



**HEALTHY NEIGHBORHOODS
HEALTHY FAMILIES**



When your child needs a hospital, everything matters.



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
EDUCATION

2020 Upward Bound Math and Science Graduates

Congratulations to the 2020 graduates of the Upward Bound Math & Science (UBMS) program! UBMS promotes college and career readiness for high school, low-income and first-generation college students. The program helps students grow their leadership and critical thinking skills through networking and hands-on learning opportunities.

Students meet with an adviser on a monthly basis, who counsels them on work-study and other experiential learning opportunities. Most UBMS participants are connected with a mentor through Nationwide Children's Hospital. UBMS provides students and their families with a reliable and enriching support system. We are so proud of this year's graduates!

Do you or someone you know meet the following criteria?

- A rising 9th, 10th or 11th grade student
- Attending South or Marion-Franklin High School or living in an area where either of these is your home high school
- Part of a family whose household income is 150% of the Federal Poverty Level or below
- A potential first-generation college student

To learn more, email UBMS2@NationwideChildrens.org
or visit NationwideChildrens.org/Upward-Bound.

UBMS 2020 GRADUATES

Symone Kennedy Boyd: Graduate of South High School, attending University of Dayton

Zoe Ahshanae Harris: Graduate of Marion Franklin High School, attending The Ohio State University

Kahia Lisette Hill: Graduate of Eastmoor Academy, attending Notre Dame of Maryland University

Destiny D. Jenkins: Graduate of Eastmoor Academy, attending Denison University

Amari Lynn Johnson: Graduate of Eastmoor Academy, attending Kentucky State University

Nasir Ahmed Noor: Graduate of Marion Franklin High School, attending The Ohio State University, Newark Campus

Ashante Stewart: Graduate of Columbus Africentric Early College, attending Columbus State Community College

Toneasia Wilder: Graduate of Columbus Africentric Early College, attending Wright State University



Know a Child Entering Kindergarten? Enroll them in SPARK!

SPARK is now accepting applications for children who will enter kindergarten in the fall of 2021.

If you live in zip codes 43205, 43206 or 43207, you can help a child get ready for kindergarten with SPARK, a free program where your child's teacher comes to you - at your home. Each month the teacher meets with the family to work on lessons around the book they bring. The teacher leaves fun things for your child like Play-Doh, crayons, safety scissors and, of course, books. Pass the word!

Please email SPARK@NationwideChildrens.org for more details or call **(614) 355-0714**.

Career Exploration at South High School

Students at South High School spent time during the 2019-2020 school year exploring careers at Nationwide Children's Hospital as part of a partnership with Columbus State Community College.

Thirty freshmen, 22 sophomores, 29 juniors and 36 seniors learned about clinical and non-clinical jobs in the hospital.

In addition to career exposure, seniors attended a resume review session and had mock interviews with Nationwide Children's and Goodwill staff.

The goal of this program is to help young people explore career interests, graduate from high school, begin college and get a job during and after college.



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
COMMUNITY ENRICHMENT

Respond to the 2020 Census Today!

The 2020 Census is underway and it's your chance to shape the future for yourself, your family, and your community. Information collected impacts funding for things like:

- Education programs
- Public transit
- Medicaid and Medicare
- SNAP
- Libraries
- Parks and recreation centers

You can respond online at 2020Census.gov, by phone or by mail. Help make the South Side a thriving neighborhood by responding today.



PlayStreets in a Box

Due to COVID-19, we will unfortunately not be hosting PlayStreets, our festival of fun and games. However, we will be distributing PlayStreets in a box so you can enjoy the fun at home!

Email PlayStreets@NationwideChildrens.org for more information.

Visit NationwideChildrens.org/HNHF-Neighbors for up to date information!

Keep the South Side Beautiful

Since its inception in 2008, Healthy Neighborhoods Healthy Families has been committed to beautification efforts on the South Side of Columbus and is expressing its support of the Keep Columbus Beautiful *Litter Free Lawns* program. This is the City of Columbus' newest community improvement program. It encourages homeowners, tenants and landlords to don a mask and gloves and grab a trash bag to clean up litter and debris from the lawn, sidewalk and street around your respective property. A collective beautification effort in the neighborhood leads to a beautiful street and overall community pride. We encourage our neighbors to participate in this program and submit pictures of your lawn to be considered for weekly prizes from the Keep Columbus Beautiful team.

