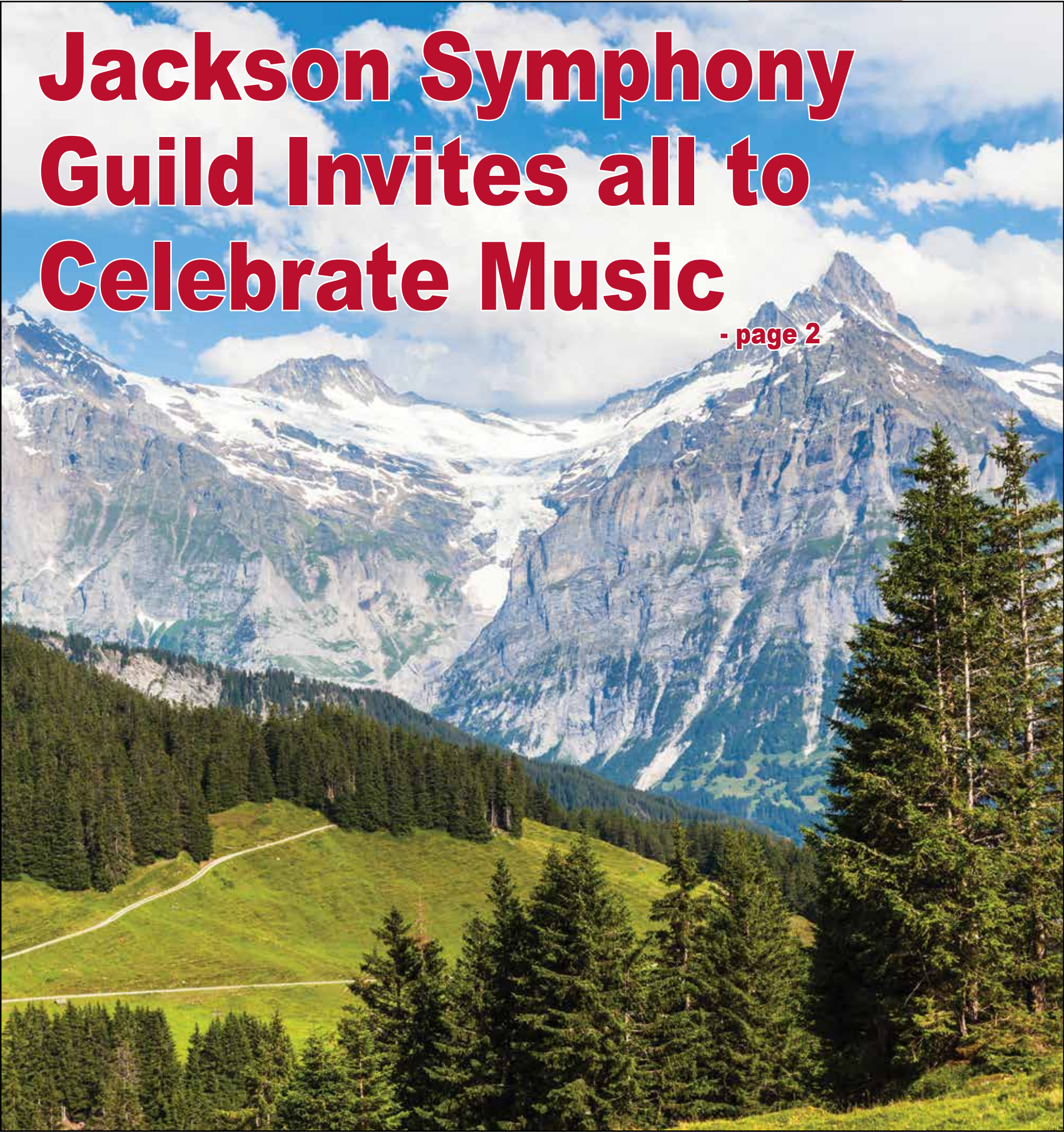




JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE

Jackson Symphony Guild Invites all to Celebrate Music

- page 2



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Jackson Area Collaborative Knowledge Source. This community resource guide is designed to improve the lives of children and strengthen families in the Jackson community by providing fun and useful information.

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Stefanie Riggs

Publisher

jacksfamilyguide@gmail.com

Morgan Riggs

Managing Editor

Evan Zigler

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Jackson Symphony Guild Invites all to Celebrate Music Virtually with a Party in Place!

