



# NORTH END WELLNESS NEWS

Healthy Living in Northern Grand Rapids

July-August 2017

## **Kent County Healthy Families**

All expectant parents and parents of newborns have common questions about their child's development. A new baby can be both a welcomed addition and a stressful time of family transition. Family Future's Kent County Healthy Families is a FREE program for first time mothers or mothers under the age of 25 living in Kent County. Having a new baby changes everything and Healthy Families is available to provide encouragement and information as you begin this new adventure! We are able to enroll families prenatally up until the child is 3 months old.

For more information, contact Dana Evans at [devans@familyfutures.net](mailto:devans@familyfutures.net) or call (616) 855-5465.

## **St. Alphonsus' Young at Heart Senior Program**

Join St. Alphonsus' Senior Program on Monday August 14th for a healthy lunch and a few presentations! Lunch will be served from 12:30-1:30pm. Following lunch we'll learn about Catherine's Health Center's Walking Program from Anna Strong. Martha Ferguson will also provide an experiential presentation on Enhance Fitness, an exercise program we will be implementing in the fall. Finally, Diane Kreslins will be leading a 20-minute meditation. We are working with one or two massage therapists (to be determined) to offer 10 minute hand/neck/shoulder massages.

The event will take place at St. Alphonsus Parish Center. Please RSVP for lunch, and if you're interested in a massage please reserve a spot.

RSVP to Virginia at [vscholten18@gmail.com](mailto:vscholten18@gmail.com) or call (616) 913-4419.

## **Diabetes Prevention Program**

The Diabetes Prevention Program, offered by MSU Extension, provides participants with support, education and resources to help them achieve their healthy lifestyle goals and reduce their risk of developing diabetes. Participants have the support of each other and a lifestyle coach to help them achieve their goals. This free program is for all individuals at risk for diabetes or those who have been diagnosed with pre-diabetes.

Upcoming class dates: July 20 & 27, August 3, 10, 17, 24 & 31.

Register with Christi Demitz at [demitzch@anr.msu.edu](mailto:demitzch@anr.msu.edu) or call (616) 632-7881

## **EncourAge®**

EncourAge® connects socially isolated individuals with volunteer community members who have a passion for ending loneliness. Members will be matched based on compatible needs and mutual interests. The EncourAge® Program offers two ways to get involved and combat loneliness:

- **Host:** An individual who would like to receive regular phone calls or visits from a friendly, dedicated volunteer.
- **Visiting Friend:** Provides a link to the community and outside world for Hosts who might otherwise have very limited social interaction. Visiting Friends will meet with their Host regularly throughout the year to form a friendship and provide vital companionship.

To get started as a Host or Visiting Friend, contact Margie at [encourage@spectrumhealth.org](mailto:encourage@spectrumhealth.org) or call (616) 486-8653.

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## VoiceKent

VoiceKent (previously known as VoiceGR) is a community survey offered through a partnership between the Johnson Center for Philanthropy and the Kent County Health Department in 2017. The survey is designed uniquely to connect demographics with the opinions, attitudes, and perceptions of Kent County residents on topics such as ability to meet basic needs, access to healthcare, neighborhood safety, employment, education, and racism and discrimination. The primary goal of VoiceKent is to provide objective data to residents, nonprofits, governments, businesses, and other decision makers regarding the perceptions and needs of the community.

Please visit [www.VoiceKent.org](http://www.VoiceKent.org) to take the survey and share it widely with friends and family! We are aiming to gather responses from all corners of Kent County. Let your voices be heard!

## Health and Wellness Day at Metro Health Hospital

The Health and Wellness Day is back for a 7th year! Join us on Thursday, July 27th from 9am-2pm at the Granger Green of Metro Health Village (5900 Byron Center Ave, Wyoming). In addition to fresh produce, baked goods and creative hand made items found at the Farm Market, the Health and Wellness Day will also feature free events and activities related to health and wellness including free body composition assessments, blood pressure checks, stroke risk assessments and more. We are also bringing back our Chef Cook-off, which will feature guest chefs who will compete for the title of Cook-off Champion! Recipes and samples of their dishes will be available after the competition.

Visit [MetroHealth.net](http://MetroHealth.net) or call (616) 252-7117 for more information.

## 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 out, please check out the volunteer opportunities below!

**Catherine's Health Center:** Do you enjoy weeding or gardening? We're looking for someone to help maintain the landscape around our building! For more information contact Jess E. at (616) 336-8800 ext. 207 or [jeglinton@catherineshc.org](mailto:jeglinton@catherineshc.org).

**Family Futures:** The work our volunteers complete allows us to help families, parents, and children throughout Kent County. We're looking for data entry support, mailing support, reception support, and tech web support. Volunteer opportunities are flexible. For more information please see our website at <http://familyfutures.net/volunteer>.

**New City Neighbors:** Would you like to help us with our elementary summer day camp? We're looking for tutors and van drivers to volunteer for an hour during the day once a week or more. For more information contact Holly at (616) 301-4768 or [hollh@newcityneighbors.org](mailto:hollh@newcityneighbors.org).



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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