

# Creston Healthy

A publication of the North End Wellness Coalition, December 2021

## SUPPORTING HEALTHY LIFESTYLES IN OUR NEIGHBORHOOD

Let us know of your interest at [northendwellnesscoalition@gmail.com](mailto:northendwellnesscoalition@gmail.com).

### CELEBRATE HEALTH WITH LAUREL DUDEK!



My older brother, my parents, and I love to go on walks together and often walk our dog Max! I like to do yoga on my own at least 4 times per week and we do our best to stay active and be healthy as a family.

The key to being healthy is first determining what health means to you. Once you have your own definition of being healthy, it is important to do something every day that meets your definition.

Eating well is an important component of being healthy for me. Finding healthy alternatives is a great way to live a healthier life.

### STAY ACTIVE

Keep yourself well and mind your waistline by walking every day. Alone or socially with friends and family, walking has innumerable benefits for our physical and mental health. [Road Diets](#), [Bicycle Trains](#), and [Walking Audits Can Transform Your Neighborhood](#)

You asked and we developed the [North Quarter Pathways](#) which now sports seven benches for rest and conversation. Maps are on Consumers Power poles, window clings in local businesses, and at the Van Belkam library (and [here](#)). Consider it our holiday gift to you: healthy habits, no gym fees, and a chance to socialize!

### *Holiday Community Hike*

*Lights on Creston*

Wednesday, December 8

5:30-6:30 p.m.

Click on the image above to learn more (including how to get \$1 off beer at Creston Brewery!)

### IMPORTANT LINKS!

[OUR WEBSITE](#) | [FACEBOOK](#) | [INSTAGRAM](#)

# BE HAPPY

Walking connects us to our humanity.

“One thing that always happens for me on walks is ideas come pouring into my head. The combination of endorphins, and a brain free from a screen produces a firehose of ideas. Sometimes I bring a piece of paper and a pen to capture the ideas. Sometimes I don’t bring anything, and in those cases the best idea is usually still with me when I return home.” - D.L Sullivan

[Walking in the Time of Coronavirus](#)

# YOU BELONG HERE

Crestonian? Crestonite? Whatever we call it, you do belong to this community. And you have the power to influence others’ Covid safety measures! Our behavior often impacts what others around us do; and the more individuals cooperate to stop the spread of the disease, the more likely others nearby will do the same. Please intentionally mask up, socially distance, wash your hands.

## LET’S TACKLE COVID!

### Looking for COVID-19 resources?

Get vaccinated or tested for COVID-19 at Catherine's



#### COVID-19 Vaccinations

Vaccines available by appointment for patients and non-patients. Our COVID-19 Nurse will be available for any questions or concerns you may have.



#### Get a Ride to Your Vaccine Appointment

Catherine's has partnered with UberHealth to provide free transportation to and from your COVID-19 appointment. Call us to schedule a ride!



#### COVID-19 Testing

Catherine's staff can provide COVID-19 drive-through testing for patients by appointment. Same-day appointments are available. We do not offer routine rapid tests or PCR tests (tests for travel or other pre-planned events).

Call us at (616) 336-8611



## THANKS TO OUR SPONSORS!

### Trailblazers

[Stonesthrow](#) | [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](#) | [Teters Orthotic and Prosthetic](#) | [City of Grand Rapids](#) |

# MEMBER SPOTLIGHT

## CALVIN UNIVERSITY NURSING

Calvin University's well known nursing program brings powerful technical expertise and community connections to the NEWC. The instructors and students work to promote human health and dignity in every space. The nursing program conducts an in depth research study of the health status and needs of Creston residents every 7 years.



This information informs NEWC and helps guide its work. We are grateful to professor Gail Zandee who passionately supports mental health efforts in the neighborhood. We welcome new instructor Sara Post, new this year, who has jumped right into NEWC's promotion of active living. These Calvin instructors generously share their

knowledge and energy which foster NEWC's progress in serving residents' well-being.

**Tuesdays at 9:30am.**  
Meet at the parking lot at Stonesthrow!

**NORTH END WELLNESS COALITION**

# Creston Walks

## Fun, Fitness, and Friendship!

**Led by fitness instructor Angel Hayden**

Rain or Shine. Check out the NEWC Facebook page in case of inclement weather.

**KEEP CRESTON MOVING**  
**MOVE LOCAL**  
CRESTON WALKING PROGRAM