

team wellness southgate mi

Team Wellness Southgate MI: Boosting Employee Wellbeing and Business Success

Are you a Southgate, MI business owner struggling to keep your team happy, healthy, and productive? Do you feel the pressure of rising healthcare costs and decreasing employee morale? Then you've come to the right place. This comprehensive guide dives deep into the world of team wellness in Southgate, MI, exploring why it's crucial for your business's success and providing practical strategies to implement a thriving wellness program. We'll cover everything from finding the right resources to measuring the impact of your initiatives. Let's unlock the potential of your team and build a healthier, more profitable future together.

Understanding the Importance of Team Wellness in Southgate, MI

Team wellness isn't just a trendy buzzword; it's a fundamental aspect of a successful business, especially in a vibrant community like Southgate, MI. Investing in your employees' wellbeing directly translates into a more engaged, productive, and loyal workforce. This leads to increased retention rates, reduced absenteeism, and ultimately, a healthier bottom line. In Southgate, with its diverse workforce and community spirit, fostering team wellness becomes particularly crucial for creating a positive and supportive work environment.

Think about it: a stressed, unhealthy employee is less likely to be focused, creative, or collaborative. They might experience more sick days, leading to increased workload for their colleagues and potential project delays. A proactive approach to team wellness mitigates these risks and fosters a culture of support and mutual respect, strengthening team cohesion.

Finding the Right Team Wellness Resources in Southgate, MI

Southgate, MI offers a range of resources to support your team wellness initiatives. Finding the right fit depends on your specific needs and budget. Consider these options:

Local Fitness Centers and Gyms: Many gyms in Southgate offer corporate discounts and group fitness classes, providing a convenient and affordable way to encourage physical activity among your employees.

Wellness Professionals: Seeking out local professionals like nutritionists, therapists, and personal trainers can provide personalized guidance and support for your team. Many offer group sessions or workshops tailored to the needs of businesses.

Employee Assistance Programs (EAPs): EAPs provide confidential counseling and support services, addressing mental health concerns and offering valuable resources for employees facing personal challenges. Many businesses utilize EAPs as a core component of their wellness strategy.

Corporate Wellness Programs: Several companies specialize in designing and implementing comprehensive wellness programs tailored to specific business needs. These programs often

incorporate a range of initiatives, including health screenings, workshops, and wellness challenges. Community Resources: Southgate, MI likely boasts community resources such as parks, recreational facilities, and community health centers that can be leveraged to create opportunities for team-building activities and healthy lifestyle choices.

Implementing a Successful Team Wellness Program: A Step-by-Step Guide

Building a successful team wellness program requires a thoughtful and strategic approach. Here's a step-by-step guide to get you started:

1. **Assess Your Team's Needs:** Conduct surveys and focus groups to understand your employees' health and wellness concerns. This data will inform the design of your program.
2. **Set Clear Goals and Objectives:** Define what you hope to achieve with your wellness program, whether it's reducing absenteeism, improving morale, or increasing productivity. Measurable goals are key to tracking progress.
3. **Choose the Right Initiatives:** Based on your assessment and goals, select specific wellness initiatives that align with your team's needs and your budget. This could include gym memberships, wellness workshops, or mental health resources.
4. **Promote Your Program:** Effectively communicate the benefits of your wellness program to your employees, emphasizing the value it brings to both their personal well-being and the company's success.
5. **Track Progress and Evaluate Results:** Monitor key metrics such as employee participation rates, absenteeism, and productivity to measure the effectiveness of your program and make adjustments as needed.
6. **Make it Fun and Engaging:** Wellness shouldn't feel like a chore. Incorporate fun activities, team challenges, and rewards to keep employees motivated and engaged.

Measuring the ROI of Your Team Wellness Investment

While the benefits of team wellness are significant, quantifying the return on investment (ROI) is crucial for demonstrating its value to stakeholders. Track key metrics such as:

Reduced Healthcare Costs: A healthier workforce typically leads to lower healthcare claims.

Improved Productivity: Increased energy and focus translates into higher output and efficiency.

Reduced Absenteeism and Presenteeism: Fewer sick days and improved employee engagement lead to significant cost savings.

