

COMMUNITY FIRST

The official newsletter of



LAMC

LOWCOUNTRY ALLIANCE FOR MODEL COMMUNITIES

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Happy Spring!

LAMC has had a very active and productive winter planning for the coming year. We're excited for another year of collaboration, advocacy and grassroots solutions.

If you have any concerns, questions or ideas for your community, please reach out to:

Rodly Millet, Co-Executive Director of LAMC, at
rodlym@lamcnc.org

Inka Bogdanski, Director of Environmental Justice, at
inka@lamcnc.org

or

Omar Muhammad, Co-Executive Director of LAMC, at
omarm@lamcnc.org

UPDATES

Affordable Housing

LAMC HEALTHY HOMES PROGRAM

Protect the Health of your Family

Why do we care?

Everyone deserves to live in a healthy home. A home can support the health of your family as much as a healthy lifestyle and diet. It's important for people of all ages to know how to make their home safe and healthy for their own health concerns. It is always worth taking the time to make the place you call home a healthier and safer place to live. Here are some simple steps to get you started!

Keep it DRY - Damp homes provide an environment for dust mites, roaches, rodents and molds. All of these can cause or worsen asthma. In addition, moisture can damage the building materials in your home.

Keep it CONTAMINANT FREE - Levels of contaminants such as lead, radon, carbon monoxide, asbestos, secondhand smoke, and other chemicals are often much higher indoors.

Keep it PEST FREE - Exposure to pests such as roaches and rodents can trigger an asthma attack.

Keep it SAFE - Injuries such as falls, burns, and poisonings occur most often in the home, especially with children and seniors.

Keep it CLEAN - Clean homes reduce pest infestation and exposures to contaminants.

Keep it WELL MAINTAINED - Poorly maintained homes are at risk for moisture, pest problems, and injury hazards. Deteriorated lead-based paint is the primary cause of children being harmed by lead.

Keep it WELL VENTILATED - Having a good fresh air supply to your home is important to reduce exposure to indoor air pollutants and to increase respiratory health.

Keep it TEMPERATURE CONTROLLED - Homes that do not have balanced and consistent temperatures may place your family at increased risk from exposure to extreme cold, heat, or humidity.

Information provided by:



Education

LAMC's building potential tutoring service provides a personalized learning experience to help students develop better study skills, increase their knowledge of core subjects, and ignite a passion for learning. Our current tutoring service focuses on math, reading and writing skills. LAMC is offering the building potential program in Rosemont and Union Heights communities. If you are interested in having your child participate, please contact Rodly Millet at rodlym@lamcnc.org.



Environmental Justice

LAMC, The Sustainability Institute and The Riley Center for Liveable Communities are working together to get a better understanding of critical home repair and weatherization needs in the LAMC neighborhoods. The survey is in the final phase of editing so residents can expect to see the Sustainability Institutes Americorp members, alongside community members, canvassing neighborhoods in the coming months asking for residents' participation in a survey. This survey data will help us prioritize cases and find resources for those that need them. Participation is not mandatory.

As an extension of the Sustainability Institute's Energy Conservation Workshops, LAMC will begin hosting these workshops in the communities on a quarterly basis. Residents will learn about ways to weatherize their own homes using tools from energy kits given out after the workshop. Join us to improve your homes efficiency and lower your energy bills! Workshop dates TBA.

LAMC and Lowcountry Street Grocery (LSG) have teamed up together to increase health in our communities! LSG is hosting a walking club and their mobile farmers market at the Royal Missionary Baptist Church in Liberty Hill EVERY THURSDAY from 11am-1pm! Please come out for fresh, local produce and a lovely walk! SNAP/EBT accepted.

LAMC and Community Supported Grocery (CSG) are continuing their efforts of increasing fresh food accessibility to the Charleston Neck area. Food isn't only a need, it's a matter of justice! LAMC is sponsoring families in Accabee to receive a bi-weekly fresh foods package. Each delivery contains healthy, high quality, seasonal, local produce & eggs sourced by Lowcountry Street Grocery. A healthier diet increases the health of our residents which allows for them to have the strength and energy to lift themselves AND their communities up.