By Julie Duesing

Ready for an evening of fun and entertainment for the entire family? Well, mark your calendars for Saturday, December 5 from 8 to 9:30 PM! The Jackson Symphony Guild will be hosting our virtual ball production of "The Hills are Alive..." Yes, this year's ball theme is The Sound of Music, and we hope to have you singing along as you watch our YouTube production.

As the 2020 Holiday Ball Chairperson, I have dreamed of this night for about 2 years! Although

Covid-19 altered the dream I had in mind, our Jackson Symphony Guild Ball committee has made a pivot to a Party in Place - an unforgettable virtual experience. Everyone, everywhere can tune in and enjoy this evening of music and fun!

This movie has a special place in my heart. Like Liesel in the movie, I was 16, my now husband Dave was 17 when we met. So the song from the movie "Sixteen Going on Seventeen," has always sparked wonderful memories for me. I also sang "The Hills are Alive," in a talent com-

petition at the age of 14, Julie Andrews was my heroine (she could sing and she had my first name, too!) and yes, I know all of the words to the songs! I guess you could say I was a Sound of Music groupie!

We hope you will join us this year as we bring the amazing Jackson Symphony Orchestra into your home - as you party in place. The event is free but donations are kindly appreciated. And you can bid on some wonderful auction items for a great cause, just in time for holiday gift giving.





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Learn to Be a Tourist in Your Hometown

Embracing & Planning for the Holidays this Year

By Val Herr



I know it's only the beginning of fall, but it's time to start talking about the holidays! Don't stop reading..... Like everything else in 2020 the holidays are going to look a little different starting with Halloween through the New Year. Just because it looks and feels different doesn't mean it can't be fun. The holidays are going to happen regardless of what is going on in the world, and it's all about how we embrace and plan for them.

Trick-or-treating was the focus of my Halloween as a kid. I loved going door to door and scoring the most amount of candy that I could. It was all about the candy. I

spread it out on my living floor, let my parents go through it, and then the trading began. Trading the candy with my big brother was my second favorite part of Halloween. How much was a bag of M&M's worth?

When I had my own kids I thought it would be the same. They would want to be out there every minute of trick-or-treating time to score vast amounts of candy. However, I found that candy wasn't important to them. What they cared about most was the time they spent with the grandparents that day, showing off their costumes, handing out candy, and just hanging out. The point of my story is that holidays don't have to follow a set tradition to be celebrated. Embrace what's important to you and your family, and remember that even though times are different, the memories will last a lifetime.



Improvements Coming to Loomis Park and Boos Community Center

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

Jackson families who make regular visits to Loomis Park are about to see big improvements to the park from their local government.

Loomis Park is the largest public park on Jackson's east side. At their Sept. 8 meeting, the Jackson City Council approved the use of Community Development Block Grant (CDBG) funds from the federal government to fully replace the park's basketball courts, provide more lighting at the center of the park, and construct a new walking trail to connect parking areas.

While that work is underway, City officials are also starting efforts to replace the park's playground equipment. The current wooden playground structure is 20 years old and requires regular maintenance. Plans call for replacing the old structure with a modern playground facility that is accessible to people with disabilities and requires less maintenance. Once plans and funding are secured, the new playground could be built next year.

At the center of Loomis Park is the Boos Community Center. The center hosts a variety of recreation programs and community meet-



ings throughout the year. Also at the Sept. 8 meeting, the Jackson City Council approved the use of CDBG funds to replace the center's roof. Holes in the 32-year-old roof are causing interior water damage. The roof project is set to be complete by the end of Oct.

Parks and Recreation Director Kelli Hoover says her department is excited about these improvements. "These improvement plans have

been years in the making so we're looking forward to making them a reality. We believe this new investment from the City will make the park facilities safer and more enjoyable for our residents," Hoover said.

A new sledding hill was completed earlier this year in Loomis Park to improve winter sledding fun. The new hill is located on the south side of the park off Homewild Avenue.

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HFH & Wells Fargo Team Up in Jackson & Across the Country to Help Build Affordable Housing

By Wendy Clow,
Executive Director
Habitat for Humanity

Wells Fargo Foundation has awarded Greater Jackson Habitat for Humanity with a \$15,000 grant to support a home build project in Jackson County. The funding is part of an \$8.1 million donation to Habitat for Humanity International for capacity building and direct mission support to build, renovate and repair more than 350 affordable homes across the United States. The grant is provided

through Wells Fargo Builds and is part of the Wells Fargo Foundation's \$1 billion philanthropic commitment to create more housing affordability solutions by 2025.

