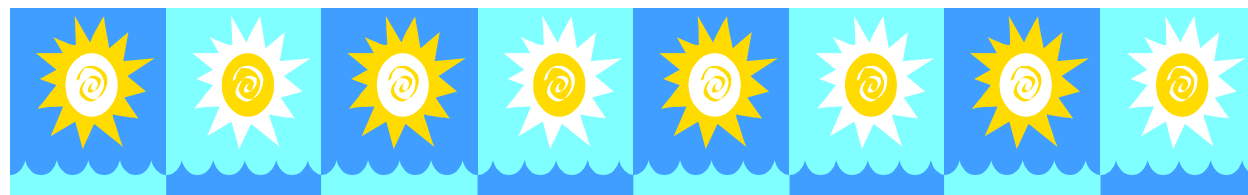




NorthWest Initiative
530 W. Ionia St., Suite D
Lansing, MI 48933

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March/ April 2011
NorthWest Initiative
Newsletter!



March / April Calendar 2011				For further March /April events—see page 3			
Title	Day	Time	Location	Title	Day	Time	Location
Programs				Meetings			
				ARRO Meeting Linda Archer	March 25/ April 29	4:30pm	NWI
Youth Engagement Program	Saturdays	9:00 am- 12:00 noon	GLC	Hull Ct. Park Neighborhood	March 2/ April 6	For info call 267-9848	
Celebrate Your Health Club	Third Saturday of Month	9:30 am- 11:00 am	TLC	Genesee Neighborhood Assoc.	March 3/ April 7	7:00pm	Grace Lutheran Church
Free VITA Tax Site (2/2/11—4/16/11) Call 2-1-1 to schedule an appt.	Mondays, Wednes- days, & Saturdays	4-8 pm (M & W); and 9am- 3pm (Sat)	NWI	NWI Board Meeting Rudy Wilson	March 10/ April 14	5:45pm	NWI
National Alliance of Mental Illness (NAMI) Support Group Sessions	Thursdays	7:00 pm- 8:30 pm	NWI	Westside Neighborhood	March 16/ April 20	7:00pm	LC
Location Addresses and Phone Numbers				Old Forest Neighborhood Kevin Webb	March 17/ April 21	For info call 372-8649	
BCFI= Black Child and Family Institute, 835 W. Genesee, 487-3775	GLC = Grace Lutheran Church, 528 N. MLK Jr. Blvd., 372-5830			Knollwood/ Willow N'hood Walter Brown	March 17/ April 21	5:30pm	WE
CADL= Capitol Area District Li- brary, 401 S. Capitol, 367-6300	NWI= North West Initiative, 530 W. Ionia St., Suite D, 999-2894			Edmore Park Neighborhood Dayle Benjamin	March / April		For info call 372-1455
LC= Letts Community Center, 1200 W. Kalamazoo, 483-4311	SH= Scott House, 125 W. Main, 999-2894			Downtown Neighborhood Monica Zuchowski	March 24/ April 28	6:00pm	CADL
WE= Willow Elementary, 1012 W. Willow St., 325-6886	TLC= Trinity Lutheran Church, 501 W. Saginaw St. 372-1631			Walnut Neighborhood Rina Risper	March / April		For info call 372-8466

News for people who live,
work, and play in Lansing's
grand neighborhoods- the
City area bounded on the
north, east, and south by
the Grand River.

March/ April 2011

Grand Happenings

Grand Happenings is
produced by
NorthWest Initiative

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Life Asthma Screening Day

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Every Saturday

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March / April
Meeting Calendar

NorthWest Initiative
North Neighborhood Center

530 W. Ionia St., Suite D
Lansing, MI 48933
Phone: (517) 999-2894
OR (517) 999-2895
Fax: (517) 999-2897
www.nwlansing.org

Submit an Article!

Send May/June newsletter
submissions by April 4th to
peggy@nwlansing.org

Mid-Michigan Asthma Coalition Presents: Not One More Life Asthma Screening Day

Do you have trouble breathing? Have you been told that you have asthma, but you do not have a regular doctor or treatment plan? Do you think someone you know is having trouble with their lungs?

If yes...Please join us on **Saturday, March 12 from 9 a.m. - 1 p.m. Grand River Magnet School Head Start 1107 East Grand River, Lansing MI 48906** for an asthma information open house and screening day.

