



Join the neighborhood shift to healthy living. Give us a shout at northendwellnesscoalition@gmail.com.

CELEBRATE HEALTH WITH TOMMY ALLEN!



Tommy Allen is a well known personality in the area. He is very much a supporter of the Creston neighborhood and the Publisher of RapidGrowthMedia.com. He honestly admits that the pursuit of health is a journey and requires wrestling to develop a positive mindset toward wellness.

Since the pandemic arrived, I've prioritized supporting local restaurants over finding healthy options. I tend to indulge when dining out and reserve healthier choices for home-cooked meals. Dining out is a treat for me and a reward for eating well at home.

With a constantly changing schedule, I prioritize healthy activities like walking with friends and managing chronic pain with a nice hot bath. To ensure I hit my health goals, I have to place these items on the calendar as a priority item to ensure they will get done.

My favorite active pursuits include walking in my neighborhood and nearby parks while embracing the longer hours of sunshine. Looking forward, I eagerly await attending festivals and clubs, immersing myself in hours of dancing alongside kindred spirits. As an ardent admirer of dance music and its inclusive culture, I find solace and joy on a crowded dance floor, particularly when surrounded by the pulsating beats of House music. It's a surefire way to uplift my spirits and keep my body in motion, too.



Mother's Day WALK

BUFFALO AND QUIMBY @ 11:30AM

DURING THE CNA PANCAKE BRUNCH, JOIN NEWC FOR A SHORT WALK IN THE NEIGHBORHOOD.

Saturday, May 11

WALK WILL BE LED BY LISA KNIGHT OUR CITY COMMISSIONER.



STAY ACTIVE

CRESTON WALKS!

We walk for fun, friendship and fitness every Wednesday at noon from 205 Carrier NE. Walk as fast and far as you would like. The group usually walks for 50-60 minutes, but you can tailor the walk to fit what you want to do.

Want to get added to the weekly walking email?

Email Krista at krista@sohpicreative.com.

BE HAPPY

UPCOMING EVENTS AT SWITCHBACK

Tuesday Bluegrass Jam (5:30pm to 7:30pm)

Wednesday Craft and Draft (5:30pm to 7:30pm)

Thursday Open Mic (7pm to 10pm)

EAT WELL

VEGGIE VAN

Veggie Van changed location to New City Community Room, 214 Spencer NE. The van brings you fresh produce at reasonable prices the second Tuesday of every month. March's date is the 7th from 10 a.m. to 11 a.m. Save money and eat nutritiously.

WALK FOR GOOD FOOD

What if everyone in our community could have equal access to food that nourishes, creates good jobs, is affordable, and treats the earth well as it is produced?

We believe it's possible. May 5 - May 15 we will host the 47th Annual Walk for Good Food and we invite you to join us as we continue to work to transform our food system together. By walking, raising funds, and donating you support Access of West Michigan plus seven local organizations working to create a Good Food System for everyone in our community!

Please contribute to the cause here:

<https://tinyurl.com/ye3htaxv>

LIFESTYLE MEDICINE: ASPARAGUS

This month we'll take a closer look at a seasonal favorite of mine: ASPARAGUS!

This nutritional superstar is both HIGH in nutrients but LOW in calories, and is a Michigan native plant. Wild asparagus can be found all throughout the state this time of year, but Oceana County holds the official title of "Asparagus Capitol of the World"! It's a farmers market favorite of mine because of its superb taste and market availability, as well as offering a high content of folate, Vitamins A and C and K, as well as fiber. It also contains protein, iron and zinc. All for just 20 calories per ½ cup! Although you can certainly eat it raw, asparagus is one of a handful of foods (like broccoli) that actually have an increased nutrient availability if it is cooked.



Visit northendwellness.org/creston-lifestyle-articles/ to read the full article and get this month's recipe!



GR City Commissioner, Lisa Knight, shares happenings in the 2nd Ward. Visit friendsoflisaknight.com/newsletter for more info.

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THE LONGEVITY ZONE



I became an expert on ageism accidentally. After getting my degree in broadcasting, I was told I was “too seasoned” to be on TV while interviewing to be a news reporter. I was 31 and I didn’t look old or feel old but someone else judged me by how old I looked and decided I wasn’t qualified for the job.

After being kicked to the curb in TV, I switched fields and went into gerontology---the study of being “too seasoned” and I found my passion working with older adults. In my current role as Associate State Director for AARP Michigan, I’ve studied ageism and now am a positive influencer on the subject. In this new column, I’ll share lots of expertise, stories, and nuggets of truth about ageism based on what I’ve experienced and learned.

MAY CHALLENGE: Think of a time you may have been judged based on your looks as an older adult. What did you experience? How did it make you feel?

Jennifer Feuerstein,
Aging Influencer, Media Personality, Author

WISDOM FOR THE AGES

As we grow older we have much experience to draw from and appreciate. When we take the time to reflect upon the positives in our lives with gratitude it can create a sense of comfort and joy. Enjoy joyful statements of gratitude from members of Young at Heart.

Meet Minnie Morrie

What makes me joyful in my life? In my daily work, I meet individuals and families facing life’s challenges and I am grateful that I have the skills and knowledge to help them to find resources to make their lives better. My place on this earth is to use my gifts to help others and I am reminded that I enjoy blessings that others may not.

The Easter season makes me reflect on these blessings God has given me starting with my children and grandchildren. It is such a joy to watch them embrace life using the gifts that God bestowed on them. As a Catholic I enjoy the traditions I was taught since a young child. Most recently I felt reassured comfort from a focus on prayer at the end of the Lenten season as well as other Easter rituals.

I don’t have extended family locally but it is a joyous occasion to meet with friends and share food from our Asian culture.

Minnie is the executive director of the *West Michigan Asian American Association*.



LIVE TO 100?

You bet! It is possible by incorporating simple elements into our lifestyle. Find out how by signing up for the Blue Zones Newsletter: bluezones.com/newsletter/



THE LONGEVITY ZONE

Meet Antoinette Johnson

As I am getting older, it seems that "miracles" become more apparent---not only with my own family, but with friends, and now, even with strangers who are becoming a joy in my life. Sharing life's simple pleasures brings great joy. My cup is filled with so many "miracles"---they are too numerous to mention.

I am blessed with the opportunity to visit my daughter and her family in Texas soon, where I will see my granddaughter and my great granddaughter. It will be a joy to spend 2 weeks with my family (pictured here) who lives so far away.

But most of all, I am becoming more aware of God's Daily Miracles. The clouds, the flowers, a baby's giggle, and, yes, even the snow when it collects on the tree branches and gives me a Christmas card picture of true beauty. They all are a reminder to stop and smell the roses---and feel the joy!

UPCOMING AARP EVENTS

Learn a Latte: Understanding the Future of Artificial Intelligence

Wednesday, May 15, 10 – 11:30 (set up at 9)

Kent District Library: Grandville Branch,
4055 Maple St. SW, Grandville, 49418

Learn the risks and benefits of using AI and how it'll change our world.

Register: aarpmi.org/lal2024

AARP on Tap

Tuesday, June 18th 4 – 6pm (set up at 3)

Three Gatos Brewery, 1760 44th St. SW,
Wyoming, 49519

Enjoy live music, free appetizers, and discounted drinks.

Register: <https://aarpmi.org/aarpontap>