"We've had a rich history of working with Habitat for Humanity to strengthen our neighborhoods through philanthropy and volunteerism," said Marybeth Howe, commercial banking executive at Wells Fargo. "Safe and stable housing enables people to build upon the rest of their life and, together, we can shift the narrative to

help others understand that housing affordability is both an economic and humanitarian crisis that's taking a toll on millions of people."

Wells Fargo Builds provides philanthropic financial assistance from the Wells Fargo Foundation to support the construction, renovation, painting or repairing of homes with low-to-moderate income households. In 2019 alone, Wells Fargo employees volunteered more than 1.9 million hours of service to strengthen their communities, includ-

ing building, repairing, and improving 674 homes across the U.S. with several organizations through Wells Fargo Builds.

"The work Habitat does in the community wouldn't be possible without partnerships like this one with Wells Fargo. Particularly, the economic climate we've found ourselves in because of the Covid-19 pandemic has had a tremendous impact on the cost to build," said Wendy Clow, Executive Director of Greater Jackson Habitat for Humanity. "Increased cost

and material delays have caused us to have to make adjustments in our budget and timelines. I can't stress enough how important continued support like this is."

The grant will support the build of a home in the Northwest Community Schools district for a single mother and her 2 children who need a safe and stable place to call home. By partnering with Greater Jackson Habitat, this household will receive a hand up, not a handout for achieving homeownership.

Make Your Vote Count

By Wendy Clow, Executive Director
Habitat for Humanity

1 in 8.

That is how many families in Michigan spend half or more of their income on housing. This means more and more families are forced to make difficult choices just to keep a roof over their heads. In Michigan, a person would have to earn \$17.54/hour, working 40 hours a week, to be able to afford rent for a 2-bedroom apartment (average \$897 rent). There's help in the form of government programs and housing for low-income families, but in Michigan alone, there is a shortage of available affordable housing of over 200,000. This is unacceptable.

To address this challenge, Greater Jackson Habitat for Humanity and other local Habitat affiliates across the country are calling on elected officials and candidates as part of Habitat's national advocacy campaign, Cost of Home. The campaign aims to improve home affordability for 10 million people in the U.S. by actively encouraging local, state and federal policymakers to support legislation that would make the cost of home something we can all afford.

During the COVID-19 pandemic, the prevalence of housing instability continues to grow, making it even more critical to ensure candidates are prioritizing housing needs. Together, we can ensure candidates at all levels of government have robust housing plans that address the need for increased access to affordable homes for families across the country.

We have a chance to make a big impact this year. You can join us by pledging your vote this November to make the cost of home affordable. Become educated on federal and local housing policies and make your vote this November count.

Habitat for Humanity knows that safe, decent and affordable shelter plays a critical role in helping families to create lives filled with possibility and progress. Request information and resources for education on housing policies prior to the election by sending an email to wendyc@jacksonhabitat.org.

We will continue to raise our voices and demand that our leaders and candidates at all levels prioritize affordable housing policies. And we won't stop speaking out until the cost of home is something we all can afford.

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Have You Heard?

The Jackson YMCA is Now Open!

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

After closing its facilities on March 16 due to a state order, the Jackson YMCA re-opened on Monday, Sept. 14 with new safety procedures designed to minimize the spread of COVID-19.

There was a line of members at 5 a.m. on the first day waiting eagerly to get back into the Y. The pool was a popular spot, along with the gym, and the weight room. Kevin, a member the past 9 years, was back in the weight room on opening day. "I'm happy to be back. I love this gym," he said, adding he appreciated getting back to a regular workout routine.

Open to all members, the Y has a few new procedures in place to ensure the safety of members, guests, and staff:

- Wellness checks upon entering the facility
 - Protective barriers (sneeze guards) at the front desk and checkout desk
 - Six to ten feet between equipment in the fitness center; additional cardio equipment is in the small gym
 - Additional staff to clean and sanitize equipment, locker rooms, and shared spaces
 - Closing locker rooms from 1:30-2:30 pm for cleaning
 - Sanitation stations throughout the facility
- Amenities available in the initial phase include

the wellness center, weight room, pools and outdoor group exercise. Due to a maximum 25 percent capacity, access in this phase is limited to members. The YMCA will phase in additional programs and services in the coming weeks.

