

Allen Neighborhood Center News

ANC 's Regular Programs

Allen Street Farmers Market till **Oct. 27:** Wednesdays, 2:30-6:30 pm
Breadbasket: Tuesdays, 1-5:30 pm
Community Soup: Oct. 21, Nov. 18, 5:30-8 PM at Unity, 230 S. Holmes.
GardenHouse Events: Page 3
Kinship Care: Oct. 9 and Nov. 13, 1:30-3:30 pm.

Senior Discovery Group: Every Wednesday from 10-noon.
Tai Chi/Hunter Park: Sat., 10 am
Youth Programming: See Page 3

ANC Hours of Operations

12 noon—5:30 : **Walk-In Services**
 9 am—12 noon: **By Appt.**

GardenHouse Hours

3:30—5:30 pm: **Mon.-Fri.**
 10 am—2 pm : **Sat. and Sun.**

Thank You!

ANC is only able to do what it does because of the generous donations of time, energy, and funds that so many of you provide. Thank You:

Capital Imaging, Elfco, and Black Soil Church, sponsors for the Mad City Chicken Fundraiser. Thanks also to our co-hosts, **Mid-MEAC &** to the **hard-working board members** of both organizations who pulled this off. Very importantly, thanks to all of you who purchased a ticket. Finally, a huge thanks to **Corie and Matt Jason,** our hosts & organizers of the event.

LCC Environment, Design, and Building Technologies Department for their partnership around exciting residential and commercial restoration projects.

Unity Spiritual Church for generous donations and for use of the Church for Community Soup.

Kathy Kapalla for her very generous donation to the Senior Discovery Group

For amazing long term volunteer program support: **Linda Anderson, Bob Teachout, Jessi De La Cruz, Jennie Grau, Lynne Martinez, and Francine Watts,** and members of our **Housing Caucus.**

Youth Service Corps and KidsTime programs owe big thanks to **ELFCO** and **Chipotle** for their donations of food.

City of Lansing Planning and Neighborhood Development for support of Eastside Living.

The Outreach team would like to thank **Blue Cross Blue Shield of Michigan**

Allen Senior Discovery Group

Every Wednesday 10 AM until noon. Everyone is welcome! We have a different speaker or event every week. The following are confirmed:
Oct. 6: MSU International Speaker
Oct.13: B'day pot luck/Hunter Park
Oct. 20: Candidate presentation
Oct. 27: Candidate presentation
Nov. 3: MSU International speaker
Nov. 10: CADL's Bill Nelson on *Things Not Here Anymore*
Nov. 17: Preventing Scams by phone and mail, and ID theft prevention

Final Stage: New City Master Plan!

This fall the City begins the final phase of work on the new Master Plan. Join City planners on **Oct. 14, 6:30 pm at Foster Center, rm. 211** to view the major points of the plan. After this, it goes to the approving bodies (e.g., Planning Board, City Council) and then it will be used to guide development in Lansing for years to come.

Thank You (continued)

for sponsoring the **Eastside Women's Health Picnic.** The event could not have been a success without the contributions of: **Mighty Medicine, Andrea King Collier, MSU College of Law students, IRMC Women's Health Services, Women's Center of Greater Lansing, Heartdance Studio, Lansing Parks & Rec., YMCA Downtown, Gone Wired Café, our summer interns and Hunter Park GardenHouse volunteers!**

Thank you, and farewell to our summer Outreach interns: **Brie Rauch, Lauren Hayes, Sara Kells, Michele Buchanan, and Melanie Dovitz!**

The GardenHouse would like to thank its hard working volunteers for a fruitful summer growing season filled with bountiful harvests and community gathering.

Thank you **Officer Robert McBride, the Local UAW 602,** and all **Kinship Care Group** participants for donating school supplies and helping with the annual Back to School Picnic.

Thanks to the talented musicians performing at our Market: **Joshua Davis, Steve King, Carter Moulton, Time 2 Play, Fabulous Heftones, Ben Hassenager, Double Saginaw Familiarity, Liz McDaniel, Royce Philips & Louis Rudner and Jammin DJs.**

Walk-In Hours Change at ANC

Beginning Mon., Oct. 4, ANC will be instituting 'protected hours' for a rapidly growing number of one-on-one appointments. The hours between 9 am and noon will be reserved for scheduled Ingham Health Plan sign-ups, medical home referrals, weatherization enrollments, food stamp/ and Medicaid assistance, and other sign up and referral services. The Center will open to the public (for walk-in services, computer use, etc.) at 12 noon and remain open until 5:30 pm. The after-5:30 pm hours will be reserved, as has been the case for years, for neighborhood group meetings and our periodic workshops. Thanks for noting these changes.

At-A-Glance

9 am—Noon: By appointment only.
Noon – 5:30 pm: Open to the public for walk-in services, afternoon programs, computer/internet use.
5:30 pm on: Neighborhood groups meetings and workshops.

ANC Staff Comings and Goings

We are welcoming several new interns this year, including:

Jennifer Schwartz, UM, working on Breast Health & other health programs;
Stephanie T. and Elizabeth White, of MSU will be in the GardenHouse;
Lauren Grevel, MSU, will be working on Eastside Living, housing, and more.
Steve Couch, '09-'10 VISTA, is moving on to culinary school in Grand Rapids. Good luck, Steve, and thank you for your hard work over the last year;
Heather Hymes, our energetic Volunteer Coordinator, has signed on for another AmeriCorps year;
 In the GardenHouse, interns **Jared Talaga & John Spranger** will stay put!

