

Healthy Lives Day

Madeline Thomas & Wyatt Thurber



The First Ladies of the Hillside

Residents of the Steve O’Neil Apartments (SONA), “The First Ladies of the Hillside is a grassroots group of women who are working together from inside of the Central Hillside community to create opportunities for kindness and generosity for ourselves and for our community... Our intention is to change the multigenerational cycle in Central Hillside from vicious to virtuous by engaging thoughtfully in the community. ”

They lead multiple short- and long-term community projects such as:

- **Coffee in the Hillside: “1,000 Cups of Caring”**
- **Needle Initiative**
- **Cleaning the Hillside**
- **Healing Creations**

<https://www.wdio.com/news/first-ladies-of-the-hillside-mothers-support-friendship/6176985/>



The First Ladies serving coffee



Sharps Kiosk
in areas of
need

The First
Ladies of the
Hillside Logo



Steve O'Neil Apartments

Operated by CHUM, a 501(c)(3) nonprofit human services agency in Duluth, “the Steve O’Neil Apartments were created to provide housing and additional services for families with children who had experienced long-term or recurrent homelessness.”

“CHUM's goal at the Steve O'Neil Apartments is to end the cycle of homelessness and poverty by supporting parents and children, helping them to build healthy, strong, and stable families with a broad network of social connections; empowered to reach their goals and dreams.”

CHUM offers several programs at the Steve O’Neil Apartments, such as:

- **Family Coaching**
- **Infant and Toddler Programming**
- **The Garden and Kitchen Program**



The SONA apartment building



SONA 5-Year Anniversary Video

Central Hillside



- 60% of households make \$35,000 or less annually.
 - 50% of these households are below the federal poverty level.
- 49.8% of the houses were built before 1939.
 - Leads to an increased likelihood of harmful materials, poor insulation, and need for repairs in a home.
- 22.1% People of Color reside in Central Hillside. As compared to 10.3% of Duluth's total population, meaning they are more twice as concentrated in this area.
- 21.1% people have a disability.
- 31.8% of households have no vehicle.

What was Healthy Lives Day?

The Healthy Lives Day event was proposed by Cole Grotting, former manager of the UMD Land Lab. Funding for the event was secured through the Sare Youth Educator Grant.

Through this event we looked to empower the families with food knowledge and sovereignty, foster a deeper connection with the environment, and honor indigenous people who cared for this land.

This was achieved through multiple breakout groups, song and dance, and a shared meal made by student interns and local farmers.



The Meal



Menu

- Squash Soup
- Peanut Butter Kale
- Smoked Fish
- Roasted Root Dish
- Peanut Butter & Jelly
- Bread & Cheese
- Pumpkin Bars
- Tomato Ladybugs
- Apple Cider
- Steamed Broccoli & Cheese
- Apples & Caramel

Sarah Foltz Jordan Xerces Society



“Based out of central Minnesota, Sarah leads Xerces' upper Midwest native bee and monarch habitat restoration projects, working closely with farmers, agencies, and conservation groups to promote pollinators on farms and in natural areas.”

Breakout 1: Seed and Vegetable Identification

Sarah's workshop focused on identification. She brought 12 different vegetables and their seeds for people to match up the veggies their name, which part of the plant it was, and their seeds. She also had name and seed identification for a few spices as well as a small area to plant your own seeds to bring home.



Nathan Langer
Sweetland Farm
in Cloquet, MN



“Our hope is that through our products, family, neighbors and friends will connect with nature around them.”

Breakout Group 2: Apiary Tour & Bee Products

In is breakout session
Nathan covered

- Bees
- Bee Hives
- Helpful and Harmful Insects
- His process to use wax in his products

His online store largely offers soap, chapstick, and lotion bars



Featured Products



Pumpkin Latte Gift Box
★★★★★
\$55.50



Full Sweet Land Gift Box
★★★★★
\$55.50



Mulled Cider Gift Box
★★★★★
\$48.50



Christmas in a Gift Box
★★★★★
\$48.50

Ginga Baleza Newton

Growing Together Nano-Farm



“I am passionate about feeding people, strengthening our local food system, and educating/inspiring others to take control of their whole wellness through gardening/farming and learning about the power of food medicine.”

Breakout 3: Cabbage Fermentation

Through a live demonstration, Ginaga taught the Ladies how to ferment cabbage to make sauerkraut. After the workshop, the Ladies were all given additional jars to continue fermentation at home.



Regina Laroche Diaspora Gardens



“Regina’s offerings rise from the intersection of art and the unifying stories of humanity and the earth...For thirty years Regina has brought performances, residencies, workshops and retreats to classrooms, churches, and venues ranging from preschool to university.”

Storytelling Through Dance and Spoken Word

Regina orated and danced to 3 stories whose themes related to the importance of respecting land, indigenous people, and the formation of the land.

- Story 1: About the formation of the land, this story required participants to dance with the “flames of fire” that are so important to the human race.
- Story 2: Anansi the Spider
- Story 3: Respecting Mother Earth



Sources

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*** Additional pictures taken by Wyatt, Madeline, and other interns**