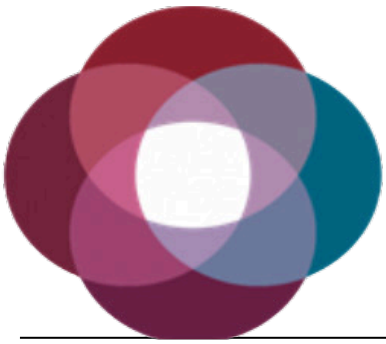
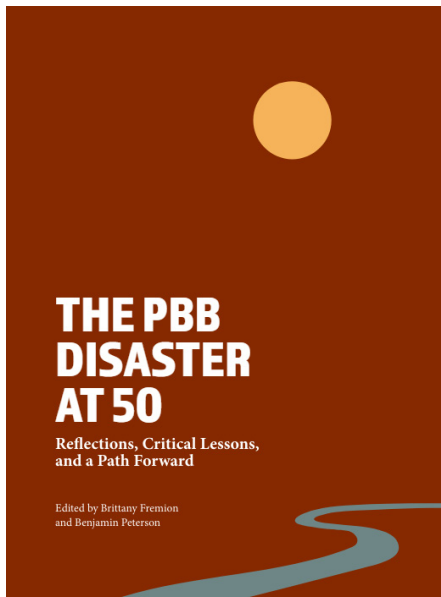




THE CENTER FOR COLLEGE AND COMMUNITY ENGAGEMENT

Release Party for New Anthology and Documentaries on the PBB Disaster

Dr. Ben Peterson



Following up on the successful "PBB Disaster at 50" conference in 2023, Professor Brittany Fremion (Central Michigan University) and I co-edited an anthology that combines art, accounts by PBB survivors, and responses to the conference to tell a story of resilience in the face of environmental catastrophe.

The anthology "The PBB Disaster at 50: Reflections, Critical Lessons, and a Path Forward" was released at an event at the Wright-Leppien Opera House where we distributed nearly 100 copies. Other copies will be distributed to community groups and libraries to share these critical stories across the state. At the event we premiered two short documentaries that explore people's stories from the disaster. Remembering this tragedy in our history can be difficult, but it also highlights the courage and strength of our community.

Alternative Break

Carla Jensen



Alternative Breaks participants completed over 2500 service hours during the 2023-24 academic year.

With the conclusion of the winter term, Alma College students had the opportunity to sign up for an Alternative Break, to spend the week between winter and spring terms completing group service projects. Local Alternative Breaks partnered with the Forest Hill Nature Area (GIRESD) to complete a number of projects, including helping with visiting school groups, building a demonstration garden, removing invasive species, and planting trees. Another group traveled out of state to assist with tornado recovery in Calvert City, Kentucky, in collaboration with Presbyterian Disaster Assistance.

"This experience has been unforgettable and amazing. We have been so welcomed by the PDA and the IOCC. They have been so gracious with giving and overwhelming with expressing their gratitude." - Elaina Gross

The next Alternative Break will be October 5-8, 2024. Nonprofit organizations in Gratiot County interested in hosting an Alternative Break should contact Carla Jensen at jensencr@alma.edu.



IPH 420 Final Presentations

Dr. Alex Montoye

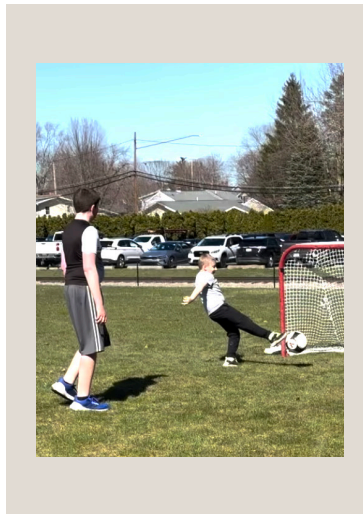
In IPH 420 - Exercise Prescription, Senior IPHS majors review core concepts of assessing fitness and prescribing exercise and then are paired with individuals in the community looking to improve their health and fitness through student-guided exercise training. This year, 17 community individuals aged 35-79 were led by 12 students through a 10-week, 2 days/week exercise program where the exercise sessions were tailored to individual goals, needs, and fitness levels. Community members were paired in groups of 2-5 with 2-4 student exercise leaders for accountability and camaraderie. Over 50% of the individuals lost weights of 2-10 lbs, over 60% improved their cardiorespiratory endurance by 5-50%, over 70% improved their muscular strength or endurance by 5->100%(!), and over 75% improved their flexibility by 5-25%. Importantly, participants had overwhelmingly positive things to say about their student exercise leaders, and students reflected positively on the experience and how it will help them in their graduate school or career goals. Moreover, several individuals purchased rec center memberships and have continued to exercise in their groups (without the student oversight) since completion of the program, showcasing the potential for sustained behavior change. The mutual benefit to students and community individuals in the IPH 420 class provides an example of community engaged learning possible through coursework at Alma College.



Kids Sports Clinic

Holly Hall

Holly Hall, Isabella Theisen, and Grace Gottschalk planned and executed a Kid's Sports Clinic community event for their Honors 300 course project. This clinic took place the evening of April 6th and we had about 35 kids, ages 6-12, come to the clinic. We had Alma College student-athletes volunteer their time and sport knowledge for the kids, and our volunteers were from Men's Soccer, Football, Women's Tennis, Cheer & STUNT, and Spirit Squad. The kids got to go to different stations and try out different sports, and we also had yard games and other equipment provided by the Stone Center for Recreation. The kids had a blast at the event, as we got great reviews following the clinic. We are very grateful to have been supported by the 3CE through our preparation process for the Kid's Sports Clinic, and we hope this event can carry on in the future!



Golden Scot Award for Community-Engaged Scholarship

Dr. Ben Peterson

The Center for College and Community Engagement was honored to present Claire Williams, Kali Donnelly, Miranda Avolio, and Rylee Koutz with the first annual Golden Scot Award for Community-Engaged Scholarship. Their project "Elderly Activity in Long-Term Care Facilities and Life Satisfaction" studied whether physically active or mentally active activities did more to increase life satisfaction in residents at the Masonic Pathways. As part of this project, they spent 10 weeks running a variety of events, and ultimately concluded that physical activity has a slight edge in improving life satisfaction.



Volunteer Tax Income Assistance

Carla Jensen

In Tina Rolling's BUS380 individual tax preparation course, which collaborated with the United Way's VITA Tax Preparation Assistance program, the 12 students assisted with the filing of 68 tax returns, which resulted in \$87,387 in tax refunds returned to local communities across Gratiot, Isabella, Montcalm, and Ionia Counties. They are pictured with United Way staff, including VITA Community Investment Associate Bethany Broom-Dombrowski, who provided support and oversight at the VITA Tax Assistance Program location at Alma College. This class, in collaboration with VITA, will be offered again in Winter 2025.