Increased Employee Retention: A supportive and wellness-focused environment fosters loyalty and reduces turnover.

Enhanced Employee Morale and Engagement: A happy and healthy workforce is more likely to be motivated and engaged.

By carefully tracking these metrics, you can build a compelling case for the value of your team wellness program.

Conclusion

Investing in team wellness in Southgate, MI is not just a responsible business practice; it's a strategic move that can significantly enhance your company's success. By implementing a well-designed program and consistently monitoring its impact, you can create a healthier, happier, and more productive workforce, leading to a thriving business in the heart of Southgate. Remember to tailor your approach to your specific team's needs and embrace a proactive, engaging strategy to truly reap the rewards of team wellness.

FAQs

Q1: How much does a team wellness program typically cost?

A1: The cost varies greatly depending on the size of your team, the chosen initiatives, and the resources you utilize. Some programs can be implemented at minimal cost, leveraging existing resources, while others might require significant investment in external services.

Q2: What if my employees don't participate in the wellness program?

A2: Effective communication and engagement are crucial. Highlight the benefits, make it accessible, and offer incentives. Understanding why employees aren't participating can help you tailor the program to better suit their needs.

Q3: How can I measure the success of my team wellness program?

A3: Track key metrics like absenteeism, productivity, employee satisfaction, and healthcare costs. Regular surveys and feedback sessions can also provide valuable insights.

Q4: Are there any tax benefits associated with team wellness programs?

A4: Certain wellness program expenses may be tax-deductible. Consult with a tax professional to determine the specific tax implications in your situation.

Q5: What if my business is small? Can I still implement a team wellness program?

A5: Absolutely! Even small businesses can implement effective and affordable wellness initiatives. Focus on simple, cost-effective strategies like promoting healthy snacks, encouraging walking breaks, and fostering a positive work environment. Start small and scale as your business grows.

team wellness southgate mi: Infant Mental Health Home Visiting Deborah Weatherston, Betty Tableman, 2015-09-01 Grown out of 40 years of experience in Michigan, Infant Mental Health Home Visiting: Supporting Competencies/ Reducing Risks is one of the most comprehensive resources for practitioners and policy makers interested in promoting good infant mental health. This manual is indispensable for infant-family professionals who are looking to incorporate infant

mental health principles and promote attachment relationships in their work with babies and families.

team wellness southgate mi: Consultants and Consulting Organizations Directory , 1996
Indexes are arranged by geographic area, activities, personal name, and consulting firm name.

team wellness southgate mi: Eat Healthy, Be Active Community Workshops Health and Human Services Dept (U S), 2012-11 NOTE: NO FURTHER DISCOUNT FOR THIS PRINT PRODUCT --OVERSTOCK SALE-- Significantly reduced list price Six one-hour workshops were developed, based on the Dietary Guidelines for Americans, 2010 and 2008 Physical Activity Guidelines for Americans. Each workshop includes a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts. The workshops are designed for community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach to adults in a wide variety of community settings. Other related products El Camino Hacia una Vida Saludable Basada en las Guías Alimenticias para los Estadounidenses = The Road to a Healthy Life Based on the Dietary Guidelines for Americans (Bilingual Spanish and English) can be found here: <https://bookstore.gpo.gov/products/sku/017-001-00564-9> Healthy People 2010, Midcourse Review can be found here: <https://bookstore.gpo.gov/products/sku/017-001-00563-1> Dietary Guidelines for Americans, 2010 can be found here: <https://bookstore.gpo.gov/products/sku/001-000-04747-7> Living a Balanced Life With Diabetes: A Toolkit Addressing Psychosocial Issues for American Indian and Alaska Native Populations (Kit) can be found here: <https://bookstore.gpo.gov/products/sku/017-023-00226-1>

