



Preventing substance abuse by sustaining & strengthening a safe and healthy community, together.



Knowledge is Prevention

HEALTHY MOVES, LOADED FOR GAME!



Question: What's the difference between kids who engage in destructive behaviors and those who don't?

Answer: Free activities to support family bonding and help keep kids "above the influence"! Busy, active and health conscious kids refrain from using illegal substances.

There is still time to sign up for the last of our season long offerings of fun.

- ⇒ **First Aid - December 9**
- ⇒ **Self Defense - December 7 & 14**
- ⇒ **Skateboard Lesson - December 15**
- ⇒ **Delicious & Easy After School Snacks - December 16**
- ⇒ **GA-GA Pit Game - December 17 & 18**

All activities are held at **Modern Skate and Surf**
1500 N. Stephenson Hwy. in Royal Oak

Registration recommended 24 hours BEFORE the event!

Send to tperkins@royaloakcommunitycoalition.com



These activities are made possible with support from the Brooksie Way Minigrant.



ROCK the Holiday with the ROCC and Rock on 3rd!



**Thursday, December 2, 2010 (5:30 – 8:00 p.m.)
at the Royal Oak library**

Sample non-alcoholics beverages, in conjunction with the annual Royal Oak Tree Lighting Ceremony.

The Royal Oak Library, along with the Coalition, is encouraging people to make safe and healthy decisions this holiday season. **ROCK on Third** is providing all the ingredients to make delicious beverages fit for the holidays in a warm and cozy atmosphere in the library event room. Learn to make these simple drinks while sampling tasty holiday food trays from **Hollywood Markets, Holiday Market** and other local supermarkets. So, bring your friends and family to help celebrate the holidays and visit us. To pre-register, call the Adult Reference Desk at the ROPL at 248-246-3727.



**GIVE THE GIFT OF
FLOWERS ALL
YEAR LONG!**



Need a quick and easy gift to give to a loved one, relative, or co-worker? Do you need **12 ideas for gifts to give** throughout the year? Look no further! Just call English Gardens to join the Flower of the Month Club. For \$35, you get 12 flower bouquets or potted plants. You will get something seasonal and different each month. When you call, 586 - 264 - 4246 Ext. 116, mention the Coalition, and in turn, we get \$5.00 per order. Flowers brighten spirits, lift hearts and bring beauty in our homes and offices.



It's A MICKEY MOUSE Christmas.
Saturday, December 11, 2010, 1:00 – 3:00 p.m.

Empowerment Professionals PC, is sponsoring a professional networking and a holiday party to benefit area needy children and families.

Admission: Anything MICKEY- toys, mittens, hats, gloves e.t.c. for the South Oakland Shelter. In addition, five dollar memberships will be available and donations accepted for the Royal Oak Community Coalition to help support the year long programs that benefit Royal Oak youth, residents, workers, and visitors.

Empowerment Professionals PC, is located at 301 W. Hudson, just south of Lincoln and west of Washington in Royal Oak.

For more information, contact BJ Patchett: 248-336-2133

ROYAL OAK TEEN NIGHT

(A PLACE FOR YOUNG PEOPLE)

NEEDS

PARENT VOLUNTEER SUPPORT

Royal Oak Teen Night is **always** looking for volunteers. The Royal Oak Teen night is held the **first Friday of every month** at Churchill Community Center through out the school year. It offers a safe environment for 6th , 7th and 8th graders that live or attend school in Royal Oak to enjoy an evening of dance, music, sports and socialization. The hours are from 7:00 – 9:00 p.m. and is sponsored by Common Ground Sanctuary and Royal Oak Youth Assistance and hosted by several of Royal Oak community service agencies. Please contact Teen Night coordinator Kendall Leone at kleone1616@yahoo.com if you would like to be a volunteer chaperon or need further information.



Gleaners Food Bank Collections



The Coalition, in partnership with **Advance Internet Applications and Modern Skate and Surf** is collecting non-perishable food in cans and boxes from now until **December 17th**, to help families in need **Monday – Fridays, 10:00 – 4:00** at our location, **1500 N. Stephenson Hwy.** (just south of 12 Mile). Bring your kids to show them the importance of being of service to others, and while here, take a mini-tour of Michigan's largest Skate and Surf Park. It's so big, it spans between the cities of Royal Oak and Madison Heights.



