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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. The Ingham County Health Department and the City of Lansing sponsors the Initiative. Program partners include residents, neighborhood organizations, local nonprofit organizations, human service agencies, and units of Michigan State University.

Celebrate Your Health!

As you start your list of New Year's resolutions, be sure to set a date each month to do your breast self-exam. It is important to get an idea of what your breasts feel like normally, as this will enable you to be more aware of changes that could develop. You are the best authority on your own breasts. Also, don't forget to make an appointment with your doctor to have your regular breast exam. If you would like more information, please contact Stephanie Fisher at (517) 999-2894 or e-mail her at Stephanie@nwlansing.org. As always, Celebrate Your Health! Club, meets the second Saturday of every month at Trinity Lutheran Church (501 W. Saginaw). Join us January 10th as we celebrate the new year and our health. There will be lots of nice prizes and giveaways.



ARRO: General Membership Meeting

In order to accommodate some of our members' schedules, we are moving our general membership meetings back to the **first Wednesday of every month**. Please mark your calendars and join us for the first meeting of the new year on **Wednesday, January 7th, 2009 at 5:30 p.m.** Remember, from now on we are meeting at our new address, **1012 N. Walnut Street** in room 107. Please call Monica or Rosalind for more information at (517) 999-2894. We hope to see you there!

NWI to Host Free Tax Preparation Site



As in previous years, NorthWest Initiative will be hosting a Volunteer Income Tax Assistance (VITA) site in the old Walnut school, located at **1012 N. Walnut St., in Lansing**. With the help of the IRS and the AIC, we are able to offer certified income tax preparation for those who are low to moderate income, using the 1040, 1040EZ and the 1040A - at **no charge**. If you are interested, please contact 2-1-1 and ask to set up an appointment to have your taxes prepared. Picture Identification, Social Security Card and all W-2's are required at the time of service. Sites are available throughout the Lansing area and at various times. However, we would love to meet you here! Services are confidential and we also e-file all returns, which means you will have your refund within ten days. Don't waste your money by paying to have this service done!

Food Systems Project Update

The schools gardens have now been put to bed for the winter, but the activities in the classrooms are in full bloom. In the past month, students have sampled roasted acorn squash and home-made applesauce. They've learned about food pyramid placement and what vitamins do for your body. We've also discussed decomposition, studied a rotting pumpkin with a magnifying glass, measured a variety of sunflower heads and observed patterns found in nature.



We would like to offer our gratitude to Sparrow - for all the hard work and service that went into printing our Grand Happening's newsletter this past year! Your generosity has been greatly appreciated!!!