



FEBRUARY 2022 | MARION INSTITUTE NEWSLETTER

It is with great pleasure that we announce the successful launch of Community Youth Empowerment (CYE) from our Greenhouse Initiatives (fiscal sponsorship) program. CYE received their official non-profit designation at the end of 2021 with a mission to uplift, empower, and guide youth in Wareham, MA through inclusive



and innovative programming. With a focus on students in grades 8-12, CYE hosts workshops that teach foundational life skills such as financial literacy, college readiness, mental health awareness, professionalism, and goal setting. CYE's team of successful young professionals epitomize the role models needed to inspire and motivate students for success after high school.

Join us as we celebrate their independence and wish them the best of luck with the terrific work they are doing in Wareham, MA. [Click here](#) to learn more.



Habits for a Healthy Heart

by Katie Mannix, BioMed Program Manager

February is American Heart month. With heart disease contributing to 1 in every 4 deaths, it's important to set aside time this month to take inventory of your personal habits – are your habits helping or hurting you?

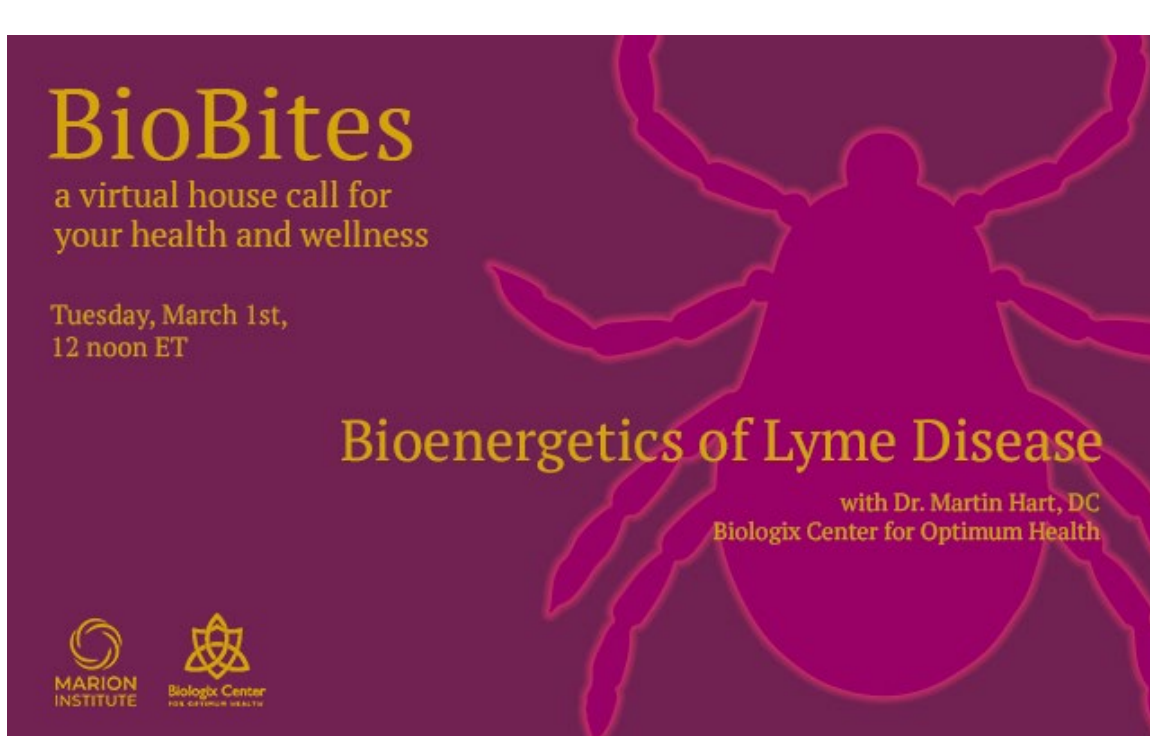
Many **Basics of BioMed** – the habits our human bodies depend on for optimal function and health – are also effective at reducing the risk of heart disease:

- **Move your body.** Inactivity is a key predictor of heart disease. [Learn more](#) about the benefits of walking and regular movement from Dr. Mike Evans.
- **Eat whole foods.** [A heart-healthy diet](#) should include a lot of whole foods – fruits, vegetables, whole grains, nuts, seeds – and few processed foods which tend to have high values of salt, sugar, and cholesterol.
- **Manage stress.** High levels of cortisol from long-term [stress](#) impact all of the body's systems, creating conditions that are predictors of heart disease.
- **Develop good sleep hygiene.** As with too much stress, [poor sleep habits](#) create dysregulation in the body that can result in high blood pressure and heart disease.

