

# KV COMMUNITY HEALTH & WELLNESS



A Newsletter by the  
Kelloggsville Health & Wellness Committee



## Celebrating Mental Health



May is National Mental Health Awareness Month and there are some community events in Grand Rapids to celebrate!

- May 11: A Mental Wellness Fair will be hosted at Garfield Park on Saturday, May 11th. Entry is free, and there will be games, food trucks, resource tables, hair braiding, and more! See the flyer on the page 5 for more details!
- May 18: Be Nice, the mental health awareness program in our district, is hosting a Stomp Out the Stigma walk on Saturday, May 18. Registration to walk is FREE! Wear your Be Nice t-shirt and come walk to support mental health! Visit [benice.org](http://benice.org) for more information!
- May 25-26: Kelloggsville Middle School is also hosting a mental health and wellness fair and Africa Day Celebration on May 25-26! There will be good food, a soccer tournament, immigration and financial resources, as well as mental health resources. This event is also free to attend! See page 6 with the flyer for more details.

### MORE INFORMATION ON HEALTH & WELLNESS:

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## Ways to Celebrate Mental Health Awareness Month at home!

- Commit to spending at least ten minutes a day outside. Research shows that spending time outside, especially in the sunlight, can boost your mood!
- Practice gratitude. Looking for positives in your day and naming them can help boost your mood and keep yourself from becoming “stuck” in negatives.
- Schedule time to do things you enjoy. Listening to music, dancing, reading, cooking, drawing, games, sports, etc., are all ways to promote mental health. Pick an activity you enjoy and spend intentional time doing the activity. While you’re doing the activity, pay attention to how it feels doing something you enjoy.
- Unplug. Social media can often be full of negativity, comparison, and overwhelming amounts of bad news. Taking time in your day to intentionally unplug and focus on other activities (such as the ones above!) can help improve mental health.
- Movement. Physical health and mental health are closely tied together. Finding an activity to get your body moving can increase your mental health as well. Whether it’s running, joining a sports team, yoga, or a calm walk around your neighborhood, spending 30 minutes a day exercising can have lots of benefits for your mental health!

## Summer Therapy Services

Our elementary, middle, and high school clinicians are excited to continue working with students this summer! If you have a student who is already receiving services, please keep an eye out for information from your clinician regarding summer services. If you are interested in beginning mental health therapy services for your student, or in being placed on a waitlist for services in the fall, please reach out to the clinician at your student’s school for more information.

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**INVEST**  
*in your*  
**MENTAL**  
*Health*

## World Health Day

Each year on April 7th, the World Health Organization (WHO) celebrates the importance of good health with different themes. The theme for World Health Day 2024 is 'My health, my right'. Everyone, everywhere has the right to have access to health information and education. Even though information can be accessed easily via the internet, it can be hard to interpret what is best. Spending time learning about health and wellness and how you can better take care of yourself can positively impact the health of your family. The WHO encourages you to get active, drink more water, eat healthily, and get educated about your health!



## Kent County Farmers Markets

Warmer weather brings on opportunities to purchase fresh local foods! Most farmers markets accept Bridge Cards and WIC making healthy foods more accessible to all. Here are just a few Farmers Markets in Kent County!

**Fulton Street Market - 1145 East Fulton Street, Grand Rapids**

**Grandville Farmers Market - 4055 Maple SW (Grandville Library), Grandville**

**Heffron Farms - 5316 Clyde Park Suite 1, Wyoming**

**Kentwood Farmers Market - 4900 Breton Rd. S. E. (Kentwood City Hall), Kentwood**

**Speyer's Farm Market - 6484 Eastern Ave. SE, Grand Rapids**

**UCOM Farm Market - 1311 Chicago Dr SW, Wyoming**

## Community Resources in Kent County

### Safety

Poison Control: Poison prevention, first aid and what to do in case of a poisoning emergency. 1-800-222-1222 (24-hour hotline)

Helen DeVos Injury Prevention Program: Education on safety topics to eliminate unintentional childhood injury and death, reduced price car seats. 616-391-7233

YWCA 24-Hour Confidential Crisis Line: Support for victims of domestic and dating violence, sexual assault, child sexual abuse, and stalking. 616-451-2744 (24-hour hotline open to everyone)

### Health, Dental, and Immunizations

Kent County Health Department • Children's Special Health Care Services: Specialized medical treatment, supplies and equipment for children with chronic health conditions. 616-632-7066 Mon-Fri 8AM-5PM