Not One more life is a community-based asthma identification and treatment event held twice a year. The research-based event reaches out to those that are having trouble with their breathing and need help. At this event adults and children will be assessed for asthma and will be provided with information, share resources and receive help. Plan on your visit to take about one-hour to visit all of the stations and to get the information you need. Don't forget to bring a friend! For questions about this event please call **Marti at 517-285-4029.**

New Westside Farmer's Market Seeking Vendors

NWI's Food Systems Project will host a farmer's market on the Westside for eight weeks from mid-July to mid-September. We are **seeking 6-10 vendors to sell produce at the market.** Our dream is to have home and community gardeners selling overstock produce to boost their income, but we welcome larger scale farmers as well. If you would like to sell some of your harvest for a little extra spending cash, **contact Joy at 999-2894; joy@nwlansing.org.**

P.A.T.H. Classes Starting in March

Are you suffering from a chronic disease? Are you 60 years or older? If you answered yes to both questions please join the **six week series** of the **P.A.T.H. class** that we will be offering **every Wednesday from March 16 - April 20, 2011.**

The PATH classes are based on the Stanford Model of Chronic Disease Self-Management Program. The classes will cover techniques to deal with problems such as frustration, fatigue, pain, and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications, communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

Classes will be held at **NorthWest Initiative 530 W. Ionia St. Suite D Lansing MI 48906**, Snacks will be provided. For more information or to register contact **Maria at maria@nwlansing.org or 517-999-2894.**

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Qosmon Sagataw Food Systems Project Assistant
Ramona Spencer FSP Garden Coordinator
Peggy Vaughn-Payne Executive Director & Westside Commercial Association Manager
Maria Zavala Outreach Manager

The Mission

The NorthWest Initiative is a 501 (c) (3) non-profit organization working to strengthen and sustain healthy communities in Lansing's grand neighborhoods - the City area bounded by the Grand River on the north, east, and south and western city limits. Ingham County, City of Lansing, and the Michigan Fitness Foundation are major sponsors of NorthWest Initiative. Program partners include residents, neighborhood organizations, local nonprofit organizations, human service agencies, Michigan Department of Community Health, and departments of Michigan State University and Lansing Community College.

We Need Input From Senior Citizens—Age 55 and Older

NWI is interested in developing a program specifically designed for senior citizens living in northwest Lansing. This program is modeled after the successful *Beacon Hill Village* that was started ten years ago in Boston, MA. The program provides a variety of services, such as neighborhood-based health, exercise, and walking programs to prevent disease, minimize impacts of aging, and enhance overall health; discounted fees from local service providers; assistance with housekeeping, home maintenance, discounted contractor rates; assistance with transportation to medical appointments, grocery and other shopping; finance and insurance assistance; and daily check-in by telephone. These are just a few of the many needs that have been previously identified, but **we would like to hear from you** about your specific needs! We are hosting a **focus group** to discuss whether there is a need for a program like this in northwest Lansing. Please join us on **Tuesday, March 22, 2011 from 10:30 am—11:30 am at 530 W. Ionia St., Suite D, Lansing, MI 48933**. For more information or to RSVP for the meeting, please call Renee at 517-999-2894.

NWI Outreach Team Ready to Assist You

Just a reminder that we are always open and ready to assist you with a variety of services such as applying for the Ingham Health Plan, Plan First, Healthy Kids, Medicaid, MiChild, Food Stamps, and much more. If you are in need of assistance or know someone who is, call 999-2894 to schedule an appointment.

Join the NWI Youth Program

Youth— Are you interested in meeting new friends and participating in fun activities and going on fun field trips, learning entrepreneurial and leadership skills, and self-confidence? You will also participate in positive community service learning projects as well as discussing how to handle topics that influence choices in your lives. So, come and join us on **Saturday mornings from 9:00 am—12 noon**. The program meets at **Grace Lutheran Church** (located at the corner of MLK and Lapeer Streets—one block south of W. Saginaw) - use entrance off Lapeer St. Parents are welcome to attend and participate! **Please contact Lori at 999-2894 or email her at lori@nwlansing.org.**

ARRO Hosting Workshop: Do You Have Legal Problems?

