



CREATING A CULTURE OF HEALTH



Promoting Health Equity



Building Resilient Communities



Advocating for Food Justice

APRIL 2021 | MARION INSTITUTE NEWSLETTER



Community Health Resources: Balance Your Immune System

by Katie Mannix, BioMed Program Coordinator

While the Coronavirus has taken its toll on communities across the globe, its impact has been most acute in high-density communities and minority communities where systemic failures contribute to disproportionate health risks and negative health outcomes.

Witnessing the dire toll COVID-19 has had on friends, relatives, and neighbors, and frustrated by the lack of outreach to communities being hit hard by the virus, New Bedford community activist John G. "Buddy" Andrade contacted Liz Wiley, Executive Director of the Marion Institute, to discuss ways the activist and the organization might collaborate to bring information to communities. In partnership with Dr. Dick Thom, DDS, ND of the American Center for Biological Medicine and the BioMed Center New England, Buddy and the Marion Institute produced an informational video and additional infographics that offer guidance on routine immune system care. <<< [Watch the brief, but informative video and access the supplemental resources here](#) >>>



BioBlog: Spotlight on Well-Rooted Dentistry

Featuring Dr. Sylvia Zannis, DDS & Amber White, AAS

Safe, holistic dental care is central to good oral health. Whether you're interested in trying biological dentistry or in cleaning up your oral hygiene routines at home, the biological dentists at Well Rooted Dentistry provide some key tips as well as a look at what you can expect at a biological dentistry appointment. <<< [Open up & say BioBlog!](#) >>>



BioBites a virtual house call for your health and wellness

Dental Care for Whole Body Health with Dr. Sylvia Zannis, DDS & Amber White, AAS

Tuesday, May 4, 12:00PM EST

REGISTER bit.ly/may4biobite

Logos for Marion Institute and Wellrooted Dentistry are included.

[Click here to sign up for the May 4 BioBite Event](#)



What's Growing On? April 2021 News from Grow Education

by Adam Davenport, Grow Education Program Manager

With the spring rains come new opportunities for Grow Education and New Bedford Public School students! Throughout April lots of movement has happened on the building of brand-new garden beds at 6 of the district's elementary schools. This infrastructure will be the basis of an outdoor classroom (eventually at every elementary school) where Grow Education can assist teachers in <<< [Read more about the role our new gardens will play in helping New Bedford increase its resilience.](#) >>>

FoodCorps Educator with Grow Education @ New Bedford Public Schools

Applications now open! #ServeUpChange

<https://foodcorps.org/apply/>

<http://bit.ly/GROWEDUNB>

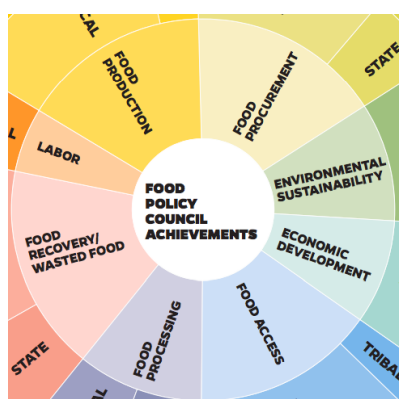



Advocating for Food Justice on the South Coast

by Liz Wiley, Executive Director

What is a Food Policy Council and how does our Southcoast Food Policy Council (SFPC) serve the needs of our community? The mission of the SFPC is to connect, convene and advocate for local food producers, consumers and community leaders who seek policy and systems that strengthen our regional food system, improve community health, and eliminate food insecurity.

As a program of the Marion Institute, the SFPC provides a platform for collective planning and action. Food Policy Councils are critical for a region because they encourage coordination and collaboration among food system sectors and take a systems thinking approach towards problem solving, advocacy and planning.



Our SFPC represents and leads a network of diverse and passionate stakeholders, including:

- food pantry leaders;
- farmers;
- institutional buyers;
- healthcare workers;
- government representatives; and
- social service agencies.

Together, we are focused on addressing regional food-related issues and needs as identified by community members, local food assessments, and the [Massachusetts Local Food Action Plan](#).

Food policy decisions occur at all levels of government – local, state and federal and across all branches. By addressing the governing policies and practices that shape our food system, the SFPC seeks to create a vibrant regional food system by:

- evaluating and influencing policy and decision-making to increase accessibility to safe, affordable, nutrient-rich foods;
- applying a long-term, systemic approach to addressing food insecurity;
- increasing the production and distribution of locally-grown foods;
- supporting farmers and food workers who put food on our tables;
- launching or supporting programs that address direct service needs; and
- protecting our environmental resources – air, water, soil and lands.



Welcome! Liz Russell Joins the Marion Institute Team

by Abby Haines Smith, Human Resources Manager

We're pleased to announce that we have a new Development Associate, Liz Russell! Liz has worked in the nonprofit sector since 2002 and within development and grantmaking for most of those years. She is passionate about social and environmental justice and privileged to rejoin the Marion Institute as Development Associate. In addition to development, Liz brings experience in diversity and inclusion work, program coordination, financial and systems management, contract administration, and event planning. <<< [Click here to read more about Liz and get in touch with her](#) >>>

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