CELEBRATE HEALTH WITH DIANE HUMMEL!

Meet our friend and neighbor, Diane Hummel who lives in the North End of Creston. Fit as a fiddle and always ready to “go”, Diane is a regular at the neighborhood Wednesday Walks. She shares her healthy lifestyle practices with us.

“I have always been a walker - I started walking as a kindergartener. School was about a mile from home and the neighborhood kids always walked to school together. Now that I think about it, that walk was great for fitness as well as social interaction - good for mental health, too. No bus pass for me in college - I walked to all my classes at Western Michigan University.

Today, I have a walking buddy in my dog, Willow. We hike twice a day, 2 to 3 miles in the morning and ½ mile before dinner. Willow and I take advantage of the many beautiful parks on the North End. We make time to go to Huff Park, Aberdeen Park, Riverside Park and others.

I appreciate that North End is a very walkable community. There are trails, with distances measured, along Plainfield and in Riverside Park. You can treat yourself to a great cup of coffee at Sparrow's Coffee, or pack a lunch and spend a couple of hours at Riverside Park with a good book.

For me the key to my good health is keeping active and eating well nutritionally. I love fruits and vegetables. (I still don't like lima beans, however!) Increasingly there are options for fresh produce in our neighborhood with New City Neighbors CSA shares, the Veggie Van’s monthly visit and Farm Link orders.

Starting my day with a walk has always made a difference in the quality of my life. It is quiet in the morning and I get a personal serenade from the birds. It sets a reflective tone for the day with a positive start.”

EAT WELL

VEGGIE VAN
The Veggie Van will now be stopping at Briggs Park once a month - the next date is Tuesday, September 12, from 10am-11am.
**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. 

**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!

**MEMBER SPOTLIGHT**

**AARP MICHIGAN**

Meet NEWC’s newest member, AARP, whose mission is to enhance the quality of life for all as we age. AARP prides itself in making things better for society through advocacy, service, and information. AARP plays an active role in Grand Rapids and other local communities to make them more livable for people of all ages. AARP staff and volunteers can be found advocating for older adults, educating on topics relevant to the 50+, and providing fun and fulfillment through outreach opportunities. AARP works on issues like fraud prevention, age discrimination, senior poverty, caregiving, veterans, and financial security.

AARP State co-director Jennifer Fuerenstein (right) celebrates the publication of her new book, “Not Your Shoe Size”, which explores the many ways we can choose to embrace aging after age 50. She is joined by Jane Royer, Age Friendly Community Collaborator, from the City of Grand Rapids. 

**THANKS TO OUR SPONSORS FOR SUPPORTING OUR HEALTH!**

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GR City Commissioner, Lisa Knight, shares happenings in the 2nd Ward. Click the image above to learn more.

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