WARNING: CIGARETTES CAUSE FATAL LUNG DISEASE

Have you seen the news about the new warning labels for cigarette packs and advertisements? This warning about cigarettes causing fatal lung disease is just one of the new warnings that will soon appear on all cigarette packs under a new proposal by the U.S. Food and Drug Administration (FDA).

Earlier this month, the FDA announced its plans to require all cigarette packages to have new stronger warnings and – for the first time ever – picture messages that would cover the top half of the front *and* back of the cigarette packs. AND – it would also require that all cigarette advertisements have warnings covering 20 percent of the ad! **But YOUR help is needed in making sure the FDA picks the strongest and most effective warnings!** These graphic warnings need to discourage kids from starting to smoke and encourage smokers to get the help they need to quit.

The American Lung Association suggests “one important way that smokers could get the help they need is if all cigarette packs displayed “1-800-QUIT-NOW”, which is the nationwide hotline for smokers who want to quit. Right now, including that phone number is not part of the FDA’s plan. Please let the FDA know how important it is that they change their minds and include that number!

The FDA is seeking public comment on the proposed rule from Friday, November 12, 2010 through Tuesday, January 11, 2011. The submitted comments will be officially considered in the final warnings which will be issued by June 22, 2011. To submit an official comment during this time period: Go to www.regulations.gov and insert docket number FDA-2010-N-0568 into the “search” box and follow the prompts.

View the proposed labels (PDF): <http://www.fda.gov/downloads/TobaccoProducts/Labeling/CigaretteProductWarningLabels/UCM232425.pdf>

The tobacco industry will also be submitting letters to FDA, which is why it’s so important that you send a letter today.

The last time the U.S. changed the warning labels on cigarette packs, President Reagan was in the White House and the movie *Back to the Future* was in the theaters. Help show your support for new, stronger, warning labels on cigarette packs and advertisements by sending a letter to FDA, today.



RO “Holidays Health Boost” Promotes Family Health and Aids “Blessings in a Backpack”

Experts offer guidance and answer questions for improving wellness

Royal Oak physician Paul Ehrmann, D.O., founder of the **Family Health Care Center (FHCC)**, is hosting a *Holidays Health Boost* community event from 1 to 2:30 p.m. on Saturday, Dec. 4, at the FHCC’s offices at 2033 Crooks Rd, Royal Oak.

“There’s always a lot going on during the holidays,” said Ehrmann, “but one’s health should never fall to the bottom of the list. We’re going to reveal the many small but significant things one can do now to prevent New Year’s regrets and, actually, all of them can offer benefits for a lifetime.”

The free event, open to the public, will feature open discussions with three leaders in the fields of mental health, exercise and nutrition. Also, Lily’s Seafood Bar and Grille in Royal Oak will supply some of the tasty, healthy treats that Lily’s is known for.

Dr. Ehrmann will kick off the event by offering insights from his 30 years as a family physician on the amazing benefits for everyone from children to seniors of practicing proactive health and wellness.

Dr. Keith Levick will share tips on how to cope with life’s sometimes overwhelming hassles and manage very real stress and its individual risk factors that can occur, especially during the holiday season.

Sherry McLaughlin, a Physical Therapist and President and Founder of the Michigan Institute for Human Performance, will share quick exercise tips to keep you pain-free and active during the holiday season.

Do you want to find out how to avoid the stress eating traps of the holidays? *Tonia Reinhard, MS, RD*, author of “*Superfoods: The Healthiest Foods on the Planet*” will show you some healthy tricks for navigating the calorie-laden buffet tables at your holiday parties. .

“With access to this much combined talent and experience, everyone who attends is likely to come away with some new plans and ideas that can make a big difference in their families’ well being this season,” said Dr. Ehrmann, “and beyond.”

Men, women and family members of all ages are encouraged to attend. While admission is free, financial donations that will be turned into supplies and food for hungry Royal Oak children are welcome in the national *Blessings in a Backpack* program. Please make checks out to “*NWCF-Blessings Royal Oak*”. To learn more, visit: <http://blessingsinabackpack.org> .

Dr. Ehrmann is the founder of the award-winning Children’s Health Initiative Program (C.H.I.P.), a community-based, grass-roots no-cost elementary school-based healthy living program for children and their families.

For more information, visit the FHCC web site at www.DocPaul.com. Reservations are encouraged: 248-543 2000 ext 250.