team wellness southgate mi: A \$500 House in Detroit Drew Philp, 2017-04-11 A young college grad buys a house in Detroit for \$500 and attempts to restore it—and his new neighborhood—to its original glory in this “deeply felt, sharply observed personal quest to create meaning and community out of the fallen...A standout” (Kirkus Reviews, starred review). Drew Philp, an idealistic college student from a working-class Michigan family, decides to live where he can make a difference. He sets his sights on Detroit, the failed metropolis of abandoned buildings, widespread poverty, and rampant crime. Arriving with no job, no friends, and no money, Philp buys a ramshackle house for five hundred dollars in the east side neighborhood known as Poletown. The roomy Queen Anne he now owns is little more than a clapboard shell on a crumbling brick foundation, missing windows, heat, water, electricity, and a functional roof. A \$500 House in Detroit is Philp’s raw and earnest account of rebuilding everything but the frame of his house, nail by nail and room by room. “Philp is a great storyteller...[and his] engrossing” (Booklist) tale is also of a young man finding his footing in the city, the country, and his own generation. We witness his concept of Detroit shift, expand, and evolve as his plan to save the city gives way to a life forged from political meaning, personal connection, and collective purpose. As he assimilates into the community of Detroiters around him, Philp guides readers through the city’s vibrant history and engages in urgent conversations about gentrification, racial tensions, and class warfare. Part social history, part brash generational statement, part comeback story, A \$500 House in Detroit “shines [in its depiction of] the ‘radical neighborliness’ of ordinary people in desperate circumstances” (Publishers Weekly). This is an unforgettable, intimate account of the tentative revival of an American city and a glimpse at a new way forward for generations to come.

team wellness southgate mi: The Glory Years of the Detroit Tigers William Martin Anderson, 2012 Examines in text and vivid photographs a thirty-year span of Detroit Tigers baseball, from 1920 to 1950. In the three decades between 1920 and 1950, the Detroit Tigers won four American League pennants, the first world championship in team history in 1935, and a second world crown ten years later. Star players of this era—including Ty Cobb, Harry Heilmann, Charlie Gehringer, Hank Greenberg, Mickey Cochrane, George Kell, and Hal Newhouser--represent the majority of Tigers players inducted into the Hall of Fame. Sports writers followed the team feverishly, and fans packed Navin Field (later Briggs Stadium) to cheer on the high-flying Tigers, with the first record season attendance of one million recorded in 1924 and surpassed eight more times before 1950. In The Glory Years of the Detroit Tigers: 1920-1950, author William M. Anderson combines historical

narrative and photographs of these years to argue that these years were the greatest in the history of the franchise. Anderson presents over 350 unique and lively images, mostly culled from the remarkable Detroit News archive, that showcase players' personalities as well as their exploits on the field. For their meticulous coverage and colorful style, Anderson consults Tigers reporting from the three daily Detroit newspapers of the era (the Detroit News, Detroit Free Press, and Detroit Times) and the Sporting News, which was known then as the Baseball Bible. Some especially compelling columns are reproduced intact to give readers a feel for the exciting and careful reporting of these years. Anderson combines historical text with photos in six topical chapters: Spring Training: When Dreams are Entertained, Franchise Stars, The Supporting Cast, Moments of Glory and Notable Games, The War Years, and The Old Ballpark: Where Legends and Memories Were Made. Anderson presents sketches of many fine players who have been overlooked in other histories and visits characters who often acted in strange ways: Dizzy Trout, Gee Walker, Elwood Boots The Baron Poffenbeger, and Louis Bobo Buck Newsom. Tigers fans and anyone interested in local sports culture will enjoy this comprehensive and compelling look into the glory years of Tigers history.

team wellness southgate mi: *Pseudophakic Monovision* Fuxiang Zhang (MD), Alan Sugar, Graham D. Barrett, 2019 In the current era of an ever-expanding array of intraocular lenses inserted in cataract surgery, monovision correction is emerging as an efficacious, far less expensive method for managing presbyopia than multifocal lenses. One eye is corrected for optimal distance vision and the other for optimal near vision, thereby avoiding both the expense of multifocal lenses and inconvenience of wearing glasses and/or contact lenses. Emerging adjustable IOLs address eye dominance issues, enabling patients to attain excellent distance acuity in one eye, then select the amount of myopia that works best in the second eye. Key Features: Guidelines on basic calculations, optics, and techniques; Various practical considerations, such as patient selection, incorporating IOL monovision into practice, essential preoperative tests, nighttime driving, and limitations; Optics, neurophysiology, and graphic illustrations enhance understanding of the basics of IOL monovision including mini, moderate, and full monovision, as well as the concept of the not-sharply focused-zone; Ocular as well as systemic contraindications, and how to use extra tests to detect subtle contraindications such as monofixation at the preoperative office visit; How to use conventional as well as crossed monovision to enhance premium IOL outcomes such as accommodating and Extended Depth of Focus (EDOF) IOLs; Ocular comorbidity case reports provide knowledge about how specific co-occurring eye diseases impact patient outcome. -- Publisher

