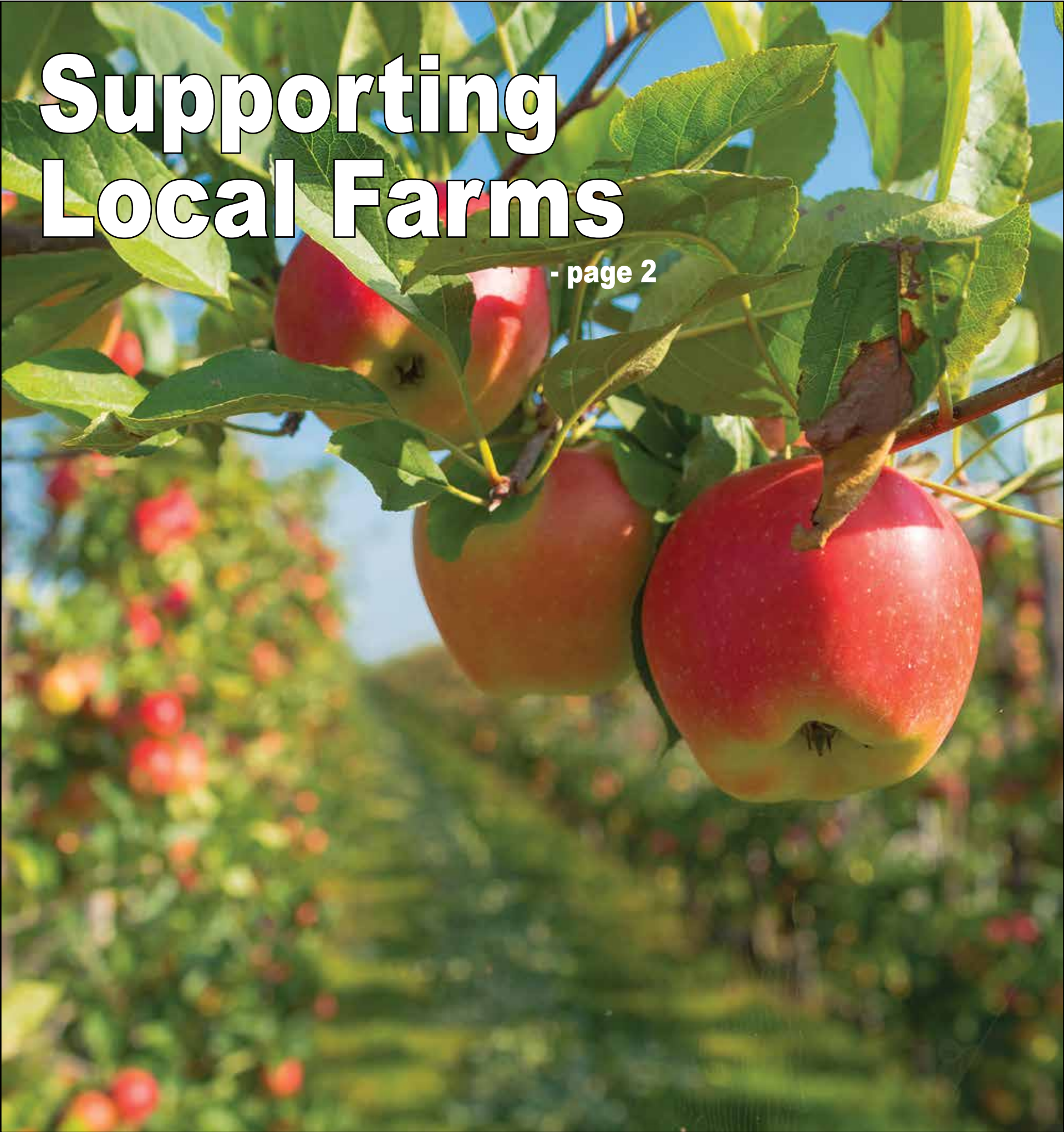




JACKSON AREA COLLABORATIVE KNOWLEDGE SOURCE



# Supporting Local Farms

- page 2

LIVE LOCAL  
COMMUNITY  
COVERAGE



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Learn to Be a Tourist in Your Hometown

Fall is the Time to Support  
Our Local Farmers

By Val Herr



School is back in session. While it may look different this year as school may be from the comfort of home or be inside a school building but school starting means fall is just around the corner. With fall comes scenic road trips, campfires and visiting local farms and orchards. While Covid has impacted everyone in some way our small businesses are suffering, and we have an opportunity to support them. I am

creating a wish list of local farms I want to support this fall. I encourage all of you to do the same. It is a great way to not only support local businesses, but you can make a road trip out of it. Grab lunch from a local restaurant, hit the road to look at fall colors, support local farmers and make

memories.