Please email keepcolumbusbeautiful@columbus.gov or call (614) 645-2421 to learn more about *Litter Free Lawns!*

How Are Kids Doing During COVID-19? Help Researchers Learn More

Do you have a child between the ages of 8 and 18 who goes to public or private school? Take a 15-minute online survey to help researchers at Nationwide Children's Hospital learn more about how school-aged kids are doing during the COVID-19 crisis. Information collected will allow researchers to better help kids when the crisis is over. Participants who complete the survey can opt in to a drawing for a \$100 Amazon gift card.

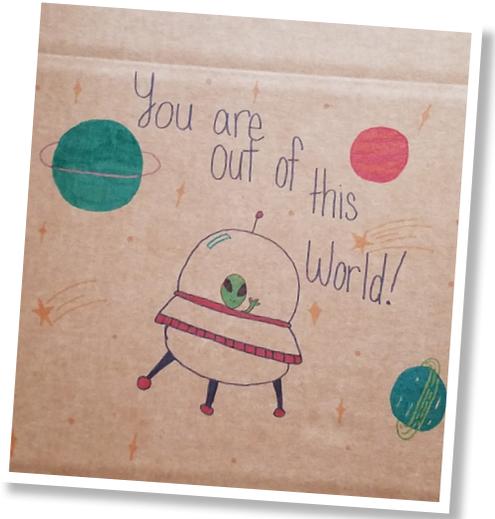
To participate, visit <https://is.gd/COVIDKids>.



Learning During COVID Keeps Continuing With Care Packages

In the wake of the COVID-19 stay-at-home order, the Healthy Neighborhoods Healthy Families (HNHF) team came up with new ways to support our local communities during this difficult time. One of those was the SPARK Care Package Project.

The SPARK program prepares preschool children for kindergarten by working with parents so that parents become their child's "first and best teacher." This happens through in-home visits that provide books and other materials for parents to share with their future student. With schools and daycares closed, our SPARK families suddenly faced difficult challenges. With almost no notice, SPARK children, their siblings and their parents were at home together full-time needing ways to keep busy with learning.



As part of the SPARK Care Package Project, the HNHF team assembled 51 care packages to help families keep their children engaged in creative, productive activities. The care packages included basics like writing and construction paper, pencils, crayons, markers, pipe cleaners, craft sticks, paint, paintbrushes, stickers and glue, in addition to math and alphabet flash cards, reading workbooks and phonics practice activities. To make sure families had at least one fun activity to share together, every package also included a deck of UNO cards. Volunteers decorated each box with a message of encouragement.

Mickie Roberts, SPARK program administrator, says the families in the homes she visited were excited to have all of these new activities. One parent reported to Mickie that "my son was assigned homework with paintbrushes and I didn't have any. Thanks so much. You and your team are amazing." Another parent remarked that, "The healthy box of supplies you left today will go to great use very soon! Thank you so much. Your thoughtfulness touched us more than you can know."

See related story about SPARK on page 3.



Family Bike Safety Tips

During the current pandemic, bicycle riding has skyrocketed in Columbus. Bicycling is great exercise, allows for social distancing and gives everyone a little relief from “cabin fever.” Before you head out, though, make sure you think about the following:

- 1. Show your brain some love!** Helmets for everyone! Children under 18 are required to wear a helmet in Columbus. And if you are 18 or over, it is still a good idea. A properly fitting helmet can help reduce the risk of serious head injury in case of a fall or crash. If you have helmets, make sure they are in good condition. Helmets with cracks or other evidence of possible damage should be replaced. If you need a helmet, check with Bikes for All People, 934 Parsons Ave. They usually have free helmets for kids and reasonably priced helmets for adults. For tips on proper helmet sizing and adjustment, search “bike helmet safety” at NationwideChildrens.org.
- 2. Make sure your bikes are in good working order.** Before hitting the streets and trails, check your bike and make sure it is safe to ride with a basic ABC check:
 - Air - Check the air pressure and condition of your tires.
 - Brakes - Make sure your brakes still work since you will need to stop at some point.
 - Chain - Look at the chain for excessive dirt, rust or other problems.