team wellness southgate mi: Congressional Record United States. Congress, 1999 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

team wellness southgate mi: *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* , 2003

team wellness southgate mi: Biologic Joint Reconstruction Brian J. Cole, Andreas Gomoll, 2009 The treatment of chondral damage and early arthritis in active patients remains a challenge. This book has accepted this challenge, providing a comprehensive look into the fast growing area of cartilage repair and early arthritis surgery for virtually every major joint. The text includes a detailed approach to surgical management utilizing procedures relative to all joints such as osteotomy, cartilage repair, cartilage restoration, and limited resurfacing. Treatment indications, surgical techniques, and non-operative treatment in the knee, shoulder, hip and smaller joints are also highlighted in the text. This book is the only orthopedic text on the market that combines discussion of biological and limited prosthetic options for the treatment of chondral damage and early arthritis for the young active adult, as well as for traditional joint replacement patients.

team wellness southgate mi: Perspectives on Health Equity and Social Determinants of Health

National Academy of Medicine, 2023-09-08 Social factors, signals, and biases shape the health of our nation. Racism and poverty manifest in unequal social, environmental, and economic conditions, resulting in deep-rooted health disparities that carry over from generation to generation. In *Perspectives on Health Equity and Social Determinants of Health*, authors call for collective action across sectors to reverse the debilitating and often lethal consequences of health inequity. This edited volume of discussion papers provides recommendations to advance the agenda to promote health equity for all. Organized by research approaches and policy implications, systems that perpetuate or ameliorate health disparities, and specific examples of ways in which health disparities manifest in communities of color, this Special Publication provides a stark look at how health and well-being are nurtured, protected, and preserved where people live, learn, work, and play. All of our nation's institutions have important roles to play even if they do not think of their purpose as fundamentally linked to health and well-being. The rich discussions found throughout *Perspectives on Health Equity and Social Determinants of Health* make way for the translation of policies and actions to improve health and health equity for all citizens of our society. The major health problems of our time cannot be solved by health care alone. They cannot be solved by public health alone. Collective action is needed, and it is needed now.

team wellness southgate mi: Tuning the Student Mind Molly Beauregard, 2020-06-01 How can we rethink teaching practices to include and engage the whole student? What would student experience look like if we integrated silence and feeling with empirical analysis? *Tuning the Student Mind* is the story of one teacher's attempt to answer these questions by creating an innovative college course that marries the spiritual and the theoretical, integrating meditation and self-reflection with more conventional academic curriculum. The book follows Molly Beauregard and her students on their intellectual and spiritual journey over the course of a semester in her class, *Consciousness, Creativity, and Identity*. Interweaving personal stories, student writing, and Beauregard's responses, along with recommendations for further reading and a research appendix, it makes the case for the transformative power of consciousness-centered education. Written in a warm, engaging voice that reflects Beauregard's teaching style, *Tuning the Student Mind* provides an accessible, step-by-step template for other educators, while inviting readers more broadly to reconnect with the joy of learning in and beyond the classroom.

team wellness southgate mi: Elbow Arthroscopy Luigi Adriano Pederzini, Gregory Bain, Marc R. Safran, 2013-05-16 This book, which derives from an initiative of the Education Committee of The International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS), addresses all aspects of elbow arthroscopy. Anatomy is thoroughly introduced, referencing safe portals and describing techniques to minimize risk of complications. Subsequent chapters focus on the use of arthroscopy in a range of conditions, including osteochondritis dissecans, stiff elbow, epicondylitis, elbow instability, and elbow fractures. Guidance is provided on diagnosis and indications for arthroscopy, and arthroscopic technique is clearly detailed. A key chapter describes complications and how to avoid them. The authors are experts and pioneers in the field from North America, Australia, and Europe who have in common the ability to teach complex procedures in a simple way. This book will be an invaluable aid for the developing surgeon and an excellent reference for the experienced surgeon.

