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2023 Annual Parkside Health, Safety, & Job Fair - It's Going To Be Big!



Photo by Redbase Media

The Friends Of Parkside's 14th Annual Parkside Health, Safety, & Job Fair is gearing up to be the biggest event in its 13-year history. With over 60 confirmed vendors, this year's fair has attracted 15 more participants compared to last year. Our sponsors include Stellantis, Blue Cross Complete of Michigan, Detroit Health Department, Walker-Miller Energy Services, and Comcast NBCUniversal. You can find the complete list of sponsors, friends, vendors, and attractions on page 4 to 5 of this newsletter (please refer to it for details). It's worth noting that this count does not include vendors who may join on the day of the event. In previous years, we typically had 10-12 vendors signing up on the event day.

According to Zachary Rowe, the Executive Director of FOP, the health fair started from a needs assessment conducted by the UofM School of Public Health back in 2009. In the first year of the health fair, we had around eight to ten vendors participate.

Since then, we have continuously adapted the fair's vendor mix, activities, and attractions based on the evolving needs of Parkside residents, feedback from our health fair evaluations, and societal trends. The COVID-19 pandemic brought about unprecedented changes worldwide, leading to the cancellation of our 2020 health fair. However, in 2021, we made a strong comeback with the theme "We're Back! Life after COVID-19."

This year, our health fair's theme "Health is Wealth," points out the importance of one's well-being. The planning committee wanted to stress the significance of prioritizing your health, and this theme serves as a reminder of that fact. We are truly excited about what the 2023 health fair has in store for our community. We invite you to mark your calendars and join us in celebrating health, wellness, and community spirit on July 19th at TVP Community Center, 5000 Conner, Detroit, Michigan 48213.

YOUTH

Parkside Children at the DSO

Parkside children went to see the Black Panther in Concert at the Detroit Symphony Orchestra (DSO). DSO performed Ludwig Göransson's Oscar®-winning score live when T'Challa became king and battled Killmonger. This opportunity was made possible by DSO's Community Partner Celebration with support from the Gilbert Family Foundation.



"The Bright Futures Summer Camp is off to a good start"

FOP's Bright Futures Summer Camp started July 10th and is off to a great start. Karen Daniels, a 2nd-grade teacher and Summer AmeriCorps Vista member for FOP, shared that the children are enjoying themselves. We currently have 21 registered campers, with an average attendance of 15.

During the camp, the children have already participated in various activities, including arts and crafts, computer usage, supervised free time, and learning social and relaxation skills. Looking ahead to the upcoming weeks, the Bright Futures staff have planned some exciting additions to the schedule. The campers will be introduced to classic old-school games like hopscotch, four-square, and jacks, as well as engaging in sports such as tennis, basketball, and bowling. Furthermore, the staff is organizing several field trips, including visits to Belle Isle and a surprise trip that promises to be truly special.

The Bright Futures Summer Camp operates from Monday through Thursday, from 10:00 a.m. to 3:00 p.m., for ages 6 to 14. The camp will continue until August 10th. For more information, call 313-822-0311.

The Meet Up and Eat Up program is a hit

The 2023 Meet Up and Eat Up program at Parkside is a big success. FOP has operated the Meet Up and Eat Up in the past but had trouble getting kids to come for breakfast and lunch regularly. Because of this, FOP had to stop the program.

But now, things are different. The program is doing well, and Zachary Rowe, FOP Executive Director, says it's all thanks to the hardworking Bright Futures staff and the parents. They make sure their kids come to eat regularly. The program is open from Monday to Thursday. Breakfast is served from 10:00 a.m. to 11:00 a.m., and lunch is served from 12:00 p.m. to 1:00 p.m. The meals are provided at the TVP Community Center, 5000 Conner Street.

All kids age 18 and younger can join the program. The improved attendance shows that the Meet Up and Eat Up program is making a positive difference in the Parkside community.

FOP Holds Community Safety Meeting

The Friends Of Parkside (FOP) held its first Parkside Community Meeting on June 27th. The topic was Community Safety. More than 17 residents attended the meeting and representatives from the Detroit Police Department (DPD) and Wayne State University AmeriCorps Urban Safety Program (WSU-AMUS). The residents developed a list of safety concerns and proposed solutions. DPD and AMUS provided feedback to residents and ways they could help. A Parkside Safety Workgroup was formed to work on the proposed suggested solutions. The Parkside Safety Workgroup is scheduled to meet Monday, July 31st from 5-6 p.m. at FOP Office, 5000 Conner.