If your bike has been in the garage or basement for a couple of years, it would be worth taking it to a shop for a basic tune up.

3. **Do some parental route recon.** Parents, before you take your family out on the road or trail, do some advance scouting. Check the route you intend to take. Make sure roads aren't too busy for your group. Look for good places to stop and rest in case some of your riders get a little tired. You might also want to avoid intimidating obstacles like big hills or heavily used trails.
4. **Make sure everyone in your group knows the rules of the road and/or trail.** Local multi-use trails, parks, and streets are full of walkers, runners, rollerbladers and other cyclists enjoying freedom and fresh air. If you're riding on streets, stick to low traffic options. Make sure your group knows that bikes must act like traffic. Use hand turn signals. Stop at stop signs. Ride in the same direction as motor traffic. If you're on multi-use trails, stay to the right. Call out "passing on your left" when you overtake slower traffic. You can look at guidelines for rides online.
 - Try the League of American Bicyclists for great road information - <https://bikeleague.org/content/rules-road-0>
 - For local Columbus trail guidelines and etiquette, visit - <https://www.columbus.gov/recreationandparks/trails/Trail-Rules-and-Etiquette/>
5. **Start easy and work up to longer rides.** No need to test everyone's endurance the first time out. Keep it short and enjoyable. Be flexible if unrest arises. Stop and let everyone catch their breath. Bring snacks and drinks. Going too far or too fast on early rides can lead to frustration that might discourage for future rides. Have fun, be positive and create an environment where you can enjoy each other's company.
6. **Do research.** There are lots of great places to learn more about family riding like Cycling Savvy and League of American Bicyclists. Talk to people who have experience riding around your city. Stop in your local bike shop to pick up maps, safety tip brochures and local wisdom from the staff. When it comes to the safety of your family, it's good to learn as much as you can!



Bikes for All People Welcomes Woody

When Woody Patrick moved to Columbus 22 years ago, he jumped into the local bicycling culture with both feet.

“I did TOSRV right away,” he says, referring to the 210-mile weekend ride to Portsmouth and back. “I just looked up people to ride with.”

He found plenty of fellow cyclists by joining Columbus Outdoor Pursuits (COP) for their schedule of group rides. Pretty soon, he was regularly logging 300 miles a week.

With a little bit of understatement, he added, “I got pretty fit from all that riding.”

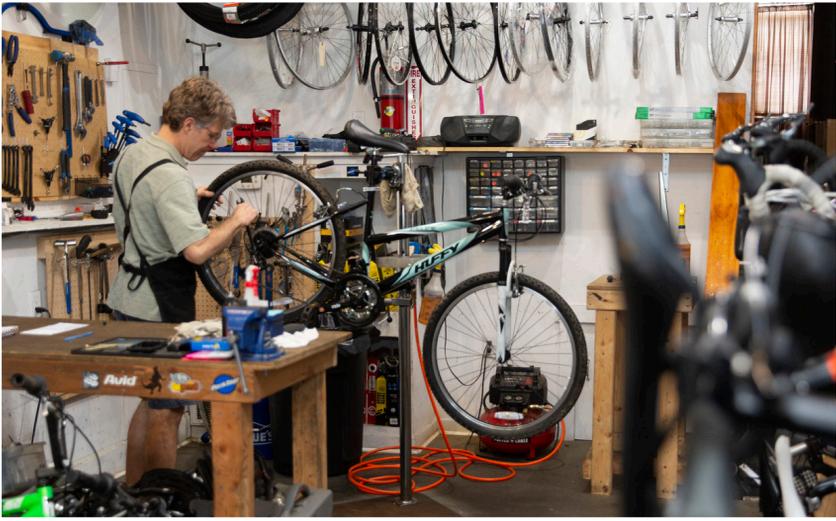
In February 2020, Woody jumped into a new cycling adventure when he joined Bikes for All People (B4AP) as its new executive director. He took the reins of an

organization that has grown a solid reputation for providing affordable, high-quality sales, service and programming to South Side residents. Located at 934 Parsons Ave. on the northeast corner of Parsons and Whittier, B4AP also works to help people in need by offering labor on a sliding-scale and providing free bikes and helmets to children. This past fall, B4AP gave away its 1,000 free bicycle to a neighborhood child.

