

THE EASTSIDE NEIGHBOR

A periodic newsletter by Allen Neighborhood Center
1611 E. Kalamazoo St., Lansing, MI 48912
(517) 367-2468 www.allenneighborhoodcenter.org



Dear Friends and Neighbors,

I would like to say that Spring is officially here, but as I look out my office window I see snow falling. Nevertheless, we are in the thick of our Spring programming, excited to bring opportunities to connect and build community with our neighbors. From our **Summer Veggie Box**, to **Market Walk** starting up at Hunter Park, **Allen Farmers Market** moving outdoors and starting it's 19th year in the neighborhood, and our **GardenHouse Workshop Series and Community Potlucks**, there are more opportunities than ever for our neighbors to connect, get active, and learn something new. Beyond our normal program updates, we have some exciting news to share about our team here at the Neighborhood Center!

Over the past 9 years, Denise Paquette has been the face of our Outreach Center. Many of you have engaged Denise's assistance in enrolling in health insurance, accessing food assistance, connecting with resources, participating in our Senior Discovery Group, book clubs, workshops, and on and on. Denise announced her retirement in April and while she will certainly be missed, we are happy for her to have more time to create art and work on her cabin in the UP. Kat Logan, who has been with us in a variety of roles over the last decade, has been named ANC's new Associate Director. In this role, she will oversee Outreach and Engagement (where she interned in 2013), and take on new duties related to staff development, program efficacy, and vision and strategy to the way we maintain alignment with the needs of our stakeholders. Kat's replacement is Jessica Short - see her bio below!



Jessica has been an Eastside resident since 2016. She loves the daily dog walk parade, the floodplain pocket gardens, the DIY culture, and the mix of people and styles. She is excited about the way the Veggie Box program helps to share that sense of an interconnected community through hyperlocal food. Professionally, Jessica previously worked on home energy saving initiatives for Consumers Energy, and worked at the Clinton Conservation District working with agricultural producers on USDA soil conservation programs.

-Joe Enerson, Executive Director

The **Eastside Lansing Food Co-op** is now offering a convenient and affordable selection of fresh produce, package goods, frozen food, and bulk items as "your neighborhood grocery store" seven days a week. Everyone is welcome to shop at ELFCO - no membership required. Check out ELFCO.org or call (517) 999-2222 for more info!

The **Allen Community Health Center** is open Monday - Friday, 8am - 5pm. As a Federally Qualified Health Center they provide medical services to *everyone*, regardless of insurance or ability to pay. Walk-in patients will be assisted as staff availability allows, but appointments are recommended. Schedule by calling (517) 679-2880

Shared Use Kitchens for Food Entrepreneurs

Do you have a snack, a salsa, or pop-up brunch you've been meaning to get off the ground? If so, come get a tour of our on-site fully equipped facilities. **The Maker Kitchen**, powered by Lake Trust, offers a license commercial kitchen perfect for process and product testing. It is also the host for our business workshops, culinary training, and Servsafe Manager courses.

If you have any questions regarding starting your food business, preparing to scale, or looking to getting started in the hospitality field feel free to contact Matt at kitchens@allenneighborhoodcenter.org or (517) 999-3921 for more information!

Allen Farmers Market

The **Allen Farmers Market Summer Season** kicks off **May 10, 2023 at 3pm!** As **Lansing's only year-round farmers market**, pick from the highest quality, locally-sourced meat, cheese, eggs, bread, seasonal produce, flowers, plant starts, coffee, and more.

Buying your groceries from the market strengthens your local food system by providing direct support to local growers and producers while ensuring that you're getting the freshest food available.

While you're here, check out the chefs in the **Rathbun Accelerator Kitchen** and **Maker Kitchen powered by Lake Trust** and choose from Teff-rific's Ethiopian and Eritrean food, Tantay Peruvian food, G3Food For All for gluten-free and dairy-free sandwiches and Picnic Food Truck's variety of vegan, vegetarian and traditional burgers and more.