For more information or to join the Parkside Safety Workshop, call 313-822-0311.

The next monthly Parkside Committee Meeting will be held on August 30th from 6:00-7:30 p.m. The proposed topic is: What can residents and TVP Management do to improve the maintenance and upkeep at Parkside? Don't miss this important meeting!

TVP Community Center's new decorative planters

Outside of the TVP Community Center and along the sidewalk leading to the main door are new decorative planters. The addition of new decorative planters at the TVP Community Center brings a fresh and vibrant touch to the environment, enhancing its aesthetic appeal and creating a more welcoming atmosphere for residents, especially Parkside children, visitors, and employees. What do you think about planters? Let us know at 313-822-0311.



Photo by Z. Rowe

RESIDENT MEMO

TVP Launches Beautification Contest

May 30, 2023
Residents,

The summer months are quickly upon us, management would like your participation in Beautification residential. If you are interested in participating, please let us know. Management would like to start over the next 60 days beginning June 1, 2023. Ending August 30, 2023.

We will select the best yard prizes with give aways. If you would like to volunteer for the prize committee, please contact the office.

Beautification would be your front & rear yard, and around your property lines, keeping trash removed, adding flowers, mulch or other as long as approved per your lease. Removing all sheets,

blankets, boards, plastic bags from the windows.

Keeping your trash can neat and in proper order (no trash placed on the ground, all trash must be placed in tightly sealed bags and put in the trash can.

As a reminder the lawncare team will be out cutting grass every Monday – Wednesday. Do not Leave any bikes, yard toys, and as always, NO Swimming Pools are allowed; Cable cords must be buried properly – contact your provider as management will not be responsible for cut cords. Pet waste must be removed.

We welcome full resident participation, and hope 2023 is the best summer yet.

Thank you for being most valued residents.
Management



Annual Parkside Health, Safety, & Job Fair Guide

Tips for getting the most out of the Health Fair

Here are some helpful tips to make the most of your experience at this year's Health Fair:

Plan ahead: Take a look at the list of vendors and attractions beforehand, so you can prioritize which ones you want to visit. This way, you won't miss out on anything important. If you are driving, plan to come early to get a good parking space. Attendees can park on Frankfort or the outer perimeter of the Gallery at Warren/Conner located at Warren and Conner.

Stay informed: Keep an eye out for any updates or announcements regarding the Health Fair. This could include special presentations, workshops, or demonstrations. Ask for a layout of the event if available. Make sure to take advantage of these opportunities to learn and engage.

Come prepared: Bring a notebook and pen

to jot down any important information or tips you gather from vendors or health professionals. This way, you can refer back to it later and remember the valuable insights you received. If you are looking for job opportunities, bring copies of your most recent resumes or information needed to complete job applications such as previous employers' information, schools you attended, and references.

Ask questions: Don't hesitate to approach vendors or health experts with any questions you may have. They are there to help and provide guidance. Take advantage of their knowledge and expertise to gain a better understanding of health-related topics.

Be proactive: Take part in any interactive activities or screenings offered at the Health Fair. This can include health assessments, fitness challenges, or educational games. Getting involved actively can make your

experience more engaging and enjoyable.

Network and connect: Use the Health Fair as an opportunity to meet like-minded individuals and health-conscious community members. You might discover new resources, support groups, or even make new friends who share similar health goals and interests.

Stay hydrated and energized: With all the activities and information available, it's important to stay hydrated and nourished. Carry a water bottle and snack to keep yourself energized throughout the day.

Remember, the Health Fair is designed to provide valuable resources and promote well-being. By following these tips, you can make the most of your time and gain insights that can positively impact your health and lifestyle.