Woody’s tenure has gotten off to a great start.

“It’s a really good fit for me,” he says.

The spirit of the South Side reminds him of the down-to-earth, hard-working vibe of the blue-collar Cleveland neighborhoods where he grew up.



“People here are really cool. This matches my own demeanor. People work hard, they are very positive.”

He has enjoyed getting to know the variety of people who come into the shop. That variety provides for interesting days with a stream of challenging and rewarding work.

He adds, “I never thought I’d be working somewhere like this. I love it.”

In addition to a history of logging lots of miles, Woody comes with some impressive riding and

wrenching credibility. He has completed a couple of long tours riding in Europe along with his usual local riding. Woody spent several years as a successful local racer on the once-ubiquitous Savage Hill Cycling squad. He even dabbles in the off-road disciplines of mountain biking and Cyclo-cross. Previously, he worked for 10 years as the service manager at the old Lane Ave. Trek Store. He can fix just about anything that comes his way. And all of it seems to have prepared him for this new moment.

“People here are really cool. This matches my own demeanor. People work hard, they are very positive.”

— Woody Patrick, Executive Director, Bikes for All People

The changes brought about by the COVID-19 pandemic have swamped bike shops everywhere including B4AP. As people look for affordable ways to exercise and maintain social distance, they seem to be rediscovering cycling. The B4AP staff sold 71 bikes in April, a new shop record for one month. They have also been helping people dust off and tune up their old bikes from storage. The shop has been able to maintain regular full-time hours during the pandemic.

The increases in sales and service have been a great opportunity. But there have been struggles as well. By mid-May, high sales combined with manufacturing and supply chain disruptions made new bikes almost impossible to find.

“Our main new bike distributor is out of almost everything,” he says. “You go to their website and the inventory is gone.”

B4AP also put classes, clinics and the Thursday Slow Roll Social Rides on hold due to social distancing practices.



“Really, there just isn’t a safe way to do those things right now. But we’ll get back to it eventually,” he says.

“Customers have been really cooperative,” says Woody. “People have adjusted. They understand that we’re on a mission.”

Learn more about supporting the mission of B4AP at bikes4allpeople.com, by following them on Facebook or Instagram, or by calling (614) 670-8685. Through HNHF, Nationwide Children’s Hospital is a founding partner in Bikes for All People, a social enterprise business owned by Community Development for All People (CD4AP).



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
ECONOMIC DEVELOPMENT



What Does Love Look Like?

Like many places on the South Side, the community garden at 1269 Wilson Ave. has Aaron Hopkins' fingerprints all over it. From the beautifully crafted gazebo, fences and benches, to the carefully tended beds of vegetables and flowers, Aaron's handiwork has been part of every step in creating this little oasis in the middle of a busy city block. He calls the project "Growing Community Garden and Family Concerns Urban Community Farm."

As he sits in the shade of that gazebo on a sweltering summer afternoon, Aaron points out all the construction details that less savvy

eyes might not notice. He notes the new wood that has added height to the growing beds.

"It lets us get more and better soil so we can grow more and better stuff," he says.

He talks about the sitting benches that are built directly into the fence that surrounds the project.

"Those are for the grandmas," he says.

Aaron uses the garden to teach young people in the community to build and farm. But he can't do it alone. He enlists the help of senior citizens in the neighborhood.

Aaron explains, “Those benches let the grandmas get down close to the ground with the kids while they’re working together. This is not just about growing vegetables. It’s about growing relationships.”

