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MARY ANN SWETLAND
CENTER FOR
ENVIRONMENTAL HEALTH

The Swetland Scoop

March 2021

Events & Opportunities

March Swetland Seminar Series Presents:
**Swetland Supported COVID-19 Grant Update:
Smart Materials for Healthy Building Environment**
March 23rd | 9:00 – 10:00am

According to the Environmental Protection Agency (EPA), most American spend over 80% of their time indoor indicating that research to improve our indoor environments can have significant health benefits. The increasing COVID-19 infections associated with transition into cold seasons is a strong indicator of the pressing needs for indoor air quality improvements and this seminar will introduce Dr. Xiong (Bill) Yu's research in developing novel building materials that aim to



Reserve University. His research emphasizes the use of interdisciplinary approaches to address the engineering problems in geosystem and civil infrastructure. [Register for the event here!](#)

Tackling Climate Change: Mitigation or Adaptation?

March 17th | 4:30–6:00pm

Hosted by Boston University's School of Public Health, this webinar will discuss how climate change is impacting the health of families and communities, globally, and will discuss the question: should future efforts focus on facilitating large scale mitigation efforts, helping communities and individuals adapt to a changing climate, or do we simply need more research? Experts from across the nation come together to reflect on these questions from their own lived experience, and provide insight. [Register for the event here!](#)

Helpful Resources

Fruit Trees For Your Community



The Fruit Tree Planting Foundation (FTP) is an award-winning international nonprofit charity dedicated to planting fruitful trees and plants to alleviate world hunger, combat global warming, strengthen communities, and improve the surrounding air, soil, and water. FTP

programs strategically donate orchards where the harvest will best serve communities for generations, at places such as community

animal sanctuaries. Learn more about this opportunity to grow food in your community [here](#) or apply for your own fruit tree [here](#).

Swetland Spotlight

Welcome New Staff Member Lindsay Osborn, MPH, MS!

In her new role as the Building Capacity for Obesity Prevention ([BCOP](#)) Program Manager, Lindsay will be working with Swetland team members and The Ohio State University SNAP-Ed program practitioners to further the BCOP program goals. Learn more about Lindsay below and on our [website](#)!



Where are you from? I grew up in Mentor on the east side of Cleveland. I came back to the Cleveland area after completing undergrad at Ohio State and lived in Lakewood for a couple of years. Then my husband and I bought a house in Cleveland Heights in 2017, which is where I currently live!

What is your background in? I have a hard science background- my Bachelor's degree is in Allied Health Professions and I worked in the clinical laboratory as a Medical Laboratory Scientist at the Cleveland Clinic for over 6 years before coming to Swetland.

While I was working at the Clinic, I went back to school to get my Masters in Public Health and Nutrition at CWRU, two fields I am truly passionate about. I gained valuable skills in qualitative data collection and focus groups, survey design, and program evaluation as part of my Capstone project I completed for the program with Open Streets Cleveland. This is actually how I met Rachael, who also works at Swetland! Additionally, I developed a solid foundation of knowledge about human nutrition and disseminating this information in digestible form to consumers.

What excites you about joining the Swetland Center? I love how all members of the

Swetland team have such diverse backgrounds and each offer useful skills and a variety of knowledge! I also feel strongly about Swetland's values, specifically collaboration. It

feels great to be a part of a team that works so closely together to achieve its mission and vision of environmental health equity.

What is your favorite outdoor space in Cleveland? I love exploring the Cleveland Metroparks locations with my husband and dogs! We visited Rocky River Reservation quite often last fall, it's so beautiful when all the leaves are changing colors!

What is a piece of advice you have been given or quote/statement that is significant to you? I was in a yoga class not too long ago taught by my friend and while we were all sitting in what I felt to be a somewhat difficult pose, she started talking to us about "being here now". She said the past is "not real" because it is already gone, and the future is "not real" because it has not yet happened. So if you are not "here, right now", you are nowhere. It really put things into perspective for me and taught me to try and live in the present more, which can be hard sometimes when there's future deadlines to worry about or you find your mind wandering to a situation that happened last week.



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Cleveland, Ohio 44106 | 216.368.1800