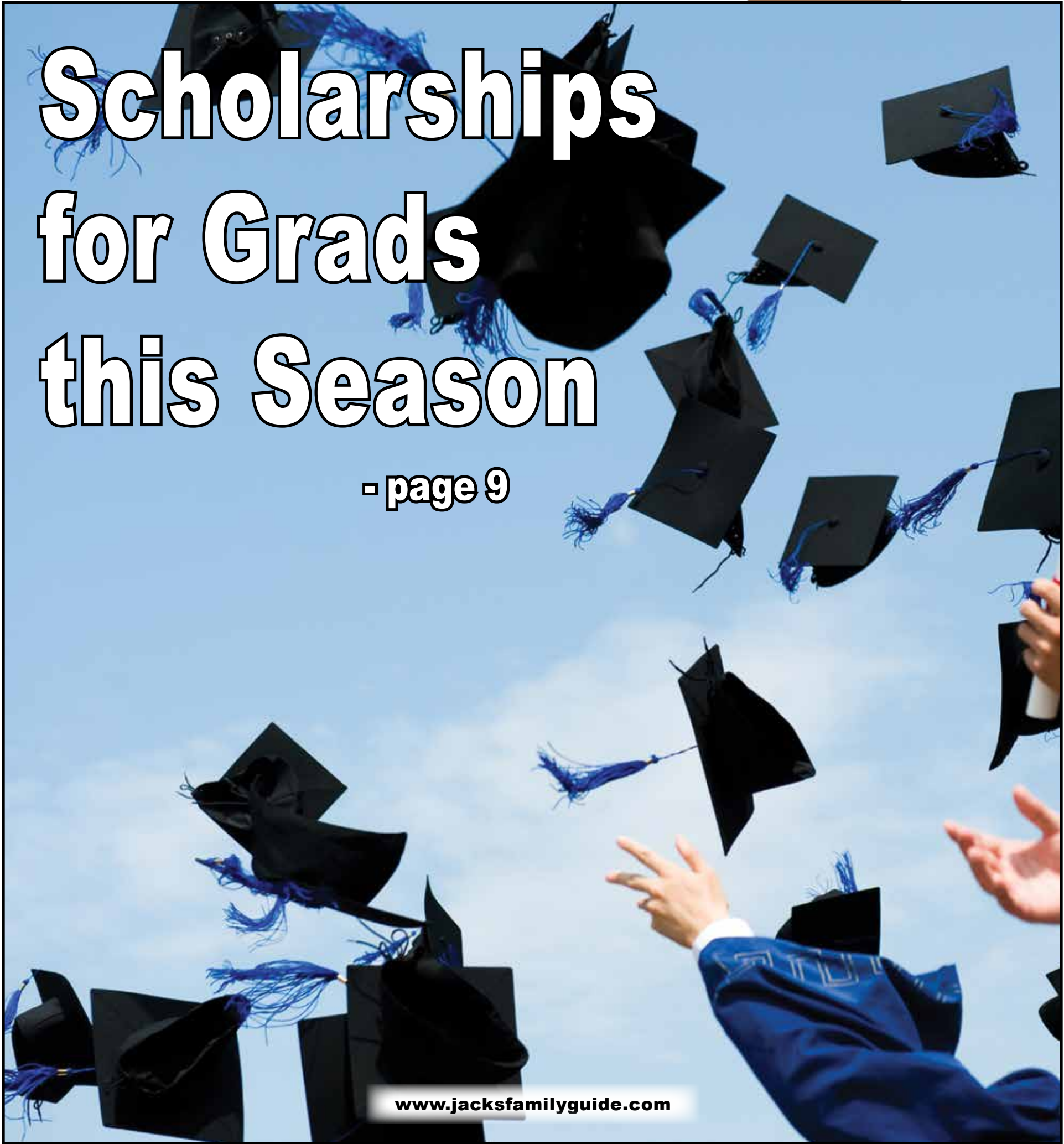




JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Scholarships for Grads this Season

- page 9



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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

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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.

Email us at jacksfamilyguide@gmail.com or call 517-474-1422 for advertising information.

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The Blue Julep Bakery
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The V Spa Beauty Club
TRUE Community CU
United Way
Vito's Espresso
Walton Insurance Group
Warner Elementary School
YMCA

New Walk, Roll, and Stroll Program Getting Jackson Residents Active This Summer

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

Jackson residents wanting to get active this summer have lots of opportunities to walk, roll, and stroll through parks! The City of Jackson Parks and Recreation Department is partnering with AARP to organize the new Walk, Roll, and Stroll Jackson program, which is a free 6-event summer series that's open to all ages and abilities.

The program takes place on the first and third Tuesdays of May, June, and July. Registration begins at 6:30 p.m., with the events starting at 7:00 p.m. Participants will go on a 3-mile non-competitive route through parks. Events on the first Tuesday of the month (May 3, June 7, July 5) are held at Ella Sharp Park, and the events

on the third Tuesday of the month (May 17, June 21, July 19) are held at the Cascades Park.

The events are also family and pet-friendly. Door prizes will be awarded to children and adults at the completion of each event, with a grand prize awarded on July 19. The program is free and open to all Jackson County residents.

