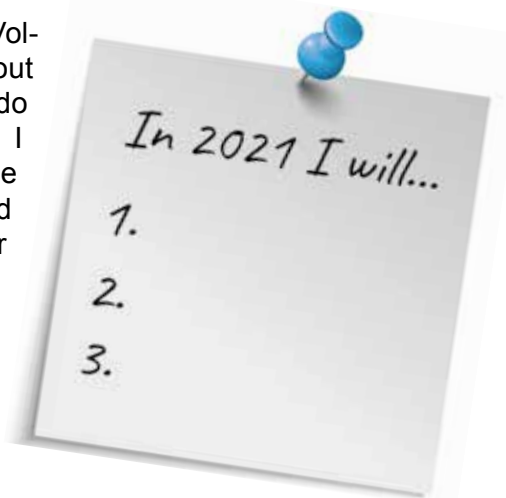
serve meals. Volunteering is about passion. What do you love to do? I am sure someone in Jackson could benefit from your passion.

I encourage you as a family to try and do at least one of each of these each month.

It can be a great way to spend time together, teach our kids about community and love our hometown.

2021 is going to be a struggle. Just because we start a New Year does not

mean everything from 2020 is over. We can choose how to handle it. We can handle it with kindness and an open mind and open heart. Blessing for you for an amazing 2021.



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Boost Your Health in 2021 with Jackson YMCA Virtual Classes

By Bonnie Gretzner,
Director of Marketing &
Communication,
Jackson YMCA

Looking to boost your health in 2021? Improve your fitness from the comfort of your home with Jackson YMCA Virtual Group Exercise Classes.

Open not only to Y members but also the community, Y Virtual Classes offer a variety of workouts to improve cardiovascular health, strength and flexibility. Classes are one hour and include everything from cycling to cardio kick, Zumba to Tai Chi and Body Pump to barre.

"We have quickly changed gears to offer virtual classes to members and the community," said Jackson YMCA Executive Program Director Megan Hunt. "Exercise is so important for physical and mental health, and our program participants want to continue to work out with their favorite instructors."

Registration is simple:

- Visit JacksonYMCA.org
- Click the "Registration" tab

- Click "Health and Wellness" and sign up for the virtual classes

All classes are free for members and are available through a monthly pass for community members, with the new schedule beginning Jan. 1. Upon registering, participants are sent Zoom links for all classes within the next business day. Virtual classes are held mornings and evenings during the week and also on Saturday mornings.

"Our virtual classes are a great opportunity to try something new," Hunt said. "It can be intimidating to walk into a new class like Zumba, for instance. It is so much easier to do it at home. With the Zoom format, our instructor can still watch all participants to check their form and offer encouragement."

January is a great time to become a Y member – the YMCA is offering \$0 join fees Jan. 1-15 for a savings of up to \$100.

Visit JacksonYMCA.org for the class schedule and details on the membership promotion.



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Technology & Science
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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



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The 25 Worst Offenders in Your Home that Cause Pre-Mature Aging & Disease Pt. 5

By Victoria Beaman
Owner, The VSpa



Your home is your sanctuary, your safe spot, your haven.

That is why the LAST thing you likely

want to think about is whether it could cause you harm.

The truth is, though, products in your home, including those you may love and use daily, could be a source of toxins that contribute to premature aging and chronic disease. Below is a list of the top 25 worst offenders.

These are ranked in countdown order to the worst-of-the-worst, though please keep in mind there is a fair amount of subjective interpretation in any such ranking. Factors such as your own current health, the prevalence of these in your home, and more certainly comes into play. So after reading through these, you should decide for yourself which may be your own "worst offenders." With that noted, this is important: Please "scan your own emotions" during and after reading this, and make sure you do NOT feel anxious or guilty. Don't feel like you have to empty your home of everything or go find some cave to live in.

And by all means, don't feel guilty if you didn't know some or all of this. The companies behind these products have no requirement to let you know their products can cause cancer, diabetes, premature skin aging and more. And of course they'll fight these facts tooth and nail, including shooting the messenger (that's us)... because your awareness of this is not exactly good for their business.

The truth is, though, there is no such thing as a toxin-free world.

The best you can do is to, one, eliminate and reduce your exposure to them in a reasonable way. Start with those that feel most concerning to you and your loved ones, and work your way through the list. As you'll see, there are plenty of alternatives out there. And two, and even more importantly, take the right steps to detoxify your body and optimize your immune system with the healthiest diet and lifestyle choices.

This provides the most powerful "shield" against toxins so you can look your best, feel

your best, and live a long life doing it. If you are not already signed up for The Art of Anti-Aging's major summit on all the most effective ways to do exactly that called Your Best Years Start Now, head here and sign up... it's free, and life-changing. So consider this important report a form of empowerment. Start making changes where you feel it is most necessary, and work your way forward. Because when you keep taking small steps, they do add up to big progress.

And YES, please do feel free to share this report with others you care about!

