



City of Rochester Hills CANDIDATE QUESTIONNAIRE

NAME Josephine M. Long

BOARDS/COMMISSIONS/COMMITTEES ON WHICH YOU WANT TO SERVE (please check the boxes):

Appointed by Mayor, Confirmed by City Council

- Advisory Traffic & Safety (meets monthly)
- Board of Review (meets as needed)
- Brownfield Redevelopment Authority (meets 4 times a year)
- Citizens Pathway (meets as needed)
- Construction/Fire Prevention Board of Appeals* (meets as needed)
- Diversity, Equity & Inclusion Committee (meets as needed)
- Local Development Finance Authority (meets 4 times a year)
- Naming Standing Committee (meets as needed)
- Planning Commission* (meets monthly)
- Rochester Hills Museum Foundation (meets monthly)

Appointed by City Council

- Building Authority (meets 3 times a year)
- Cemetery Citizen Advisory Committee (meets 2-4 times a year)
- Deer Management Advisory Committee (meets 2 times a year)
- Elections Commission (meets prior to each Election)
- Green Space Advisory Board (meets monthly)
- Historic Districts Commission* (meets monthly)
- Historic Districts Study Committee (meets as needed)
- Human Resources Technical Review Committee (meets yearly)
- Liquor License Technical Review Committee (meets as needed)
- Older Persons' Commission (meets monthly)
- Public Safety & Infrastructure Technical Review Committee (meets as needed)
- Retiree Health Care Trust – Board of Trustees (meets as needed)
- Rochester Avon Recreation Authority (meets monthly)
- Rochester Hills Museum Foundation (meets monthly)
- Trailways Commission (meets monthly)
- Water System Advisory Council (meets yearly)
- Zoning/Board of Appeals* (meets monthly)

** Denotes paid positions. Candidates will be required to complete a Form I-9, Employment Eligibility Verification, as required by the Federal Government.*



City of Rochester Hills CANDIDATE QUESTIONNAIRE

NAME Josephine M. Long COUNCIL DISTRICT 1

DATE 11/24/20 ROCHESTER HILLS RESIDENT FOR 30 YEARS

OCCUPATION Director of Community Engagement - New Day Foundation For Families

INTERESTS/REASONS/QUALIFICATIONS (Specifically list the reasons you are interested in serving on this/these committees and any qualifications you have for being on this/these committees:

See attached

BOARDS/COMMISSIONS/COMMITTEES ON WHICH YOU HAVE or currently SERVE on (List Municipalities and years):

ELECTIVE OFFICES THAT YOU HAVE HELD:

OTHER ORGANIZATIONS you have been or are involved with:

Relevant EDUCATION to the committee(s) you are interested in:

HOBBIES/INTERESTS

ADDITIONAL INFORMATION

In addition, you may attach/email your resume/CV if desired.

Josephine M. Long

Interests/Reasons/Qualifications:

I love my community and I am interested in preserving the features that make it unique and a pleasure to live and work here. My work background prepares me to contribute in a variety of areas.

Boards/Commissions/Committees Served:

Meadowbrook Valley Homeowners Association – board position for 5 years
Meadowbrook Theater Ushers – chairperson 2 years, usher 30 years
Meadowbrook Hall Garden Club – volunteer 3 years
Newcomers Club – president one year

Elective offices:

None

Other Organizations:

Cancer Resource of Michigan
Rochester Chamber of Commerce
Troy Chamber of Commerce

Relevant Education:

Oakland University – Bachelor's degree

Hobbies/Interests:

Travel, yoga, painting

Additional Information:

I am in my ninth year with New Day Foundation for Families – a cancer nonprofit located in Rochester Hills. Over the years my duties have developed and include grant writing, development, community engagement, volunteer management and event planning at some of the most beautiful venues in the metro Detroit area. I was an event planner at Meadowbrook Hall coordinating all Oakland University events as well as weddings. I was the Program Director at Sweet Dreamzzz (Farmington) for four years where we educated and provided sleeping essentials to thousands of at-risk students in the metro Detroit area. Years ago, I had so much fun working at Williams-Sonoma at the Village teaching their Technique Cooking Classes as well as sales. When our three children were young, I owned "Toast of the Town" an event planning business in Livingston County. I have worked in the Campus Ministry Department of Notre Dame Preparatory and been a legal assistant. This wide variety of positions has built a strong base of knowledge and experiences from which I draw on daily when working with a large variety of people.

(Not) Sleepless in Detroit

Area organization gives wake-up call on importance of sleep

School children in Detroit are resting easier, thanks to Sweet Dreamzzz, a non-profit organization that presents a one-of-a-kind sleep education program for at-risk youngsters.

Research shows many children — especially from economically challenged households — don't get enough sleep, affecting health, behavior and academic and athletic performance.

A small but mighty organization, staff and volunteers from Sweet Dreamzzz Detroit don flannel pajamas and robes to present their elementary school program. Winning the Detroit 2003 "National Sleep Capital of the Nation" award from the National Sleep Foundation, the organization has reached more than 21,000 children living in poverty in Detroit and Pontiac.

The program is needed.



Jo Long, BGS '02, spends her days helping kids in Detroit and Pontiac schools understand the importance of a good night's sleep.

"One principal told about two children with behavioral problems, and she knew it was related to lack of sleep," says Jo Long, BGS '02, program director for Sweet Dreamzzz. "Every morning she'd bring the kids into her office for an extra hour of sleep before class. It made a big difference."

