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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.

Don't Lose Your IHP - Plan B Enrollment!

Beginning April 1, 2009, the Ingham Health Plan is moving to an Active re-determination process. Ingham Health Plan B Members will be sent an eligibility update notice once a year. When you receive the notice, you must send a reply within five weeks, or you will be un-enrolled. It is very important that you keep your address updated so that you remain active on the Health Plan. To update your address or for information, please contact IHP Customer Service at 1(866) 291-8691.



Celebrate Your Health!

Come join us and learn some simple yet effective yoga moves at our next Celebrate Your Health! Club meeting on **March 14, 2009** at Trinity Lutheran Church (501 W. Saginaw, corner of Chestnut and Saginaw) from **9:30 to 11:00 a.m.** We will share a light meal together, and you will have an opportunity to win a grocery gift card and other nice prizes. For more information call **Stephanie F.** at (517) 999-2894 or email her at stephanie@nwlansing.org. Please remember to do your breast self-exam this month, as it is one of the most important tools for early detection of breast cancer.

ARRO Presents Ex-Offender Leisure Time



NorthWest Initiative's ARRO Program presents Ex-offender Leisure Time. This is a great way for ex-offenders to come relax, play a few games and enjoy themselves. This weekly event will kickoff **Saturday, February 21st** and run through **May 2nd**. It will be held from **3:30 - 5:30pm**, here at NorthWest Initiative, located at **1012 N. Walnut, Suite 107** in Lansing (the old Walnut Elementary School). Light refreshments will be provided! If you have any questions, comments or concerns, please contact **Bob** at (517) 999 - 2895 or **Monica** at monica@nwlansing.org.

July 25 is Westside Summer Fest - Get Involved!

The 3rd Annual Westside Summer Fest will be **Saturday, July 25, 2009**. This free, family-friendly event takes place off Saginaw Street, between Princeton and Chicago. Last year's event drew in more than 5,000 people with live music, kids' activities, a farmers' and an artisans market, plus much more. The event builds the positive image of Lansing's Westside, brings people to the area, and increases community connections. We are currently seeking sponsors, volunteers, and vendors. Sponsor levels range from \$250 to \$5,000, and sponsorships can be in the form of grants or donations, and can be cash or in-kind support or services. Volunteer opportunities include helping with flying and promotions before the festival; as well as helping with everything on July 24 - 26. This includes set-up, tear-down, clean-up, face-painting and 3 on 3 basketball. Vendor opportunities are for the open-air market and food vendors. Learn more about the festival and download the sponsor packet and vendor forms at www.westsidesummerfest.com, or contact jessica@nwlansing.org or **Jessica** at (517) 999-2894.