4. PESTICIDES

Pesticide residues are common in U.S. homes, which is concerning because these chemicals may cause damage to your liver, kidneys and endocrine and nervous systems. Exposure to pesticides used inside the home is also linked to an increased risk of cancer (leukemia) in children. These chemicals should be used only as a last resort, if at all, as there are many natural strategies to control insects and other pests around your home.

Also use caution with topical pesticides on pets, such as flea and tick preventatives, which can be easily transferred to your hands, bedding, carpet and furniture.

3. CARPET

If you're installing new flooring, avoid wall-to-wall carpeting, which comes with problems on multiple levels. First, it's filled with chemicals, in the carpet, the padding, and the adhesives, including VOCs and PBDEs (in older carpet padding), which off-gas into your home's air.

Carpeting, if damp, can also be a perfect medium for mold growth, and the carpet itself is an effective trap for dust, pesticides and dirt, which can then become airborne when you walk on it or vacuum. Even the U.S. Environmental Protection Agency (EPA) recognizes this risk, stating:

"Some studies indicate that poorly maintained carpet can release significant quantities of particles into the air during the course of daily activity. In addition, young children may play on carpet where they may be more likely to come into contact with contaminants that have not been properly removed through regular and effective vacuuming.

The use of carpeting has been linked to increased lev-

els of dust and allergens as well as health problems like mild cognitive effects asthma.

Regular vacuuming is important.

The American Lung Association recommends vacuuming at least three times a week using a HEPA-filter vacuum, but even this will not remove all the contaminants (and who has time to vacuum three times a week?!).

A better solution is to choose healthier flooring material like tile or wood.

If you plan to choose new carpeting anyway, consider wool options or look for those with lower VOC emissions (Green Label Plus or Greenguard Certified).

Stain- and water-proofing treatments should be avoided and choose low-VOC adhesives or no-adhesive hook fastener installation.

2. DUST

Those dust bunnies collecting in the corner are more than just an eyesore—they're the literal collection of dirt, skin cells, pet dander, carpet fibers, soil, household chemicals, heavy metals and more, and they're quite toxic.

All those chemicals I talked about, from pesticides to flame retardants, collect in your home's dust. Even chemicals that have been banned long ago, like PCBs, show up in house dust, which has repeatedly been shown to be "highly contaminated by persistent and endocrine-disrupting chemicals."

In one meta-analysis of U.S. studies on household dust, researchers described indoor dust as a reservoir for commercial consumer product chemicals, including many compounds with known or suspected health effects."

Children may be most vulnerable, as they spend a lot of time on the floor and put their hands in their mouth often, but everyone is affected.

It's kind of like Pig-Pen from the Peanuts comics — we're all walking around in a cloud of dust, inhaling everything from fragrance compounds to plasticizers on a daily basis.

Cleaning your home regularly will help, using a vacuum with a HEPA filter and a wet mop on your floors, along with a microfiber or damp cloth on other areas (avoid spraying the cloth with chemical sprays, which will only add to the problem.

High-quality air filters, changed frequently, can also cut down on the amount of

toxins you're exposed to via dust.

However, to really get to the root of the problem, remove the sources of the toxins (like products containing flame retardants) and try not to track new ones into your home (i.e., take your shoes off at the door and put doormats at all entryways.

1. INDOOR AIR

Indoor air is No. 1 on the list for good reason: you're exposed to it continuously and you depend on it for your very survival.

Unfortunately, the air inside your home is highly polluted, even more so than outdoor air. The fact is, efforts to make homes more energy efficient have led to tightly sealed houses that trap pollutants inside.

In some cases, you may experience immediate effects from indoor air pollution, such as headaches, dizziness or respiratory irritation from inhaling cleaning fumes, but more likely it's the long-term, invisible effects that will get you.

"Health effects may show up either years after exposure has occurred or only after long or repeated periods of exposure," the EPA states. "These effects, which include some respiratory diseases, heart disease and cancer, can be severely debilitating or fatal."

What's more, air pollution causes wrinkles and premature aging and compromises the integrity of your skin.

That's right. It's not only sun exposure that can age your skin: exposure to pollutants in the air can do it too. Exposure to air pollution has been linked to:

- Pigment spots on the face
- Skin aging
- Lentigines, sometimes described as liver spots — the small brown patches of skin that tend to increase with age.

Jean Krutmann, director at the Leibniz Research Institute for Environmental Medicine in Germany, who has published several studies on the effects of air pollution and skin, even went so far as to say "at least for the pigment spots on the cheeks, it seems air pollution is the major driver."

You can't reduce your exposure to air the way you can other major sources of toxins, but what you can do is rid your home of the major toxin emitters.

This is the common thread — as you remove the "bad stuff" from your home, it'll have a trickle-down effect that

will make your household dust and air less toxic overall.