Special thanks to 2023 Annual Parkside Health Safety & Job Fair

Sponsors and Friends

(Platinum/Lead)
Stellantis

(Bronze)
Blue Cross Complete of Michigan, Detroit Health Department,
Walker-Miller Energy Services, and Comcast NBCUniversal

(Friends)
Michigan Social Health Interventions to Eliminate Disparities (MSHIELD)
Wayne Metro Community Action Agency

2023 Vendors and offerings (as of 7/15/23)

Michigan Social Health Interventions to Eliminate Disparities (MSHIELD)

Wayne Metro Community Action Agency

Aetna (outside)	Lions Hearing Center (inside)
Ascension (inside)	Matrix Human Services (1) (outside)
Avalon Healing Center (outside)	Matrix Human Services (2) (outside)
Beaumont Hospice (outside)	Meridian (outside)
Blue Cross Complete (inside)	MI CARES (outside)
Brilliant Detroit (outside)	Michigan Department of Health and Human Services (outside)
Choose Healthy Life (outside)	Michigan Ovarian Cancer Alliance (outside)
City of Detroit Planning and Development Department (outside)	Michigan State University Extension (outside)
CNS Healthcare (inside)	Molina Healthcare (inside)
Dedicated Medical Senior Center (outside)	National Kidney Foundation of Michigan (outside)
Delta Dental of Michigan (outside)	Project Clean Slate (inside)
Destined For Greatness Mentoring & Community Resource Center (inside)	Providers Home Care, LLC (outside)
Detroit Hamtramck Coalition for Advancing Healthy Environments (inside)	Robert R Frank Free Clinic (outside)
Detroit Northeast Lions Club (inside)	SisterFriends (inside)
Detroit Police Department (outside)	Tea Time Candles (inside)
Detroiters Working for Environmental Justice (inside)	The Medical Team (outside)
DM Clinical Research (inside)	The Nest Childcare and Parent Institute Villages of Parkside
Eastside Community Network (outside)	The Villages At Parkside
Epiphany Education Center (outside)	Trix Academy (outside)
Fatherhood program (outside)	University of Michigan CIVIC Study (inside)
Friends Of Parkside Tent (outside)	University of Michigan Energy Efficiency Study (inside)
Great Start Wayne (inside)	University of Michigan Institute for Healthcare Policy and Innovation (outside)
Green Living Science (outside)	Vaccination Clinic (inside)
Henry Ford Health (1) (inside)	Visit Health (inside)
Henry Ford Health (2) (inside)	Wayne County Friend of the Court (inside)
Henry Ford Health (3) (inside)	Wayne Metropolitan Community Action Agency (inside)
Henry Ford Health Fitzgerald Health Center (inside)	Wayne Pediatrics (outside)
Immunizations (inside)	When you Vote - I Win (outside)
Karmanos Cancer Institute (outside)	Workshop (inside)
Link Up Detroit (outside)	Xfinity Communities (outside)
	Zoe Counseling Services (inside)

2023 Annual Parkside Health Safety & Job Fair

Attractions/Activities, locations, and times (Partial list)

(This information is subject to change. Please check for the latest information at the registration or information table)

Health Fair (Registration)	10:00 - 3:30 p.m.
Health Fair Vendors (Open)	10:00 - 4:00 p.m.
Lunch (While supply lasts)	
(Truck: Hamburgers, 3 pc. Chicken Tenders, Black Bean Burgers with fries and drinks)	10:00 - 4:00 p.m.
(Hot Dog Cart: Beef Hot dogs, Turkey Sausages, & Vegan Hot Dogs with assorted chips and drinks)	11:00 - 3:00 p.m.
Workshops (FOP classroom) Ask for the workshop list and schedule	10:30 - 3:30 p.m.
Health Screenings (Inside TVP Center/FOP Office) Vision, blood pressure, BMI, etc)	10:00 - 3:45 p.m.
Children's immunization (Inside TVP Center)	10:00 - 3:45 p.m.
Food Giveaway (while supply lasts)	10:00 - 3:45 p.m.
Grand opening of Parkside Tech Hub	11:00 a.m.- 11:30 a.m.
Free hair cuts (Inside TVP Center)	10:00 - 3:45 p.m.
Free massages (Outside under tent)	10:00 - 3:45 p.m.
Mobile Fire Safety House	11:00 - 2:00 p.m.
Senior Bingo (inside FOP classroom)	12:05 - 12:30 p.m.
Mobile Gaming Truck (Outside in the parking lot)	1:00 - 3:00 p.m.
Raffles (door prizes, completed evaluations, social media, and completed passport)	11:30 a.m., 12:30 p.m., 1:30 p.m., 2:30 p.m., 3:30 p.m.
Health Fair (Closing)	4:00 p.m.

See you next year for the 15th Annual Parkside Health, Safety, & Job Fair on Wednesday, July 17, 2024!



