

Creston Healthy

A publication of the North End Wellness Coalition, July 2021

WORKING TOGETHER FOR HEALTH

We are eager to meet and learn with you in supporting healthy lifestyles in the neighborhood! Let us know of your interest at northendwellnesscoalition@gmail.com. View meeting information at northendwellness.org/meetings/

CELEBRATE HEALTH WITH OUR STATE REPRESENTATIVE



We welcomed our State Representative Rachel Hood to the NEWC table at the recent CNA Pancake Breakfast. We talked about the importance of health to the quality of life for individuals and Creston community. Rachel said that she is working on a number of health issues at the state level and that we have much in common for future collaborative work.

At NEWC we know our local efforts are important. We are realistic enough to know that they need to be supported by public policy and law. We look forward to reconnecting with Rachel in early fall to roll up our sleeves and work together toward a healthier tomorrow for us all.

EAT WELL

FULTON STREET FARMERS MARKET

May 1 - October 30

Wednesday, Friday, Saturday | 8AM-2PM

Learn More: fultonstreetmarket.org

YMCA VEGGIE VAN

Last Wednesday of each month

St. Alphonsus parking lot, 3:30pm to 4:30pm

STAY ACTIVE

YMCA ZUMBA

Tuesdays at St. Alphonsus, 6:30pm to 7:30pm

SUNSHINE CHURCH WALKING CLUB

Wednesdays at 6:45pm, meet in the church parking lot. Contact glammers@sunshinechurch.org for more information.

VINYASA FLOW YOGA

Tuesdays at 7:15pm with Jeff Brown at Seymour Christian Reformed Church.

SENIOR NEIGHBORS ZOOM FIT

Multiple Times, to register and learn more email jlake@seniorneighbors.org or call 616-233-0283.

SAVE THE DATE

Resource Fair for Your Health at Creston
After Dark: September 11, 2021; noon to 4 p.m. You won't want to miss it!

BE HAPPY

MSU EXTENSION: MINDFULNESS FOR BETTER LIVING LUNCH AND LEARNS

Wednesdays from 12-1 PM

July 14: RELAX for Parents and Caregivers

July 21: Laughter is the Best Medicine

July 28: Teaching Kids Mindful Eating

[View flyer for registration information](#)

YOU BELONG HERE

YOUNG AT HEART OUTING

Join Young At Heart on July 21 for a baseball game and bingo! West Michigan Whitecaps take on the Lansing Lugnuts, Game starts at 12:05. RSVP at 616-913-4419 or email vscholten18@gmail.com.

GET CONNECTED TO YOUR COMMUNITY

As the pandemic slowly winds down, some older adults are eager to safely return to their communities and engage with others. To help seniors who are isolated, the following agencies are offering assistance in meals, transportation, and senior center access.

- Kent Community Action | [accesskent.com/Departments/](https://www.accesskent.com/Departments/) | 616-632-7950 | kccainfo@kentcountymi.gov
- Senior Neighbors | [seniorneighbors.org](https://www.seniorneighbors.org) | 616-459-6019 | info@seniorneighbors.org
- United Methodist Community House | [umchousegr.org](https://www.umchousegr.org) | 616-452-3226 | seniors@umchousegr.org

FIND A VACCINATION

FIND A VACCINATION (the best, fastest and easiest way to beat the virus!)

Who: Catherine's Health Center offers COVID-19 vaccinations to all adults 18+. We work with all people (non-patients, too; 18 and older) in a quiet, private setting.

How: Please register at [catherineshc.org](https://www.catherineshc.org) or call (616) 336-8611 and leave a message. We will respond and set up an appointment, possibly for the same day.

What: We offer the Moderna (in 2 doses, 28 days apart) and Johnson & Johnson vaccines (1 dose).

Where and When: Vaccination is done by appointment at Catherine's Creston location: 1211 Lafayette Ave NE Grand Rapids, MI 49505. We look forward to serving you!

2-1-1 Scheduling Rides to Vaccine Appointments

The Kent County Health Department is coordinating drivers to help any Kent County resident to get to and from vaccination clinics. Once a vaccination appointment has been scheduled, please call 2-1-1 or 1-800-887-1107. They will assist you in finding the best transportation option for your appointment.

We'd like to thank our partners and sponsors!

Trailblazers

[Stonestrow](#)

[Kingma's Market](#)

[Discount Home Improvement](#)

[Dox Design](#)

[Culver Group](#)

[Lions and Rabbits](#)

[Pathfinders](#)

[Lucy's Cafe](#)

[Kent County Credit Union](#)

[Members First Credit Union](#)

[Teter Orthotic and Prosthetics, Inc.](#)

[City of Grand Rapids](#)

[Grand Rapids North Rotary](#)

MEMBER SPOTLIGHT

YOUNG AT HEART

We strive to enhance the lives of Senior Citizens within St. Alphonsus and our Community. With compassion, we provide nourishment of the body, mind, and spirit.

We offer many ways to keep both your body and mind fit and build relationships. With group exercise class, chair Tai Chi, pickleball, cards, hobbies, and adventures in the community you are sure to find something that appeals to you.



Learn More by contacting 616-913-4419 or email vscholten18@gmail.com.