Ella Sharp Park is located at 2800 Fourth St., with the walks launching from the soccer field parking lot. The soccer field is on the east side of the park and can be reached from Birchwood Drive. The Cascades Park is located at 1401 S. Brown St., with the walks launching from the pavilion by the sledding hill. The pavilion and sledding hill are located on the west end of the park off S. Brown St.

Schedules will be available at each event or on the 5th Floor of City Hall. For more information, please call 517-788-4040.



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May is National Water Safety Month: Keeping Safety Top of Mind

By Bonnie Gretzner
Director of Marketing and Communications,
Jackson YMCA

As temperatures rise this spring, kids want to cool off, whether that is in home pools, ponds, lakes, rivers, streams, or oceans. And that means the risk of drowning is as prevalent as ever. For National Water Safety Month this May, the Jackson YMCA is encouraging parents and caregivers to reinforce the importance of water safety skills with the whole family.

"As 'America's Swim Instructor,' the Jackson YMCA typically teaches more than 800 children invaluable water safety and swimming skills each year. The past two years, due to COVID-19 precautions, we saw that number dip and want to remind parents and caregivers that it's more important than ever to keep water safety top of mind as families start their summers," said Megan Hunt, the Executive Program Director for the Jackson YMCA.

As part of National Water Safety Month, the Jackson YMCA is encour-

aging parents to play an active role in promoting water safety by offering free Safety Around Water classes May 20-22. Open to ages 5-12, the classes give kids a variety of water safety skills, including boating skills. Although the one-hour classes are free, parents must pre-register at JacksonYMCA.org, in person, or by calling 517.782.0537.

In addition, the Jackson YMCA is providing five tips to ensure a safe and enjoyable swimming experience for all.

1. Never swim alone or without a water watcher. When children are swimming, make sure they are actively supervised at all times. Teach your children that they should only swim in locations where a lifeguard is on duty, or where a responsible adult agrees to watch the children in the water without distractions.

2. Supervise your children whenever they're in or near water. Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach at all times.

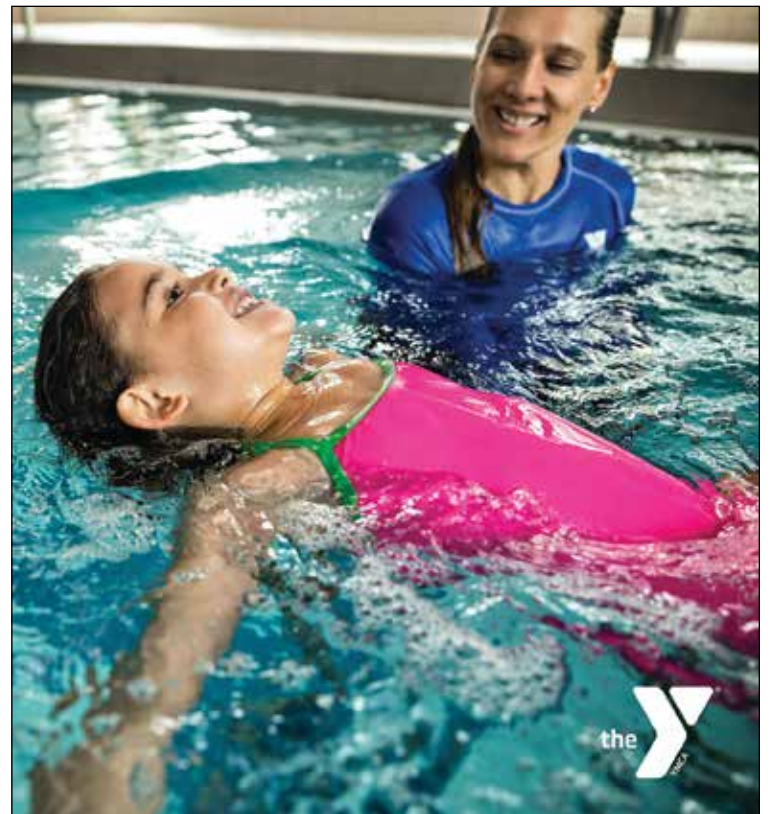
3. Don't engage in

breath-holding activities. Children should not hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side effects.

4. Wear a life jacket: Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.

5. Don't jump in the water to save a friend who is struggling in deep water. If a child finds their friend in the water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling the rescuer underwater. The Y's Safety Around Water program teaches the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using this technique, children can help their friends without compromising their safety.

To learn more about the Jackson YMCA, the free Safety Around Water program or to inquire about group or private swim lessons, call 517.782.0537 or



visit JacksonYMCA.org.

About the Jackson YMCA

Since 1896 the Jackson YMCA has worked to provide opportunities for individuals of all walks of life. The Y serves men and women of all ages, religions and economic back-

grounds through programs focused on youth development, healthy living and social responsibility. A volunteer board of directors provides leadership to the Association, a member of the national organization: The YMCA of the USA. Visit www.JacksonYMCA.org.