What company sponsored the *7th Annual Parkside Curb Ball Tournament?*

Last issue question - What is the name of the company that led the 2-hour workshop for the SPACE project?

Detroit Community Design Center (DCDC)

Be the FIRST resident with the correct answer to WIN a FREE GIFT!

**Text your answer to Text 586-232-5952, call 313-822-0311, or
email: newsletter@friendsofparkside.org**

*Answers must be submitted by Thursday @ 5pm.

The winner will be published in the next issue of the newsletter.

FOP is now a health insurance enrollment site.

If you need help
or to schedule
an appointment,
please call

313-822-0311
or email
help@friendsofparkside.org

NEED HEALTH COVERAGE?

**SIGN UP TODAY
AT
HEALTHCARE.GOV**

#GETCOVERED



Parkside Residents!

Are you age 45 or older?

Participate in a study about how weatherization affects your health and receive up to \$280!

Want to learn more?

- Call Zachary Rowe at (313) 822-0311.
You can also email
info@friendsofparkside.org
- Tell us you'd like to be part of the Weatherization and Health Effects study.



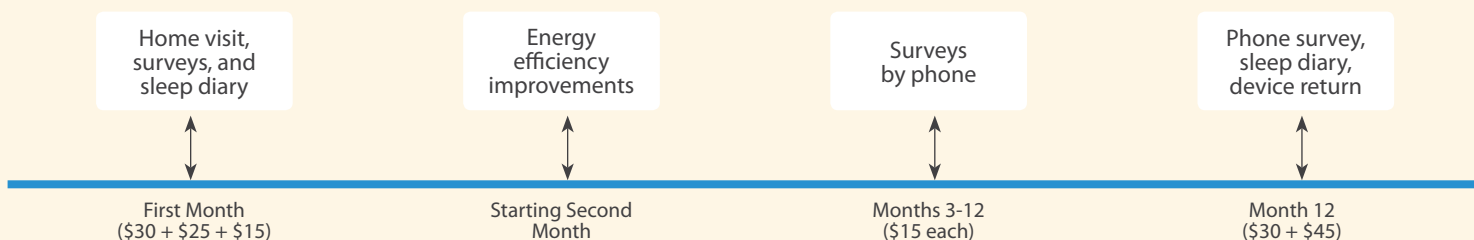
FRIENDS OF PARKSIDE



What will I need to do

- At the start of the study, complete a 30-minute survey with questions about your home, health, and finances.
- Share your utility bills from the past year.
- Keep a temperature and humidity monitor in your bedroom for one year.
- Wear a sleep-and-activity monitor for two one-week periods.
- Take a 10-minute survey once a month and a 30-minute survey at the end of the study.

Timeline



If you have any questions, contact Bruce Tonn at (856) 963-3254 or btonn@threecubed.org

Program Partners

University of Michigan, Emory University, UT CARE; Detroit, MI: EcoWorks, Friends of Parkside, Michigan Climate and Health Adaptation Program, Michigan Department of Health and Human Services, Wayne Metropolitan Community Action Agency, Michigan Climate and Health Adaptation Program; Milwaukee, WI: Slipstream, La Casa de Esperanza, Partners for Community Development, Wisconsin Department of Energy, Housing, and Community Resources, Social Development Commission; Memphis, TN: Three3, Tennessee Valley Authority, Memphis & Shelby County Division of Planning & Development, Memphis Shelby County Lead Safe Coalition.

Be a Parkside VIP today

What is a Parkside VIP?

VIP stands for Volunteers Impacting Parkside (VIP). The Friends Of Parkside needs caring people and organizations who want to make a positive contribution to the Parkside community.

Volunteer Opportunities

Greeters, pass out flyers, chaperon, monitor children, write articles for newsletter, serve on committee or FOP board, make phone calls, answer phones, help with breakfast or lunch program, pick up trash in the neighborhood, sign in guests, pass out food, take pictures, set up for events, fold flyers, yard work for seniors, and more!

Benefits

- Meet new people
- Earn community service or volunteer hours
- Learn new things
- Have fun
- Help others
- and more!



To Volunteer or for more information, sign up at

bit.ly/vipfop, call 313-822-0311,

or email: volunteer@friendsofparkside.org

Or visit the FOP Office, 5000 Conner, Ste 103, Det, MI 48213

FRIENDS OF PARKSIDE

Email Us Today at
newsletter@friendsofparkside.org

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