Whether it be physical labor or relationship-building labor, Aaron embraces the hard work required by those two things. The physical labor feels most natural. Aaron’s “day job” for the last 26 years has been as a demolitions expert for Colvin Gravel Company in Columbus.

“But even before that, I was always doing odd jobs, anything that involved work,” he says.

He especially enjoyed landscaping, a passion that realizes itself today in the farming and gardening he does around the neighborhood.

He’s also a minister, and the work of relationship-building pushes him to grow in his call to servant leadership. As a licensed preacher and ordained deacon at Family Missionary Baptist Church on Oakwood Avenue, he understands the importance of finding your voice even when speaking up feels intimidating.

“It took me a while to embrace the call to get that preaching license,” he says. “I resisted that one for a little while.”

He sees now, though, that preaching helped him realize he

has “important things to say.” The reticence that initially kept him from taking the pulpit came up again when he joined the South Side Thrive Collaborative (SSTC). Aaron serves as a representative on SSTC’s Leadership Table, a board of business and community leaders who represent organizations that are active in serving the South Side.

“That first meeting, I’m sitting there with people like Jane Grote Abell from Donato’s and Tanny Crane from the Crane Group. I’m wondering ‘What am I doing here?’ But they asked me my thoughts on things,” he says. “They wanted to hear what I had to say. I realized they didn’t know everything about the neighborhood. They NEEDED to hear what I had to say.”

That unique knowledge of the community combined with an extraordinary ability to connect with his neighbors continues to drive Aaron in new directions. Those fingerprints that are all over the community garden show up in many other places.





Aaron serves as president of the South Side Community Action Network, the sponsoring organization of his gardening and farming projects. He is active in the South Side Area Commission. He helped Community Development for All People (CD4AP), the United Way, and Healthy Neighborhoods Healthy Families start the South Side Neighborhood Leadership Academy, a program that trains community members to become community leaders.

Teaching these little lessons matters to Aaron. And for him, the lessons all come back to his Christian faith.

“Jesus,” Aaron says, “was all about figuring out ‘What does love look like?’”

Aaron answers that question as he talks about scripture – loving your neighbor, taking care of the soil, feeding people, speaking up for your community. It feels a little bit like Minister Aaron might have the words to a sermon on the tip of his tongue. With his love of manual labor, Aaron does a lot of his preaching through hard work performed alongside his neighbors. Either way, though, you will learn what love looks like. It looks a little bit like Aaron Hopkins.

*“This is not just about growing vegetables.
It’s about growing relationships.”*

– Aaron Hopkins, South Side Community Garden



South Side Thrive

Collaborative

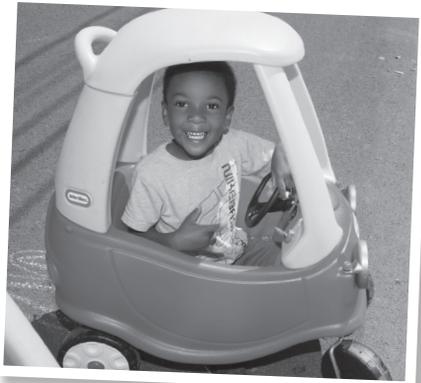
Working Together to Make a Thriving South Side

Your South Side community is made up of caring residents, committed civic groups, dedicated nonprofits and diverse businesses.

As a network of partners working together to improve housing stability, economic mobility and health, South Side Thrive Collaborative invites you to connect with us to:

- Learn ways to be involved in your neighborhood
- Link up with community resources and services
- Share your ideas on how to make the South Side better

Follow us on Facebook and Instagram ([@south_side_thrive](#)).



Goodwill Columbus Workforce Development is Now ONLINE

Take live workshops online that focus on resume writing, interviewing, communication skills, and more!

Search for “Goodwill Columbus Workforce Development” on Facebook, Instagram or Twitter.





HEALTHY NEIGHBORHOODS HEALTHY FAMILIES AFFORDABLE HOUSING



Healthy Rental Homes Helps During COVID-19

When the COVID-19 pandemic caused closures in March, the Healthy Homes team started thinking about ways to support its tenant families by making sure they stayed healthy and housed. Healthy Homes' rental program maintains 64 units on the South Side.