Weekly live music, entertainment and community engagement with monthly festivals:

- **Seed Festival**, May 17 - sponsored by Lake Trust Credit Union
- **Strawberry Festival**, June 21 - sponsored by McLaren Greater Lansing
- **Kid's Festival**, July 19 - sponsored by Blue Cross Complete of Michigan
- **Tomato Festival**, August 16 - sponsored by State Farm Alec Garza
- **Apple Festival**, September 20 - sponsored by Lansing Board of Water & Light
- **Harvest Festival**, October 18 - sponsored by McLaren Health Plan

The Allen Farmers Market is located in the East parking lot in front of the mural as well as inside the Greatroom. Additional off-site parking available at Shepard and Michigan Ave, with the opportunity for a **free pedicab service to and/or from the Market**. Get a ride from your nearby home, parking spot or bust stop!



We accept a variety of payment options including SNAP, EBT, Double Up Food Bucks, Senior and WIC Project FRESH, credit cards, and debit cards.

For more information, visit allenneighborhoodcenter.org/market or call Jenny Wagemann at (517) 999-3911.

Outreach & Engagement

Stop by the **Outreach and Engagement** Office at ANC with all your healthcare (Medicaid, Ingham Health Plan, ACA), housing, State Benefits, and other questions and/or concerns! We can enroll you or refer you to other agencies. We also have a community computer for your use.

¡Pase por la oficina de ANC donde podemos ayudarte a inscribirte en seguro de salud u otros beneficios, o ayudarte con preguntas y/o inquietudes! Podemos dirigirte a otras agencias. Además, tenemos una computadora comunitaria para su uso.

What is **Ingham Health Plan**?

IHP is basic healthcare coverage for Ingham County residents. You can only apply for IHP if you are ineligible for Medicaid or have a Medicaid pending case. There are no premium costs, only a \$20 enrollment fee to IHP; and you only pay a small co-pay for most services. **IHP requires a Picture ID, Proof of Residency (license, ID, bill), and Proof of Income (paycheck stubs, unemployment, or other proofs) to enroll.**

What is **Medicaid**?

Medicaid gives health coverage to people who have a limited income. Michigan has several different Medicaid programs, and you can see all of them on the Michigan Department of Community Health website.

Stop by our office at 1611 E Kalamazoo St, check out our website at allenneighborhoodcenter.org, email katl@allenneighborhoodcenter.org, or give us a call (517) 367-2468.

Our office hours are:

Monday - Thursdays / Lunes - Jueves
9 AM-5 PM

Walk-ins welcome! / Sin cita

Fridays / Viernes

By appointment only / Solo con cita



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Market Walk

Market Walk is a creative food-and-fitness program that pays neighbors to exercise!

We meet from 5-7 every Tuesday and Thursday evening at Hunter Park. There is also a virtual Saturday option using the Pacer app. For every ten laps walked - or 5 miles using the Pacer app - you earn \$5 to be spent at the Allen Farmers Market.



Market Walk will begin on Tuesday, May 16th, except in the case of heavy rain and/or thunderstorms. To register, feel free to stop by the pavilion on the 16th, or follow the link to sign up!

bit.ly/marketwalk2023. With any questions or concerns, contact Kat Logan at katl@allenneighborhoodcenter.org or 517.999.3924

Volunteering

Hundreds of volunteers contribute thousands of hours each year to make our work possible. Volunteers are our community leaders—the front line people who make the health and connectivity of the neighborhood a personal commitment. They help create an environment that supports shared responsibility for our children, elders, families, and neighborhood groups. Together, we are building a more vibrant Eastside. To join the ranks of our passionate team, please visit: bit.ly/anc-orientation, email volunteer@allenneighborhoodcenter.org, or call 517.367.2468

Hunter Park GardenHouse

Hunter Park GardenHouse Workshops

Check out our 2023 Garden Workshop series! All workshops fees are on a sliding scale of \$20/\$10/\$0. Pay what you can afford! Workshops will be held 10am - 12pm at the Hunter Park Pavilion. To view our full schedule and register, visit bit.ly/gardenhouse-events or contact Kelsi Briana Smith at 517-999-3913.

May 13th **Garden Design with Native Plants** w/ Ben Crocker

May 20th **Composting Basics** w/Mike Dombrowski

Aug 19th **Flower Arranging** w/ Cait Schneider

Stay tuned for information on a food preservation miniseries this fall!

Community Potlucks:

Join us the third Thursday of every month June-October for a community garden potluck, guided harvests in Edible Park, kids activities, and more! A great chance to network with other gardeners, share successes and solve problems together. Meet under the Hunter Park Pavilion.



