



ohip In Motion

Together we can impact the hearts & health of our community!



Centering the Family

OHIP stands for Oaccess and equity. Access to wellness options that promote and encourage a particular plan of care for each individual regardless of age, ability, and circumstances along with the channels to make options readily available and easy to navigate. Our work has proven that when empowered with the knowledge and resources to seek good health, the community responds with a thorough and intentional commitment.

Because we value caring for each other, we expect nothing less from our Community Coalition Partners. They are the individuals and organizations that represent a comprehensive network, one that implements and cultivates significant relationships with stakeholders and government officials. Those are the relationships that seat real change. And change is needed right now for the continual uphill battle that routinely overshadows equity in education. We know that our communities have been looked over when it comes to inclusion, safety, and student rights. It's one of the reasons OST/South Union is proud to partner with Dream Academy Houston. Not just for their pledge to the community but for their best-in-class mentoring model that demonstrates holistic ways to advocate for children. Both in-school and beyond.

Dream Academy Houston is an extension of the US Dream Academy. Started by world-renowned vocal artist, pastor and educational activist, Wintley Phipps, the academy seeks to instill the desire to dream in every child using an innovative approach to afterschool programming. The programming is a combination of literacy-based mentorship and community development services for those at-risk of and affected by incarceration. Phipps has been awarded the Philanthropist of the Year Award from The National Center for Black Philanthropy and holds recognition for the organization's model from Oprah Winfrey and

The National Mentoring Partnership. He started the US Dream Academy with one central operation. Today the organization hosts programming in eight states. Here locally, Dream Academy Houston partners with more than 15 public and private health improvement agencies, helping to maintain the network of care that 77021 requires.

The program has transitioned hundreds of children through the Dream Academy match process, helping families to acquaint themselves with culturally sensitive successive learning engagement. With research-based benchmarks, the organization is ready to expand so that they can host an additional location in Houston by Fall 2019. They are seeking mentors who are looking to pledge to a long-term commitment for the more than 200 youth served.

Lauren & Jasmine's Story

Congratulations to the US Dream Academy's Mentor of the Year, Lauren Harris! She received her award, sponsored by Southwest Airlines, at the 18th Annual Power of a Dream Gala.

Lauren first learned about US Dream Academy in 2015 through the Collegiate 100 organization at the University of Houston. One day when visiting the Learning Center, she saw all of the children interacting, playing, and doing homework, except for this one girl. She asked the DreamKids who was at her table why she was sad, and they said it was because she didn't make the basketball team. She sat down beside her and shared with her about a time that she didn't make her school's dance team, but that didn't stop her from pursuing other activities that she found out that she was good at (like track & field). Then she started telling a few jokes to cheer her

up. Jasmine then sat up and asked her, "...will you be my mentor?" Lauren became so excited and said "SURE!!" So after properly going through the pairing and matching process, she officially became her mentor. Lauren would like to thank everyone who donated to her campaign to bring Jasmine & her grandmother to the Gala in Washington, D.C.



Jasmine & Lauren Harris

For more information about responsibilities and Mentor Orientation, visit mentors.usdreamacademy.org/ or contact Walter Hull, Mentor Coordinator, at whull@usdreamacademy.org.



Birthing a Trend



Max Coleman

The documentation that shaped outcomes for the State of OST GO Neighborhood 2019 Report identified several key areas of focus through the year 2020. Included was a desire to reaffirm programs that enrich our youth. At present, OST/South Union has been successful by increasing awareness for more locally based public safety patrolling helping our youth to feel safe while canvassing their neighborhood. Because of the Stop the Violence Rally hosted by We R OST in January 2019, we've seen an increase in access to educational and career development services for young people under the age of 25 with the help of our Community Coalition Partners and initiatives hosted by GO Neighborhoods. With such progress, one can't help but wonder how we can continue to support the enrichment goals our youth are most passionate about. In doing so, it's essential to consider how we need to make all parties available to engage in a cross-cultural dialogue with allies and supporters. Understanding the complexity of the matters is vital, we must work side by side to assure that the youth have an opportunity to express their desires for health and wellness in every instance, knowing that they will yield permissive responses.