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Learn to Love Your Hometown

May You Have a Wonderful May in Jackson

By Val Herr



Spring is here! We may still have chilly nights, but I know that will soon pass. For me, spring is a time to enjoy new life. Our yards come alive, flowers and trees bud, baby animals are born, and change becomes opportune. I'm blessed to live in Michigan and enjoy four seasons a year. I try to appreciate every one of them, but it's no secret I appreciate winter the least. One of the other reasons I

love spring is I always feel our community comes back to life as well. Every weekend there are multiple events and activities to choose from in Jackson. When was the last time you did something new? Here are my top suggestions for May:

1. Star Wars and More with the Jackson Symphony Orchestra, Ella Sharp Museum, Jackson School of the Arts, and the Michigan Theatre of Jackson on May 21. How could you possibly go wrong with attending this? Four of the best organizations Jackson has to offer are

coming together to showcase their offerings. Don't wait; I'm sure this will be a



sellout. Visit jacksonsymphony.org to learn more.

2. Jackson County Free Museum Day on Saturday, May 7. With eleven museums participating, you can easily spend an entire day enjoying museums for FREE. This is a great opportunity to check out Jackson's museums. To learn more, visit <https://www.experiencejackson.com/calendar/featured-events/museum-day>.

3. Cascades Falls. I'm always amazed at the amount of Jackson natives who haven't ever been to Cascades Falls or haven't been in decades. This

is truly one of the most unique experiences Jackson has to offer. They offer a wide variety of family-friendly programming and are located in the beautiful Cascades Park. Pack a picnic lunch and spend the day exploring the park and the night seeing the majestic falls.

While these are only three activities, you can't ever say there is nothing to do in Jackson. If you are unsure of what's going on, please visit experiencejackson.com.

So, get out there, do something new, make memories and love your hometown.

Jackson County Animal Shelter's Adoptable Pets: Laika & Spring

Contributed by the
Jackson County Animal
Shelter

Laika

This sweet girl, Laika, was found as a stray in a lake. Laika is a beautiful three-year-old chocolate brown and caramel-colored brindle mixed breed. This lovely lady is potty trained, knows basic commands, and walks nicely on the leash. She seems to get along with other dogs and cats, but her happy sparkling personality is what will win you over.

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.

Spring

This is Spring, a two-year-old black and orange tortoiseshell. Spring came in as a stray and has proven to get along well with other cats. She is a door greeter, the first one to say hello and the last one to miss a chance for attention. Won't you come to meet this green-eyed girl 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 an online cat application: <https://www.co.jackson.mi.us/DocumentCenter/View/8194/Cat-Adoption-Application-PDF>, fax to: 517-780-4750 or email to: animalshelter@mijackson.org. See our website for more information at: mijackson.org/579/Animal-Shelter. Come 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.



YMCA Board Welcomes New Members

By Bonnie Gretzner
Director of Marketing and
Communications,
Jackson YMCA

At its annual meeting on April 20, the Jackson YMCA Board of Directors welcomed two new members and advanced a slate of officers for the following year.

Joining the Board are Becky Waldron, Regional Director of Orthopedics, Podiatry, Rehab and Sports Medicine for Henry Ford Jackson Hospital, and Dan Bishop, retired as the Director of Media Relations for Consumers Energy.

In addition to expanding its numbers, the Board of Directors elected a slate of officers; Matt Curfman, President and Co-Owner of Richmond Brothers, remains Board President – the Y's Chief Volunteer Officer. Elected Vice President, in line for the presidency, is Scott McIntosh, Vice President, Tax, Controller and Chief Accounting Officer for CMS Energy and Consumers Energy. McIntosh, who joined the Y board in 2018, has served as chair of the Y capital campaign for a new downtown YMCA for the past three years. Claire Powell, Occupational Health Manager at Con-

sumers Energy, who had previously served as Vice President, stepped down from that role to focus on her work as the Resource Development Committee chair. The committee oversees the Strong Kids Strong Communities annual campaign and the Y signature event, Party for a Cause.

"I am pleased to welcome Becky and Dan to our board. I am thankful they and all our volunteers are willing to donate their time and expertise to our YMCA," said Jackson YMCA CEO Shawna Tello. "We have the right people in place to help lead our organization forward as we work to bring a new healthy living campus to downtown."

New Board Members

In health care for nearly two decades, Waldron brings a wealth of professional and volunteer experience to the Y, including service as an American Heart Association Champion. Last year the Y and Henry Ford Jackson announced the healthcare provider would be co-locating services in the new Y. Waldron said she looks forward to joining the Y leadership team to continue to expand the impact of the partner-

ship between these two aligned service providers.

"As a lifelong Jackson resident, I believe in our community and have a desire to make it better."

Waldron said. "My desire is to meet people where they are to provide the healthcare they need and deserve. That goal will be realized through the partnership and the exciting programming we'll develop together."