1. Adams Farm Market-10701 Adams Rd, Clarklake, MI 49234. This family owned farm carries a wide variety of produce, canned goods, and dried herbs. If you are looking for a beautiful drive be sure and check them out.

2. Gee Farm-14928 Bunkerhill Rd, Stockbridge, MI 49285. This family owned farm carries fresh



produce, a wide variety of plants and an unbelievable bakery. Don't miss your opportunity to pick up fresh veggies, an amazing loaf of bread and out of this world doughnuts.

3. Meckley's Flavor Fruit Farms-11025 S Jackson Rd, Cement City, MI 49233. No listing of Jack-

son farms can be complete without mentioning Meckley's. In addition to fresh veggies, doughnuts, cider, craft beers, apple orchards and a beautiful farm this unique farm offers visitors an opportunity to spend an entire afternoon relaxing with friends and family.

4. Red Egg Farm-9123 Spring Arbor Rd. Spring Arbor, MI. Red Egg Farms sells fresh eggs and doughnuts year-round and a fall experience you won't want to miss. A large pumpkin patch where you can pick your own, a corn maze and hayrides.

Michigan residents have the magical opportunity to experience four seasons. While everyone

has a favorite season, every season can be magical. It is up to each of us to find ways to enjoy each season, make memories and get out of our rut and experience new things. Take this opportunity to be a tourist in your own hometown and make fun filled memories in 2020.

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# Help Available for Families Struggling to Pay Water Bills

By Aaron Dimick,  
City of Jackson Public  
Information Officer



If your family is experiencing tough financial times due to the COVID-19 pandemic and struggling to pay water bills, the City of Jackson is ready to help.

The Utility Billing Divi-

sion of the Department of Public Works is collaborating with the Community Action Agency to use federal COVID-19 relief funds for water shutoff protection. When the pandemic started in March, City officials halted water shutoffs to aid public health and hand washing. In July, the Utility Billing Division found there were more than 1,500 customers with unpaid water bills. That's a sizeable number considering the

water system comprises of 14,000 customers.

While the City does not have plans to resume shutoffs anytime soon, charges for water usage are still accumulating. "We know our water customers may be struggling financially right now and we're here to help," said Utility Billing Supervisor Barb Matthes. If you have unpaid water bills, Matthes says the first step is contacting the Utility Billing Division by calling

517-788-4082 or emailing [waterbilling@cityofjackson.org](mailto:waterbilling@cityofjackson.org). "We will provide information and point you in the right direction to apply for available funds so that you can avoid a large balance due or possible service disruption at a later date," Matthes said.

A total of \$756,000 is coming to Jackson from the Coronavirus Aid, Relief and Economic Security (CARES) Act. So far, \$305,000 of those funds

have been allocated by the Jackson City Council to help residents with water shutoff protection, foreclosure prevention and eviction protection. More funding is planned for the water shutoff protection program to keep up with the large amount of past-due water bills. The Community Action Agency is also administering the City's foreclosure prevention and eviction protection programs.

## The Importance of Outdoor Play

By Allison Wirick,  
Community Action Agency

These days, it is more common to hear children talking about spending time in front of the screen instead of playing outdoors. While spending some time in front of a screen is okay, children should be spending more time outdoors. Playing outside and unstructured play has many benefits for children. These benefits include:

- **Developing Fine and Gross Motor Skills.** Playing outdoors allows children the freedom to run, jump, throw and catch balls, pushing and pulling various objects. All of these actions help children develop and improve their motor skills.
- **Improves Sensory Skills.** Young children in particular learn a lot by exploring with their senses. With outdoor play, children are able to explore with all their senses. For example seeing new animals (sight), smelling and picking flowers (smell and touch), or jumping in puddles (hearing and touch). Sensory play helps children's brain development and supports cognitive growth.
- **Overall Health.** Children that play outside tend to have a better overall health. Playing outdoors allows children to burn more calories, helping to prevent childhood obesity. It exposes children to the sun, which provides vitamin D for the body. Playing in the fresh air can also help reduce stress levels.
- **Appreciation of Nature.** All the time we are hearing about how we need to preserve our wildlife and nature. By allowing children to explore nature, they will develop a better understanding of it and appreciation for preserving it.