A grant has been submitted to expand this initiative to other LAMC neighborhood families.

LAMC has spent the last few months participating in a county led Vulnerability Assessment Project serving in a focus group. The county has hired consultants to assess the vulnerability of Charleston County communities, reviewing new county wide data and working with local community leaders to start thinking about how to use this data to implement long-term mitigation solutions.

LAMC has goals in improving mobility in North Charleston and has been working with our partners at Charleston Moves to bring the attention and urgency of this issue to local governments. Charleston Moves has submitted a grant proposal to the Department of Transportation for a pedestrian bridge on Cosgrove, connecting North Charleston with West Ashley. If approved, this project would create a way to travel between the two areas while improving mobility, accessibility and safety.

EVENTS

LIGHT UP THE NIGHT- MAY 17
COMPASSION CLOSET- APRIL 20 & 27,
MAY 4 & 11

(SEE FLYERS BELOW)



WALKING CLUB & MOBILE FARMERS MARKET

Every Thursday, 11am-1pm

**Royal Missionary Baptist Family Life Center
4750 Abraham Ave, North Charleston**

Walk with Us!

Moving more and sitting less has been shown to:

- Improve blood sugar and blood pressure
- Maintain a healthy weight
- Improve sleep
- Decrease knee arthritis pain by 43%
- Decrease risk of dementia by 50%
- Decrease stress, depression and anxiety
- Decrease diagnosis of diabetes by 58%
- #1 Treatment for fatigue

After walking, stop by the Mobile Farmers Market!

Grab some healthy, high quality, seasonal, local produce & eggs sourced by Lowcountry Street Grocery. They accept SNAP/EBT!

Our goal with this initiative is to create a healthier lifestyle for our residents to allow for them to have the strength and energy to lift themselves AND their communities up.

LOWCOUNTRY
STREET GROCERY



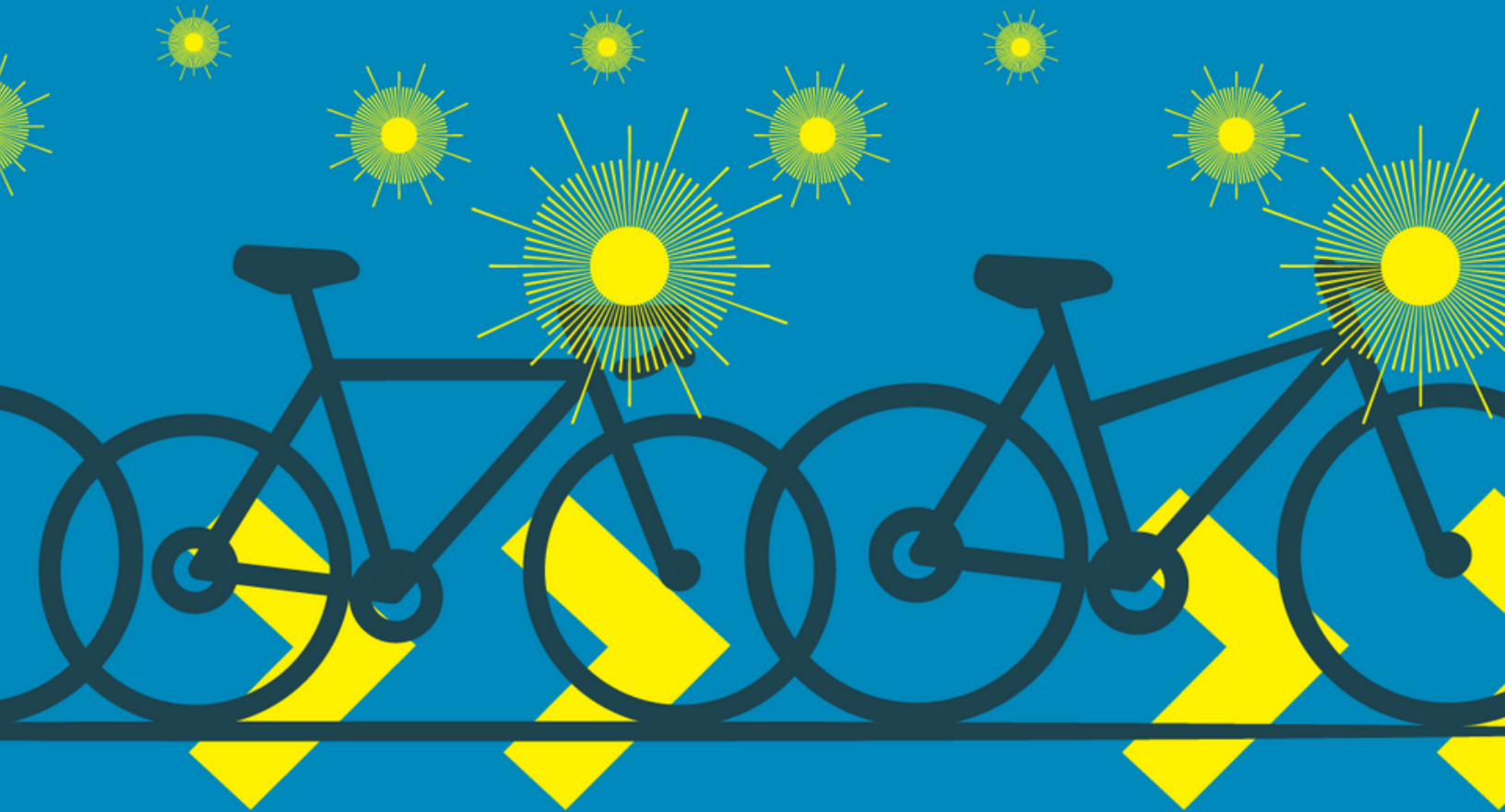
The **Pathfinder Immersion Program** is a golf and STEM enrichment program that provides impactful year-round experiences for students on the brink of success. Participants—who are selected by a nominations committee—enter the program the summer before 6th grade and continue through high school. They meet Monday-Friday during the summer and on Saturdays during the school year for various enrichment activities. If you know of a current 5th grader who would be a good fit for this program please encourage them to apply for our summer 2024 session.