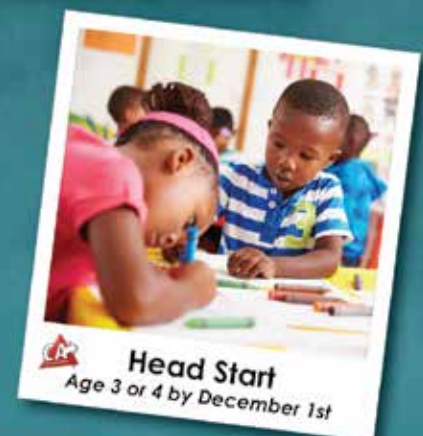
A longtime member of the YMCA, Bishop has served as the capital campaign's Marketing and Communications Committee chair since 2019. "I see and appreciate the vital and unique role that the Y plays in bringing the Jackson community together," said Bishop.

Retired from Consumers Energy in 2017, Bishop's career as a communications professional

spanned 35 years. An active community member, Bishop currently serves as the Board President for Catholic Charities of Jackson Lenawee and Hillsdale Counties. Along with his work leading that organization, he also is a volunteer driver for seniors. When not engaged in other charity and community service work, Bishop can often be found at the Y playing basketball and pickleball.

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Jackson District Library Purchases Senior Center, Plans to Move Spring Arbor Branch

Contributed by
Jackson District Library

Jackson District Library officials purchased the former Spring Arbor Senior Center from Spring Arbor Township last week and plan to move the current library branch to the site and open sometime in 2023.

Library officials closed on the property Wednesday, March 23, and paid \$400,000 for the parcel, which will expand the library's footprint and allow for more material and more meeting spaces, JDL officials said.

"We've always appreciated our relationship with the township and the Spring Arbor community as a whole, and we're excited to bring the area the library services it deserves," JDL Director Sara Tackett said.

The Spring Arbor Branch of the library is currently located on the south side of the township main-

tenance garage at 113 East Main Street. The former senior center is located at 122 Star Road in Spring Arbor, within walking distance of the

library's current location. The current branch is 1,845 square feet, while the new building is roughly 5,000 square feet.

traffic than the current space can easily accommodate," Tackett said. "We've looked for options to expand at this location for years, and we're excited that the first step to a bigger, better Spring Arbor Branch has been taken." Jackson District Library officials plan to renovate other branches across the county in the next couple of years, adding to a growing list of renovations, including the expansion of the Brooklyn Branch in 2020 and introducing a new bookmobile in 2021, among other initiatives.

"We're always looking for ways to improve access for Jackson County residents," Tackett said. "Whether that's refreshing spaces or bringing back the bookmobile to improve material access or increasing internet access, that's our number one goal."



The days are getting warmer

GET OUTSIDE AND GET ACTIVE!

CenterforFamilyHealth.org

Did you know that exercising outdoors increases vitamin D production? Which helps improve our mood, boost our immune systems and more.

Whether it's a stroll in the park, a round on the golf course or an hour in the garden, getting active does your body a lot of good.

Be sure to enjoy these beautiful days. Go out and get active, today!

Center for Family Health

Northwest Student Poetry

*Contributed by Nick Gaffney,
Northwest Schools*

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

The Constant Fight

By Jordynn-Chanel Elayyan

The constant fight to stay above water was exhausting.
My arms and legs were giving up.
I was giving up.
And then I met you.
You grabbed my hand and saved me.
My best friend.
The keeper of my secrets.
My other half.
My life line.
You grabbed my hand and saved me.
And soon enough, the water began to drain.
My limbs regained their strength.
The fight became easier.
I was doing better. You made me better.
Until you discovered someone else who needed saving.
And suddenly,
You let go.

But all eclipse are temporary,
So if this is just a short conjunction between us,
Then I will continue moving until we meet again

Jordynn is in the 10th grade and is one of the inaugural members of NWHS's Pursuing Poetry club. She has been writing poetry for about a year now and enjoys it because it allows her the freedom to express herself and her feelings while also allowing people to relate and feel like what they're feeling is normal as well. Jordynn is also a student-athlete, playing tennis for the school and enjoys painting and singing.



Poem #7

By McKenzie Bruce

You are the sun and I am the moon.

I know that every sappy poet uses that line,

But I mean it differently.

When I call you the sun,

I do mean that you are both bright and brilliant,

But you also only show one phase, one truth.

You choose to keep things hidden,

Just as the sun does with the stars.

Which is why I am the moon.

Because just like the moon,

I have many different phases, many different sides.

And rather than hiding my stars,

I share them for all to see.

I am not saying that keeping your stars hidden is a bad thing.

Because if the sun and the stars were both out,

The sky would be too bright for anyone to handle.

Which is why when we meet at certain times,

We become an eclipse.

And when we eclipse,

I try my best to show the other sides of you.

But all eclipse are temporary,

So if this is just a short conjunction between us,

Then I will continue moving until we meet again

McKenzie Bruce is a junior at Northwest High School. She is also a student at the Jackson Career Center in their Programming course. She is interested in poetry, baking, and tarot card readings. She started writing poetry this year but has been reading poetry for about 3-4 years now and has always been interested in attempting to write her own. She tends to write more spoken words rather than any other type of poetry but she was inspired by someone to write this poem.

Austin Huffman, the best friend of Kenzie, contributed this accompanying piece of artwork for Kenzie's poem. Regarding this piece of art, Austin writes, "I had a lot of fun drawing this piece. The picture is showing some stars that are hiding behind the moon, meanwhile, the moon reveals itself, even though it is left in the dark." Austin is in the 11th grade and is an accomplished artist, writer, and poet at Northwest High School.

