



## CREATING A CULTURE OF HEALTH



**BIOMED PROGRAMS**  
Promoting Health Equity



**GROW EDUCATION**  
Building Resilient Communities



**SOUTHCOAST FOOD POLICY COUNCIL**  
Advocating for Food Justice

JULY 2021 | MARION INSTITUTE NEWSLETTER



### It's good to be back!

by Katie Mannix, BioMed Program Manager

We were thrilled to host our first in-person event in well over a year at Plant City this past Tuesday, July 20th. Dr. Dickson Thom, DDS, ND and Dr. Sylvia Zannis, DDS from the BioMed Center New England offered a comprehensive look at Biological Medicine and Biological Dentistry and its ability to support the optimization of health for all patients.

In this 'new normal' we continue to make the most of innovative web-based technologies and traditional means to bring you up-to-date information on the evolution of healthcare. On August 3rd we will convene on Zoom, where we'll be joined by Dr. Joyce Martin of the BioMed Center New England to discuss the ways that IV Therapy can benefit overall health for myriad conditions and patient profiles. Register [here](#) or below to participate and learn more.



**BioBites**  
a virtual house call for your health and wellness

**IV Therapy for Whole Body Health**

Tuesday, August 3, 12pm EST  
with Dr. Joyce Martin, DC, APRN  
the BioMed Center New England




[Click here to register for our August 3rd BioBites event](#)



### BioBlog: The Benefits of IV Therapy

by Dr. Dickson Thom, DDS, ND

Intravenous (IV) therapy is an efficient way to deliver nutrients to the body. Though the technology continues to evolve in its application, the use of IV therapy can be traced back over centuries. Advances in healthcare and technology allow for broader use of IV therapy to address individual-specific needs than ever before.

IV therapy is potent due to its ability to deliver nutrients directly into the bloodstream, making nutrients available within seconds for the body's use. [<<< Click here to learn how IV therapy can be used to address an array of chronic and acute conditions>>>](#)



### What's Growing On? July 2021 News from Grow Education

by Adam Davenport, Grow Education Program Manager

We are excited to announce that the Grow Education program has received a two-year (\$98,237) Farm to School Implementation grant from the USDA! Read the full national press release in the link [here](#). These funds will be used to develop the Grow Education Farm to School curriculum, as well as expand our



programming to the remaining 13 elementary schools!

We are also privileged to add a new teammate to our Grow Education program. Shalynn Brooks, 'Shay,' has joined us in a Garden Maintenance role for the summer. Come August, Shay will stay on our team as one of three FoodCorps members! Here is a note from Shay:

"I'm from Fall River, MA, and graduated from Bristol Community College in Fall River... Wanting to create a space where organic foods and urban gardens are available to all of Fall River residents and places similar to my city is what made my passion for food justice grow. My faith in the youth and their imaginative abilities to create a new future is what pushed me to choose this type of job."



On the programming front, the weather has heated up, which means Grow Education's work continues with a good mix of garden maintenance and planning for 'Cohort 2', an additional six elementary schools in Farm to School (Renaissance, Carney, Pulaski, Brooks, Swift and Ashley).

[<<< Click here to read the full newsletter text >>>](#)

Applications are open now for one additional FoodCorps position to work with Grow Education and the Farm to School project in this upcoming school year! See details below:

**FoodCorps Educator with Grow Education @  
New Bedford Public Schools**



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

**Applications  
now open!**

#ServeUpChange





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<http://bit.ly/GROWEDUNB>



### The Call to be a "Food Citizen"

by Christine Smith, Program Manager SFPC

Food - we love eating it; some people develop the knowledge and skill of growing food and the art of cooking food. Some of us want to know how and where the food is grown and whether it is safe to eat. Food is part of an extensive system, a structure of many complex pieces - production, processing, distribution, accessibility and consumption, and recovery.

This system has an enormous impact on our health and well-being, climate change, social inequalities, environmental degradation, clear water and air, job and economic opportunities, and equity. If you have ever played with a Rubics cube, you know you cannot solve each side individually because it is part of a more considerable structure. [<<<Click here to read the full article, The Food System and the Call to be a "Food Citizen".>>>](#)

# FREE MEALS

👤👤 FREE FOOD for kids 18 and under! NO ID NECESSARY

**GLEASON FAMILY YMCA**  
33 Charge Pond Road, Wareham MA  
**Tuesdays & Fridays**  
**3:30-5:30pm**

**BRANDY HILL APARTMENTS**  
12 State Street, Wareham MA  
**Tuesdays & Fridays**  
**11:00am-1:00pm**

**Starts  
June 18th**

**SHANGRI LA PLAYGROUND**  
Intersection of Sunset Blvd. & Restful Ln.  
**Tuesdays & Fridays**  
**1:30-3:00pm**

YMCA SOUTHCOAST

**FIRST COME, FIRST SERVED**

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