Losing sleep

Sweet Dreamzzz's very existence demonstrates that one person *can* make a world of difference.

Inspired by a 1996 *Detroit Free Press* article about an inner-city boy living in a burned-out house and sleeping under his coat, a number of concerned women in the community took action. They helped provide a furnished apartment to the boy and his mother, including beds, linens and blankets. The women went on to found Sweet Dreamzzz.

The organization's concern is for children going to sleep at night with little to keep them warm and comfortable — and who are unaware of proper sleep hygiene habits.

With assistance from OU's School of Education and Human Services, the National Health, Heart, Lung and Blood Institute and others, Sweet Dreamzzz developed the "Rest/ Educate/ Motivate" (REM) Program — a 30-minute presentation for children on the benefits of good sleep habits. Students receive classroom instruction, a REM activity book and crayons and sleep kit containing: sleeping bag, nightshirt, socks, toothbrush/ toothpaste, Beanie Baby, and other bedtime assists.



"The children are really appreciative," Long reflects. "One boy was so excited about receiving his new toothbrush that he kept asking if it really was just for him."

Sweet Dreamzzz reaches kids where they live. While discussing good nighttime routines, the children are also taught how important sleep is for their well-being. The best part of Long's job is the impact.

"One principal adopted a 6-year-old girl who'd been taken away from her mother," Long says. "She said the sleeping bag the little girl received at our program meant so much during that transition — it made her feel secure."

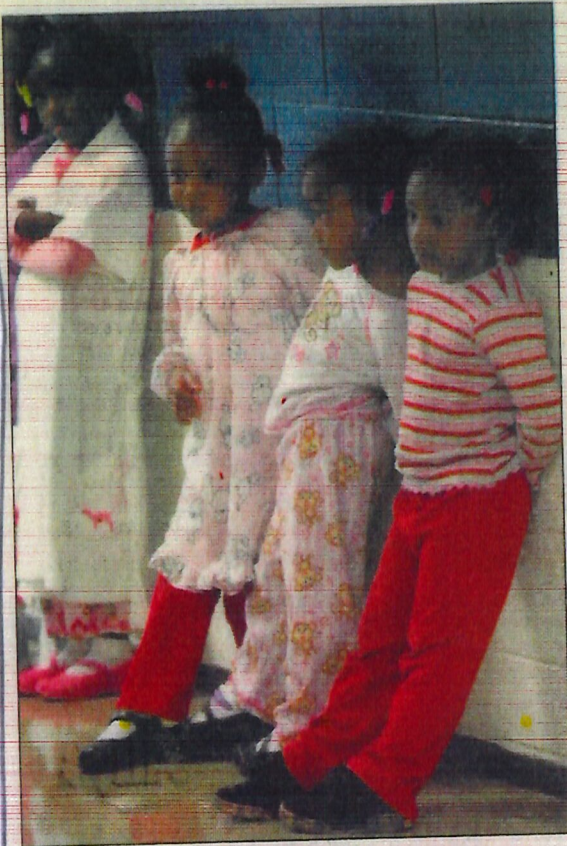
Long believes in the staying power of Sweet Dreamzzz. "Sleeping bags come and go," she says, "but the kids seem to remember what they learn through the program. We plant the seeds of knowledge early and hope and believe that as the child develops, the information will make a difference.

And what became of the boy who inspired Sweet Dreamzzz?

"He's completed three years of college," Long proudly says, and quietly adds, "He says we saved his life." She goes on to say, "We're gratified that we were able to make a difference." ■

By Mary Gunderson-Switzer, a freelance writer from Warner Robins, Ga.

Sleeping in school — for higher achievement



Most students came to school dressed in pajamas for the R.E.M. (Rest. Educate. Motivate) program.



Oakland Press photos /VAUGHN GURGANIAN

Jo Long, Program Director for Sweet Dreamzzz Detroit, gives a sleeping bag to kindergarten student Jamel Johnson at Herrington Elementary School in Pontiac.

Better rest leads to better performance, trainers say

By DIANA DILLABER MURRAY
Of The Oakland Press

It is the last place you would expect it, but kids at Herrington Elementary School were encouraged to sleep.

Actually, the children learned from Sweet Dreamzzz Inc., based in Farmington Hills, the importance of getting

a good night's sleep, said Principal Pam Farris.

A representative of the organization spoke Thursday to each class of students from kindergarten

PONTIAC

through fifth grade about the importance of sleep.

Then, each child was presented with a sleep kit to help them feel cozy at night. The kit

included such things as a sleeping bag, night shirt, socks, activity books and a Beanie Baby.

About 47.8 percent of children living below the poverty level in the Detroit metropolitan area, which includes Pontiac, go to bed with very little to keep them warm and comfortable, according to a press release from the nonprofit organization.

This affects the amount of

sleep they get. In turn, lack of sleep affects children's behavior and academic performance in a negative way.

The organization was founded in 1996 by Kathleen Donnelly after she and her friends helped provide a furnished apartment, including beds, linens and blankets, to a boy and his mother who had been living in a burned-out apartment.

The friends formed an organization and started the R.E.M. (Rest. Educate. Motivate.) Sleep Program and began providing instruction and sleep kits to schools in areas with high poverty rates.

Contact staff writer
Diana Dillaber Murray at
(248) 745-4638 or dillaber@oakpress.com