Applications are due **April 29, 2024**. Please **DOWNLOAD THE APPLICATION** for details and email Lerone@FirstTeeCHS.org with questions.

IF INTERESTED, PLEASE CLICK [HERE](#) FOR THE APPLICATION

LIGHT THE NIGHT

May 17 | 4–6 pm
Neighbors Together
2105 Cosgrove Ave, 29405



EACH MAY, CHARLESTON MOVES HOSTS AN ANNUAL PROGRAM CALLED MOBILITY MONTH. ONE OF THE PROGRAM'S EVENTS, CALLED LIGHT THE NIGHT, WILL BE IN PARTNERSHIP WITH NEIGHBORS TOGETHER. THE AIM IS TO ENCOURAGE VISIBLE WALKING AND BIKING TRIPS BY GIVING OUT FREE BIKE LIGHTS AND SAFE CYCLING TIPS FOR EMPOWERED RIDING, IN AN EFFORT TO REDUCE BARRIERS AND ENSURE RESIDENTS ARE SAFE AS THEY NAVIGATE OUR DANGEROUS ROADWAYS. ANOTHER PRIORITY OF THE EVENT IS TO CONNECT THE COMMUNITY WITH VALUABLE ORGANIZATIONS WHO ARE HERE TO SERVE THEM, AS WELL AS TO PROVIDE FREE HEALTHY MEALS.

THE COMPASSION CLOSET

MILITARY MAGNET ACADEMY
STUDENT GOVERNMENT ASSOCIATION

Clothing Giveaway!

SATURDAY, APRIL 20TH & 27TH

SATURDAY, MAY 4TH & 11TH

9:00 AM - 2:00 PM

FREE!!!

Clothes, shoes and hats available for all ages.

Bags, scarves and other accessories too!

2950 Carner Avenue

North Charleston, SC 29405



**"ALL THAT"
FOOD TRUCK ON SITE!!!**