Pam, who has been a member for nearly four years, was grateful the Y was able to open. "I'm having knee surgery in about a week, so I'm thankful I can get in here at all to strengthen it," she said. Once she gets the OK from her doctors to resume exercise, she plans to return to the Y immediately and explore exercise in the pool.

The large pool has six lap lanes; four are available by reservation. To reserve a lane, call 517.782.0537 or



email date/time to Aquatics@jacksonymca.org. Lanes have been filling quickly, and reservations can be made up to a week in advance. The small pool is also available for reservation for up to six people.

Despite a few changes, the Jackson Y is the same Y members love, and the Y remains committed to serving the community.

"The Y has been in Jackson for 124 years, and we have made it through many challenging times together," said Shawna Tello, CEO, Jackson YMCA.

"Our Y has always been more than a building; it's about people from all backgrounds and walks of life who come together to improve their lives, nurture their families, and strengthen their community. We are so grateful to the people who have stood by us throughout these challenging times. You were here for your community when it needed it most, and we remain here for you."

Complete details on hours and re-opening procedures are available at JacksonYMCA.org.

Finding Calm in the Chaos for Children

By Trista Rink,
Community Action Agency

While many things may seem uncertain for adults in our current times, it is easy to understand the chaos that children must be feeling. Children look to adults for direction and answers. It may be frustrating that as adults in general, we do not have many answers to questions about our current pandemic, including school situations, social situations, and when will we get back to normal.

To help ease children's minds and concerns, an important thing to keep in mind is routines. Though your current routine may be different from your "normal" routine, try to keep it as consistent as it can be. Whether your child is in school physically, virtually, or participating in

a hybrid decision, routines such as bed time, wake up, and dinner time are all very important in helping a child feel secure in their surroundings. When a child knows their typical, daily schedule, they are able to participate in it and handle minor changes more easily. If you know there will be changes in their routine, discuss this with your child ahead of time if able.

Another thing that may help your child find peace during these times is asking how they are feeling. We often make assumptions using facial expressions about how others are feeling. Sometimes we can be wrong with our assumptions. I know there has been more than once that I have asked my child why they are angry and they have replied they're not, they are just tired. Having open dialogue with your child not

only helps them in their development, it will also help them practice verbal skills and feel connected emotionally. It is ok to let your child know that you are feeling sad, angry, or lonely too.

Many children may be missing their friends. Help them come up with ways of connecting with their friends while social distancing. Facetiming, video chats, phone calls, or even coloring a picture to send in the mail are great ways to reach out to others. Designing, coloring, or tie-dyeing their own mask may help them be more willing to wear their mask. If they want to uplift others, things such as painting and hiding rocks, taping hearts/signs in the windows of your house, or waving at others walking by are all cheap ways to help bring a smile to others and our children.

SAU Announces New Student Radio Station

Contributed by Home.fm

Spring Arbor, Mich. — Spring Arbor University (SAU) announces the launch of a new Christian radio station, 89.3 The Arbor. The new station's student-hosted format compliments 106.9 HOME.fm as a sister station, with a strong emphasis on the SAU community.

In a letter to friends of the university, Rachel (Ryder) Buchanan, General Manager and Program Director of both stations, said: "Through the professional success of 106.9 HOME.fm in the past 15 years, we felt a strong passion to develop an additional place for our broadcasting students to grow and develop their skills even more."

The mission of 89.3 The

Arbor is to share the story of SAU through student broadcasters and Christian music. This is accomplished with student-hosted interviews featuring campus experts, peers, and alumni. Christian adult contemporary music will air during the day, with upbeat Christian music specialty shows reminiscent of past student programming airing each evening. A program guide and additional information are available on the station's new website, www.893thearbor.com.

89.3 The Arbor offers internships, volunteer oppor-

tunities, and paid positions

for students currently studying at SAU. The station's non-commercial format covers Jackson County at 89.3 FM, Lan-

sing, and Chelsea at 98.3 FM, Kalamazoo at 99.5 FM, Coldwater at 97.1 FM, Battle Creek at 92.3 FM and Galesburg at 101.7 FM and is available for streaming online at www.893thearbor.com and through a free interactive app available in the App Store and Google Play.

