



DETROIT POLICE DEPARTMENT

Communications Operations

FEBRUARY 02, 2021

ADMINISTRATIVE MESSAGES

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THE OFFICE OF INTERNAL-EXTERNAL RELATIONS COMMITTEE ON RACE AND EQUALITY'S FIRST ANNUAL (VIRTUAL) DAY OF HEALTH AND WELLNESS IN RECOGNITION OF CANCER PREVENTION MONTH – FEBRUARY 17, 2021

According to the American Cancer Society and Centers for Disease Control and Prevention (CDC), cancer (the growth and spread of abnormal cells) is the second most common cause of death in the United States; second only to heart disease. In addition to inherited genetic mutations, immune conditions, and other unknown factors, cancer is reportedly linked to smoking, drinking alcohol, and obesity.

Surviving cancer varies greatly depending on the type, stage, and age a person is diagnosed. Nonetheless, more than one million people in the U.S. are diagnosed with cancer each year; men and women who smoke are approximately 25 times more likely to develop lung cancer than non-smokers; approximately 2/3 of the adult population and 1/3 of children are currently overweight/obese, and, importantly, **“uninsured patients and those from many ethnic minority groups are substantially more likely to be diagnosed with cancer at a later stage, when treatment is often more extensive, costlier, and less successful.”**

Accordingly, in 2020, the Committee on Race and Equality (CORE) facilitated the Detroit Police Department's participation in the National Pink Patch Project (PPP), joining a host of other law enforcement agencies driving cancer research, awareness, and prevention. The effort is also intended to strengthen public relations, boost morale, and moreover, support Detroit Police Department personnel and the public directly/indirectly affected by this disease; particularly communities/groups suffering the most.

To that end, and in recognition of Cancer Prevention Month, The Office of Internal-External Relations Committee on Race and Equality (CORE) is hosting its **“FIRST ANNUAL (VIRTUAL) DAY OF HEALTH AND WELLNESS IN RECOGNITION OF CANCER PREVENTION MONTH,”** in partnership with the Department's Training Center, Medical Section, Health Management Systems of America (HMSA), PEER SUPPORT, and DPDFIT University **[FEBRUARY 17, 2021](#)**. Segments include:

8:00AM – 9:30AM Virtual Mental/Emotional Fitness & Available Resources with Wellbeing Director, Michael Jefferies of Health Management Systems of America

- 10:00AM – 12:00AM Virtual Dietary Session/Major Keys to Losing Body Fat and Toning, Physical Training Demonstration with DPD Corporal Lavar Green**
- 1:00PM – 2:30PM Virtual Hustle Lessons with DPD Police Officer Sandra Whitfield (Demo)**
- 3:00PM – 4:00PM Virtual Question/Answer Session with the Office of Internal – External Relations, Medical Section, Employee Assistance Program (EAP), PEER Support, and DPDFIT University**

City of Detroit employees and retirees can connect to as many segments as they wish during the *Virtual Day of Health and Wellness*, but must register by pasting the following URL into the "Address" field of their web browser to receive an Invitation via Zoom Conferencing:

<https://www.signupgenius.com/go/4090F48A4A922A1FD0-cores>

To ensure segments are as productive as possible, and enable the Team to review and compile a list of Frequently Asked Questions (FAQs/As) in advance, please email questions/comments to CORE@detroitmi.gov by February 12, 2021; include "**Virtual Day of Health & Wellness in Recognition of Cancer Prevention**," in the Subject Line, and cc: CORE Chairperson/Lieutenant Sherell Stanley at stanleys154@detroitmi.gov.

For more information, please contact CORE at (313) 570-2012, (313) 596-CORE (2673), via Outlook at CORE@detroitmi.gov, or visit "CORE Corner" on the Homepage of the Detroit Police Department Intranet or City of Detroit website at: www.detroitmi.gov.

We look forward to your participation; be inspired and let's fight cancer together!

(See attachment)

SHERELL SHAWNEÉ STANLEY, J.D.
Lieutenant/CORE Chairperson
Office of Internal – External Relations (OI-ER)
Committee on Race and Equality (CORE)

TONYA LEONARD–GILBERT
Captain
Office of Internal – External Relations

DETROIT POLICE DEPARTMENT
VIRTUAL DAY OF

Health & Wellness

IN RECOGNITION OF BLACK HISTORY & CANCER PREVENTION MONTH

FEBRUARY 17, 2021 VIA ZOOM

Virtual

Healing
Health
Support

*Be
Inspired*

8:00AM – 9:30AM

Strategies for a Healthy Mindset

Michael Jefferies CSCS, BS, CPT



Wellbeing Director
Health Management Systems of America

Join us for a conversation on ways to recognize anxiety, develop healthy coping mechanisms, and address compassion fatigue. Michael Jefferies is the Wellbeing Director for Health Management Systems of America and speaker for the City of Detroit's Employee Assistance Program (EAP). Michael has developed and implemented wellness programs for Blue Cross Blue Shield and Whole Foods Market. He graduated from Michigan State University with degrees in both Human Nutrition and Biology.

10:00AM – 12:00PM

**Virtual Dietary Session/ Major Keys to losing body fat and toning
Workout Demonstration**

Corporal Lavar Green



Certified Personal Trainer
Certified Fitness Instructor
Nutrition Familiarization

Eating Habits/ Physical Fitness
Weight: Body Fat vs. Lean Muscle
Stress caused to the body after not getting the proper rest
CVD :Cardiovascular disease caused from smoking, unhealthy eating habits, drinking and a Sedentary Lifestyle
The effects that sugar has on the Body and Brain
The importance and convenience of meal prepping
Demo: Strength/Training and Calisthenics Video (home bodyweight workouts)

1:00PM – 2:30PM

Hustle Session

Police Officer, Sandra Whitfield

3:00PM – 4:00 PM

Q&A Internal-External Relations

Let's
Fight
Cancer:
Together



Register via SignUpGenius:

<https://www.signupgenius.com/go/4090F48A4A922A1FD0-cores>

[90F48A4A922A1FD0-cores](https://www.signupgenius.com/go/4090F48A4A922A1FD0-cores)

Please contact the Committee on Race and Equality at
CORE@detroitmi.gov, (313) 596-CORE (2673) or

STANLEYS154@detroitmi.gov, (313) 570-2012 with questions/comments.

We look forward to your participation!

