

May 2010

South Side Community Coalition
2101 W. Holmes Lansing MI 48910



SOUTH SIDE COMMUNITY COALITION.ORG

The South Side Scene

Enroll in the Garden Project at South Side Community Coalition

If you are interested in starting a garden at your home or looking to join a community garden, you might be interested in enrolling in the Garden Project. This great program from the Greater Lansing Food Bank gives free seeds and plants to help you get your garden started. Also there are free workshops through out the summer. Garden Project members can also check out shovels and other garden tools from the garden resource center. The program also offers tilling services for at home gardens for a small \$5-\$10 gas free.



To enroll
Pick up an application at
2101 West Holmes
Lansing Mi
48910
Greaterlansingfoodbank.org

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Above: Peace murals inside South Side Community Coalition painted by neighborhood youth

What Can I Do Today to Prepare for My New Baby?

Here are a few simple tips that will help to insure that you will have a healthy pregnancy and a healthy baby:

1. Eat health foods like fruit, vegetables and whole grains
2. Get Calcium though milk, yogurt or cheese
3. Drink at least eight glasses of water a day
4. Get enough sleep
5. Try to exercise for 30 minutes on most days even if you just take a walk
6. Limit caffeine (found in coffee, soda, tea)
7. Stop smoking, drinking or using drugs
8. Take time now to learn about your pregnancy by reading books, watching videos and talking to other moms
9. Talk to your doctor about any medications you may be taking
10. Visit your doctor regularly during your pregnancy



Why Quit Smoking? Did You Know That:

20 Minutes After Quitting

- Blood pressure drops to a level close to that before the last cigarette
- Temperature of hands and feet increase to normal

12 Hours After Quitting

- Carbon Monoxide level in blood drops to normal

2 Weeks to 3 Months After Quitting

- Circulation improves
- Lung Function increases up to 30%

1 to 9 Months After Quitting

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regain normal function within the lungs increasing its ability to reduce infection

1 Year After Quitting

- Excess risk of coronary heart disease is half that of a smoker

5 years After Quitting

- Stroke risk is reduced to that of a non smoker 5 to 15 years after quitting



Quick Tips for Quitting

- Nibble on low-calorie items like carrot sticks, celery, and apples. Suck on a cinnamon stick or chew gum
- Stretch out your meals. Eat slowly and pause between bites
- After dinner instead of a cigarette try a mint or a cup of tea with honey
- Take deep breathes and exhale slowly. Remember the desire to smoke will pass
- Stay Positive. When you wake up promise yourself that you will not smoke a cigarette that day
- Work Out. Exercise like swimming, running, and racket sports helps you to relieve stress and reduce your smoking urges

Ingham County Food Bank Is Here to Help!

During these difficult economic times, more people than ever are needing help meeting their basic needs. One great resource is the Ingham County Food Bank to supplement your food needs when sometimes your food stamps are not enough.

Who Qualifies for Help?

Residents of Lansing, East Lansing Okemos, and Haslett. If you live in rural areas you may call Mason com-

munity services at 676-1065. You can still qualify even if you get food stamps

How Often Can I Get Food?

Food may be given out once every 30 days. You will be assigned a pick up location and in order to get your food you will need to bring proof of income and a utility bill with a current address on it.

Sorry No Walk Ins

How Do I Get Help?

**Call 887-HELP
(887-4357)**

From

9:00 am to 4:00 pm

Get Your Mammogram Every Year

Did you know that women over the age of 40 need to have a mammogram? The Ingham County Health Department Breast and Cervical Cancer Control Program provides mammograms, pelvic exams, Pap tests and follow-up services. Services are provided for free if you do not have HMO insurance or Medicare Part B and meeting financial guidelines. Early detection in your best protection!



**For more information
Call the Ingham Health
Department
Breast and Cervical
Cancer Control Program
At
517-887-4364**

South Side Seeks 4-H Community Garden Leaders

This spring South Side Community Coalition is looking for community members who would like to help organize our annual 4-H children's garden. Volunteers will work with the youth in our after school and summer programs to learn how to plant, harvest and create projects for display at the Ingham County Fair. As a 4-H leader, you will have access to special trainings, field trips and curriculum. A great resume builder for college students with agricultural or education majors. If you are interested in working with our youth this summer on various 4-H projects, please contact Yolanda Sherrer 517-394-3218. To learn more about 4-H see www.4h.org to check out the many different 4-H activities across the country.



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Bringing Change to the Community

SOUTH SIDE COMMUNITY COALITION.ORG

2101 W. Holmes Rd.
Lansing, MI 48910
517-394-7400

Become a Fan on Facebook

*“Bringing Change
To The
Community One Day
at a Time”*

Mon	Tue	Wed	Thu	Fri	Sat
MAY	2010	Special	Events		
					1
3	4	5	6 Food Table 1:30 to 4:00	7	8
10	11	12	13	14	15 Garden Clean UP
17 Food Table 1:30 to 4:00	18	19	20 senior Luncheon 12:30 to 2:30	21	22
24/30	25	26	27	28	29

The South Side Scene

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South Side Community Coalition

May 2010

www.southsidecommunitycoalition.org

Become a Fan on Facebook

Staff Members

Pete Cunningham: Director

Yolanda Sherrer: Afterschool, Youth & Summer programs

Lisa Hale, Yolanda Sherrer: Health Resources

Board Members

David Wiener, Chair , Cathy Scott Lynch, Vice Chair

Laurin' Thomas, Secretary, Cordell Henderson, Treasurer

Ann Blair , Cleveland Henry , Steven Thomas

Gordon Wilson

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