



We're on the Web!
www.nwlaning.org

About NorthWest Initiative

The Mission

NorthWest Initiative is a 501(c)(3) non-profit community development organization working to strengthen and sustain healthy communities in Lansing's grand neighborhoods—the City area bounded by the Grand River on the north, east, south and western city limits. Ingham County, Michigan Nutrition Network, Capital Area United Way, Self-Development of People, Presbyterian Church and the City of Lansing are major sponsors of NorthWest Initiative. Program partners include residents, neighborhood organizations, local nonprofit organizations, human service agencies, Experience Works Program, and departments of Michigan State University, Lansing Community College, Spring Arbor University and Western Michigan University.

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Athalia Snyder
AmeriCorps Food Access Coordinator
Rachel Urbis
Community Health Worker
Peggy Vaughn-Payne
Executive Director
Karen Walters
Office Assistant

NorthWest Initiative is a great place to gain wonderful experience in the field of community development. We have five major program areas — Community Outreach, Food Systems Development, ARRO (ex-offender assistance), Youth Engagement, and the Office. We are always seeking dedicated students. For more information, please call Peggy at 999-2894.

Grand Happenings is published every other month. Contact Peggy at 999-2894 or peggy@nwlaning.org for more information or to submit newsletter articles.

January / February 2014
NorthWest Initiative Newsletter!

Grand Happenings

A publication of NorthWest Initiative (NWI)

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HAPPY NEW YEAR!

Dear Friends,

2014 is going to be an exciting year for NorthWest Initiative as we kick off some new projects. I'm very proud to announce that after working with a group of residents and community agencies for the past two years, we are finally launching the Heart of Lansing Village (HLV)! You can read more *about it below*. We are also helping to create a Food Cart business for members of our ARRO Program. Finally, we are also going to be offering a training series on how to start a micro-business for cottage food industry businesses for adults and youth. Watch for more details later this spring! As always, I would like to thank my absolutely wonderful and dedicated staff, volunteers, and interns who are the heart and soul behind all of the accomplishments of NWI. I would also like to take a moment to thank our board members for their leadership and support, as well as our funders, donors, partner organizations, and friends who help us to fulfill our mission in the community.

Best wishes for a happy, healthy, and prosperous New Year!
Peggy Vaughn-Payne, Executive Director
NorthWest Initiative

NWI launches "Heart of Lansing Village" (HLV) Program — Join us at our Open House in January or February!

The HLV is a new program specifically designed to help senior citizens living in northwest Lansing to remain independent and in their home/apartment for as long as possible. The HLV was modeled after the national Village concept that has been sweeping the nation over the past decade. NWI is hosting two Open Houses on Thursday, January 23, 2014 from 1:30-2:30pm and Thursday, February 13, 2014 from 10:30-11:30am at our office. We invite you to join us so you can learn more about this wonderful new program whether for you or your loved one. For a modest yearly membership fee, HLV will provide a variety of social and cultural opportunities, concierge services, health and wellness activities, referrals and discounted services for reliable contractors and service providers. Here's just a few of the valuable services that will be provided through your paid membership:

- rides to appointments
- personalized grocery shopping for you
- daily telephone "check-in" calls or visits
- programming of remote controls, new cell phones, computers, etc.
- miscellaneous handyman/handywoman services
- a volunteer to wait for your repair or delivery person
- monthly workshops and conversations on important topics for senior citizens

Please call Karen at 517-999-2894 to RSVP for one of the Open Houses or for a membership packet.



NWI is a
Proud Supporter of

NWI Office Closed
January 1, 2014
January 20, 2014

Thank You!

If you would like to donate any items, please call 999-2894. All donations are tax deductible as allowed by law.

Club (any amount!)

- GIFT CARDS TO MEIJER, Kroger, Wal-Mart, Sam's
- Cans of coffee, teas, creamer, sugar for guests, and volunteers working at our office
- Toothbrush, toothpaste, soaps, deodorant, lotion, feminine products, etc. for individuals in need

NWI is seeking donations of the following items:

NWI Wish List

to better health
pathways



Volume XIV, Issue 1

January / February 2014

Have you been exposed to lead?

If you or your children had lead poisoning, would you know what symptoms to look for? Would you even know how you were exposed? Do you know what, if any, treatments are available to treat lead poisoning? Lead poisoning is very hard to detect until it reaches elevated levels that start to active by having your home tested for lead exposure. For more information on the **Safe Lansing Program**, call the **City of Lansing at 483-4040** to see if your home qualifies for this free program.