However, due to Covid-19, we all have been

staying at home and practicing physical distancing from one another. Like many, my personal screen time has increased during this time. But one thing that I have found that is safe to do during these uncertain times, is spend time exploring nature and all it has to offer. There are many activities that children can participate in outside that still allow them physical distance and remain safe. Some of these activities include:

- **Nature Scavenger Hunt.** You can find one online or make one up yourself. Go on a nature walk and have predetermined things you are looking for. Try and find all the items on your list and make note of items you see that are not on your list.
- **Make an obstacle course.** Using objects in your backyard or around the house. Have children build their own obstacle course that will challenge them. Encourage them to change it up and try new things.
- **Plant a garden.** This could be flowers or food. This will also help teach children responsibility of taking care of something and keep them occupied.
- **Ride your bike.** Simply just go for a bike ride around your neighborhood. When you return you can talk about the things you saw.
- **Clean up litter.** Go around your neighborhood with a trash bag and clean up the litter you find. This will allow children to develop that ap-

preciation for nature and give them a sense of accomplishment.

- **Play catch.** Find a ball and throw it back and forth.

Outdoor play is important to a child's development and has many benefits. So, get out and play!

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# “It’s a Doug Thing”

By Wendy Clow,  
Executive Director  
Habitat for Humanity

Last December there was a terrible car accident that took the life of one of Jackson’s finest men. Doug was an accountant in Jackson, a husband, father, grandfather and soccer coach. He was well known and much loved. He and his wife Pennie are part of the Give Hope Disaster Relief group started by Northwest High School teacher Marnie Hade. Give Hope has traveled to places all over the country to help rebuild after disasters like hurricanes and tornadoes. Their first trip was to New Orleans after Hurricane Katrina in 2005. Pennie was on that trip, and she and Doug have been on every one since then.

When it came time to plan for 2020’s Give Hope trip Marnie and the Give Hope group decided to stay in Jackson this year, giving their time and resources to Habitat for Humanity here in Jackson. We had just begun talking about what that would look like, what Habitat project Give Hope would help with, when the accident happened that took Doug’s life. That accident was a blow to this tight-knit group that stopped them in their tracks. The community rallied around Pennie and their family, and they mourned together and made sure Pennie was taken care of. They’ve stayed by her side and worked through this year of “firsts” without Doug.

Marnie came to me a

couple of weeks after the accident and said, “I have an idea, and I want you to tell me if it’s too big to pull off.” Her idea was for the Give Hope group and Habitat to build a house in Doug’s honor for a deserving family to be able to raise their children in the Northwest School district. Instead of Give Hope giving Habitat a week in the summer to help on a build project, she wanted to work alongside Habitat to plan, fund and build a house with a Habitat partner family in honor of Doug. I loved it! What better way to honor one of the founding members of Give Hope than to build a house in his name? Habitat’s staff and board of directors loved the idea too. Marnie and I shared it with the rest of the group, they were on board, and the 2020 Give Hope Habitat Build project was born.

Then COVID happened. Ugh! How many stories will that sentence interrupt? Give Hope and Habitat had created a timeline for the build that stretched through the spring. There was a lot to do: pick out and purchase the property to build on, look for sponsors for the build, hold fundraisers, and conduct meetings in the Northwest community to offer information to potential homebuyer applicants, contractors, and people who might want to get involved. Our goal was to put the first shovel in the ground mid-June, the week Give Hope would have otherwise left for their annual disaster relief trip.

Planning for the build literally came to a standstill for over two months while Habitat for Humanity shifted its focus to staying alive after reeling from the loss of what amounted to nearly \$70,000 in revenue due to the ReStore having to be closed and operations, including fundraisers, had to stop. As soon as we were able, we began to get our feet back under us and move forward with planning, trying to make up lost ground.

COVID and the 3-month lock-down caused a ripple effect everywhere we look, and it’s still being felt in the construction industry. When manufacturing came to a halt, it caused delays in material that we’re still dealing with. And as soon as contractors were able to get back to work there was an immediate backlog of jobs, and they’re still not caught up.

However, for this Give Hope build, Doug must have had his hand in it from above. We were able to pull off a feat that should have been impossible in the current conditions. August 4 is Doug’s birthday, and the group wanted to do something special for that day. The construction team at Habitat suggested that it might be possible to do a Blitz Build on that day, but the “planets had to align” in order to be able to pull it off.