team wellness southgate mi: Nutrition in Sport Ronald J. Maughan, 2008-04-15 As sports have become more competitive over recent years researchers and trainers have been searching for new and innovative ways of improving performance. Ironically, an area as mundane as what an athlete eats can have profound effects on fitness, health and ultimately, performance in competition. Sports have also gained widespread acceptance in the therapeutic management of athletes with disorders associated with nutritional status. In addition, exercise has been one of the tools used for studying the control of metabolism, creating a wealth of scientific information that needs to be placed in the context of sports medicine and science. *Nutrition in Sport* provides an exhaustive review of the biochemistry and physiology of eating. The text is divided into three sections and commences with a discussion of the essential elements of diet, including sections on carbohydrates,

proteins, fats, vitamins and trace elements, and drugs associated with nutrition. It also discusses athletes requiring special consideration, including vegetarians and diabetics. The second section considers the practical aspects of sports nutrition and discusses weight control (essential for sports with weight categories and athletes with eating disorders), the travelling athlete (where travel either disrupts established feeding patterns or introduces new hazards), environmental aspects of nutrition (including altitude and heat), and the role of sports nutritional products.

team wellness southgate mi: Start by Believing John Barr, Dan Murphy, 2020-01-14 The definitive, devastating account of the largest sex abuse scandal in American sports history-with new details and insights into the institutional failures, as well as the bravery that brought it to light. For decades, osteopathic physician Larry Nassar built a sterling reputation as the go-to doctor for America's Olympians while treating countless others at his office on Michigan State University's campus. It was largely within the high-pressure world of competitive gymnastics that Nassar exploited young girls, who were otherwise motivated by fear and intimidation, sexually assaulting hundreds of them under the guise of medical treatment. In Start by Believing, John Barr and Dan Murphy confront Nassar's acts, which represent the largest sex abuse scandal to impact the sporting world. Through never-before-released interviews and documents they deconstruct the epic institutional failures and individuals who enabled him. When warnings were raised, self-serving leaders chose to protect their organizations' reputations over the well-being of young people. Following the paths traveled by courageous women-featuring a once-shy Christian attorney and a brash, outspoken Olympic medalist-Barr and Murphy detail the stories of those who fought back against the dysfunction within their sport to claim a far-from-inevitable victory. The gymnasts' uncommon perseverance, along with the help of dedicated advocates brought criminals to justice and helped to fuel the #MeToo revolution. Start by Believing reveals the win-at-all-costs culture in elite athletics and higher education that enabled a quarter century of heinous crimes.

team wellness southgate mi: Psychotherapy with Infants and Young Children Alicia F. Lieberman, Patricia Van Horn, 2011-03-14 Filled with detailed, evocative examples, the volume offers both a comprehensive theoretical framework and practical therapeutic guidelines. It takes the reader step by step through assessing clients and combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Clear-cut yet flexible strategies are presented for helping parents resolve their own painful past experiences, gain insight into their child's developmental stage and unique psychological makeup, respond more effectively to his or her emotional needs, and create a safer family environment.--BOOK JACKET.

