



Volume 5 Spring 2002

Community Action Against Asthma

Working to reduce asthma in children in Detroit

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CAAA Partners

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Latino Family Services
United Community
Housing Coalition
Detroiters Working for
Environmental Justice
Kettering Butzel Health
Initiative
Detroit Hispanic
Development Corporation
Detroit Health Department
Henry Ford Health
Systems
Michigan Department of
Agriculture, Pesticide and
Plant Pest Management
University of Michigan's
Schools of Public Health
and Medicine

Your Ideas Are Needed!

Do you want to be a part of helping to improve the environment in our community? Are you concerned about environmental threats to your neighborhood? Do you have time to lend your voice, your thoughts, or your actions to important issues affecting our community?

If so, please fill out the interest form below and send it back right away. If you aren't interested, or don't have the time right now, please fill it out anyway so we'll know you received this invitation to participate.

We are hoping to be able to work with community groups to organize, coordinate, and conduct activities to reduce environmental threats related to asthma and to have an impact on making changes in policies and procedures as a part of our new community organizing effort. Someday soon we hope to be able to use some of the findings of CAAA as evidence that changes are needed to protect the health of children in Detroit. In the meantime, the results of our interviews, as well as our awareness that air pollution is bad for everyone's health, have already led us to educate the community about two projects described below.

The DIFT (Detroit Intermodal Freight Terminal): A proposal to move all of the tri-county area's truck-to-train operations into a single rail yard in Southwest Detroit. It would increase the number of trucks through the neighborhoods of SW Detroit and Dearborn from 2000 per day to 16,000 per day, creating more noise and degrading air quality.

The TTS (Time Transfer Station): A proposal that has many pluses: It would offer small bus service, transporting parents and children to a facility that contains quality, 24 hour/day child care services as well as retail space. It would be important, though, to shape this proposal so that it is sensitive to neighborhood environmental concerns and avoids the potential problems of having small children right next to bus exhaust fumes. The two sites being proposed are: The east side of Detroit near Chandler Park and Conner and Shoemaker, and the west side near Livernois and Vernor.

Please take the time to fill out the interest form in the newsletter, letting us know whether or not you would like to be involved in some way in trying to have an affect on one or more of these issues and we will try to link you up with the people involved in working on them.



Community Partners



Linda Gonzalez

Linda Gonzalez wears many hats. She is the Director of Employment and Training at the Detroit Hispanic Development Corporation and she also oversees the Work First and Adult Education programs. She looks forward to beginning her role as the supervisor for the southwest side community organizer.

As a community partner, the Detroit Hispanic Development Corporation shares a common goal with CAAA: to help empower and activate the community. She believes that educating the community about the effects of asthma and gathering data and information is one way that this organization can work together with CAAA to reach that goal. Not only is Linda an advocate for the Detroit southwest side communities, but she is also a community member herself. She says, "I enjoy being the eyes and ears for my community," and believes that "CAAA is a great way to link the community and agencies".

While she's not working hard at the Detroit Hispanic Development Corporation, she's working hard at school, earning a degree in Social Work. "I think education is very valuable. I know having an education and a degree will make me even more creditable," she says.

But Linda knows how to have fun too! She enjoys dancing and spending time with her children. She tells me, "We love to take long road trips and we hope to travel to see my sister in Florida someday soon." Linda is another great example of the impressive community partners in CAAA.



Don't Forget...

Banks Vacuum Cleaner is still offering a deal! They will fix your Eureka Smart Vac at a special rate just for families enrolled in CAAA. You will pay only \$19.95 for labor (usually \$39.95) and also receive a 40% discount on parts. They also sell bags, belts, and HEPA filters.

To take advantage of this offer, bring this newsletter to the store closest to you.

On the eastside: 20187 Mack Ave.

On the southwest side: 23341 Ford Rd.

And say THANK YOU to this generous business when you go there!

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John Abell, President

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Who's Who At CAAA

Jerry Peoples is looking forward to the future when he believes we'll be able to replace temporary solutions with more permanent ones by having a voice in the policy decisions that impact our communities. As the Environmental Policy/Community Organizer for Community Action Against Asthma, Jerry is involved with many partners and activities within the project.

"Detroiters Working for Environmental Justice, where I am located, has been a very good match for me because the connection between the environment and the health and safety of our children in Detroit is extremely important," Jerry says. He participates in organizing activities including: educational campaigns on health issues, reducing environmental hazards in the community, working with existing associations and community-based organizations, block clubs, educating public officials, and coordinating communication and publicity activities.