Meet the Elongated Tortoise at Imagine Planet

Contributed by
Imagine Planet

Our newest animal friend is an elongated tortoise (*Indotestudo elongata*). The elongated tortoise is a medium-sized species found in Southeast Asia and parts of the Indian Subcontinent. Although its geographic range is large, it is endangered in the wild due to capture for the food trade. While the pet trade was initially an issue (most are bred in captivity now), it pales in comparison to the inroads made in the population from use as food in Asia.

The elongated tortoise, sometimes called the yellow tortoise because of its shell coloration, is a personable and curious medium-sized tortoise. It is found across a vast natural range that spans Nepal, Bangladesh, India, Myanmar, Laos, Thailand, Cambodia, Vietnam, western Malaysia, and southern China. Elongated tortoises live in warm, tropical forests, and they seem to shun direct sunlight and rarely bask. They spend a great deal of time in the leaf litter and buried in piles of leaves or at the bases of large tropical plants. A long enclosure that offers a warm, humid area and a dry area will allow this spe-

cies to find the right spot for its needs throughout the day and through the seasons.

The differences between the elongated tortoise and Little Rock, our sulcata tortoise, show the importance of research to provide the best care. While Little Rock is a desert tortoise, the elongated is a forest tortoise and needs to have humidity. While Little Rock eats mainly timothy hay with some spring greens and occasional fruit treats, our new friend will need lots of fresh greens, with no spinach, daily fruits and vegetables, and an occasional source of protein, which in our space is easily provided by crickets. The most significant difference is that, while the sulcata reaches 100 pounds and up to 100 years old, the elongated grows to 12-14 inches and only 7 pounds and can live to 50 years old. Come meet our new friend and give us suggestions for a name!

Remember, you can bring up to 10 specimens of rocks, minerals, or fossils to Imagine Planet, and I will teach you how to tell what they are. Also, keep an eye out for the Artemis rocket launch to the moon! Lots going on in science right now!



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- Select ONE one-hour time slot
 - Friday, May 20 6:30 - 7:30 pm
 - Saturday, May 21 11 am - 12 pm OR 1-2 pm
 - Sunday, May 22 12-1 pm

Register at JacksonYMCA.org or call 517.782.0537
Online, use promo code SAW2022



Jackson YMCA
127 W. Wesley St.
Jackson, MI 49201
517.782.0537
JacksonYMCA.org

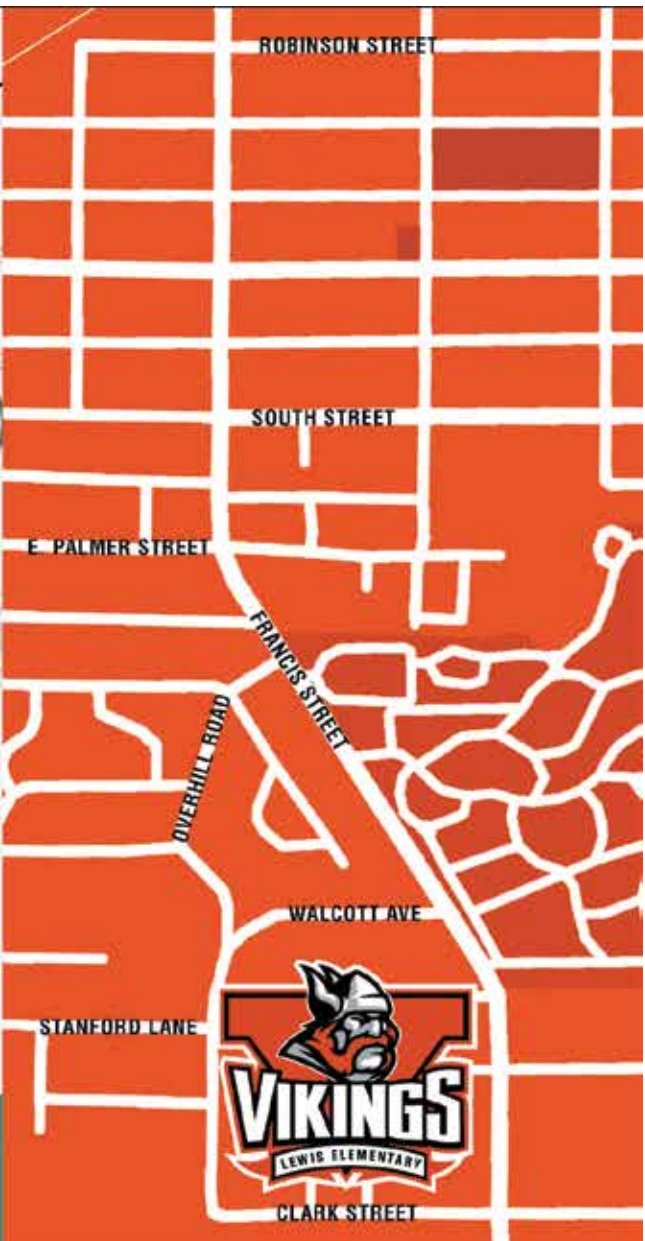
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College & Career Access Center, June Scholarships

Contributed by
College & Career
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2022 CURE - Cancer
Support Scholarship:
Youth Education
Assistance for Cancer
Survivors

Eligibility:

• The scholarship is designated for students who were diagnosed with cancer and whose disease and related treatments place significant financial burden on them and their families.