To learn more on how you and your loved ones can prevent heart disease, read [this article](#) by Dr. Mark Hyman from the BioMed Resource Library.

Interested in learning more about Biological Medicine and how BioMed is redefining expectations around health for people worldwide? Join us for our next **BioBites** event on March 1st, and engage with our growing community of learners, patients, and practitioners.

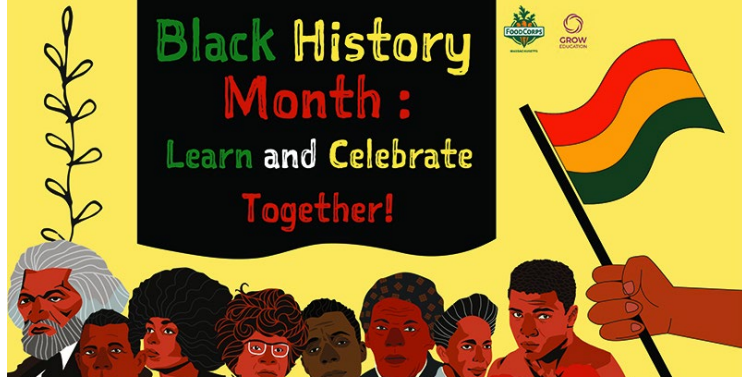
[\[i\] Heart Disease Facts | cdc.gov](#)
[\[ii\] Stress Can Increase Your Risk for Heart Disease - Health Encyclopedia - University of Rochester Medical Center](#)
[\[iii\] How Does Sleep Affect Your Heart Health? | cdc.gov](#)



[Click here to register for our March 1st BioBites event](#)

"What's Growin' On?" February updates from Grow Education

by Shalynn Brooks, FoodCorps Service Member



Since the start of my journey with FoodCorps, one of my biggest goals has been to make an inclusive lesson plan highlighting the importance of Black History Month. There is so much history of black activism, leadership, and innovation in New Bedford; curating an activity that makes students feel heard and seen is important to me. It is also a part of my heritage.

Growing up, I've realized that there is a lot of Black History that is not recorded and very important and people go unrecognized. We have learned this history through storytelling and observation; and, as a result, I felt impelled to share a lesson plan pulling from the story of Black History. [<<< Click here to read the full newsletter text >>>](#)

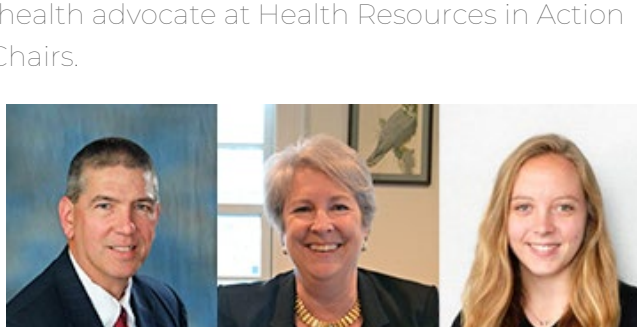
A new era for the SFPC

by Christine Smith, Southcoast Food Policy Council Program Manager



The beginning of 2022 heralded a new era for the Southcoast Food Policy Council. We are honored to announce that our Community Advisory Board (CAB) elected Peter Muise, a retired business leader, as Chair, and Adele Sands, Superintendent of Bristol County Agriculture High School, and Emily Breen, public health advocate at Health Resources in Action as Co-Chairs.

We are thrilled to have such intelligent system thinkers who have experience leading large stakeholder groups.



Peter Muise Adele Sands Emily Breen

The SFPC Community Advisory Board has been working on a community-driven strategic planning process that will define the Council's work in

the upcoming year. Using the [2021 Southcoast Food System Assessment](#) as a guide, CAB members were tasked with identifying their top five issues, or key takeaways, from the report that were most interesting to them in their area of practice. Over the course of 2 two-hour zoom sessions, and with the support of Tom Flanagan from the Institute for 21st Century Agoras, we used a dialogical approach to discuss issues and provide a format for asking clarifying questions among the CAB member's issues. In this way, each person's ideas and priorities were respectfully heard and discussed. Once all ideas were elevated and refined, the priorities were clustered into categories and will be further used to develop a strategic planning road map for the SFPC. Working Groups and legislative policy campaigns will be created based on these outcomes.



Once again, The Marion Institute is sponsoring a Creative Lives event for educators – this time via zoom. For more info and to register, click below.

[Click here to register for Creative Lives](#)



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