team wellness southgate mi: John E. Fetzer and the Quest for the New Age Brian C. Wilson, 2018-08-06 John E. Fetzer and the Quest for the New Age is the remarkable story of the spiritual search of one of Michigan's most successful entrepreneurs, a search that culminated in the Fetzer Institute whose ambitious mission is nothing less than the spiritual transformation of the world. John E. Fetzer and the Quest for the New Age follows the spiritual sojourn of John E. Fetzer, a Michigan business tycoon. Born in 1901 and living most of his life in Kalamazoo, Fetzer parlayed his first radio station into extensive holdings in broadcasting and other enterprises, leading to his sole ownership of the Detroit Tigers in 1961. By the time he died in 1991, Fetzer had been listed in Forbes magazine as one of the four hundred wealthiest people in America. And yet, business success was never enough for Fetzer—his deep spiritual yearnings led him from the Christianity of his youth to a restless exploration of metaphysical religions and movements ranging from Spiritualism, Theosophy, Freemasonry, UFOology, and parapsychology, all the way to the New Age as it blossomed in the 1980s. Author Brian C. Wilson demonstrates how Fetzer's quest mirrored those of thousands of Americans who sought new ways of thinking and being in the ever-changing spiritual movements of the twentieth century. Over his lifetime, Fetzer's worldview continuously evolved, combining and recombining elements from dozens of traditions in a process he called freedom of the spirit. Unlike most others who engaged in a similar process, Fetzer's synthesis can be documented step by step using extensive archival materials, providing readers with a remarkably rich and detailed roadmap through metaphysical America. The book also documents how Fetzer's wealth allowed him to

institutionalize his spiritual vision into a thriving foundation—the Fetzer Institute—which was designed to carry his insights into the future in hopes that it would help catalyze a global spiritual transformation. John E. Fetzer and the Quest for the New Age offers a window into the rich and complex history of metaphysical religions in the Midwest and the United States at large. It will be read with interest by those wishing to learn more about this enigmatic Michigan figure, as well as those looking for an engaging introduction into America's rapidly shifting spiritual landscape.

team wellness southgate mi: Congressional Record Index , 1999 Includes history of bills and resolutions.

team wellness southgate mi: *Creating Sanctuary* Sandra L Bloom, 2013-04-12 Creating Sanctuary is a description of a hospital-based program to treat adults who had been abused as children and the revolutionary knowledge about trauma and adversity that the program was based upon. This book focuses on the biological, psychological, and social aspects of trauma. Fifteen years later, Dr. Sandra Bloom has updated this classic work to include the groundbreaking Adverse Childhood Experiences Study that came out in 1998, information about Epigenetics, and new material about what we know about the brain and violence. This book is for courses in counseling, social work, and clinical psychology on mental health, trauma, and trauma theory.

team wellness southgate mi: *The Straight Detroit* Jeffrey Horner, 2018 The Straight Detroit: America's Premiere Legacy City gives readers a variety of in-depth perspectives on this great American city and the economic, social, political, and cultural considerations that have shaped and continue to shape it. This carefully curated anthology includes rigorous works covering topics such as the experiences of early settlers and Native Americans, the racial tensions that resulted from disparate ethnic communities pouring from the South into a gainful employment-rich city, and severe housing shortages faced by newcomers. This focus on newcomers and their experiences in Detroit is a running theme throughout the anthology, which also broadly explores the early history of the city, its industrial decline, race relations, urban planning and administration, community development, and the city's future, among other selected topics. The Straight Detroit features relevant, contemporary, and penetrating scholarship from a wide-ranging set of authors writing in diverse academic and cultural disciplines. Equal parts textbook, historical exploration, critical examination, and testament of love for the city and its people, it is ideal for courses in urban studies, history, or sociology. Jeffrey T. Horner is senior lecturer in the Department of Urban Studies and Planning at Wayne State University. His course offerings include introduction to urban studies, cities and regions, and urban studies research. He has also developed and instructed specialized graduate courses on Detroit. His writing has appeared in the Journal of the American Planning Association, the Journal of Housing Research, Newsweek, MacLean's, and CityLab. He has authored study guides, expert reports, and memoranda for local and national organizations including the City of Detroit Planning Department and the United States Department of Housing and Urban Development. He has contributed to national and international media stories on Detroit, including NPR, Al Jazeera, and the BBC.

team wellness southgate mi: *Industrial Safety and Health Management* C. Ray Asfahl, David W. Rieske, 2010 Industrial Safety And Health Management is ideal for senior/graduate-level courses in Industrial Safety, Industrial Engineering, Industrial Technology, and Operations Management. It is useful for industrial engineers.

