

THE EASTSIDE NEIGHBOR

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



@Allenneighborhoodcenter



Opening in Fall 2021

Dear Friends and Neighbors,

Are you ready to get back to the people and activities you love? Your vaccination brings us one day closer to controlling the pandemic. The COVID-19 vaccine is now available to anyone over 16. Both the Ingham County Health Department (ICHD) and Sparrow have available clinic hours -- some don't even require an appointment.

ICHD can now give the vaccine to any Michigan resident. The expansion in eligibility is made possible due to personnel support from the Department of Defense through a Federal Emergency Management Agency (FEMA) program. With additional personnel, ICHD anticipates shifting from vaccinating 1,600 people per day to 3,000-4,000 people per day.

To make an appointment, visit: http://hd.ingham.org/coronavirus/r_1013.aspx or call the ANC Outreach Office for assistance in making an appointment at 517 999-3924.

Sparrow is now accepting walk-ins at their COVID-19 vaccine clinic at the former Sears department store in Frandor. No appointment is necessary. Walk-in openings are available while vaccine supplies last and are on a first-come, first-served basis. If they are unable to provide a vaccine, they'll schedule an appointment for you to return.

Walk-in Hours are: Monday, Wednesday, Friday: 11 a.m. to 2 p.m.; Tuesday, Thursday: Noon to 5 p.m.; and Saturday: 11 a.m. to 3 p.m.

Please bring your state ID or driver's license and insurance card if you have one. You will be asked if you already have a scheduled appointment. Registration can be completed faster if you pre-register with your MySparrow account.

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Culinary Skills Training

Allen Neighborhood Center in collaboration with MSU is now offering a **free** culinary training program for aspiring and veteran workers in the restaurant industry looking to advance their position or employment opportunities. This program offers in-person and an online course that will cover workers' rights as well as culinary training and food safety.

A pre-screening survey is required which can be found at: https://msu.co1.qualtrics.com/jfe/form/SV_es9EwFiai8wdvXE or contact our kitchen manager, Matt Jones, for more information about enrollment (or use of our shared use kitchens, at 517-999-3921 or at kitchens@allenneighborhoodcenter.org.



Allen Farmers Market will be back at 2100 E Michigan Avenue this summer! Due to continued construction and lack of parking nearby, we are moving the market to Michigan Avenue for another season. Thank you to Spadafore Distributing for use of their lot. The Market will be open every Wednesday 2:30-7:00 pm from May 12 - September 29.

Masks and distancing are required at the market in order to protect our neighbors, vendors, & market staff from COVID-19 exposure.

The Market features fresh produce grown at urban farms within the neighborhood and small farms throughout mid-Michigan. We will continue to offer the highest quality locally produced bread, eggs, cheese, meat, coffee, kombucha, & other products.

Grab takeout dinner from Tantay (Peruvian cuisine) or Picnic Food Truck (vegetarian & non-veg burgers and sandwiches). This season we will feature a Makers Table including businesses that are part of our Incubator Kitchen program, including Smoothie Queen, Mr. Leslie's Cheesecakes, and more!

Remember to visit our Market Bank to use your credit/debit card or SNAP/EBT card (plus Double Up Food Bucks). We also accept WIC and Senior Project Fresh coupons for eligible food items.

Hunter Park GardenHouse Workshops

See below for the remaining workshops for our 2021 GardenHouse Talks series. Please register via the event link! Participants will receive a Zoom link in a separate email prior to the workshop. For more information call (517) 999-3910

Hunter Park GardenHouse Presents: Container Gardening

\$15 suggested donation/free tickets available

Date & Time: May 1st 10:00 am-11:30am

Register at <http://bit.ly/ancontainergarden>

Hunter Park GardenHouse Presents: Organic Pest Management

Date & Time: May 15th, 10:00 am-11:30 am

\$15 suggested donation/free tickets available

Register at <http://bit.ly/organicpestmanage>



Volunteer with the Grow-A-Row Commitment Drive!

The Hunter Park GardenHouse's second annual Grow-A-Row Commitment Drive is a great way for families and individuals to give back to their communities in this time of heightened need. The Grow-A-Row program is a program of the Greater Lansing Food Bank Garden Project is a people-helping-people program where home gardeners commit a portion of their harvests to local food pantries. Sign up through our drive and we will provide free plants/seeds!

Follow the link for details and registration information:

<http://allenneighborhoodcenter.org/gardenhouse/growrow/> or call (517) 999-3910.



Sign up for a subscription to local, sustainable produce!

The Veggie Box program is a multi-farm CSA that offers a weekly subscription to local, healthy, sustainably grown fruits and vegetables! Our goal is to ease the amount of effort involved with healthy conscious eating by bringing the farmer's bounty to you. Each week, we purchase the best in-season produce from an array of local farmers, pack it into a box, and have it available for pick-up at the Allen Market Place on either Tuesdays or Thursdays. We accept weekly SNAP payments! Our Summer Veggie Box is full but you can register now for Fall:

14 weeks

Tuesday: September 14 - December 14

Thursday: September 16 - December 16

A subscription is \$322, with add-on items available at an additional cost.

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Available: Summer Subsidized Box

Are you a member of a low-income family with children? Do you know a neighbor who is? The Summer Veggie Box program, with funding from dozens of sponsors is providing subsidized Veggie Boxes to low-income families in the 48912 zip code! For these families, a Veggie Box membership will only cost \$70, made in \$5 weekly payments! Choose this payment option by following the register link below, and sending Kat an email to get pre-approved!

