

## Solving the Lead Problem: Londi's Story



After a routine doctor's appointment at Cherry Street Health Services revealed that her daughter had a high blood lead level, Londi Santos Porres started working with the Healthy Homes Coalition. Lead poisoning can cause permanent brain damage in young children, and 90% of lead poisoning cases result from lead hazards found in the home. Londi was referred immediately to the Healthy Homes Coalition for support.

Jenn (pictured left) and Courtney from Healthy Homes met with Londi at her home to conduct a comprehensive visual assessment of potential hazards that may affect children's health. They also provided additional information about lead and other commonly found household hazards.

Through the *Healthy Homes for Healthy Kids* program, Londi learned how to measure the amount of lead in the dust around the windows and floors and how to lower the lead levels found.

She also received smoke alarms and a carbon monoxide alarm, lowered the temperature of her tap water (which was originally set at a scalding 155 degrees F), and was accepted into the *Get the Lead Out!* to make her home lead-safe.

Additional services provided through partnerships with the Kent County Health Department and the City of Grand Rapids will help ensure that Londi and her family truly have a safe and healthy home. When asked about Healthy Homes, Londi responded, "I recommend this program to everyone I talk to. It was great because I didn't know anything about lead and what to do about it and now I do."

Londi and her family's situation is not uncommon for Healthy Homes. The *Healthy Homes for Healthy Kids* program currently serves 75 families a year, but with additional support could provide 150 families with services to protect their children.

### Join the *Healthy Homes One Hundred Campaign!*

The Sebastian Foundation has issued a challenge to help Healthy Homes grow to serve twice as many families in 2013. We need your help. The campaign ends in May 2013. See page 3 for more details.



## Spring & Summer Events

### Building Healthy Homes Tours

Come learn more about what the Healthy Homes Coalition does and how you can get involved. Light lunch provided. Questions? Call Paul at (616) 241-3300.

May 14, Noon

June 19, Noon

July 18, Noon

July 18, Noon

### Lead Safe Painting Classes

If you want to learn how to keep your home lead safe while doing home repairs, come to one of our classes! Call Candace at (616) 241-3300 for more information.

April 22, 1–2:30 PM

May 11, 10:00–11:30 AM

May 21, 3:00–4:30 PM

June 25, 2:00–3:30 PM

### Intro to Healthy Homes Class

Learn how to keep your children safe from environmental hazards found in the home. Classes can be schedule for groups of 5 or more people that are interested in finding out how to keep their children safe and healthy in the home environment. Call Candace at (616) 241-3300 for more information.

## Featured Program: Healthy Homes for Healthy Kids

The mission of the Healthy Homes Coalition of West Michigan is to improve children's health and wellbeing by eliminating harmful housing conditions. One of the ways the organization seeks to accomplish this mission is one family at a time through the *Healthy Homes for Healthy Kids* program.

Families concerned about their home environment contact Healthy Homes directly to participate in the program. Staff members visit the home and provide one-on-one services to address the hazards.

Some of the hazards commonly found in the home include:

- Lead-based paint
- Pest infestations beyond the family's control
- Carbon monoxide and gas leaks
- Fire hazards and other safety hazards



The family then receives an assessment report, and with the support of Healthy Homes, creates a plan to address their hazards and concerns. Most families start to see improvements in their home environment within three months. For those that have children with asthma, they often see a reduction in asthma symptoms after participating in the *Healthy Homes for Healthy Kids*.

To be eligible for this free program, families must:

- Be low-to-moderate income.
- Live within the city of Grand Rapids or surrounding area.
- Have a child 0 – 5 years of age in the home or have a child with asthma 12 years old or younger.

Previously, four full-time AmeriCorps members dedicated a year of service to accomplish the goal of serving 100 families each year. Due to funding cuts at the federal and state level, Healthy Homes had to make changes and now serves 75 families a year with two staff. However, new opportunities are on the horizon. Healthy Homes will be able to start serving 150 families a year in 2013 with the help of the *Healthy Homes 100* campaign and the community's support. Call (616) 241-3300 for more information about the program or to make a pledge, or fill out the form on page 4 of this newsletter.

# The *Healthy Homes Hundred* Campaign

## Can You Help Us?

### Here's how your gift can grow!

Your gift of \$425 will turn into \$1,700.

A gift of \$255 will turn into \$1,020.

A gift of \$170 is worth \$680.

An average contribution of \$85 is worth \$340.