team wellness southgate mi: *Vitamin and Mineral Requirements in Human Nutrition* World Health Organization, FAO, 2004 In the past 20 years micronutrients have assumed great public health importance and a considerable amount of research has led to increasing knowledge of their physiological role. Because it is a rapidly developing field, the WHO and FAO convened an Expert Consultation to evaluate the current state of knowledge. It had three main tasks: to review the full scope of vitamin and minerals requirements; to draft and adopt a report which would provide recommended nutrient intakes for vitamins A, C, D, E, and K; the B vitamins; calcium; iron; magnesium; zinc; selenium; and iodine; to identify key issues for future research and make preliminary recommendations for the handbook. This report contains the outcome of the

Consultation, combined with up-to-date evidence that has since become available.

team wellness southgate mi: Motor City Barn Finds Tom Cotter, 2017-07-11 Detroit: Motor City... and the poster child for urban blight and dysfunction. This presented challenges and opportunities for Cotter, as he trolled the historic city looking for lost automobile gems. Here he tells the story of these barn finds and shares anecdotes of the cars and his journey.

team wellness southgate mi: Michigan HIV Report , 1991

team wellness southgate mi: Teaching with Poverty in Mind Eric Jensen, 2010-06-16 In Teaching with Poverty in Mind: What Being Poor Does to Kids' Brains and What Schools Can Do About It, veteran educator and brain expert Eric Jensen takes an unflinching look at how poverty hurts children, families, and communities across the United States and demonstrates how schools can improve the academic achievement and life readiness of economically disadvantaged students. Jensen argues that although chronic exposure to poverty can result in detrimental changes to the brain, the brain's very ability to adapt from experience means that poor children can also experience emotional, social, and academic success. A brain that is susceptible to adverse environmental effects is equally susceptible to the positive effects of rich, balanced learning environments and caring relationships that build students' resilience, self-esteem, and character. Drawing from research, experience, and real school success stories, Teaching with Poverty in Mind reveals * What poverty is and how it affects students in school; * What drives change both at the macro level (within schools and districts) and at the micro level (inside a student's brain); * Effective strategies from those who have succeeded and ways to replicate those best practices at your own school; and * How to engage the resources necessary to make change happen. Too often, we talk about change while maintaining a culture of excuses. We can do better. Although no magic bullet can offset the grave challenges faced daily by disadvantaged children, this timely resource shines a spotlight on what matters most, providing an inspiring and practical guide for enriching the minds and lives of all your students.

team wellness southgate mi: Twelve Caesars Mary Beard, 2021-10-12 The story of how images of Roman autocrats have influenced art, culture, and the representation of power for more than 2,000 years. What does the face of power look like? Who gets commemorated in art and why? And how do we react to statues of politicians we deplore?

team wellness southgate mi: Up from Nothing John Hope Bryant, 2020-10-06 American opportunity is not dead. Bestselling author and entrepreneur John Hope Bryant outlines the mindset and practices that will allow us to achieve the American Dream, no matter what our current circumstances are. Americans have lost faith in their country. With job security disappearing and fewer glimpses of a better future, it can feel like we are barely surviving, much less thriving, in today's problematic economy. Americans want the old America back-- the America where opportunity comes knocking at the front door. But the real problem, John Hope Bryant says, is that we're forgetting that this is still the Land of Opportunity--a site of upward mobility, a place teeming with different ways to create and grow wealth. The opportunities of today are not only greater than the obstacles, but they are greater than they have ever been. What we need, he says, is a mindset shift--a way of recalibrating to recognize that there is still a bounty of resources for establishing entrepreneurship and success in this country. The first step for us, for America, is to remember our storyline--how, coming up from nothing, we established and harnessed the invincible American Dream.

team wellness southgate mi: The Book of Soul Mark Nepo, 2020-05-05 A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo In The Book of Soul, Mark Nepo, the bestselling author of The Book of Awakening, offers a powerful guide to inhabiting an authentic and wholehearted life. After we are physically born, we must be spiritually born a second time, a process that takes place through the labor of a lifetime as we develop into more fully realized beings. The Book of Soul delves into the spiritual alchemy of that transformation in all its mystery, difficulty, and inevitability. The book is divided into four sections that mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which allows us to live in the open by Widening Our Circle, as we Help Each Other Stay Awake. The Book of Soul is a

piercing guide, replete with beautiful truths and startling insight, that leads us deeply into the process of transformation.