"I am excited to bring back a local Christian music station that will serve not only Spring Arbor University, but also local organizations and events," says Tom Davis, Coordinator of Sales and Promotions. Both Davis ('98) and Buchanan ('03) spent time developing their own broad-

casting skills as student broadcasters on a former SAU radio format, Power Praise FM.

106.9 HOME.fm will continue to broadcast Music That Makes You Feel Good® in Jackson County, fully using its commercial license granted by the Federal Communications Commission.

Radio has been a part of SAU's history since 1963, when the institution's first licensed FM radio station debuted on its Spring Arbor campus. SAU is a community of learners distinguished by our lifelong involvement in the study and application of the liberal arts, total commitment to Jesus Christ as the perspective for learning, and critical participation in the contemporary world.



5 Great Tips for Listening Better



By Alex Cash, Cocreative
Lifecoaching

If you want to be a more supportive and compassionate person, great listening skills are essential to add to your tool belt to do just that. Active listening is a gift you can give to another person which consists of your undivided attention, lack of judgement, and full focus on them. When you choose to fully listen to a person, set aside your own bias, advice, and personal experiences, unless they are directly asked for. If you'd like to make sure your loved ones feel listened to and not just heard, try these five tips.

1. Let the person know you're listening by giving physical and verbal cues. Maintain

eye contact and nod your head once in a while. Words of feedback are also helpful, but not too much as to make it distracting.

2. Paraphrase what you heard the person say. When they are done speaking, or offer a break, rephrase what you heard them say to you. Hearing your own thoughts repeated back to you can result in more clarity. It also shows the person you are listening and absorbing what they are saying.

3. Ask open ended questions to help them clarify their thoughts, if necessary. Questions can help them expand upon what they are trying to express.

4. Do not be quick to offer

advice. Sometimes people just need to vent! They aren't asking for advice or for what you would have done or have done in the same scenario. They may just need to feel like someone is listening to them and keeping the focus on them.

5. Be careful not to interrupt. The point of active listening is to be supportive of another person, not necessarily to have a conversation. Let the person express themselves fully, and resist your urge to express yourself or clarify their message before they are finished with their thought.

If you want more tips or practice on becoming a better listener contact Alex at cocreativelife coaching.com.

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HOME.fm introduces our new sister-station, **89.3 The Arbor**, sharing the story of Spring Arbor University through student broadcasters and Christian music in south-central Michigan.



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The 25 Worst Offenders in Your Home that Cause Pre-Mature Aging & Disease Pt. 2

By Victoria Beaman
Owner, The VSpa



This is a lot of information to take in, so I'm preparing this article in 5 parts.

We will address cosmetics and skin care in Part 3. Let's begin.

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 (with the next 5) 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. 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.

20. COUCH

Your couch, easy chair, and other upholstered furniture likely contain polyurethane foam (PUF) that was treated with flame retardant chemicals such as polybrominated diphenyl ethers (PBDEs).

After health concerns, including thyroid problems, infertility, and negative impacts on neurodevelopment, were revealed, PBDEs were phased out in the mid-2000s. If you have older furniture, it probably still contains them, but even newer furniture foam may contain equally problematic replacement chemicals linked to hormone disruption and cancer.

When you're ready to replace your couch, look for one without chemical flame retardant chemicals. It should contain the TB117-2013 label, which reads, "The upholstery materials in this product contain NO added flame retardant."

19. PILLOW

Like your couch, your pillow could also be a source of toxic PBDEs, especially if it's older and made of foam (this includes breastfeeding pillows). Foam pillows can also release VOCs, which are chemicals that may cause cancer, damage to your liver, kidneys and central nervous system, headaches, and even visual disorders

and memory impairment. They may also affect your skin, as VOCs are linked to atopic dermatitis, or eczema. Considering you spend many hours with your face pressed against your pillow, this is one area where it's important not to skimp. Look for those made of natural wool, organic cotton, or plant-based fillings. If you want foam, look for natural latex foam instead of petroleum-based products (i.e., memory foam)

18. TELEVISION AND GAMING CONSOLES

Electronics may seem pretty innocuous (except for the risk of excessive screen time), but they're actually one of the primary sources of flame retardants (both PBDEs and brominated varieties) in your home. When consumer groups tested 12 TV housings (the outside plastic portion), they found flame retardants in 11 of them — at concentrations of up to 33 percent of the weight of the housings!

