

Creston Healthy

SUPPORTING HEALTHY LIFESTYLES IN OUR NEIGHBORHOOD

Let us know of your interest at northendwellnesscoalition@gmail.com.

CELEBRATE HEALTH WITH THE SHARPS!



Meet ardent gardeners and your neighbors Babs and Dr. Dave Sharp! Barbara ("Babs") Sharp is a health educator and Dr. Dave Sharp is a retired family physician. The Sharp's moved to Creston in 2007 and enjoy the quiet streets, sidewalks and parks that encourage walking and biking, along with neighborhood activities. Earlier decades in their family life, the Sharp's were active in many sports, including softball, volleyball, downhill skiing, water exercise and biking.

Professionally they both continue to advocate for active treatment of infant colic. Check out their website: www.colic.us.

"We're just trying our best to age in place," Dave explains. Normal aging is often accompanied by a few extra pounds which the Sharps deliberately keep in check.

Dave walks their Yorkie dog while Babs pursues water exercise and weekly golf. Variety and moderation are

their dietary watchwords. "The tendency to clean my plate and eat quickly goes back to my childhood and years in medicine, where you learned to eat quickly because you never knew when an emergency call would occur," Dave remembers. Over time we have come to realize that carbohydrates, not fat, are the real dietary culprits contributing to many diseases, including diabetes and cardiovascular problems. "We like salads, raw or minimally-cooked vegetables, and whole, unprocessed fruits," adds Babs. Their backyard garden features salad greens, broccoli, beets, onions, rhubarb, raspberries, tomatoes, garlic and green beans, as well as edible blossoms.

Asked about their secret to healthy living, Babs and Dave agree that they have been fortunate to avoid major health problems, accidents and disasters. Dr. Dave points out that smoking is the number one avoidable health risk we should all focus on. Fully attentive defensive driving helps to minimize harm from our most dangerous daily activity. Recognizing that social connections are key to one's health, Babs and Dave are often found participating in a variety of small-group activities in their church.

They add, "Our attitude is one of gratitude... just being thankful for one more day to enjoy God's creative wonders," and each other. The Sharp's recently celebrated their 59th Anniversary.

EAT WELL

SE MARKET PRODUCE BUNDLES

Get ready for some fresh, delicious fun! We're kicking off our exciting bi-weekly bundle pick-ups, and we've teamed up with the awesome South East Market for a pop-up at the Creston Neighborhood Association office.

[LEARN MORE](#)

VEGGIE VAN



The Veggie Van will now be stopping at Briggs Park once a month - the next date is Tuesday, August 8, from 10am-11am. [LEARN MORE](#)

STAY ACTIVE

CRESTON WALKS!



Join us every Wednesday at noon at 205 Carrier to walk in the community. Walk twice in one month and you'll receive a \$10 Meijer gift card!

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MEMBER SPOTLIGHT

THE NATIONAL KIDNEY FOUNDATION

Did you know that 1 in 3 American adults is at risk for kidney disease? How about that 37 million American adults already have kidney disease and may not know it? And shockingly, 100,000 people are on the kidney transplant list. It is no wonder that we welcome the National Kidney Foundation as an important member of our NEWC team!

The foundation (NKF), located at 1345 Monroe Ave NW #140, Grand Rapids, has a long-term commitment to help community members take control of their health. Using a variety of approaches,

including patient services, peer support, education, and on-line and phone support, NKF reaches out to serve where people are. Hopefully you will meet two of NKF's program coordinators at community events soon working to bring robust prevention and intervention services to North End residents. The word on the street is that their



Elliot Grant



Sue Randall

programs are life changing---for the better, of course.

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