Jerry enjoys being a member of a team that's actively working to improve the quality of life of its participants through improving the health and environmental conditions of the community. He says, "The working relationships and communications are developing. Together we will make the difference. This is why I am having fun." It is apparent that Jerry enjoys his role in the CAAA initiative. He is making an impact in many areas of the project and his positive attitude and enthusiasm are contagious!

*** Community Learning ***

Kids and caregivers, have you learned something new or discovered a helpful tip about controlling asthma? Educate other families about what you've learned! Write us at:

**Community Action Against Asthma
UM SPHII, Room M5146
Ann Arbor, MI 48109-2029**

Asthma Q & A

- **Q: What are the signs of an asthma attack? A:** Some asthma attacks are very mild, while others are more serious. Some warning signs of an asthma attack are tight chest, coughing, and wheezing.
- **Q: What is the difference between controller medications and reliever medications?**
- **A:** Controller medications are preventive medications to protect the lungs and keep asthma attacks from starting. Reliever medications give quick relief to stop an asthma attack.
- **Q: Why is an asthma medicine plan important?**
- **A:** An asthma medicine plan is used so that you understand what medication to take and when. By understanding your plan, you can better control your asthma.
- **Q: Why are regular physician appointments important?**
- **A:** Going to your asthma doctor 2 or 3 times a year for check-ups is important so your doctor can see how well the asthma medicine works. The doctor may need to change the medicine or how much you take because asthma can get better or worse over the years.
- **Q: When should I get emergency help from a doctor?**
- **A:** Get help from a doctor right away if you see any of these danger signs:
 - Your quick-relief medicine does not help for very long or does not help at all.
 - Breathing is still fast and hard.
 - It is hard to talk or walk.
 - Lips or fingernails turn gray or blue.
 - Skin is pulled in and around the ribs and neck when the person breathes.
 - The heartbeat or pulse is very fast.



CAAA is a part of MCECH, the Michigan Center for the Environment and Children's Health and is funded by grants from the Environmental Protection Agency and the National Institute of Environmental Health Sciences.

Moving?

Questions?



Keep in Touch!

CALL CAAA toll free:

1-877-640-4064

Keep up the good work!

We know how difficult it is sometimes. With work, household chores, and school, it can be hard to keep up with the diaries and airwatches. But there is good news! May 18th-31st will be the last airwatch season!

Remember:

If you stay with CAAA to the very end of our project (after your final interview), you will be rewarded with

\$ \$50.00 \$

Word Search

Here are some great things about spring! Can you find them all?

```

t e y i l u o y a m e d o c n i c g
u b b r l n w o n i b n a v p i u r
l a l o a r u c w t w a i g c d a y
i n o u b l b a a n d e x l r a p m
p v u r e a l i r p a b v i m f n o
f a o c s s i t m i x y a r o f h k
n c w t a b k n a n e l c a n o j i
s a r o b i n y i w o l a y g d u t
o t g y n o d b r a n e t z l i o e
q i u a k n o h e l i j i p h l r z
a o l b a p d i s h r x o u j x e i
r n b c f i e x g r e e n g r a s s

```

Find the following words in the word search above. Remember, words can be found diagonally and backwards too!

- kite
- green grass
- tulip
- daffodil
- robin
- blue sky
- warm air
- jelly bean
- baseball
- candy
- cinco de mayo
- vacation



Community Action Against Asthma

UM SPHII, Room M5146
1420 Washington Heights
Ann Arbor, MI 48109-2029
1-877-640-4064 (toll free)

These issues, as well as the priority problems identified through interviews with the organizational representatives are listed below. **Please take the time to fill out the interest form, letting us know whether or not you would like to be involved in some way in trying to have an affect on one or more of these issues and we will try to link you up with the people involved in working on them.**

CAAA Volunteer Interest Form

Your Name _____

Your Address _____

Your Phone Number _____

Best Time to Reach You _____

Please check one:

____ I do not have the time to work on any of these issues at this time.

____ I do not have the time but I am interested in working on the issue(s) I have checked below.

____ I am interested in working on the issue(s) I have checked below.

- Transportation (for example, the DIFT or the TTS described above)
- Illegal Dumping Abandoned Buildings Air quality Other:
- Traffic Contaminated sites Poor housing

Please mail your response back to us, or you may give it to your CES worker. If you would prefer, you can call in your response at any hour to our toll free line: 1-877-640-4064. If we're not there, leave a message and we'll call you back. THANKS!

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