team wellness southgate mi: In Shock Rana Awdish, 2017-10-24 A riveting first-hand account of a physician who's suddenly a dying patient, In Shock searches for a glimmer of hope in life's darkest moments, and finds it." —The Washington Post Dr. Rana Awdish never imagined that an emergency trip to the hospital would result in hemorrhaging nearly all of her blood volume and losing her unborn first child. But after her first visit, Dr. Awdish spent months fighting for her life, enduring consecutive major surgeries and experiencing multiple overlapping organ failures. At each step of the recovery process, Awdish was faced with something even more unexpected: repeated cavalier behavior from her fellow physicians—indifference following human loss, disregard for anguish and suffering, and an exacting emotional distance. Hauntingly perceptive and beautifully written, In Shock allows the reader to transform alongside Awdish and watch what she discovers in our carefully-cultivated, yet often misguided, standard of care. Awdish comes to understand the fatal flaws in her profession and in her own past actions as a physician while achieving, through unflinching presence, a crystalline vision of a new and better possibility for us all. As Dr. Awdish finds herself up against the same self-protective partitions she was trained to construct as a medical student and physician, she artfully illuminates the dysfunction of disconnection. Shatteringly personal, and yet wholly universal, she offers a brave road map for anyone navigating illness while presenting physicians with a new paradigm and rationale for embracing the emotional bond between doctor and patient.

team wellness southgate mi: Who's Who in Finance and Business Marquis Who's Who, LLC, National Register Publishing, 2005-12

team wellness southgate mi: Michigan State Business Directory , 2000

team wellness southgate mi: EMDR with Children in the Play Therapy Room Ann Beckley-Forest, Annie Monaco, 2020-09-24 Maximizes treatment of childhood trauma by combining two powerful modalities This pioneering guidebook fully integrates the theoretical foundations and practical applications of play therapy and EMDR in order to maximize healing in in children with trauma. By highlighting the work of innovative EMDR therapists and play and expressive art therapists and their pioneering clinical work, the authors provide a fully integrated approach to using EMDR in a play therapy context while being faithful to both play therapy principles and the 8 phases of the EMDR standard protocol. This book provides in-depth discussions on how leading innovators integrate their modalities—TraumaPlay, sand tray, art therapy, Synergetic Play therapy, Child-centered and Developmental Play Therapy—with EMDR and includes real life examples of assessment, parent and child preparation, developing emotional resources for reprocessing trauma using EMDR in play or expressive therapy, and a comprehensive look at complications of dissociation in trauma processing and how to manage these. Corresponding to the eight EMDR phases are twelve interventions, comprised of a brief rationale, step-by-step directions, materials needed, case examples, and supporting visual materials. Key Features: Integrates EMDR and play therapy to create a powerful method for treating children suffering from trauma Includes contributions from dually credentialled EMDR clinicians and registered play therapists, art therapists, and sand tray practitioners Offers a fully integrated approach to EMDR and play therapy faithful to the eight phases of standard EMDR protocol and play therapy principles Includes a chapter on culturally sensitive EMDR and play using Latinx culture as the lens Describes how traditional play therapy creates an emotionally safe space for trauma work for children Provides hands-on play therapy interventions for each EMDR phase in quick reference format Delivers multiple interventions with rationale, step-by-step directions, materials required, case examples, and visual aids Foreward by Ana Gomez, leading author on the use of EMDR with children

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Hispanic woman is dredged from the Detroit River, the Wayne County coroner gives her photo to ex-police detective August Snow, insisting August ask around his native Mexicantown to see if anyone recognizes her. August's good friend Elena, an advocate for undocumented immigrants, immediately pinpoints the girl as local teenager Isadora del Torres. It turns out Izzy isn't the only young woman to have disappeared during an ICE raid only to turn up dead a few weeks later. Preyed upon by the law itself, the people of Mexicantown have no one to turn to but August. In a guns-blazing wild ride across Detroit, he will put his own life on the line to protect the community he loves.

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