

# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids  
May-June 2018

## **Access' Walk For Good Food**

Join us in Walking for Good Food on Sunday, May 6 at 1:30pm! This Walk takes place at First Park Congregational Church (10 E Park Place NE) and raises awareness and financial support for local nonprofits whose work fall under our Good Food Systems values and ranges from community gardening projects, food systems policy work, nutrition programs, food pantries and gleaning programs, to food justice and community development initiatives. These organizations are not only meeting immediate needs, but are working to create a just, healthy, and sustainable food system.

You can make an impact! Walk with us! We continue to collect walk funds through June 29th, 2018. Check out our website to learn more or to donate at [accessofwestmichigan.org/walk/](http://accessofwestmichigan.org/walk/). For questions, contact [savion@accessofwestmichigan.org](mailto:savion@accessofwestmichigan.org).

## **Tai Chi Classes**

St. Alphonsus Community Center offers a Beginner's Tai Chi class on Mondays from 10:15-11:15am, and an Advanced class afterward from 11:45am-12:45pm. The Intermediate class is on Wednesdays at 9:30am. Suggested donation is \$3, but no one is turned away. Tai Chi is exceptionally helpful if you wish to strengthen core and use intentional movements to help you slow down and feel more balanced in life. If interested, please contact Virginia at (616) 913-4419 or email [vscholten18@gmail.com](mailto:vscholten18@gmail.com).

## **WERQ**

Join the YMCA at St. Alphonsus Community Center (224 Carrier St NE) as we take the "work" out of workout! By mixing low-intensity and high-intensity moves, you'll have a great time during this calorie burning dance party. This free class is on Tuesdays from 6-7pm, no registration required. All abilities are welcome.

## **16<sup>th</sup> Annual Stomp Out Stigma Walk for Mental Health**

The stigma associated with mental illness is one of the greatest barriers that prevent people from seeking help. This walk not only strives to raise awareness but encourages people to be mentally fit. All proceeds from this event benefit the education programs of the Mental Health Foundation of West Michigan.

The event begins on Saturday, May 19 at 8am.

For more details and to register online, visit [www.benice.org](http://www.benice.org) or contact us at (616) 389-8601 or [kandicesloop@benice.org](mailto:kandicesloop@benice.org).

## **Active Commute Week 2018: June 11-15**

The Greater Grand Rapids Bicycle Coalition challenges you to think actively this spring and summer when considering transportation in Grand Rapids. During the Active Commute Challenge, the week of June 11-15, compete as an individual or as part of an Employer/Organizational Challenge Team. Awards and prizes will be given to winning participants!

Active commuting involves riding the bus, carpooling with a friend, or getting to your destination via bike, rollerblades, longboard, or walking.

## **New City Farm Shares Available**

New City Farm (1226 Union Ave NE) is getting ready for another season! You can now sign up for a 2018 CSA farm share, perfect for families looking to eat fresh and local while also supporting the neighborhood. We offer full, half, and quarter shares and accept EBT as a form of payment. Add a soup share and receive soup made in our farm to table cafe each week! To find out more visit our website at [www.newcityfarm.org](http://www.newcityfarm.org) or contact Alaina at [alainad@newcityneighbors.org](mailto:alainad@newcityneighbors.org) or (616) 970-4817.



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## Healthy Living Groups for Adults and Teens

Held weekly, Pine Rest Christian Mental Health Services' Healthy Living Group programs are designed to meet the needs of individuals who are struggling with depression, anxiety or mood regulation problems. These groups are appropriate for individuals who have recently completed inpatient or partial hospitalization treatment and found the peer support and information helpful.

**Adult Group** meets every Tuesday from 9-10:30am at Pine Rest Northeast Clinic (3225 N. Evergreen Drive NE). If interested, talk to your case manager or therapist to set up an orientation meeting with one of the group facilitators or call Pine Rest Northeast at (616) 364-1500. More info online at [pinerest.org/healthy-living-group](http://pinerest.org/healthy-living-group).