Seeking sponsors and vendors for the Westside Farmers Market

It's that time of year again, and we are looking for vendors for our 4th Annual Westside Farmers Market. Our market will be open on Mondays from 3:00-7:00pm and the season levels! We are also seeking vendors who are interested in selling at our market this year. To receive a sponsorship packet or a Vendor Application, please call **Danyel at 517-999-2894**.

NWI tax site ready to e-file your taxes for free!!

Are you planning to pay some- one to prepare your taxes this year? STOP! We will file your federal, state and Lansing city taxes for free and you can get your refund directly deposited into your bank account in about 10 days! Don't get scammed by the rapid refund locations. In collaboration with the Asset Independence Coalition and the IRS, NWI is proud to be en- tering our tenth season pro- viding free tax preparation ser- vices for families making less than \$53,000 per year. Our volunteer preparers are trained to catch every credit that you have coming to you that many others might miss. Our tax site starts February 4th and will be open on Tuesdays and Wednes- days from 4-8pm; Fridays (only during the month of February) from 10am-2pm; and Saturdays from 9am-3pm. To schedule your tax appointment, call 2-1- 1 or 1-866-561-2500 and be sure to request our tax site!

“Show Me The Money Day” on Saturday February 15, 2014. The event is being held from 10am to 4pm at the South Washington Office Complex building (formerly known as the National Guard Armory) at 2500 S. Washington Avenue, Lansing. Show Me the Money Day events feature community resources, savings products and free fi- nancial goals for 2014 and be- Come learn how to reach your financial goals for 2014 and be- yond!!



Show Me the Money Day—February 15, 2014

Want to increase your income? Get your taxes done for free? Learn ways to save more? Own a home? Become an entrepreneur? Come check out

January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 FPC = First Presbyte- rian Church LC = Letts Center	NWI = North- West Initiative	GLC = Grace Lu- theran Church TLC = Trinity Lu- theran Church	1 Happy New Year!!!! NWI CLOSED			
5 7 8 9:30am Conflict Resolution @ NWI	9:30am AA/NA	3:30pm—Villages @ NWI	9 9:30am AA/NA 12pm—Food Distribu- tion @ FPC NWI CLOSED @ 12pm for Holiday Party			
12 13 14 15 16 9:30am AA/NA	9:30am AA/NA	8am Backpacks @ Hill Center	16 9:30am AA/NA 12pm—Bread @ NWI			
19 20 MLK Jr. Day	21 9:30am AA/NA	22 9:30am Conflict Resolution @ NWI	23 9:30am AA/NA 12pm—Food Distribu- tion @ FPC			
26 27	28 9:30am AA/NA	29 9:30am Conflict Resolution @ NWI	30 9:30am AA/NA 12pm—Bread @ NWI			

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12-3 Youth @ LC						
2 3 4 5 8am Backpack at Hill Center	9:30am AA/NA	9:30am AA/NA	6 9:30am AA/NA 12pm—Food Dist. @ FPC			
9 10 11 12 9:30am Conflict Resolution @ NWI	9:30am AA/NA	11 9:30am AA/NA	13 9:30am AA/NA 12pm - Bread @ NWI			
16 17 18 19 20 21	18 9:30am AA/NA	19 4-8pm Tax Site NWI	20 3:30pm Villages @ NWI			
23 24 25 26 27	24 9:30am AA/NA	25 9:30am AA/NA 4-8pm Tax Site	26 4-8pm Tax Site			
28 29 30 31	27 9:30am AA/NA	28 9:30am AA/NA 4-8pm Tax Site	29 9:30am AA/NA 12pm—Bread @ NWI			

NAMI (National Alliance on Mental Illness) - Lansing, offers a weekly group meeting dedicated to improving the lives of individuals and families who are affected by neurobiological brain disorders through support, education, advocacy, and research. They strive to build a welcoming community for persons with mental illness through treatment, housing, employment, and acceptance. They meet every Thursday at 7:00pm at NWI.

AA / NA Support Group — offers a twice a week group setting to help individuals recovering from alcoholism and drug abuse. The group meets on Tuesdays and Thursdays from 9:30am-10:30am.