One of the ways that OHIP is paving the way for the ongoing dialog with and for our youth is by recognizing those who are actively engaged in these critical conversations. Our young people are in the community showing up and taking the initiative to respond to the needs of the community with engagement that exhibits OHIP's values. Those values are:

- Valuing community support.
- Valuing trust of each other and those who commit to serving us.
- Valuing caring for one another.
- Valuing God and our faith.
- Valuing the recognition of our history, which makes traditions important to our culture

Each value is connected to practices that fortify resourcefulness. When young people have the opportunity to carry out resourcefulness consistently, it inspires them to engage in leadership and civic engagement from a young age. It's what happened to recent recipient of what has been deemed The Trendsetter award, Max Coleman.

Max is not only a WE R OST member who was indoctrinated from a young age but one that understands the need for youth outlets that support flourishing opportunities for today's youth in all aspects of their lives. Max started out in the Agape program many years ago with his brother. Once he aged out, he wanted to be a part of another program fitting for his age, which is how he came to get involved. We got some insight from Max about why being a Trendsetter is a big deal and how he believes we can assure that our youth have the opportunity to choose leadership.

OHIP: How long have you been a part of OST/South Union?

Max: I started out with the Youth Council when it started back in 2010. I was in the Agape program with my oldest brother, and when I got too old for that, I found Youth Council and got involved with that.

OHIP: What made you want to get involved?

Max: I went to school at Lamar High School. I saw how people were acting. People would ask me where I lived, and I was like Third Ward/OST. I was going to school with wealthy kids. They couldn't believe I came from there; they were shocked. I didn't like how people looked at us from the outside of the community but also it made me think about how we look at ourselves from the inside, so if we change on the inside, we can make the outside look better.

OHIP: So you decided to be a part of that change, starting with your standards at school?

Max: At first I was at KIPP Sunnyside in my 9th grade school year, and that wasn't going too well so my Mom sent me out of the neighborhood so she could feel comfortable with me going to school.

When young people have the opportunity to carry out resourcefulness consistently, it inspires them to engage in leadership and civic engagement from a young age.



OHIP: How do you think attending Lamar High School made a difference in your life?

Max: The crazy thing about it is Lamar is the same thing as Yates. It's just richer wealthier people. I liked it because it was cool and really diverse. Still, I feel like I shouldn't have to go outside of my neighborhood to go to a school like that to be safe.

OHIP: So why do you think you were chosen as a Trendsetter?

Max: I really don't like the center of attention, so I don't know. I read the plaque, and it said something about being a leader. I feel like that's part of the reason because ever since I was a kid I've never been in trouble, I just got off task, so it's like the kids that are in now I don't want them to experience some of the things I had to experience. Like at the end of high school, it got really hard for me to graduate. I was worried that I wouldn't graduate and then the last day I found out that I would. I don't want any of the kids to go through that.

OHIP: So it's almost like redemption for you but also a call for leadership on your life?

Max: Yes, I think so.

OHIP: What things do you do for fun that help you to express leadership even more?

Max: I write poetry and music. I'm actually writing a poetry book right now. It's something I want to take seriously because it's using my voice. I think that's what matters most, having a voice, and using it.

Petition for Change

The OST/South Union Health Improvement Project (OHIP) is asking anyone who works, lives, plays and prays in the 77021 zip code to petition for change.

You can sign each petition by scanning the QR code or going to OHIPinMotion.org/Change

Maximize the safety and well being of our residents through community advocacy and improved relations with law enforcement.

ANTI-GUN VIOLENCE



We are asking for EQUITY by increasing heavy waste/trash collections every other week, more receptacles in public areas, increased fines for illegal dumping and improved enforcement.

IMPROVED TRASH PICKUP



We call the City of Houston to utilize the Safer Streets Initiative planning and funding in the OST-South Union neighborhood and improve generalized street safety due to the high crime risk for the community.

SAFER STREETS



Harvesting a Trend

Ms. Ethel's Organics



Ethel Powell

It's become a vested attraction that OST/South Union is proud of, and the reasons are apparent. It has been a continual work in progress.

What most don't know is that there's something else available to visitors who come through the garden. Wisdom. It's the root of understanding that's partially responsible for all that grows on purpose, and she has a name. Ethel Powell. Ms. Ethel, as she's affectionately known, has been working with The Farmer's Market at the Park at Palm Center for years. Even before she retired from American General Life Insurance Company, she knew that her retirement days would be dedicated to that which she loves the most, both her green thumbs. We watched Ms. Ethel tidy up the garden early one Friday morning as she prepared the grounds for the Farmer's Market and got to ask her a few questions about what the garden means to her. Here's what she shared with us:

OHIP: How long have you been gardening?