Tina Evangelista and Kelsey Holsinger, MSU, will be accompanying the Outreach team *everywhere.*

Want up to the minute news about neighborhood goings-on? **The Active Neighboring e-bulletin brings you weekly updates on ANC/Eastside/City events!** To join, send an email with the subject "Add me" to director Joan Nelson at : joann@allenneighborhoodcenter.org

We also constantly update our website: www.allenneighborhoodcenter.org

Garden, Market, Nutrition, Health, House

Hunter Park GardenHouse

GardenHouse Open Hours
 Mon-Fri, 3:30-5:30PM
 Sat & Sun 10AM--2PM

Let's Garden Lansing

We are part of a City-wide collaborative offering gardening workshops throughout the area. Check out: www.letsyardenlansing.org to get a complete list, or watch for our posters. Be sure to join us at the Hunter Park GardenHouse for the following featured workshops:

Cover Crops & Rotation, Oct. 9, 11:30 am
Windowsill Herb Gardening, Nov. 6, 11:30am

KidsTime

Beginning in October, kids ages 5-11 can join us on Mondays and Wednesdays from 4-5P for fun games, gardening, healthy snacks, and more in Hunter Park. Contact Allison to sign up!

YSC Partners with Eastern Key Club

The Youth Service Corps will be spending time in Eastern High and Pattengill Middle beginning this fall. High schoolers can join us at the Wednesday Key Club meetings in Mr. Lubick's room 337, right after school. Youth volunteers of all ages are welcome at our "service Saturdays" that are scheduled at the park for Sep. 25th and Oct. 2nd at 12n. Contact Allison at 999-3910 for more details.

GardenHouse Book Club Looking to Reconvene this Fall

The food-related GardenHouse book club is looking for new members and for book suggestions for the coming winter season. When the temperature drops and the snow flies, be sure to join us for hot tea and great conversation; contact Allison for more information!

GardenHouse Knitting Circle

Join the fun on the 1st Sunday of each month at 11 am, starting Oct.3.

Need more information?

For more information about garden programs and news, or to sign up for the weekly e-bulletin, "The GardenHouse Gazette," contact Allison at allisonb@allenneighborhoodcenter.org or call 517-999-3910.

Allen Street Farmers Market

9-29 CATA sponsors **Apple Festival!** The *Fabulous Heftones* perform at 5pm

10-6 MI Historical Center. *Sam Corbin* performs at 3pm.

10-13 *We're Not Friends* performs at 3pm. *Stargazer* performs at 4:30.

10-20 Join us for the **Harvest Festival!!**

Jen Sygit and Sam Corbin perform.
10-27 Entertainment TBA
Community Potluck at Hunter Park Garden House/Pavilion at 7:00 pm!!!

Crunchy Bran French Toast Ingredients

- 8 slices whole-grain bread
 - 4 table-
spoons light cream cheese Prep Time: 10 min
 - 4 teaspoons low-sugar orange marmalade Cook Time: 8 min
 - 4 teaspoons Serves 4
 - 2 large eggs plus 2 egg whites
 - Zest and juice of 1 orange
 - 1 teaspoon vanilla extract
 - 1 1/2 cups bran flakes cereal
 - 1 to 2 tablespoons vegetable oil
 - 1 to 2 tablespoons unsalted butter
- 2 tablespoons confectioners' sugar (optional)**

Directions

Spread 4 bread slices with 1 tablespoon cream cheese each; spread the other 4 slices with 1 teaspoon marmalade each. Combine to make 4 sandwiches. Whisk the whole eggs, egg whites, orange zest and juice, and vanilla in a shallow bowl. Place the bran flakes in a resealable plastic bag and crush with a rolling pin or your hands. Pour the crumbs onto a plate. Dip both sides of each sandwich in the egg mixture, then in the crumbs, gently pressing the crumbs onto the bread. Heat 1 tablespoon each oil and butter in a skillet or griddle over medium heat. Cook until the outsides are golden and the insides are melted, 3 to 4 minutes per side. (Add more oil and butter, if needed.) Slice the French toast sandwiches into triangles. Let cool before serving to little ones, as the cream cheese can get quite hot. Sprinkle with confectioners' sugar, if desired, and the kids won't even ask for syrup!

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Need Health Coverage?

If you are (1) uninsured, (2) live in Ingham County, and (3) fall within IHP income guidelines, you may qualify for coverage under the **Ingham Health Plan (IHP)**. IHP covers doctor visits, prescriptions, x-rays, lab tests and urgent care for a \$5 co-pay.

Our Outreach team signs people up for IHP, **weatherization assistance, lead paint and asthma trigger abatement, Medicaid, SNAP (food stamp) benefits, Medical Homes, MICHild, Healthy Kids, free mammograms,** and other health, housing, and human service resources. For more information, call us at 367.2468. We have **appointment times available between 9 AM and Noon, Monday-Friday. Public walk-in hours are Monday-Thursday, Noon to 5:30 PM, and Friday Noon to 5 PM.**

ANC's Breast Health Club (BHC)

Our BHC is up to 750 Women! BHC Members receive monthly postcards reminding them to do their **monthly breast self-exam and annual mammograms.** It also alerts members about healthy activities going on in the neighborhood. Postcards can be redeemed for free flax seed and walnuts at the ANC Outreach Table at the weekly Allen St. Farmers Market. Stop by the ANC Outreach Table to find out more about the BHC and other ANC programs!

If you would like to start receiving your monthly BHC postcard via e-mail or if you're interested in receiving a **free mammogram,** please call Heather Rae directly at 999.3917.

Finding breast cancer early with mammograms and breast exams by your doctor or nurse can save your life.

Weatherization Assistance

Let us help you enroll in Capital Area Community Services generous weatherization assistance program. Households with income below 200% of the federal poverty line can receive furnace repairs, insulation, and draft sealing for **FREE.** Call **Tom at 367.2468** for more info.