For more information or if your group would like to meet at our facility, call Danyel at 517-999-2894.

Help Support our Outreach Program and MLK Day of Service Event

The other opportunity won't cost you a dime—only a pint of blood! Northwest Initiative is holding a "Get a poke, Give a pint!" in partnership with Michigan Blood. We are holding the community blood drive this upcoming Martin Luther King, Jr. Day on January 20, 2014 from 10am-4pm at Grace Lutheran Church.

For more information or to sign-up, call Tali at 517-999-2894.

The Outreach office at Northwest Initiative has some great opportunities for people to pitch in to help improve our community!

Many of you already know how wonderful our volunteers are as well as how important they are in making sure our programs continue. They give much of their time to Northwest Initiative, not to mention their willingness to pay out of pocket for their own volunteer expenses. Unfortunately, Northwest Initiative cannot adequately support our volunteers that drive their vehicles to pick up produce and bread for food distribution with money for gas. That's where you come in. We're asking for financial donations in any amount to help out our volunteers. An easy way of donating is by visiting this site: www.crowdfunder.com/SupportOurVolunteers

Let them know how much we all appreciate their hard work and dedication!

- Allow you to network and meet new people
 - Be a very rewarding and fulfilling experience
 - Involve your love ones and have it become a family activity/tradition
 - Be a small way to make a huge impact in your community
 - Enhance your resume
- There are many volunteer opportunities in our community, especially here at Northwest Initiative. For more information about volunteering for Food Distribution, Weekend Survival Backpacks, VITA Tax Site, Heart of Lansing Village, Westside Farmers Market, and school nutrition education, please call our office at (517) 999-2894.

NorthWest Initiative is pleased to offer our facility to local groups who provide meetings and classes that are free and open to all residents in our community.

Conflict Resolution — offers tools and techniques that will help you better manage normal conflicts that happen in your life. The group meets every Wednesday morning from 9:30-10:30am.

Don't Forget!

Add butter, rosemary, and honey to vegetables. Toss over medium heat until heated through and vegetables are glazed, about 5 minutes.



Friday, February 14, 2014

Michigan Pathways to Better Health Program

In collaboration with several health agencies and organizations, NorthWest Initiative is a partner with the Michigan Pathways to Better Health Program. This program is designed to help people with two or more chronic diseases and start thinking about resolutions and ways to improve ourselves, why not put volunteer-ing on the top of the list. There are many benefits to volunteering. Volunteering can:

- Give you a chance to stay active and healthy
- Help you learn or develop new skills

Better Health Program. This program is designed to help people with two or more chronic diseases and start thinking about resolutions and ways to improve ourselves, why not put volunteering on the top of the list. There are many benefits to volunteering. Volunteering can:

These workshops are free and open to the public so if you are interested in either of them please call our office at (517) 999-2894 and ask to speak to Terra. You can also email Terra at tterra@nwiansing.org for more information or details on these workshops! Location to be announced!

The Food Systems Project is also in need of committed, passionate volunteers and interns! If you are interested in working with kids, gardening or nutrition, the Food Systems Project offers a variety of rewarding experiences in these areas. Internships for academic credit are available! Please contact Terra at (517) 999-2894 if you are interested!

Sautéed Carrots and Parsnips with Rosemary and Honey

Ingredients:

- 2 tablespoons olive oil
- 4 large carrots peeled and chopped
- 4 large parsnips peeled and chopped
- 1 teaspoon salt
- 2 tablespoons butter
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped

Directions:

Heat oil in large skillet over medium-high heat. Add carrots and

parsnips. Sprinkle with salt and pepper. Sauté until vegetables are beginning to brown at edges.

Since the beginning of this year we have cooked a variety of recipes in our in-school program including a sweet apple salad, roasted root vegetables and an Asian noodle dish! In our after school program the students have been cooking a variety of recipes including a mashed root vegetable recipe, beet smoothies, and raw pad thai!

Our gardens are all put to bed for the winter but we continue to offer a variety of nutrition education workshops and seminars for adults and children of all ages! Families and children are welcome to attend. Our upcoming workshop topics include:

- January 9, 2014— Planning a Basic Vegetarian meal
- Learn how to plan a vegetarian meal and make an entrée.
- February 13, 2014: Planning a meal with just 5 ingredients
- Learn how to plan a delicious, healthy meal using just five ingredients.