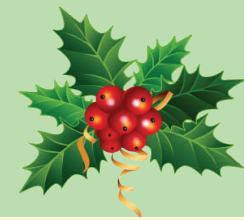




Washington Square Wellness News

December 2009



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Share Some of Michigan's Best!

Rather than a local-foods recipe, this month, I wanted to offer up some great holiday gift ideas that will also directly support Michigan's economy. Here are just a few of the many great places to find local foods to use as stocking stuffers, mix and match in a gift basket, or however the season finds you giving and sharing.

<http://www.edenfoods.com/store/>

A Michigan company in Clinton County (and most of the ingredients are Michigan, or at least USA)

<http://www.buymichiganproducts.com/Public/Index.php>

A website that features Michigan made products from sauces and wines to candles and cheese.

<http://www.thinkmichiganmade.com/>

Dedicated to Michigan products and the people and companies that make, grow, sell and buy them

Dolce Vita Dairy

<http://www.greenbush-farms.com/>

The best goat cheese I've ever eaten from just up the road in St. Johns

<http://www.shrimpfarmmarket.com/>

For shrimp every bit as delicious as fresh off a Gulf Coast shrimper, look no further than Michigan's one and only shrimp farm in Okemos

Purity Foods (Vita Spelt Pasta)

<http://www.purityfoods.com/>

An Okemos-based company that makes the most wonderful pastas, flours and cereals

Brownwood Acres

<http://www.brownwoodacres.com/index.php>

A Michigan family-owned business that specializes in juices, dried fruit, pet supplies, and skin care products

Naturally Nutty Peanut Butter

<http://stores.homestead.com/NaturallyNuttyFoodsInc/StoreFront.bok>

World's best peanut butter made in Traverse City

Submitted by: Viki Lorraine

World AIDS Day Observance 2009

Michigan Department of Community Health (MDCH), Division of Health, Wellness and Disease Control (DHWDC) continues to strive to improve the quality of life of citizens affected and infected with HIV by providing funding for HIV prevention, education, training, care and treatment to support our state's community partners who provide HIV/AIDS services. On December 1, 2009, a commemoration of World AIDS Day will take place from 9:00 a.m. to 3:30 p.m. in the Ballroom of the Northwest Activity Center, located at 18100 Meyers, Detroit, Michigan.

This event is being sponsored by MDCH, DHWDC, in conjunction with the City of Detroit Department of Health & Wellness Promotion, Southeastern Michigan HIV/AIDS Council (SEMHAC), and the Wayne County Department of Public Health. The theme for this year is "**I am living my rights. Stop AIDS. Keep the Promise.**"

Community-based organizations will display useful information on their programs and services. A health fair will offer free confidential and anonymous HIV testing, along with STD screenings. State and local dignitaries will be on hand to observe this worldwide event. Additional health screenings for high blood pressure, glucose and cholesterol will be available during the observance. In addition, we are planning to have several workshops which will address HIV/AIDS and STD prevention. Charles Pugh, formerly of Fox Detroit 2, is tentatively planned to be our master of ceremonies.

This year, we are also planning to have Dr. Anthony D. Atkins, M.D., a physician from Lima, Ohio to be the keynote speaker. Dr. Atkins will present "LIFE STORYZ STATE OF EMERGENCY," a rap, hip-hop and R&B project that delivers positive and informational messages to help inner city youth make the right choices about health and sex.

Article submitted by: Yolanda Garza, 10th floor



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"Families in larger numbers are turning to The Salvation Army for assistance. Please consider blessing a family this holiday through The Salvation Army's Adopting a Family program." Major Thomas E. Riggs.

You may give through the Washington Square Building by pledging to help families or individuals. Pick up by the Salvation Army will be December 7. For more information, contact Sue Heiden on the 6th floor, 5-8368 or heidens@michigan.gov.

Express Yourself: December 8, from 12:00-12:45 pm. in **Capitol Commons** Lower Level (follow the signs from the stairwell) Discuss issues facing nursing moms in the workforce. Meets every 2nd Tuesday of the month. Questions? Email burrish@michigan.gov

January Book Club Book:

A Free Man of Color by Barbara Hambly
In Barbara Hambly's rich and poignant thriller, it's 1833 and Ben January--a man of mixed blood making his living as a musician because he's not allowed to practice surgery--is back home in New Orleans after years of freedom in Paris. Trying to walk a caste line more complicated than India's, January risks his precarious position to investigate the killing of a young woman who--like his own younger, lighter half-sister--is the mistress of a wealthy white man. We will discuss this book on January 12 at noon, WS 207. For more information contact Tisa Vorce vorcet@michigan.gov

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
	Fruit Basket available all week	Body for Life 12:00-1:00 Room 207	Walking Club 12:00-12:30		Walking Club 12:00-12:30	
6	7 Fruit Basket available all week	8 Book Club 12:00-1:00 Room 207 <i>The Help</i> by Kathryn Stockett Express Yourself 12:00-12:45 Capitol Commons	9 Walking Club 12:00-12:30	10 Body for Life 12:00-1:00 Room 207	11 Walking Club 12:00-12:30	12
13	14 Fruit Basket available all week	15	16 Walking Club 12:00-12:30	17 Lunch-n-Knit, Bead & Crafts 12:00-1:00 Room 207	18 Walking Club 12:00-12:30	19
20	21 Fruit Basket available all week	22	23 Walking Club 12:00-12:30	24 Office Closed	25 Office Closed	26
27	28 Fruit Basket available all week	29	30 Walking Club 12:00-12:30	31 Office Closed		