

FNU Meeting
January 9 2021 9:30-11:30am

- Theresa (Crim) leads a “mindful arrival” for a few minutes

Neighborhood shoutouts: describe your neighborhood in one word

- Cold, noisy, quiet, calm, peaceful, under construction, complex, grit, dedicated, resilient, nostalgic, concerned, resilient, “I would say we’re still here so we’re resilient”, in need of attention, love, busy

Neighborhood group updates (share your successes, upcoming events and programs, what you need, etc.)

- Geri Clark’s Clean & Green group, employed 5 youth and few adults, looking forward to doing it again; haven’t been able to meet; but gave out care packages to residents at Rosewood
 - Valley Area Agency on Aging is teaching seniors how to use tech!
 - 810-239-7671 for ZOOM training
- Traffic taming task force: working hard in different neighborhoods; working on get that group a Facebook page thru the Crim; will be looking for an intern or volunteer to take that over
- Cheryl Christoff’s group is not been meeting in person because of high-risk population but working independently on sign-removal program
- Mural for King Avenue Plus, just south of Pasadena, Black History month
 - Keven Burdick was great to work with
- Connecting via texting, warm and fuzzy
- Be Aware: Someone driving around in a Black equinox, follows people to ask for money, says his uncle passed and he needs money to get to Ann Arbor

Agency Updates

- Flint Public Library @ Courtland Center is open for Lobby Service so you can put things on hold and pick them up, or browse for materials in the lobby. In a couple of weeks we'll be looking at the COVID numbers to see if we can open up further. Our digital downloads are available 24/7 with your library card and PIN.
- Need any assistance regarding Mott Community College, please feel free to contact Regina Broomfield for assistance at 810-762-0358. Thanks
- Trooper Kramer
 - 810-358-8605.
 - KramerS1@michigan.gov
- Jeff Short, Michigan State Police Lieutenant
 - 989-745-5898
 - ShortJ3@Michigan.gov
- Chief Ray
 - Been dealing with arson, hiring new firefighters, doing as much as we can to protect citizens
- Community Foundation of Greater Flint
 - Upcoming Philanthropy Speaks Podcasts: - Flint Kids Fund 5 Year Anniversary - January 12th 1:00 pm - Facebook Live
 - National Day of Racial Healing - Podcast: Tuesday, January 19th at 1:00 p.m. - Hear an update about the activities of the Genesee COVID19 Taskforce on Racial Inequities.
- Keep Genesee County Beautiful
 - New Playgrounds! McCallum park, Durant park, adding playgrounds for children aged 2-5 years at Mott Playground, Riverside West, adding equipment at

Fleming Park, new benches at Hasselbring Park, and Kearsley Park is getting a new playground

- Land Bank
 - State of the Land Bank Facebook live event on December 17; getting ready to re-release the video, pay attn to our page

Lisa Bruder, GHS — PowerPoint Attached

- GHS took a different role, realized that there is concern in our community about mental illness, acknowledgement that the whole community is impacted by water crisis
- Impossible to live through COVID and not be impacted; normal to be scared, worried, stressed
- Mental health: common signs and symptoms
- Everyone feels anxiety; important to know how to detect and address serious anxiety
- We've had a spike in suicide in our community, related to crisis
- Stigma is still a barrier, hard to talk about mental health; we use labels like "cuckoo" "crazy" "bipolar" - important to normalize it, we all have mental health, just like physical health, and there's a range
 - Stigma often comes from feeling of unpredictability, not knowing, ignorance, generational, cultural differences
- Risk of not attending to mental disorder can make the symptoms worse
- Mental Illness can be more disabling than many chronic physical illnesses
- *Disability* refers to the amount of disruption a health problem causes to a person's ability to:
 - Work
 - Carry out daily activities
 - Engage in satisfying relationships
- Many signs and symptoms of anxiety, depression; these are normal
 - Think about if you were feeling all or any of these things, who would you reach out to?
- Many risk factors
- How to be a support:
 - Practice being nonjudgmental, give informational, encourage self-help and/or professional help, address fear of embarrassment or shame, explore activities that might help manage symptoms
- Suicide
 - How do we let people know it's okay to share how they're feeling?
 - Signs: threatening to hurt or kill oneself, seeking access to means, talking or writing about death, dying, or suicide, feeling hopeless, feeling worthless or a lack of purpose, acting recklessly, feeling trapped, increasing alcohol or drug use, withdrawal from family/friends/society, rage or anger, appearing agitated, dramatic change in mood
 - Tell people you notice a difference
- COVID-19
 - Major increase in stress and anxiety during pandemic
- Self Care and Well
 - Keep your routine, meaningful activity, every day
 - Healthy lifestyle
- Mental Health and Psychological First Aid training available through GHS

Update from Governor's office

- Time to end partisan games

- Federal funding is being withheld, State of Michigan is posed to receive money from federal bill to support testing, vaccinations, eviction diversion, rental assistance needs, etc,
- Governor will deliver 3rd State of the State address on January 27th, 7PM, virtually
- Email Gary to be added to the list: **JonesG9@michigan.gov**
- Rep. Thomas Albert contact info:
 - Mailing Address:
 - 351 Capitol Building
 - P.O. Box 30014
 - Lansing, MI 48909-7514
 - Phone: (517) 373-0846
 - Email: ThomasAlbert@house.mi.gov

Mayor Neeley

- Doing everything possible to get everyone person willing to take the vaccine, vaccinated!
- Walk-up window at City Hall available until 5pm
- Will be honoring 5 people with a Key to the City award, more news soon

FNU Election

- We had no new nominees; election by acclamation!

Moment of Silence for Danielle Brown and all who we have lost