Ms. Ethel: Since as long as I can remember. I was raised on my grandfather's farm in Monroe, Louisiana. He grew everything. Tomatoes, butter beans, okra, mustards, squash, turnips, corn, peanuts, and cotton. We lived there because my uncle had come to Houston and sent for my mother. She came here to Houston and later sent for my siblings and me.

OHIP: So you have a long history with having green thumbs, did your mother also garden?

Ms. Ethel: I don't know. I never saw her do anything in the garden. My aunt and I did, though. In fact, my uncle and my grandfather used to forbid us to go out there. We used to chop the cotton down wrong, and it made problems so he wouldn't let us do it. You have to cut cotton in skips so that you can pick it correctly. We didn't know at first, but we learned everything we could so that we could help out.

OHIP: It sounds like you really enjoy it. What did you do before you came to the garden here at the Park at Palm Center?

Ms. Ethel: I worked over at another garden, and I didn't like it at all. The people weren't very friendly, and there was no real community. I heard about this garden from my friend Lily. She learned about it from Roland Cotton, so I came over here to volunteer and just stayed. I brought two friends with me, but they didn't stay, only I did.

OHIP: Would you think of yourself as a full-time gardener?

Ms. Ethel: When I'm not working here to clear the grass out, tend to the trash, water everything, and harvest what we plan to sell, I'm tending to my garden at home. It's a big one. I have it and a total of six fruit trees, including dewdrop, orange, lemon, red currant, grape clusters, blood oranges, and persimmons.

OHIP: Who helps you tend to your garden and the trees?

Ms. Ethel: Just me. I live for it. I have three girls, and they come over to pick, but they don't grow or tend. They say it's not their bag. I grow it all and eat what I can and give the rest away. I take it to my church; the people grab it up fast.

OHIP: How would you describe what it means to garden?

Ms. Ethel: When I come, and I see something growing good, I'm happy. When I see something not doing so well or dying, it makes me sad. I try to do all I can to make sure that everything can grow as it should. Gardening is more than just growing food. It's a firsthand connection to who we are and how strong we are. We can do anything with the right conditions.

OHIP: You mentioned that you have friends that also garden, what is that like?

Ms. Ethel: We all met in the old garden and just grew friendships. We do a lot together now. Go on trips and stuff. We call each other and talk about what's growing. It's been nice having friends who like doing the same things.

OHIP: You do a great deal for the Farmer's Market here, and it's appreciated. What would you want those who come here regularly to know?

Ms. Ethel: I would want them to know how much I enjoy doing the work so that we have what's needed. I feel like I belong here, and it makes me happy to see the garden looking so nice. I'll keep at it as long as I can.

Health in a SNAP

Go to ohipinmotion.org/letstalk & be entered to win an OHIP Prize Pack by answering these questions:

Have you been to the Palm Center Farmer's Market in the last six months?

What's your favorite fruit?

Get FREE fruits & veggies with DOUBLE UP FOOD BUCKS



BUY \$1
COMPRE \$1



GET \$1
OBTENGA \$1

¿TIENE UNA TARJETA SNAP?
Obtenga frutas y verduras GRATIS con
DOUBLE UP FOOD BUCKS

Visit the Palm Center Farmer's Market
2nd & 4th Saturdays • 9 a.m to 1 p. m.
5400 Griggs Rd, Houston, TX 77021

Dream 77021

Mental Health & Well Being

Building a resilient community that promotes mental health and wellbeing for all residents is the aim of this initiative. DREAM 77021 embodies the vision that residents, especially families with children in OST/South Union can feel safe in their neighborhoods and their daily living and ultimately gain a sense of health and well-being.

Yet it is well-known that there are conditions that exist in OST/South Union that prevent and disrupt feelings that families' basic needs are routinely met, that families have access to services they need, that neighborhoods are clean and safe, that young people are safe from exposure to violence and gangs, and children are safe from community and family trauma as a result of alcohol and substance abuse. DREAM 77021 is about residents and community partners cooperatively learning to identify and assess these conditions using a community participatory based research approach. This approach involves asking the questions from the perspective of the community, not from the perspective of researchers or majority views. It seeks resident voice and input on identifying the community conditions that when addressed can impact overall health and wellbeing of OST/SU residents. Recall when sidewalk cuts were made for the benefit of people in wheelchairs. Many other groups benefited, people challenged by other mobility issues, people with strollers, travelers with wheeled luggage and others. When problems are addressed through policy, systems or environmental approaches, many people in the population may benefit.