A Blitz Build is where a group of builders comes together to put up a house in a day. In this case, it wasn’t going to be a group of



builders, it was going to be a group of dedicated, motivated volunteers. We did it! Against all odds, we were able to have the property purchased, foundation dug and set, walls built off-site, materials ordered and delivered... and on August 4, fifty or so volunteers showed up, raised the walls, set the trusses and enclosed the entire house in less than 10 hours. At one point I stated, “It’s a God thing.” Someone heard me and said, “It’s a Doug thing.”

Amid the mess that’s

been 2020, this build project has shown me and everyone who has had a hand in it that there is hope. There is good in this world, all around us. We just have to look for it, and we have to be it.

You can keep up with the progress of the Give Hope build on Habitat’s Facebook and Instagram pages. If you’d like to get involved in this or any Habitat project, you can find information on volunteering and donating at [jacksonhabitat.org](http://jacksonhabitat.org) or call 517-784-6620.

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# Henry Ford Allegiance Health Receives Get With The Guidelines® - Stroke Gold Plus Quality Achievement Award

Contributed by Henry Ford Allegiance Health

Jackson, Michigan— Henry Ford Allegiance Health has received the American Heart Association’s Get With The Guidelines® - Stroke Gold Plus Quality Achievement Award. The award recognizes the hospital’s commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

“Henry Ford Allegiance Health is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association’s Get With The Guidelines-Stroke initiative,” said Henry Ford Allegiance Health Director of Nursing, Cardiovascular and IR Services, and Respiratory Services Sue Cross, RN, CNML. “The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes.”

Henry Ford Allegiance Health earned the award by achieving two consecutive calendar years of 85% or higher adherence on all achievement measures applicable and 75% or higher adherence with additional select quality measures in heart failure, stroke and/or resuscitation. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions. “We are pleased to recognize Henry Ford Allegiance Health for their commitment to stroke care,” said Lee H. Schwamm, MD, national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. “Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates.”

According to the American Heart Association, stroke is the number five cause of death and a leading cause of adult disability in the United States.

Henry Ford Allegiance Health is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association’s Get With The Guidelines-Stroke initiative,” said Henry Ford Allegiance Health Director of Nursing, Cardiovascular and IR Services, and Respiratory Services Sue Cross, RN, CNML. “The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes.”

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cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

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# Complete the 2020 Census!

By Pam Schultz, League of Women Voters Jackson Area

The U.S. Census. It's the process of counting and collecting information on every person living in the United States. It has been conducted every 10 years since 1790. It is written into the U.S. Constitution and participation is required by law. It's that important.

The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities for the next decade.

The census is a short questionnaire (9 questions) that asks information about each household and the people who live in it. The government uses the population count to determine how much funding each state will receive for health care, education, food programs and other programs that families and communities rely on. It also uses information collected to determine Congressional representation.

The numbers and data influence programs like Medicaid and nutrition assistance, including school lunch and SNAP programs, Title I and Special Education grants, Foster Care and Child Care grants, K-12 education, Section 8 Vouchers,

and Head Start/Early Start. The list goes on to include planning for highways, infrastructure and hospitals, support for rural areas and to restore wildlife, and programs to prevent child abuse and to provide housing assistance for older adults.

Each person not counted results in loss of funding and representation for the next 10 years. Michigan stands to lose thousands of dollars per person for each person not counted. Our community needs those funds for services and programs all residents rely on. It's that important.

The process of taking the census in 2020 is easier than ever before. The census can be completed:

- Online at [my2020census.gov](https://my2020census.gov)
- By phone at 844-330-2020 (English) or 844-468-2020 (Spanish)
- By filling out and returning a paper form sent through the mail.

Additional information and support is available at [www.census.gov](https://www.census.gov).

The Coronavirus pandemic required many changes in the way we live and do business. However the business of collecting vitally important census information has continued. The date for completing the census is

September 30, 2020.

To ensure that everyone is counted, census takers have begun to visit households that haven't responded yet to the 2020 Census to collect their responses in person. Census takers will wear masks and follow local public health guidelines when they visit homes. They work between 9am and 9pm, including weekends. If no one is home when the census taker visits, they will leave a notice of their visit with information about how to respond online, by phone or by mail.

The Census Bureau has also started emailing households in low-responding areas to encourage them to complete the 2020 Census.

The Census Bureau will never ask for your Social Security number, your bank account or credit card numbers, anything on behalf of a political party, money or donations. In addition, the Census Bureau will not contact you on behalf of a political party.

The 2020 census is more than a population count. It's an opportunity to shape your community's future. More than ever before, our community needs YOU and everyone in your household to be counted in the 2020 census. It's that important.