**Adolescent Group** meets every Wednesday from 5-6:30pm at Pine Rest Christian Counseling Center, (1870 Leonard NE). If interested, talk to your case manager or therapist to set up an orientation meeting with one of the group facilitators or call (866) 852-4001. More info online at [pinerest.org/teen-healthy](http://pinerest.org/teen-healthy).

## OnBase with GRPD

The Grand Rapids Police Department, in partnership with the Parks and Recreation Department, is entering its fourth season of OnBase with GRPD. This is a free opportunity for kids age 9-12 to attend baseball clinics with officers of the Community Police Specialist Unit. The program is geared towards kids who have little to no experience with baseball, but all levels of experience are welcome. Clinics will be held at Belknap Park and Plaster Creek Park and will provide equipment and lunch after practice. For more information, check out [www.recreationgr.us](http://www.recreationgr.us) or contact Officer JP Guerrero at [jguerrer@grand-rapids.mi.us](mailto:jguerrer@grand-rapids.mi.us) or (616) 350-7869.

## Enhance Fitness

This fun fitness class is developed for anyone 60 years or older. This award-winning program is safe and effective for all fitness levels! The class focuses on strengthening, conditioning, balance and flexibility. Participants are encouraged to go at their own pace. Comfortable clothes and good shoes are all you need. A \$3.00/class suggested donation is accepted, but no one is turned away.

Classes take place in St. Alphonsus Community Center (224 Carrier St NE) on Mondays and Wednesdays from 10:30-11:30am. For more information, contact Julie at (616) 233-0283 or Virginia at (616) 913-4419.

## Gentle Yoga

Join us for Gentle Yoga at St. Andrew's Episcopal Church! Highly trained instructors lead classes on Tuesdays and Thursdays at St Andrew's (1025 Three Mile Rd NE) from 6-7pm. Instruction is individualized for your needs and is at the lowest price in town—a recommended \$5 donation. Stretch and find peace in this loving atmosphere.

## Upcoming North Quarter Events

### Tour De Quarter

Hosted by the North Quarter CID  
May 19<sup>th</sup> 2018 10am-2pm at City High Middle School parking lot  
Contact: [northquarterCID@gmail.com](mailto:northquarterCID@gmail.com)  
[facebook.com/northquarter](https://www.facebook.com/northquarter)  
More information on the next page!

### Creston Art Bash

Hosted by the Creston Neighborhood Association  
May 24<sup>th</sup> 6-8pm at Creston Brewery  
Contact: [mkruis@crestongr.com](mailto:mkruis@crestongr.com)  
[facebook.com/crestongr](https://www.facebook.com/crestongr)

### Best of Creston

Hosted by the Creston Business Association  
June 23<sup>rd</sup> 1-5pm along Plainfield, near Quimby  
Contact: [bestofcreston@gmail.com](mailto:bestofcreston@gmail.com)  
[facebook.com/bestofcreston](https://www.facebook.com/bestofcreston)

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## Free Family Education Programs from MSU Extension

### Nurturing Families

A class to help build parenting skills

- Option 1: Mondays & Tuesdays from 3-4:30pm;

Dates: May 7, 8, 14, 15, 21

- Option 2: Mondays from 10am-12pm; Dates: June

4, 11, 18, 25

### Relax: Alternatives to Anger

A 4-week class on anger management

- Mondays from 6-7:30pm; Dates June 4, 11, 18, 25

### Powerful Tools for Caregivers

A class for parents and caregivers of children with health and behavioral needs

- Tuesdays from 9-11:30am; Dates: May 8, 15, 22, 19, & June 5, 12

Registration is easy! Contact Georgina Perry at (616) 632-7884 or [perrygeo@anr.msu.edu](mailto:perrygeo@anr.msu.edu)

## Fire Safety

The Grand Rapids Fire Department wants you to be safe in your own home! The Residential Safety Program is designed to reduce the number and severity of fires in Grand Rapids, and offers the following:

- Free in-home fire safety assessments
- Free smoke alarm upgrades and installations
- One-on-one fire safety consultations specific to the residence
- A connection with our partners to assist with fire safety issues

Rentals do not qualify at this time. Homeowners can ensure their safety by scheduling an appointment. Contact the GRFD at 311.