- June 15th 6-8pm
- July 20th 6-8pm
- August 17th 6-8pm
- September 21st 6-8pm



Visit The Free Native Seed Library!

Located at approx. 426 Clifford St, our "little free library" is full of native seeds collected, sorted, and packaged for neighbors by the GardenHouse team.

We also have some seed starting supplies and resources on successfully starting native plants from seed. Let's naturalize Lansing, together!

Volunteer at the GardenHouse

We need your help! Please consider joining our team and becoming a GardenHouse volunteer! Volunteers help us tend our farm and community garden. To sign up text "volunteer" to (517) 300-8848.

Our Summer Hours are Mon/Wed/Fri 9:30a-12:00p & Tues/Thurs 5-7:30p

Group Events at the GardenHouse:

Looking for a team building or educational outing with your group? Talk to us! We schedule group volunteer days, tours, and youth trips throughout the growing season. For details, talk to Tom, HPGH Assistant Manager, at tomm@allenneighborhoodcenter.org or 517-999-3918.

Veggie Box

Local Food Memberships Open

ANC's Veggie Box is a multi-farm harvest share program, often called community supported agriculture (CSA). It unites dozens of growers to feed a common Eastside community.

A Veggie Box membership subscription lets you commit to farm-fresh eating every week, and support dozens of local businesses, without having to source each item individually. We bring a mini mid-Michigan farmers market to you in one curated take-home package.

We buy directly from local small farms, which reduces the miles food travels to your table. Each week is a 1/2-bushel box of fresh, seasonal, high-quality food.

The foundation of the Veggie Box is veggies, but there's also a wide variety of add-on options to customize your box! Locally raised meat, organic dried beans, eggs, fresh baked bread, and more.

Membership is \$24/week for a 14-week season (\$336). Add-ons available at additional cost.



Register for the upcoming season:
bit.ly/veggieboxregistration

Contact us: 517.999.3923
foodhub@allenneighborhoodcenter.org

Veggie Box for Less

We often have financial support available to reduce the cost of Veggie Box for our neighbors experiencing hardship. Please reach out to Food Hub Manager **Jessica Short** to request a Subsidized Veggie Box.

Youth Programs

ANC is now recruiting for **Youth Service Corps**, a community service and gardening-based program for neighbors ages 11 to 17! YSC members learn about local food systems, grow their own herbs and crops, and even prepare herbal tea blends for wholesale. During warm weather we'll be spending more time in the Hunter Park GardenHouse, and in the YSC garden plot in ANC's **Edible Park**. Our summer members will be learning to manage their own table at the Allen Farmers Market on Wednesdays, as well. Local farmers and businesses also give tours and demonstrations for YSC members. Participants love the experience, and also earn gift cards for their service.

We only have 20 spaces at a time, so sign up while you can! To register your youth for YSC, contact Kelsi, our Educational Programs Coordinator, at 517-999-3913 or via her email and she will provide a registration form. Email the completed form to her at kelsibs@allenneighborhoodcenter.org, or stop by in person during our hours of operation.



Senior Discovery Group

The Senior Discovery Group meets every Wednesday from 10 - 11:30am. We invite seniors from the neighborhood to come out for 'pretty good coffee and great conversation.' Meetings are facilitated by a variety of guest speakers from regional partners: MSU's International Speakers Program, the Tri-County Office on Aging, Capital Area District Libraries, elected officials, artists, musicians, nutritionists, and more! With any questions or to RSVP, feel free to email Kat at katl@allenneighborhoodcenter.org, or call the office at 517-367-2468.

- 5/3: LBWL | Aileen Gow
- 5/10: R.E. Olds Museum | Dick Terwiller
- 5/17: MSU I SPEAK
- 5/24: Helping Women Period | Lysne Tait
- 5/31: Mr. Leslie's Cheesecakes | Marcus Leslie
- 6/7: Clean Water Action | Mary Brady
- 6/14: Beehavior Ranch | Ana Heck
- 6/21: CADL | Heidi Butler
- 6/28: The Women's Center | Rebecca Kasen
- 7/12: Abrams Planetarium | Shannon Schmoll
- 7/19: City Council | Ryan Kost
- 7/26: TBD
- 8/2: Picnic at Hunter Park!
- 8/9: Greater Lansing Area Drummers
- 8/16: TBD
- 8/23: TBD
- 8/30: TBD