Installing an air cleaner is another wise move, provided it has a high efficiency rate and draws enough air through the cleaning element (in other words, small tabletop units may not make a meaningful change in your air quality).

However, as noted by the EPA, "The most effective ways to improve your indoor air are to reduce or remove the sources of pollutants and to ventilate with clean outdoor air."

So get started tackling this list — and open your windows to let some fresh air in.

NOW WHAT?

Take a deep breath. Now release. I know this is a lot of information, and not exactly the flowery kind, but remember — it's not meant to overwhelm, it's meant to empower.

Every little bit helps, so do what you can, but make sure you don't stress over it (that stress can be a worse toxin than any of these!)

You may find it helps to make it into a game, eliminating one toxic item each day or week, for example. Also consider organizing a "7-Day Toxic Product Elimination Challenge" with your friends. Or try Detox Me57 — a free app from the Silent Spring Institute, which walks you through steps to remove toxic products from your home and keeps track of your progress.

And again, the most important steps of all are to detoxify your body and optimize your immune system with the healthiest diet and lifestyle choices. This provides the most powerful "shield" against toxins so you can look your best, feel your best, and live a long life doing it.

With this being the finale of this very informative article I would like to offer a 50% discount to anyone interested in anti-aging skin rejuvenation, wrinkle elimination and skin tightening treatments.

The process is called V-Bright and the results last up to 3 years. Text 517-588-1648 for more information on the V-Bright Treatment and to receive 50% off.

Every 5th person will receive a complimentary treatment in a area of concern up to a \$250 value.

XXOO

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Community Survey Aims to Improve Life in Jackson County

*Contributed by
Henry Ford*

Allegiance Health

JACKSON – (December 23, 2020) The Jackson Collaborative Network (JCN), in partnership with Henry Ford Allegiance Health, Center for Family Health and Jackson County Health Department will conduct the 2020 Collaborative Community Assessment Survey—a county-wide phone survey of residents. The purpose of the survey is to better understand the overall physical, emotional, educational and financial health of the community. Results will be used by the JCN and its partners to identify where to focus their efforts toward improving community outcomes.

“It is our aim to improve the health and overall well-being of Jackson County,” said Amy Schultz, MD, Executive Director, Population Health, Henry Ford Allegiance Health and Jackson Health Network. “We hope everyone who is called will participate because this information will be extremely valuable as we work to understand the experiences of community members.”

This survey is part of a continuous effort to better understand community conditions in Jackson County. Research and Marketing Strategies (RMS), a market research firm based in Baldwinsville, NY, has been contracted to

contact a random sample of households throughout the months of January, February and March 2021. Area residents age 18 and older may receive a call via land phone line or cell phone. Information gathered remains anonymous and all RMS surveyors maintain high standards for data security and confidentiality. RMS will be calling using the following phone number: (315) 303-0203 and the caller ID will read Research & Marketing Strategies (RMS). Data and Information Specialist for the Jackson Collaborative Network, Alexa Burgei, will be handling any legitimacy concerns for this survey and can be reached at (517) 205-7425.

“The data supplied by this year’s survey will be used to identify social, economic and academic barriers and disparities in the Jackson community,” said Jackson Collaborative Network Manager Sheri Butters. “Having this level of information helps our partners identify, and most importantly, address the root causes of issues that are negatively impacting residents.”

Once survey results are gathered, the JCN will work with its many community partners to set priorities and develop action plans. These plans will incorporate strategies to address key issues and opportunities for improvement through a collabora-

tive process. See results of past surveys and learn more about the Collaborative Community Assessment.

About the Jackson Collaborative Network

The Collaborative Network brings partners together around shared priorities and provides valuable supports to assist them in their systems change efforts. These supports assist members to identify inequities that are present, determine root causes, and design and implement powerful strategies that result in improved outcomes for residents. The network focuses on building the capacity of members to engage in and lead systems change efforts within their own organizations and collectively within the community in alignment with shared priorities.

The network is a collaborative of more than 500 members that include local educators, business leaders, social service providers, residents, with lived experience, physical and mental health providers, philanthropy and local elected officials. Network members are committed to working together in alignment with the shared values of equity, authentic engagement, and continuous learning to identify and address root causes of issues that affect the success and well-being of all Jackson County residents. To learn

more visit www.Jackson-CollaborativeNetwork.org.

About Henry Ford Allegiance Health

Henry Ford Allegiance Health (HFAH) is a 475-bed health system in Jackson, Michigan. HFAH complements traditional acute care services with primary and community-based to support patients across the health continuum at every stage of life. With its Level II Trauma Center, Henry Ford Allegiance Health provides comprehensive care

for severely injured patients. As a teaching hospital, Henry Ford Allegiance Health continually looks to the future with its Center for Health Innovation & Education and Graduate Medical Education program. Through its Health Improvement Organization (HIO), HFAH is also a national leader in forming community partnerships that innovatively address wellness and prevention needs across the region. Visit HenryFord.com/Allegiance to learn more.

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