Are you interested in turning twenty-five dollars into one-hundred dollars and helping children in the community grow up strong and healthy at the same time? By supporting the *Healthy Homes Hundred* campaign, you can do both things at once. The Sebastian Foundation has offered the Healthy Homes Coalition a challenge grant with a three-to-one donation match, up to \$25,000. For every twenty-five dollars the public gives, the Sebastian Foundation will match that gift with another seventy-five bucks, for a total of one-hundred!

100% of the money raised from the *Healthy Homes Hundred* campaign will fund the *Healthy Homes for Healthy Kids* program, which offers one-on-one support services to low-income families with young children to improve children's health and wellbeing by eliminating harmful housing conditions.

The Healthy Homes Coalition is looking for one-hundred people to share in the effort of raising \$8,500 for the Healthy Homes Hundred campaign by donating an average of \$85 each. In order for us to seize this three-to-one grant opportunity, \$8,500 must be raised by May 2013.

Currently, funding allows for seventy-five families to participate in the Healthy Homes for Healthy Kids program. However, the challenge grant allows Healthy Homes to double the number of families served to 150 and double the number of children that grow up in safe and healthy home environments.

## Growing Up with Healthy Homes



This summer, Healthy Homes will be seven years old. Many things have happened during those years, but by far the most inspiring to me has been the sheer number of people who have stepped forward to say that providing kids with safe and healthy homes is a top priority. While talk is cheap, many have stepped forward and backed their talk with action or financial contributions.

In January, the fine folks at the Sebastian Foundation joined the ranks of those who are investing in healthy environments for children. In doing so, they have also sent out the call for more people to join this growing movement by offering to match all grassroots donations made to the Healthy Homes Coalition this spring at a rate of three to one!

National statistics tell us that 80% of this country's philanthropy comes not from government grants or foundation gifts, but through the support of every day people like you and me. While that may be true for established organizations like the Human Society and the Cancer Society, Healthy Homes is just an infant by comparison.

But our age won't keep us from recognizing where we receive most of our charitable support. And it won't keep us from acting like the big kids! With the Sebastian Foundation sweetening the pot, won't you consider joining the cause by making a cash donation to Healthy Homes this spring?

# Thanks for Your Support!

Thanks to everyone who donated in response to our 2012 year-end appeal. We appreciate your contributions!

Allison Jahm  
Amy Turner-Thole & Nick Thole  
Betsy Quinlan  
Bob Lantzy  
Brittany Dernberger  
Brittany & Jonathan Schlosser  
Bryan Judge  
C. Robert & Amy Crow  
Candace Cowling & Klaas Kwant  
Commissioner Carol Hennessy  
Terrence & Catherine Blake  
Currie Foundation  
Cynthia Price  
David & Lois Jacobs  
David & Teri Warners  
Dennis & Judi Daining  
Diana Jackson-Whitfield  
Dyer-Ives Foundation on behalf  
of trustees John Hibbard, Steve  
Buckridge, and Betty Zylstra

Greg & Audrey Sundstrom  
Ron & Heidi Hofman  
Joan & Steven Huyser-Honig  
Jonathan Bradford  
Jotham & Marie Ippel  
Kathy & Robert Brower  
Khan & Liza Nedd  
Kim Ridings  
Laura Hanley  
Lauren & Sean Baker  
Laurie Craft  
Lee & Judith Hardy  
Lori Lemieux-Woodcock & Patrick  
Woodcock  
Peggy & Peter Vander Meulen  
Mark Muyskens  
Michelle Behrenwald  
Michelle Gordon  
Pamela & Craig Benjamin  
Peggy Killmer

Peter Spring & Nancy Yagiela  
Nkechye Ezeh  
Richard & Samantha Gauthier  
Rick Treur  
Roberta Horton  
Scott & Sara Baar  
Steve & Nora Faber  
Sue & Phil Rios  
Susan Broman  
Susan Wakefield & William Katz  
Terri Sanchez  
Teri & Jeff Jacobs  
Tom Hanley  
Uko Zylstra  
Universal Forest Products

---

**Yes!** I'd like to help children grow up strong, smart, and healthy by protecting them from environmental hazards in their homes by contributing to the **Healthy Homes Hundred** Campaign!