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# The 25 Worst Offenders in Your Home that Cause Pre-Mature Aging & Disease Pt. 1

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 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 come 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.

### 25. PRINTER

Office printers may emit particulate matter 2.5 (PM2.5), which are tiny inhalable particles that are 2.5 micrometers or less in diameter. These particles are so small that they can travel deep into your lungs and even your bloodstream, wreaking havoc and increasing your risk of heart attacks, heart and lung disease, decreased lung function and other respiratory problems. Carcinogens like benzene and trichloroethylene (volatile organic compounds, or VOCs) are also among the toxic substances released by printers, at concentrations high enough that researchers advise placing printers as far as possible from your desk or workspace as possible, and in a spot with adequate ventilation.

### 24. SHOWER CURTAIN

If you have a vinyl shower curtain, replacing it with a natural fabric version or even a glass door is a wise move, as plastic shower curtains made of polyvinyl chloride (PVC) are toxic. They're a major emitter of phthalates and VOCs into your bathroom's air, as such toxins are not chemically bound to the PVC. Phthalates are reproductive toxins used to make plastic more flexible and as such are found in hundreds of products, including personal care products, raincoats, flooring, detergents and more. They've been linked to hormone disruption, infertility and cancer.

### 23. DRY CLEANED CLOTHES

If you have a collection of freshly dry cleaned clothes hanging in your closet, be

aware that they're releasing toxic chemicals into your bedroom as you sleep. Among them is tetrachloroethylene, or PERC, a common dry cleaning chemical (a chlorinated solvent) that's been deemed a likely human carcinogen. Not only is this chemical contaminating waterways but it also remains on your clothing, in measurable amounts, after cleaning. Then, each time you dry clean an item, the levels of PERC increase. An easy fix is to choose clothing that doesn't need to be dry cleaned (thus saving you a trip to the cleaners, too), and opting for greener environmentally friendly cleaners for items that are dry clean only. Keep in mind, too, that some clothing typically dry cleaned can actually be safely cleaned by hand.

### 22. FABRIC SOFTENER

Fabric softeners are among the most chemical-laden of all laundry products, containing questionable fragrance chemicals, preservatives and phthalates. Quaternary ammonium compounds, known reproductive toxins that have also been linked to asthma, are also commonly found in fabric softeners. In fact, it's largely because of fabric-softening dryer sheets that dryer vents are a source of air pollution, spewing out VOCs and other carcinogens into the air. Fortunately, the use of fabric softeners is completely optional when doing laundry, so just skip them — and avoid any detergent that claims to contain any form of fabric-softening agents. In lieu of dryer sheets, toss a couple of wool dryer balls in

with your clothes; the natural lanolin provides a safe way to make your clothes especially soft and static free.

To be continued.

XXOO  
Victoria,  
VSpa Wellness and Beauty

Make sure to follow VSpa on FaceBook and Instagram.

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

SUMMER DAY CAMP 2020

Our staff worked hard to provide a fun, safe camp this year. Campers visited 10 partner organizations throughout the summer and made memories to treasure!

- 12 counselors, 330 hours of staff training
- About 40 campers each week
- 136 trips in 8 weeks
- 60 ice cream cones
- 750 bathroom breaks
- One fun, memorable summer!