NWI's ARRO Program in collaboration with Legal Services of South Central Michigan is hosting a workshop for people who are having legal issues. For more information on the date, time and place, please call Monica at 999-2894.

March 19 - 80's Flashback Party to Benefit NorthWest Initiative's Westside Commercial Association

The Capital Area Women's Lifestyle Magazine has teamed up with the Westside Commercial Association to host an 80's party on March 19, 2011 at the S. Washington Office Complex. Tickets cost \$25 per person, \$40 per couple, \$10 per student. For more information contact Tiffany Dowling at 203-3333 or tiffany@cawlm.com.

Have You Filed Your 2010 Taxes Yet?

NWI's VITA tax site has already prepared 150 returns thus far. If you are a low and moderate income resident and need to get your taxes prepared, **call 2-1-1 to schedule your appointment**. Our IRS trained volunteers will help you to maximize the credits that you're eligible to receive to increase your refund. Be sure to bring your W-2, drivers license, social security card, and all other documents that you need for your appointment. NWI VITA tax site hours on **Monday and Wednesday from 4-8 pm**; and on **Saturdays from 9am-3pm**.

Do You Need Health Coverage?

Have you considered the **Ingham Health Plan (IHP)** a county sponsored health coverage created for those who either cannot afford or do not currently have health insurance. This service is income based and if for example you are employed, single, and earn under \$27,075 a year, and don't have any medical coverage you may qualify. Call Maria or the Outreach Team to schedule an appointment at 999-



Seeking Community Gardeners

Ever wanted to grow your own food and simply don't have the land space? The Food Systems Project will be starting three new community gardens this year and we are seeking 60 individuals interested in manning their own plot. FSP can provide the plants and land, you just have to show up, keep your plot weeded and watered and bear the fruit of harvest. So if you want to save money, eat healthy, connect with nature and get some exercise, **contact Joy at 999-2894; joy@nwlansing.org.**

It's All About Health

Woo-Hoo! It is time to get those buns in gear and start moving those legs. Summer is right around the corner! Exercise - one of most important things you could do for your body, along with eating right. Well, in order for us to keep our bodies healthy, we need to intentionally move them. Our bodies are meant to move and move we shall!

If any of you are interested, over the next two months, we will learning Tai Kwon Do, doing a little gardening, taking a nice walk along the river trail and catching up on some new dance moves - maybe line dancing? If you are interested in joining us, please check out our website at www.nwlansing.org for further details or contact Stephanie at (517) 999-2894.

We would also like to invite all of you ladies out there to join us **every third Saturday from 9:30-11:00 am** for "**Celebrate Your Health Club**". We provide a simple, yet nutritious breakfast, while we learn a little about how to make ourselves healthier. Our **next meetings are March 19th and April 16th**. If you would like to join us, we meet at **Trinity Lutheran Church** (501 W. Saginaw - corner of Chestnut and Saginaw in Lansing). Once again, if you have questions, feel free to **contact Stephanie at (517) 999-2894** or email her stephaniec@nwlansing.org.

Upcoming Events

St. Patrick's Day
March 17, 2011

▲▲▲

Easter Sunday
April 24, 2011

5th Annual Westside Summer Fest

July 23, 2011

For more information or to help with planning this year's event, please call **Jonathan at 999-2894.**

National Volunteer Week April 10-16, 2011

Join us as we salute the thousands of dedicated volunteers who have helped to make the greater Lansing community a better place to live, work and play!

Let's Garden Lansing

For a full calendar of gardening education events, visit: www.letsgardenlansing.org or call 272-4146.

Save The Date!

2011 Global Youth Service Day

April 15-17, 2011

Call to learn about volunteer opportunities

Food Resources

Panera Bread Distribution
Every Thursday from 12:00 pm to 4:00 pm
NorthWest Initiative
530 W. Ionia St., Suite D
517-999-2894

Angel Food Ministries
Monthly Distribution
Call Julie @ (517) 485-0174
(Must enroll prior to distribution)

Food Movers Distribution
Monthly from 11am-12pm
Black Child and Family Institute, 835 W. Genesee St.
and
Grace Lutheran Church
528 N. MLK Jr. Blvd.
(517) 487-3775