**Healthy Homes**  
Coalition of West Michigan



## Level of Support

- \$85.00 - I'm one in a hundred, my gift is worth \$340!
- \$170.00 - I'm doing twice my part, my gift is worth \$680!
- \$255.00 - I'm a BIG supporter, my gift is worth \$1,020!
- \$425.00 - I'm a SUPER supporter - my gift is worth \$1,700!
- Other - \$ \_\_\_\_\_

*Thanks to the Sebastian Foundation, all gifts received by May 15, 2013 will be worth four times as much!*

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

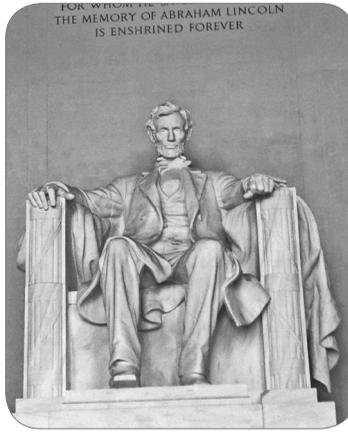
Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Checks should be made payable to:  
Healthy Homes Coalition  
742 Franklin SE  
Grand Rapids MI 49507

Or made online at  
[www.HealthyHomesCoalition.org](http://www.HealthyHomesCoalition.org)

## On The Road

Fixing homes one-by-one is just one way to keep children safe from environmental hazards in the home. Another key strategy is to ensure that policy and appropriations are supportive of children's environmental health needs. To that end, the Healthy Homes Coalition has spent some time this year sharing stories from the field with elected officials in both Lansing and Washington, DC.



In February, Courtney and Paul attended the 20th anniversary of the National Center for Healthy Housing. Along with three days of amazing training and powerful professional networking, they had the opportunity to spend Friday morning visiting Michigan legislators on Capitol Hill. Stories shared on those visits included how last year's cut to the CDC's lead poisoning prevention program budget from \$31 million to \$2 million impacts local communities as intervention programs for children are halted.

On March 4, Paul was invited to testify in front of the House Appropriations Committee for the Department of Community Health. Paul shared ideas on how an investment from the State might pay off for kids, communities, and the State's bottom line.

Two days later, Paul and Courtney were joined by Maria, Matt, and Randi to meet one-on-one with Michigan state legislators in Lansing. As parents of young children, both Maria and Randi shared first-hand stories about how the State and its programs have helped them protect their children.

Whether talking to parents in the neighborhood or legislators in our capitols, Healthy Homes is serious about enlisting allies to improve children's health and wellbeing by eliminating hazardous housing conditions.

## Kudos for Healthy Homes!

Healthy Homes racked up two awards in April 2013:

- *Get the Lead Out!* Home Repair Program - WOOD TV-8 Connecting With Community Award, 2013 Finalist
- Paul Haan, Executive Director - Family Futures Christine Nelson Professional Service to Children Award.

[www.HealthyHomesCoalition.org](http://www.HealthyHomesCoalition.org)

**Healthy Homes**  
Coalition of West Michigan

## Our Current Programs

### Healthy Homes Assessments

Trained staff assess the home for a wide variety of children's environmental health concerns, including lead, asthma triggers, radon, carbon monoxide, accidental injury, and more. Assessments are followed-up by the development of an action plan, education, and connection to resources.

### Smoke and CO Alarms

Free smoke and carbon monoxide alarms installed in the home.

### Radon Testing

Free radon testing for families participating in Healthy Homes Assessments. \$5 do-it-yourself kits available for all others.

### Pest Management

Help eradicating cockroaches, mice and rats using child and environmentally friendly tactics.

### Classes and Education

Healthy Homes offers a wide variety of classes for parents and professionals.

### Eligibility

Most of Healthy Homes' programs are restricted to low-moderate income families with children birth through age five living in pre-1978 housing in Grand Rapids and northeast Wyoming. Call (616) 241-3300 for details.

 Sustainably printed, with our kids' future in mind!

## ***Don't Just Spring Clean - Green Clean!***



Green cleaning supports air quality, which is important for those with asthma and allergies. Keep your house naturally clean with these easy tips:

1. For the least harmful, all-purpose household cleaner, just fill a spray bottle with water and add two drops of dish soap.
2. To get glass and chrome sparkling, combine 10 parts water for every part vinegar.
3. Remember: baking soda absorbs smells!
4. Need scouring powder? Skip the harsh chemicals and just use baking soda.
5. Use vinegar and dish soap for clean floors.
6. Avoid scented cleaners which can be potential allergens. Try essential oils like peppermint oil or lavender in your natural cleaning products for a fresh smell.