• Scholarship recipients must furnish a letter of confirmation by a licensed physician as proof of their cancer diagnosis. Please note that this documentation will be required following the award notification and should not be submitted with the application.

• Applicant must be a US citizen residing in the USA.

• The recipient must demonstrate academic achievement through evidence of working to one's potential and be accepted for admission at an institution of higher education, e.g., college, community college, university or vocational school. All grades must be substantiated by official documentation.

• Applications must include a one-page essay regarding your diagnosis and the challenges that you and your family faced due to cancer and cancer-related treatments. Include information regarding your goals and future ambitions. Provide an official school transcript and three (3) letters of recommendation from non-family members. All listed submission materials and application information must be included for the application to be reviewed.

Description:
CURE – Cancer Support Scholarship was created by the Lep Foundation for Youth Education for students diagnosed with cancer (a public charity providing financial assistance to survivors of childhood & adolescent cancers seeking to further their education).

Award: \$5,000

Deadline: June 1, 2022

Application: [http://www.lepfoundation.org/_files/](http://www.lepfoundation.org/_files/ugd/16bf33_e2382b-4d95ed4215983c02e559bd6a33.pdf)

ugd/16bf33_e2382b-4d95ed4215983c02e559bd6a33.pdf

Jane Austen Society of
North America (JASNA)
Essay Contest

Eligibility:

The contest is open to students world-wide in three divisions:

• High School: students and home-schooled students enrolled at the high school level during the contest year.

• College/University: students enrolled in at least six credit hours of course work at a junior college, college, or university during the contest year.

• Graduate School: students enrolled during the contest year in at least three credit hours of graduate course work at a college or university leading to an advanced degree.

*Membership in JASNA is not required to enter the contest.

Description: JASNA conducts an annual student Essay Contest to foster the study and appreciation of Jane Austen's work. Several hundred students compete for scholarship awards each year.

Essay Topic: The 2022 Essay Contest topic relates to the theme of our upcoming Annual General Meeting: Jane Austen's first published novel, Sense and Sensibility.

Family relations loom large in this book, and Austen has more than one story to tell, with four sets of siblings and notable mothers. Essays can focus on relations between siblings or pairs of siblings, between mothers and their offspring, or perhaps on characteristics (apart from sense and sensibility) embodied by a related or unrelated pair.

Award: \$1,000 scholarship and free registration and two nights' lodging for JASNA's upcoming Annual General Meeting (Transportation to the conference not provided.)

Second Place: \$500 scholarship

Third Place: \$250 scholarship

Deadline: June 2, 2022

Application: <http://www.jasna.org/programs/essay-contest>

Duck Brand Duct Tape
"Stuck at Prom"
Scholarship 2022

Eligibility:

The Contest is open to any participant who meets the following requirements:

• An "Eligible Participant" is a legal resident of, and physically located in, the United States, District of Columbia, Puerto Rico, and all U.S. territories and possessions (excluding Maryland, Vermont, Colorado, Arizona, Tennessee, North Dakota)

• Or, is a legal resident of, and physically located in, Canada (excluding the Province of Quebec)

• Is 14 years of age or older.

Coronavirus Update: Our Duct Tape® fans mean the world to us and we're committed to keeping you safe. So, this year no need to wear your one-of-a-kind creation to prom — get crafty at home and share your Duct Tape® prom-wear virtually. Need more information? Check out our updated Stuck at Prom® Contest rules for details. Create and wear your original & unique promwear using Duck® brand duct tape and/or Duck® brand crafting tape.

Description: It's the coolest scholarship contest around, that's what. Students are challenged to create and wear their own prom outfits made entirely from Duct Tape for the chance to win scholarship cash! Head to the entry form. Then, submit at least one high-resolution photo of you decked out in your Duct Tape® prom outfit plus all the required entry info during the contest entry period. If you're under 18 yrs. old, don't forget to get your parent's permission.

Award: \$500 up to \$10,000

Deadline: June 8, 2022

Application: <http://stuckat-prom.com/>

Automotive Women's
Alliance Foundation
Education Scholarship

Eligibility:

Scholarships are awarded to female, North American citizens, with a passion for a career or advancement in the automotive and its related industries. While AWAf members and family members are encouraged to apply, we also encourage

applicants who are not affiliated with the organization to apply. To be eligible for a scholarship, applicants should be already accepted to or enrolled in an accredited collegiate program, with a 3.0 or higher GPA, and a citizen within North America.

Description: Scholarships are awarded quarterly to the women that solicit passion and drive for the automotive industry. It is our hope that with these scholarships, we can lessen the burden on students and allow them to focus on gaining knowledge and development in automotive-related fields and thus enhance their potential career path and the future of the industry.