The chemicals do not stay contained in your electronics. Rather, they escape into your household air and dust where they are easily inhaled by you and/or your children. For this reason, be sure to keep your electronic devices well-dusted (using a damp cloth or microfiber cloth), and consider locating them as far away from seating areas as possible.

17. NONSTICK COOKWARE

Perfluorooctanoic acid (PFOA), also known as C8, is one of hundreds of poly- and perfluoroalkyl substances (PFASs). Used to make Teflon and other nonstick cookware for decades, the chemical was largely phased out after being linked to cancer and hormone disruption, but chances are you may still have some of these "vintage" pots and pans in your kitchen. When heated to high temperatures, this cookware may release toxic fumes that are strong enough to kill pet birds. In extreme and rare cases, they have been found to cause polymer fume fever, otherwise known as "Tef-

lon flu," in humans. Newer generation nonstick cookware is likely no better, as the replacement chemicals may still belong to the PFAS family - chemicals linked to health concerns ranging from liver toxicity and kidney cancer to obesity and delayed puberty. The solution? Ditch the nonstick in favor of safer options like cast iron, stainless steel, ceramic, tempered glass and carbon steel.

16. SUNSCREEN

Check the back of your sunscreen bottle. If it contains oxybenzone or octinoxate, toss it. These widely used chemicals filter ultraviolet (UV) rays, but have been associated with lower testosterone levels in adolescent boys and men, adverse effects during pregnancy, and other indications of hormone disruption in children and adults. The chemicals are

so questionable that Hawaii lawmakers recently passed a bill banning the sale of sunscreens that contain them over concerns they're destroying coral reefs. Fortunately, it's easy to find safer sunscreen alternatives, which include those containing mineral-based UV blockers like zinc oxide and titanium dioxide.

To be continued.

XXOO

Victoria

VSpa Wellness and Beauty

As one of Michigan's premier makeup artists, Victoria has brought a wealth of knowledge about natural beauty to the Jackson area. With all genres of work under her belt, she continues to enhance her given talent with on-going education, as well as guest teaching at local aesthetic and cosmetology schools.

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Henry Ford Allegiance Health Achieves ANCC Magnet Recognition®

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Jackson, Michigan—Henry Ford Allegiance Health is proud to announce achieving Magnet recognition as a reflection of its nursing professionalism, teamwork and superiority in patient care. The American Nurses Credentialing Center's Magnet Recognition Program® distinguishes organizations that meet rigorous standards for nursing excellence. Only a small and select group of U.S. health care organizations have achieved Magnet recognition.

"Magnet recognition provides our community with the ultimate benchmark to measure the quality of patient care," said Wendy Boersma, DNP, Vice President and Chief Nursing Officer at Henry Ford Allegiance Health.

"Achieving Magnet recognition reinforces the culture of excellence that is a cornerstone of how we serve our community. It's also tangible evidence of our nurses' commitment to providing the very best care to our patients, of which we are extremely proud."

Research demonstrates that Magnet recognition provides specific benefits to health care organizations and their communities, such as:

- Higher patient satisfaction with nurse communication, availability of help and receipt of discharge information.
- Lower risk of 30-day mortality and lower failure to rescue rates.
- Higher job satisfaction among nurses.
- Lower nurse reports of intentions to leave their positions.

Magnet recognition is the gold standard for nursing excellence and is a factor when the public evaluates health care organizations. U.S. News & World Report's annual showcase of "America's Best Hospitals" includes Magnet recognition in its ranking criteria for quality

of inpatient care.

The Magnet Model provides a framework for nursing practice, research and measurement of outcomes. Through this framework, ANCC evaluates applicants across a number of components and dimensions to gauge an organization's nursing excellence.

Learn more about the ANCC Magnet Recognition Program at nursingworld.org/magnet.

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.

About Henry Ford Health System

Henry Ford Health System (HFHS) is a six-hospital system headquartered in Detroit, Michigan. HFHS is one of the nation's leading comprehensive, integrated health systems, recognized for clinical excellence and innovation. It provides health insurance and health care delivery, including acute, specialty, primary and preventive care services backed by excellence in research and education. HFHS is a 2011 Malcolm Baldrige National Quality Award recipient. Visit henryford.com to learn more.



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