

# Creston Healthy

A publication of the North End Wellness Coalition, August 2021

## SUPPORTING HEALTHY LIFESTYLES IN OUR NEIGHBORHOOD

Let us know of your interest at [northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com). View meeting information at [northendwellness.org/meetings/](http://northendwellness.org/meetings/)

### CELEBRATE HEALTH WITH THE McARDLE FAMILY!



Meet Nathan, Hanna, and children Hazel and Eleanor!

We choose to drive less to neighborhood destinations. [That] is often just a change in mindset - thinking walk/bike/etc. first. Getting there and back can be part of the fun, too. We stay active with many parks, a local grocery, and other shops/eateries, Creston offers a variety of family friendly destinations and quiet streets to get to them easily in non-motorized ways. There are even a number of "secret paths" the kids love.

Eggplant is a family favorite [healthy food] grown...in our garden but we cannot keep up with demand.

### EAT WELL

#### FULTON STREET FARMERS MARKET

May 1 - October 30

Wednesday, Friday, Saturday | 8AM-2PM

Learn More: [fultonstreetmarket.org](http://fultonstreetmarket.org)

#### YMCA VEGGIE VAN

Last Wednesday of each month

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

### STAY ACTIVE

#### SUNSHINE CHURCH WALKING CLUB

Wednesdays at 7pm. No need to register. Just show up for friendly companionship and a nice walk.

#### YOUNG AT HEART SUNDAY WALKING CLUB

Saturday at 9:30am. Contact [vscholten18@gmail.com](mailto:vscholten18@gmail.com).

#### GENTLE YOGA OUTDOORS

Tuesdays at 6pm with Jeff Brown at St. Andrew's Episcopal Church. [Learn More](#)

#### SENIOR NEIGHBORS TAI CHI

Multiple Times, to register and learn more email [jlake@seniorneighbors.org](mailto:jlake@seniorneighbors.org) or call 616-233-0283.

#### After Dark is Around the corner!



Save September 11 from noon to ten p.m.  
Join us to celebrate our  
community and art - along Plainfield at Quimby.

# BE HAPPY

## MINDFULNESS FOR BETTER LIVING LUNCH AND LEARNS

Wednesdays from 12-1 PM

[REGISTER HERE](#)

8/18: Be Kind To Your Mind

8/25: Changing Negative Self-Talk

# YOU BELONG HERE

## RELATIONSHIPS FOR GOOD MENTAL HEALTH FROM CHAPMAN FOUNDATION

In-depth learning on how to build strong relationships in our lives. An amazing opportunity to grow interpersonal skills. Pay what you are able. [LEARN MORE](#)

# FIND A VACCINATION

## 2-1-1 Scheduling Rides to Vaccine Appointments

The Kent County Health Department is teaming up with several local organizations and paid and volunteer drivers to support rides for 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 option for you to get to and from your vaccine appointment.

Get the latest news from Catherine's Health Center on how to get the vaccine [here!](#)

## We'd like to thank our partners and sponsors!

### Trailblazers

[Stonesthrow](#)

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### Pathfinders

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## MEMBER SPOTLIGHT ON EMERGENCY INTERNET



Universal Service  
Administrative Co.

### Connect to the Internet? Too Expensive? No Longer!!!

Emergency Broadband Benefit reported by Rachel Hood, State Representative

This is a program that will provide a discount of up to \$50 per month off a qualifying household's internet bill. Some of the most common ways that families qualify are:

- They participate in SNAP, Medicaid, Supplemental Security Income, Federal Public Housing Assistance or Veterans and Survivors Pension Benefit.
- They experienced a substantial loss of income since February 29, 2020, and had a total household income in 2020 below \$99,000 for single filers and \$198,000 for joint filers.
- They were approved for benefits under the free and reduced-price school lunch program or the school breakfast program.
- They meet the eligibility criteria for their internet service provider's pre-existing low-income or COVID-19 program.

Visit [www.GetEmergencyBroadband.org](http://www.GetEmergencyBroadband.org) to learn more and enroll, call (833) 511-0311 between 9 a.m. and 9 p.m. any day of the week or sign up directly with your internet service provider.

A full list of the internet service providers in our state that are offering the Emergency Broadband Benefit program can be found [here](#).