Healthy Homes provided tenants with updates and resources on free meals, utility help, unemployment benefits and financial assistance. Late payment penalties were also waived and tenants could set up a payment plan.

Healthy Homes also joined with IMPACT Community Action to help families access the HOPE Fund for rental assistance. Currently, they are working with tenants who have been unable to catch-up with past-due balances. The hope is that all tenants will recover from the hardships caused by COVID-19.

Healthy Homes is expected to add 14 new rental units this year. To learn more, visit healthyhomesco.org.



HEALTHY NEIGHBORHOODS HEALTHY FAMILIES
HEALTH & WELLNESS



How to Talk To Your Kids About Racism

By Whitney J. Raglin Bignall, PhD and Ray Bignall, MD, Nationwide Children's Hospital

Did you know that by six months of age, children begin to notice differences in skin color? Or, that children as young as two years of age use race to explain people's behavior? It then should be no surprise that children start to ask questions about racial differences in preschool. This is why we must take every opportunity to explain to our children that it is okay to be different, and to help them understand that racism is wrong.

Racism is a difficult topic to discuss. But staying silent about racial injustice only makes the problem worse. Children are sponges, and they are learning every day. Our role as parents and adults is to help them understand and celebrate the differences that they see.

This conversation will look different for each and every family, because racism affects every family in different ways. One of the most significant ways that racism impacts our daily lives is the impact it has on health, especially the health of our children. Some examples of this include the infant death rate, risk of childhood chronic diseases (i.e., asthma), and teen mental health and self-esteem.

It isn't hard to see that racism is bad for our health and wellbeing as a community, but how do we start to fight it? How can we learn how to talk about such an upsetting topic?

The first step is to educate ourselves about racism and racist systems, and how it affects our daily lives. There are many books and websites that break down the concept of racism in an age appropriate way. View the resources below for more information.

It is not enough to say that you are not racist: we must all become “anti-racist.” This means that we are not going to sit on the sidelines and watch while others are being treated poorly because of their race. Instead, being anti-racist means that we are all willing to fight racial injustice that we see in our everyday lives, whether we are at work or even at home. While we may not have all of the answers, we can prepare our children to recognize racism, and to fight it! Here are three ways that we can help our children and families to fight racism in our community:

- 1. Talk honestly:** We shouldn't be afraid of having difficult conversations. Sometimes, we may even say something a little bit wrong by accident – that's okay! We all have a lot to learn as we work hard to challenge racism in the world around us.
- 2. Be the example our children will want to follow:** Whether we like it or not, our children are always looking to us for guidance and direction about the right decisions to make. When we learn about ways to be anti-racist, we should become role models of this behavior for our children. The most important example that we can set for our children is for us to challenge racism the moment we see it happen around us. For example, if we hear someone share a racist joke.
- 3. Don't stop talking about racism and inequality:** Once our children hear us talking about injustice, we shouldn't quit talking about it! They should constantly hear us challenging hateful views that can be harmful to others. As children mature, the conversation will naturally adapt to their new level of understanding.

FAVORITE LINKS TO SHARE WITH YOUR FAMILY

- www.apa.org/res/parent-resources/index
- www.tolerance.org/topics/race-ethnicity
- www.raceconscious.org
- www.theconsciouskid.org/about
- <https://www.weareteachers.com/anti-racism-videos/>

About Healthy Neighborhoods Healthy Families

The Healthy Neighborhoods Healthy Families (HNHF) initiative, composed of faith-based organizations, community development organizations, workforce development programs, youth-serving nonprofits and local public schools, seeks to create positive health outcomes in the community.

HNHF began on Columbus' South Side, the area around Nationwide Children's, and has proven it can improve community, family and individual wellbeing.

HNHF focuses on five target areas: affordable housing, education, health and wellness, economic development and community enrichment.

Learn more at
NationwideChildrens.org/Healthy-Neighborhoods-Healthy-Families





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