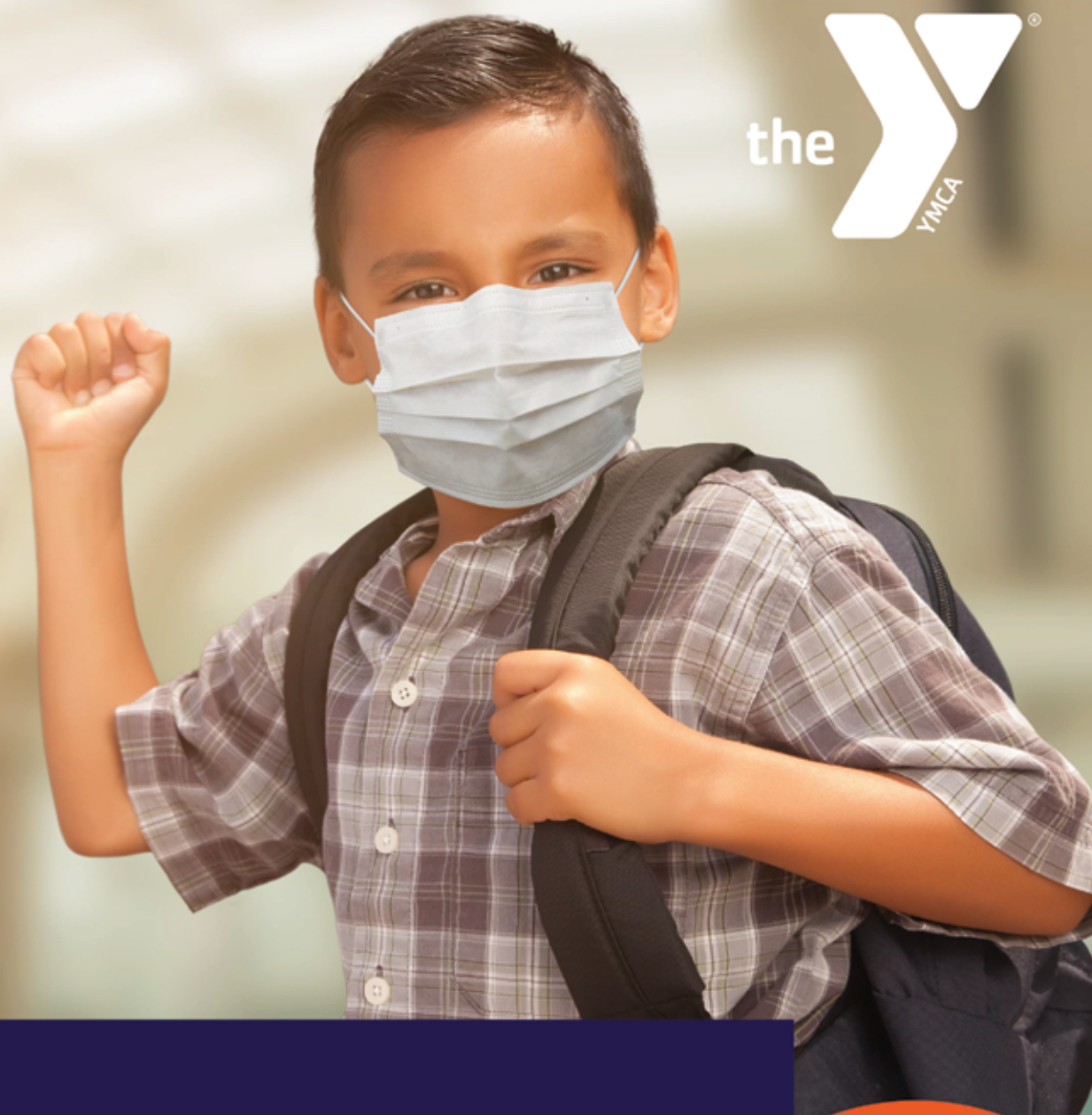
## Y Campers make the most of summer

Although camp looked a bit different this year, with face masks, frequent hand washing, small groups and a reduced traveling schedule, campers at the Jackson YMCA had a fun, safe, memorable summer.

One mom remarked that she was thrilled to see her daughter "happy again," thanks to friends she made at the Y. Campers learned hip hop dance, art techniques, how to play instruments, and so much more this year.

JacksonYMCA.org





JACKSON YMCA

# SCHOOL-AGE CHILD CARE

At T.A. Wilson School in partnership with Jackson Public Schools

**BEGINS  
AUGUST  
31!**

## REGISTRATION IS NOW OPEN!

Register online at  
[JacksonYMCA.org](https://JacksonYMCA.org). If you  
are new to the YMCA,  
you must first create an  
account. Contact us at  
**517.782.0537**

**FINANCIAL  
ASSISTANCE  
AVAILABLE**

## Full-day and after-school care for JPS families

This year the Jackson YMCA is partnering with Jackson Public Schools to offer fun, enriching, out-of-school care for all JPS families with Y5-5th students. The Y program will be held at T.A. Wilson in Jackson. Along with homework assistance, our program will offer gym and outdoor time, art and other engaging activities.

Due to physical distancing requirements, space will be limited, and we encourage all families to sign up as soon as possible.

### FULL-DAY Care on Out-of-School Days

Mon/Tues or Thurs/Fri: \$88, 7 am - 6 pm

Wednesday: \$44, 7 am - 6 pm

\*One-time Registration Fee of \$30/child

### AFTER-SCHOOL Care on School Days

Mon/Tues or Thurs/Fri: \$20, After School until 6 pm

Bused by JPS from school to TA Wilson

### LOCATION

T.A. Wilson, 310 W Morrell St., Jackson, MI 49203