Award: \$2,500

Deadline: June 10, 2022

Application: <https://awafoundation.org/Scholarships>

Navigate Your Future
Scholarship

Eligibility:

• Be a senior in high school planning a career in the general aviation field.

• Be enrolled or accepted into an aviation-related program at an accredited college or university.

• Submit the letter of acceptance from the college or university.

• Be able to demonstrate an interest in pursuing a career in general aviation

Instructions: Interested students must complete an application and submit it along with an original certified high school transcript showing rank in graduating class, a letter of recommendation, a personal statement discussing career goals in general aviation, education plan, flight training goals and two or more reasons why you should be chosen for this scholarship.

Award: \$2,500

Deadline: No later than the last Friday in June (June 24, 2022)

Application: <http://nata.aero/scholarships/Navigate-Your-Future-Scholarship.aspx>

Michigan First Credit
Union 2022 Scholarship

Eligibility:

• Be a member in "good standing" with Michigan First Credit Union

• Be a legal resident of the United States of America, age 17 or older

• Be currently attending high school as a senior anywhere in the United States and having a minimum cumulative grade point average of 3.0

• Plan on attending a U.S. Department of Education accredited college, university, 2-to-4 year community, vocational or technical college full time in the summer or fall of 2022

• Have/will have applicable education expenses payable to the college or university the student will be attending.

College entrant must: Be a member in "good standing" with Michigan First Credit Union

• Be a legal resident of the United States of America, age 17 or older

• Have a minimum cumulative grade point average of 3.0

• Be a graduate or undergraduate student currently attending or planning to attend a U.S. Department of Education accredited college, university, 2-to-4 year community, vocational or technical college full time in upcoming semester.

• Veterans must provide a copy of their honorable discharge papers.

• Graduates must provide proof of diploma)

• Have/will have applicable education expenses payable to the college or university the student will be attending.

Description: For individuals interested in attending college or trade school, the Michigan First Scholarship Competition helps those dreams become a reality. Eligible high school seniors, college students or technical college students planning to continue their education may enter the competition.

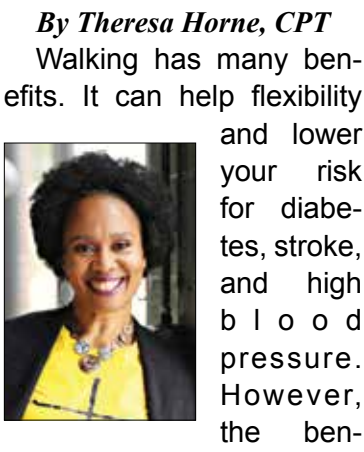
Award: \$10,000

Deadline: Check back on May 2nd

Application: <https://michiganfirst.com/About/Community/Scholarships>

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

Wisdom Walk



By Theresa Horne, CPT
Walking has many benefits. It can help flexibility and lower your risk for diabetes, stroke, and high blood pressure. However, the benefits of walking that most often get overlooked are the mental health benefits. Walking can be a social activity and promote alertness, helping with depression and longevity. That is why Sisterhood of Strong is excited to be partnering with Wonder and Wander for our first Wisdom Walk: A Guided Intergenerational Stroll. I have the pleasure of working with people of all ages in my coaching business. I saw Elizabeth's fantastic work with families at Wonder and Wander and thought the trails would be a great place to come together. I asked her to partner with me to host an Intergenerational event.

- Who Should Attend?**
- Grandparents looking for outside activities to do with their grandchildren
 - Adults looking for gentle physical activities
 - Moms/Dads/Families/Caregivers looking for kid-friendly activities
 - People looking to have assistance navigating the trails at Dahlem
 - YOU!

The Wisdom Walk will be a guided stroll through the trails at Dahlem Center to bring generations together for fun and nature with new friends. The event will take place on Saturday, June 4, at 1:00 p.m. at the Dahlem Center. We will meet near the front by the community gardens/trellis. The Wisdom Walk is free to attend, but please register. Registration will help us know how many participants plan to attend and provides us with a way to contact you in case of inclement weather. You can register at this link <https://www.eventbrite.com/e/wisdom-walk-an-intergenerational-stroll-tickets-328464515207>