Register at: bit.ly/fallveggiebox2021

Questions? Contact Kat Logan at

517.999.3923 or

foodhub@allenneighborhoodcenter.org

We would like to thank AF Group, Magna DexSys, Emergent BioSolutions, and Sparrow Health System for donating to ANC's Subsidized Veggie Box Program. These contributions allow 16 low-income families with children in our neighborhood enjoy the benefits of fresh, nutritionally-dense foods. Thank you!

Youth Programs

Join us this summer for Youth Gardening Sessions!

ANC is hosting youth gardening sessions all summer long in our **Edible Garden & Orchard at Hunter Park**. Children ages 6+ are invited to spend an hour with us once or twice per week planting, exploring, and maintaining our open-to-the-public vegetable, herb, and flower gardens and fruit-bearing trees.

In an effort to reduce virus transmission risk, youth sessions are entirely outdoor and class sizes are capped at six. All efforts are made to group siblings or family friends that wish to further limit exposure. Times are flexible, let us know what works for you.



Register at: bit.ly/ancyouth

Questions? Contact Ashley Bellant at

517-999-3919 or

ashleyb@allenneighborhoodcenter.org

Market Walk 2021



Market Walk begins on May 18 at Hunter Park. We will meet every Tuesday and Thursday from 5 - 7 pm. For every 5 miles walked you earn a \$5 token to the Allen Farmers Market. **New this year, youth 10 - 14 will earn a \$5 token to the Market for every 2.5 miles walked.**

COVID-19 Resources

The COVID-19 pandemic has affected everyone around the world. Here at ANC, one of our goals is to help our friends and neighbors by providing as many resources as we can regarding this virus. Check them out below:

Statewide Coronavirus Hotline: (888) 535-6136 - open seven days a week from 8AM -5Pm.

Ingham County Corona Virus Hotline: (517) 887-4517

Vaccine Information: (517) 887-4623 or ingham.org

Sparrow Vaccine Information: sparrow.org/vaccine

Rental Assistance: Capital Area Housing Partnership may be able to help with your rent at (517)332-4663

Capital Area United Way Emergency Relief Fund: (866) 561-2500 for assistance with COVID-19 crisis related expenses

MIMortgage Relief Partnership: (877) 999-6442 Facing financial hardships due to COVID? MiMortgage may be able to help with our house payments.

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 help enroll your or refer you to other agencies. We also have a community computer for your use.

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 \$20 enrollment fee to IHP; and you only pay a small co-pay for most services. *IHP requires 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 a 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 <http://allenneighborhoodcenter.org>, or give us a call (517) 367-2468

Our office hours are:

Monday - Thursdays
9AM-5PM

Walk ins welcome!

Fridays

By appointment only

Shared Use Kitchens for Food Entrepreneurs

In 2014, ANC opened an Incubator Kitchen, offering affordable kitchen and storage rental along with business development support to entry-level food entrepreneurs. A number of the Makers in our Kitchen have since gone on to establish their own bricks and mortar operations: Sleepwalker Spirits and Ale, Apple Blossom Kombucha, Joycakes, and more. In fact, 24% of 57 makers have gone on to open their own space!

In early March, the Accelerator Kitchen opened at 1615 E. Kalamazoo, where four graduates of the Incubator Kitchen take an intermediate step between the Incubation and sole-proprietorship. These Maker's include:

Tantay Wednesday - Friday 5:00-7:30 PM, Saturday 11:00 AM -4:00 PM
Smoothie Queen Wednesday - Saturday 10:00 AM -6:00 PM
Mr.Leslie's Cheesecakes Wednesday 2:30 -6:30 PM, Saturday 1:00 -5:00 PM
Slow's Bar B Q Catering TBA

Email Matt Jones at kitchens@allenneighborhoodcenter.org or call (517) 999-3921 for information on our shared used kitchens.

Sustaining Neighbors



ANC is excited to welcome our new donor group, Sustaining Neighbors! Sustaining Neighbors seeks to engage Eastside Neighbors in 3-year pledges, which support our health-focused programs. Contribution levels are flexible to reflect our neighborhood's diverse incomes, ranging from \$5 to \$83 a month (or \$60 to \$999 annually).

Your three-year pledge helps raise medium-term funding, meaning you will play a direct role in supporting our Allen Farmers Market, Breadbasket food pantry, and assistance accessing healthcare; programming that fosters a healthier and more connected Eastside.

If you'd like to be a part of ensuring all Eastsiders have access to food, housing, and healthcare, and wish to connect with a community of like minded philanthropists, email Iris Paul for more information at VISTA@AllenNeighborhoodCenter.org

Neighborhood Groups

The **Eastside Neighborhood Organization (ENO)** is hosting monthly meetings and the public is welcome to attend! Meetings take place virtually every first Wednesday of the month at 7PM. Check out ENO's website for more information: <http://enoonline.org/wp/>

Prospect PLACE meetings are the third Monday of the month. All neighbors in the Prospect PLACE are can attend via Zoom. **Zoom Link:** <https://us02web.zoom.us/j/86309430146?pwd=RIJnZmdENSs0Tm1VOXUzZVFpd215Zz09>
Meeting ID: 863 0943 0146 **Passcode:** 179492