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**All of Us**  
RESEARCH PROGRAM

The  
Future of  
Health Begins  
With You



Henry Ford's *All Of Us* Research Program e-Newsletter



### A Thank You from All of Us

Thank you for sharing your time with *All of Us*. You're very important to us and to your community. Please take care of yourself, your loved ones, and your neighbors. Through your continued participation in *All of Us*, researchers may find out more about the COVID-19 pandemic and how it affects people's health.

In this issue, we are highlighting a virtual community event, participant spotlight, an update on the opening of our clinics, and information on how to receive a COVID-19 vaccine at one of our Henry Ford facilities.

Although we might not be able to connect in-person often, you can reach out to us any time through the Henry Ford *All of Us* Research Program website at [HenryFord.com/JoinAllofUs](https://HenryFord.com/JoinAllofUs) or via phone at **(844) 893-3908 (Option 1)**.

We look forward to seeing you again soon.

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## Using Food as Medicine

**RESEARCH MATTERS**

DREF Research Matters For All of Us  
in partnership with  
Henry Ford Health System All of Us Research Program  
present

**Henry Ford HEALTH SYSTEM**  
Proudly supporting the All of Us Research Program

# CANDID CONVERSATION: Using Food As Medicine

Join us for a conversation with Dr. Lauren Powell, MD, a board-certified family medicine physician and culinary medicine specialist, who is on a mission to end generational health issues in the African-American community. We will discuss how to use food as medicine, the importance of nutrition, and the need for the African-American community to be involved in medical research.

**THURS / APRIL 22 / 6 - 7:30 PM (EST)**

Join us via Zoom or Facebook Live. There will be raffle drawings!  
Register at: <http://bit.ly/DRMApril22>  
Facebook live at: [www.facebook.com/la.davis.14](http://www.facebook.com/la.davis.14)

**MODERATOR:**  
**LARMENDER A. DAVIS**  
LMSW, Research Matters Citywide Coordinator

**Special Guest:**  
**LAUREN POWELL, MD**  
Board-certified Family Medicine Physician and Culinary Medicine Specialist

### Meet Patient Advisor Ellen Kershenbaum



Ellen has spent more than 25 years in healthcare and senior housing marketing and business development. She then turned her passion into her career and formed Tario & James, a small business that buys and sells antiques, collectibles and other interesting items from all walks of life.

Ellen enjoys researching collectibles and other intriguing things. She also likes to walk long distances, learn about nutrition, and cheer for the Detroit Tigers.

### Why did you join the *All of Us* Patient Family Advisory Council (PFAC)?

I am very passionate about precision medicine. After assuming responsibility for my Mom and Dad's healthcare during their later years, I began to appreciate the difference between cookie cutter and individualized care. As a result of this experience, I recognize what a huge difference precision medicine will make for society. I joined the

All of Us PFAC to help contribute toward this shift and to learn more about my own genetic makeup.



#### **All of Us is ready to welcome you back!**

Henry Ford has resumed in-person activities at our Henry Ford Hospital location and we're starting by rescheduling appointments that we had to cancel last spring. Additional clinics will be opening in the near future.

Here are some of the changes you will see when you next visit us:

- Screening all patients, visitors and staff before entry to our facilities including a temperature check. Those who show possible signs of illness are referred for proper medical care.
- Masks being worn at all times by staff, patients and visitors. Those who need a mask will receive one upon entry.
- Staff wearing appropriate personal protective equipment when providing care and adhering to strict handwashing protocols.
- Enacting social distancing measures for spaces like elevators, waiting areas, lobbies, cafeterias and more.
- Enhancing cleaning practices with even more frequent disinfecting of common areas like waiting rooms and lobbies.

You're an important part of *All of Us* and we hope to see you soon. To schedule or reschedule your in-person clinic enrollment visit, call us at **(844) 893-3908 (Option 1)**.

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### Henry Ford Vaccination Update

Henry Ford has been working hard on the vaccination process. Vaccine supplies remain limited, but we're working with our local and state agency partners to boost our supply as much as possible and increase the number of appointments we can offer our patients and our community. The type of vaccine offered to Henry Ford patients is based on the supply available. **We are offering vaccines by appointment only.**

If you are an established Henry Ford patient, we will contact you by text, email or phone when you become eligible to receive a vaccine and as appointments become available. We will reach out to you based on the contact information you have provided to us to let you know when you can schedule a vaccine appointment.

- When it's your turn to get the vaccine, and you receive your notification, you can schedule your appointment in [MyChart](#). Here are [instructions on how to schedule your appointment](#) through MyChart.

Henry Ford has given more than 221,000 total doses of the COVID-19 vaccine. We now have vaccine supply commitments that will allow us to administer up to 25,000 shots per week starting this week. In addition, our clinical and administrative support of the federal vaccination site at Ford Field is outstanding and helping our state to be in the top 10 of all states in vaccination rates as a percentage of its eligible population.

Learn more about vaccine availability in your county at the [Michigan Coronavirus Vaccine site](#).

[MyChart Login >>](#)

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