OUWB Celebrates the Life of Martin Luther King, Jr. with Service Days

To honor the mission of Dr. Martin Luther King, Jr., who said, "Everyone can be great because everyone can serve," OUWB students, faculty and staff served communities across metro Detroit by organizing health education events.

OUWB Days of Service kicked off with the families at Chandler Park Academy Health Fair and Taste Fest. The visiting students and faculty transformed the school’s cafeteria into a hub of activity where more than 200 kids and adults gathered to learn about healthy eating habits, the benefits of exercise and stress management.

To illustrate that smoking is harmful, Asha Shajahan, M.D., family medicine at Beaumont Hospital, brought two cadaver lungs, one pink and healthy, and one black and charred for her table. She said that there were plenty of jaw-dropping moments at the table when she explained how the different types of smoking damage a person’s lungs.

“A lot of the students were taking photos of the black lungs to share with their aunts, uncles and parents who smoke. They wanted them to see what their lungs look like from smoking,” said Shajahan. “They were most surprised to hear that Hookah smoking is the worst form of smoking.”

To demonstrate the benefits of exercise and cardiovascular health, families were encouraged to participate in learning Thai Chi moves and engage in friendly XBOX 360 dance competitions. Food booths were staffed by OUWB students, who eagerly shared their knowledge about healthy snacks, explaining that Greek-style yogurt with berries adds protein and fiber to a diet.

Across from the glucose and cholesterol screenings, Kim Holka, D.N.P, adjunct professor at Oakland University School of Nursing, hosted a table that showed how much sugar is contained in foods and beverages. Her germ-identification machine was a hit with the teens. She had them discovering how well they washed their hands – or didn’t.

Making a Difference

In Oakland County students, faculty and staff served breakfast at the Baldwin Center in Pontiac. In Rochester, they delivered meals to homebound seniors with representatives from the Older Persons' Commission. At the South Oakland Shelter, OUWB volunteers assembled 80 first aid kits, 28 hygiene kits and administered health screenings and flu vaccinations.

At the Beaumont Children’s Hospital in Royal Oak, student volunteers read new books, donated by OUWB students, faculty and staff, to pediatric patients. The readings occurred as a live broadcast with medical students reading to the camera as the children watched them on TVs in their hospital rooms.

While these special events are planned in honor Dr. King’s legacy every January, OUWB’s mission to promote, maintain and restore health to individuals and communities served by the school supports his vision all year long.