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

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

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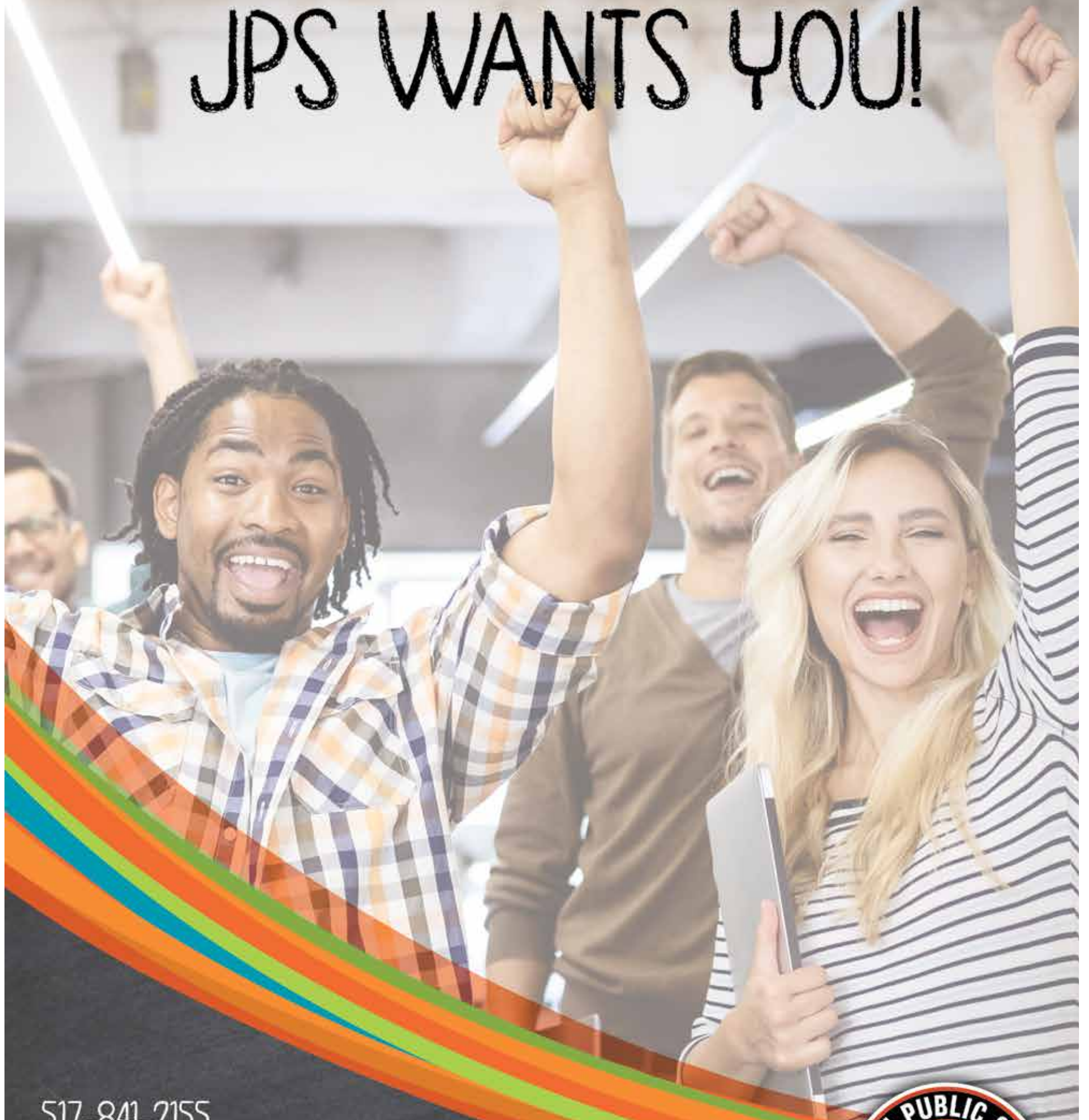
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Managing the Ups & Downs

*Contributed by
Community Action Agency*

The new "normal" of life makes it hard for you as a caregiver to even think of yourself, let alone practice self-care. AND this is why everyone is saying self-care is so important especially now. We know that by practicing self-care, it will help us:

- respond rather than react to daily life
 - feel more emotionally and physically healthy.
 - strengthen those positive relationships we have with our children.
 - stay in the front seat of our brain.
- Self-care is not easy even when we are

not under the extra pressures of life today. To find ways to practice self-care will take creativity, and mindfulness. So, what fills you up?

1. Make a list (mentally or physically) of things that refresh you. Talking to a friend, long shower, walking, five minutes to be still, learning something new
 2. Look at your week. See what time you could begin to practice self-care.
 3. Do it. Keep doing it.
- You are worth it. So is your family!

Information Courtesy of Trauma Smart and Crittenton Children's Center

The Rose Parade is Back!

*Contributed by
Jackson County Rose Festival*

The Jackson County Rose Festival announced the Jackson County Rose Parade will return for 2022. The parade, last held in 2019 was suspended for the past two years due to the pandemic. Festival organizers announced the parade will be held on Sunday, June 5th in Downtown Jackson.

New this year, the parade will run a different route, the same as the Downtown Jackson Christmas Parade route. Starting at Blackstone Street, the

parade will travel east on Michigan Avenue and conclude at One Energy Plaza.

Jim Francis, President of the Jackson County Rose Festival said, "The parade is back; we are all healing in the community from the COVID restrictions and want people to have fun again in Downtown Jackson." Francis said Art Moehn Auto Group is generously returning as title sponsor, and this year's theme is The Roaring 20's.

The Festival is inviting food trucks to Horace Blackman Park and is planning activities during and after

the parade, including the possibility of a one mile, All out Mile Parade Run before the start of the parade.

Applications are open for parade entries on the Rose Festival website, www.rose-festival.org/parade/. We are looking for nominations for the Grand Marshall of the parade as well, and those entry forms are on the web page as well.

The Roaring 20's will also be the theme for this year's Rose Parade and Pageant. The pageant will be Saturday, August 6th, 2022, at the Michigan Theatre in downtown Jackson!

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