Who will participate in DREAM 77021? Many OST/South Union residents have been engaged in efforts to improve their neighborhoods, to repair and build OST/South Union's physical environment, to alleviate the problem of lack of access to fresh fruits and vegetables, to fight to get green spaces for recreation and exercise. They have a wealth of knowledge and lived experience regarding daily life in OST/South Union. Some will step up. Other residents who have not been involved to-date can join in. Residents who join this journey will have a major voice, leading and working side by side with community partners, NRCDC and OHIP in a collaborative process to develop a plan to address these conditions.

DREAM 77021 will strive to build mental health into everyday life. community members, leaders and professionals, teachers and preachers, police officers, first responders and politicians will come to understand the factors that influence mental health and well-being in OST/South Union especially families and children.

If you are interested in being part of this transformative opportunity, reach out to us at info@ohipinmotion.org.

OHIP is You!
Go to ohipinmotion.org/letstalk
& be entered to win an OHIP Prize Pack
by answering these questions:

Are you interested in sharing your input for Dream 77021?

Have you ever mentored or served as a community engagement advocate?



OST/South Union Health Improvement Partners

The OST/South Union Health Improvement Partnership (OHIP) is an example of what caring organizations create when they collaborate with each other. Our mission at OHIP is to use our physical and spiritual resources to care for one another so that we can impact the hearts and health of our community.

Our vision is to trust our intuitive ability to support and care for our community in a way that honors our history, practices our faith, and celebrates our culture. OHIP is the result of a collaborative partnership between the Southeast Houston Transformation Alliance (SEHTA) and OST/South Union Go Neighborhoods. The Neighborhood Recovery Community Development Corporation (NRCDC) hosts the partnership as a fiscal sponsor and the partnership is funded by the Episcopal Health Foundation.



EPISCOPAL HEALTH FOUNDATION
EpiscopalHealth.org

EPISCOPAL HEALTH FOUNDATION

The Episcopal Health Foundation (EHF) believes all Texans deserve to be healthy. EHF is committed to transform the health of our communities by going beyond just the doctor's office. By providing millions of dollars in grants, working with congregations and community partners, and providing important research, we're supporting solutions

that address the underlying causes of poor health. EHF was established in 2013 and is based in Houston. With more than \$1.2 billion in estimated assets, the Foundation operates as a supporting organization of the Episcopal Diocese of Texas and works across 57 Texas counties. #HealthNotJustHealthcare www.EpiscopalHealth.org



NRCDC.org

NEIGHBORHOOD RECOVERY COMMUNITY DEVELOPMENT CORPORATION (NRCDC)

NRCDC is the Convening Agency for the OST/South Union GO Neighborhood. NRCDC's mission is to revitalize defined target areas in Houston, to encourage economic development and investment, to effectively provide and encourage the development of housing for persons of low and moderate income, and to work with other private and public entities. www.NRCDC.org



SEHTA.org

SOUTHEAST HOUSTON TRANSFORMATION ALLIANCE (SEHTA)

SEHTA is a collaboration of residents and stakeholders in Super Neighborhood 68. Their goal is to achieve positive transformation of Southeast Houston through community-based creative placemaking- empowering residents to bring values and community history

to effect change through well-designed improvements to the physical environment enhanced by artistic and cultural expression projects. facebook.com/OurTownHouston



Go-Neighborhoods.org

OST/SOUTH UNION GO NEIGHBORHOODS

The Houston office of the Local Initiatives Support Corporation (LISC), the nation's largest community development support organization, sponsors the Great Opportunities (GO) Neighborhoods program. This initiative invests in the revitalization of Houston

communities through a neighborhood-based approach that supports and connects local organizations, residents, and community-based institutions. By providing capital, technical expertise and training, LISC helps to develop local leaders and invests in the creation and growth of affordable housing, local community centers, and businesses that create new jobs. The potential for creating thriving neighborhoods where residents can live, work, play and grow together is improved when all stakeholders work toward a shared vision that they create together. www.Go-Neighborhoods.org/SouthUnion

Editor
Maya Ford - Ford Momentum!

Writer
Tiffany Nelson
Linda Bass

Photographers
R S Drexel Photography
Scott Wharton Photography

NRCDC Executive Director
Paul Charles

NRCDC Community Coordinator
Gwendolyn Fedrick

OHIP is a result of collaboration and we welcome more! Learn how to participate in our events, conversations, and health improvements at www.OHIPInMotion.org.

Contact Us at info@ohipinmotion.org. or call 713-520-5232.

Get social with us! Facebook: www.facebook.com/OSTSouthUnion