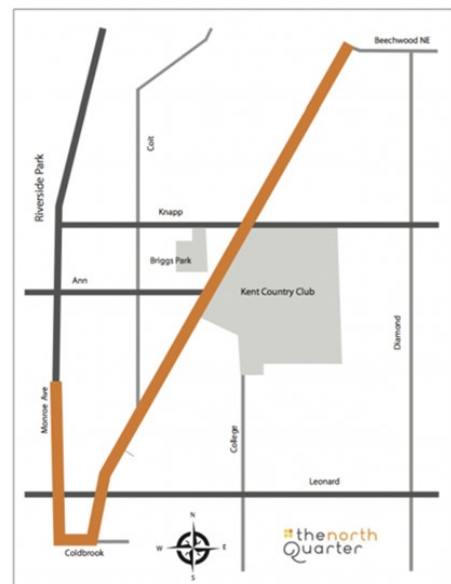
## Tour De Quarter

Tour De Quarter is a family friendly bike event to showcase the changing landscape of the North Quarter. Our second annual event will be held on May 19th from 10am-2pm. The North Quarter Corridor Improvement District Board, community, neighbors, and wonderful sponsors are bringing this free, fun and family event to City High/Middle School with a goal of rider safety, business exposure, and demonstrations of rideability within the 3 business districts that comprise the North Quarter: Cheshire, Creston, and Monroe North.

Event highlights include:

- Kids Bike Decoration Station
- Bike Safety Checks
- Helmet Giveaway
- Neighborhood Group Bike Ride
- Business Scavenger Hunt
- The Rapid and GRPD Bike Police
- Local Business and Non-Profit Booths
- Food from our Local Restaurants

Biking is gaining traction as a preferred method of transportation in the City of Grand Rapids. The Tour De Quarter will create awareness of biking in our community, highlight bike safety, and give our neighbors an opportunity to gather and celebrate Spring!



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## North End Wellness Volunteer Opportunities

One way to practice wellness is to give back to your community. If you find yourself with spare time, skills, and a willingness to help, please check out the volunteer opportunities below!

**Active Commute Week Planning Team of the Greater Grand Rapids Bicycle Coalition:** We're looking for volunteers to act as Active Commute Week Champions! These Champions will recruit Employer/Organizational Challenge Teams to compete in Active Commute Week. For more information please contact Tom at [bultentom@gmail.com](mailto:bultentom@gmail.com) or (616) 450-9332.

**Catherine's Health Center:** We're looking for volunteers to assist us with the following roles. Days and hours are flexible depending on the volunteer position. For more information please contact Jess E. at (616) 336-8800 ext. 204 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

- Medical assistants for volunteer providers
- Medical providers, including physicians, optometrists, pharmacists, and other specialists
- Organizational/administrative projects
- Summer landscape maintenance

**New City Neighbors:** We're looking for tutors for our New City Day Camp! New City Day Camp is an elementary summer program for students entering 2nd-5th grade. From June 25 to August 9, the program meets Monday-Thursday from 10am-2pm. On Fridays there are field trips or special activities. New City Day Camp is focused on academic support, growing in faith, and learning new skills. Invest in an individual child or work with a small group. Help children practice and improve upon what they learned at school. Come one day a week or more! For more information please contact Holly Hetherington at [hollyh@newcityneighbors.org](mailto:hollyh@newcityneighbors.org)

## What is the North End Wellness Coalition?

We are a group of individuals, churches, non-profits and community organizations who meet regularly to promote health and wellness within the Creston and Belknap neighborhoods. We share resources, learn together, and work to make the North End the healthiest it can be.

**Join us!** We meet on the third Thursday of every month from 9:30-10:45am in the Creston Neighborhood Association's community room (205 Carrier NE).

Please contact Jess E. at (616) 336-8800 ext. 204 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org) for more information.



North End  
Wellness  
Coalition

*North End Wellness News is a service of the North End Wellness Coalition, a group of organizations dedicated to promoting healthful living in northern Grand Rapids.*

*Do you have a program you'd like to share with the North End Wellness Coalition? Please contact us at [info@catherineshc.org](mailto:info@catherineshc.org).*

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