



*Brightmoor
Community Center*

*Detroit Department of
Health and Wellness
Promotion*

*Detroit Hispanic
Development
Corporation*

Friends of Parkside

*Henry Ford Health
System*

*Rebuilding
Communities Inc.*

*University of Michigan
School of Public
Health
and*

*A. Alfred Taubman
College of Architecture
and Urban Planning*

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What has HEP been up to lately?

Hello Eastside! The Healthy Environments Partnership (HEP) and its Community Approaches to Cardiovascular Health (CATCH) project has been really busy this fall and winter season planning the next steps to develop a project (intervention) that will help reduce heart disease in Detroit. We wanted to share with you some of the highlights of the activities that took place, so read along . . .



What happened at our Town Hall meeting? Detroit residents were invited to attend one of three HEP Town Hall meetings held in October. The eastside meeting took place at Warren-Conner Development Corporation (WCDC) on October 12th. At the meeting we shared what HEP has learned about how neighborhood conditions (available foods, air quality, and places for physical activity) are related to risk for heart disease. We also asked community members for their ideas about how to improve heart health for Detroit residents. We would like to thank community members, policy makers, and organization representatives who attended this event, and we thank Warren Conner for hosting it.

Our Intervention Planning Team: A few days after the Town Hall meetings, we invited a small group of community members and organizations to be part of the HEP Intervention Planning Team (IPT). The purpose of the IPT was to use research information and ideas from community members to suggest activities to improve heart health in Detroit. The suggested activities will be used to develop an intervention or program for Detroit residents. The program will focus on improving heart health.



Participants at the East-side Town Hall Meeting

Update on the Greenways

**The Conner Creek Greenway:
Fun events coming your way on the Conner Creek
Greenway Spring 2007!**

We hope you are prepared with your walking shoes and a healthy attitude for the New Year! HEP and the Conner Creek Greenway collaborative have been discussing fun ideas for events on the greenway starting this spring. We will keep you informed through future editions of this newsletter.

For more information about the Greenway contact Henry Guthard at DECC at (313) 571-2800 ext. 1159.



Senior Classes: Aerobics: Monday through Thursday 9:15 - 10:15 am; Hustle: Mondays and Wednesday 1:00 - 2:00 pm at Farwell Recreation Center, 2711 East Outer Drive.

Dance: Every **Tuesday and Thursday**, Hustle Class **6:00 - 7:00pm** and Ballroom **7:00 -8:00 pm** at Village of Parkside, 5000 Conner.

Gospel Praise Aerobics: Every **Thursday 6:00 -7:00 pm** at New Greater Christ MBC, 13031 Charlevoix at Lenox.

Saturday Walking Club: Every **Saturday 9:00 -10:00 am** at Southeastern Village, 1501 Canton. Contact Lynn Smith at (313)922- 8660 for more information.

If you would like to join or form walking club in your neighborhood, you can call Derrick Odoms at AIM HI Institute of Multicultural Health (313)874-6733 and (313)874-1890.



HEP's Healthy Tips for You!

Keep Moving

Older Adults on the Move

Don't want to go outside to exercise this winter? There are many ways to be active in your home.

Housework is healthy. Vacuuming, sweeping and dusting all burn calories.

Add activity to your normal routine. For example, stand up or walk around your house while talking on the telephone.

Stretch to reach items in high places and **squat** to pick up items from the floor.

Fun for Families

Kids love snow. Snowmen. Snow forts. Sledding. Ice skating. Snow angels. You name it. Kids do it. The good news is that all of these activities are great ways for kids to be fit and active in the winter. Consider taking a winter wonderland walk around your neighborhood. When you get to a park, build a snowman or go sledding together.

Just remember to bundle up!

Recipe for the Season

STRAWBERRIES, ORANGES & BANANAS



How about starting the new year with a healthy breakfast! For many of us the new year is the time to set our new year resolutions. For example eating healthy, losing weight and getting more physically active. We thought we might help you get started by giving you an easy but healthy recipe. Be happy and healthy in 2007!

New Year Wake Up Fruit Blend !

Number of Servings: 2

Ingredients:

- 2 cups orange juice
- Two 8-ounce containers low-fat strawberry yogurt
- 1 medium ripe banana, cut into chunks
- 1/2 teaspoon vanilla
- 2 cups ice cubes

Preparation Instructions:

- In a blender combine all ingredients.
- Blend until smooth, about 30 - 60 seconds.
- Pour into glasses and top with strawberries, if desired.
- Serve immediately.

Nutritional Analysis per serving: Calories 335, Sodium 82.5 mg, Carbohydrates 72.5g, Protein 6.5g

Source: Fitness and Freebies
www.fitnessandfreebies.com/holidays/holiday21.html

Get Involved

Starting Your own Vegetable Garden



Greening of Detroit will be starting their 9 -week training program **Urban Roots on February 10th.** It is a hands on course to train community leaders in community organizing as well as horticulture skills. Space is limited. If interested contact Ashley Atkinson at (313)237-8736 or visit www.detroitagriculture.org

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