Kent County Health Department - WIC: Nutrition education, breastfeeding support, referrals to other healthcare providers, immunizations, and supplemental foods. 616-632-7200 Mon-Fri 8AM-5PM

Kent County Health Department - Community Clinical Services: Immunizations, tuberculosis testing and services and sexually transmitted disease testing. 616-632-7200 Mon-Fri 8AM-5PM

Kent County Health Department South Clinic and My Community Dental Centers: Provides dental services to Medicaid enrollees and low income, uninsured residents. 1-877-313-6232 Mon-Fri 8AM-4:30 PM

# USDA New School Meal Standards

“U.S. Department of Agriculture Secretary Tom Vilsack announced major steps to promote the health of America’s children through school meals. Nutrition standards for school meals will be gradually updated to include less sugar and flexibility with menu planning between Fall 2025 and Fall 2027. The Department arrived at these changes after listening closely to public feedback and considering the latest science-based recommendations from the Dietary Guidelines for Americans.” (USDA, 2024)

**USDA** Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

## FINAL RULE FOR SCHOOL MEAL STANDARDS

**Updated School Meal Standards: working towards a common goal of healthy children and helping them reach their full potential.**

School meals are the main source of nutrition for millions of children every school day. USDA is ensuring these meals are even more nourishing, while keeping them appealing to kids.

### Key Provisions



#### Whole Grains

Schools may continue to offer a variety of nutrient-rich whole grains with options for some enriched grains (no changes in standard)



#### Milk

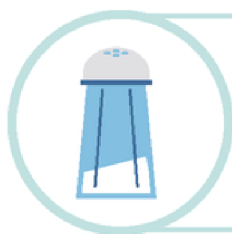
Continue to allow flavored and unflavored milk (no changes in standard) with new limits on added sugars



#### Added Sugars

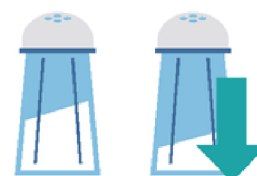
Limit using a phased approach:

- **Phase 1:** Limits on specific high-sugar products (cereals, yogurt, flavored milk)
- **Phase 2:** Overall weekly limits



#### Sodium

Gradually phase in one reduction of weekly limit





# SATURDAY

## MAY 11, 2024

**GARFIELD PARK  
GRAND RAPIDS, MI**

*Mental Wellness Community Event*

# CONNECTING & THRIVING TOGETHER

## PURPOSE:

To unite, build and strengthen our community by sharing resources in a safe and fun environment.

**1:30-4:30PM**

- Children's Games
- Line Dancing
- Live Entertainment
- Refreshments
- Resource Tables
- SoulfulMOTION Fitness
- Food Trucks
- Ice Cream Truck

### You Must Register

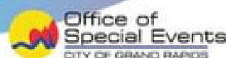
*"Skill Development Training for Youth"*

1:30 p.m. - 4:30 p.m.

- Hair Braiding
- Lawn Care

Register your name, email, age and number at [amayfield@focgr.org](mailto:amayfield@focgr.org)

EVENT ORGANIZERS: FAMILY OUTREACH CENTER & POSITIVE IMPACT FOR LIFE



FOR MORE INFORMATION

CALL AUDREY

616-822-5853 OR

FAMILY OUTREACH CENTER

# Mental Health, Wellness Fair

## & Africa Day Celebration



**May 25-26**  
12:00 PM - 6:00 PM



**A FREE  
FAMILY-FRIENDLY EVENT**

**VENUE:**  
**Southeast Kelloggsville  
Elementary**  
240 52nd ST SE  
Grand Rapids, MI  
- African Food

### **SOCCER TOURNAMENT**



- Open to all ages
- \$500 prize & trophy to winning team!

To register your team, scan the QR code below or reach out to:  
[yinka@aglimpseofafrica.com](mailto:yinka@aglimpseofafrica.com)

- Mental Health Experts
- Immigration Resources
- Finance & Other Resources
- Experts & Speakers
- Resource Vendors
- Soccer Tournament

Vendor Registration



Soccer Registration



Event Contact: [dsematungo@aglimpseofafrica.org](mailto:dsematungo@aglimpseofafrica.org)  
[bryce@aglimpseofafrica.org](mailto:bryce@aglimpseofafrica.org) | [aglimpseofafrica@gmail.com](mailto:aglimpseofafrica@gmail.com)

*A Healthier You is a Healthier Community*