

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,

After years of planning and nearly two years of construction, Allen Place is about to open! Sometime this fall, ELFCO Food Co-op and an Ingham County Health Department Clinic will open their doors to customers and patients, respectively. ELFCO will serve as a small grocery, featuring the produce and food products of local farmers and producers, including many from our farmers market. The Clinic will offer medical care, behavioral health counseling, laboratory services and a pharmacy. Look for residents of our 21 apartments to move in during November. By the way, if you would like to receive an application to live here, contact Kim Fehrenbach of Michigan Asset Group at 517-897-5556 or KimR@miasset.com.

Know that this is a mixed-income development, which means that some apartments are 'income restricted' and others are 'market rate', reflecting the mix of folks living on the Eastside. Kim can advise you on which you qualify for and how to complete the application.

People that live here will have easy access to all of ANC's programs, e.g., the weekly, year-round Allen Farmers Market, educational gardening workshops at the Hunter Park GardenHouse, the weekly Senior Discovery Group (offering "pretty good coffee and great conversation" in gatherings led by speakers on a wide range of topics), our Youth Service Corps for teens, our community computer station in the Outreach Office where, by the way, our outreach staff can connect you to health, food, and other resources, cooking workshops in our Lake Trust Kitchen, the frequent pop-ups and movie nights offered in our Greatroom, outdoor gathering spaces, and more.

We are truly grateful to the many people and organizations that have supported us, most especially Cinnaire Solutions (our development partner), MI Community Capital, PNC, MEDC, many foundations, Ingham County Commissioners and Health Centers, LEAP and City of Lansing, EGLE, BWL, and many more--Find the list of all 22 entities on www.allenplace.org! Most important, we are indebted to our neighbors, those nearby who endured the din and the dust for two years, and others throughout the Eastside who participated in years of community conversations about what a community space "at the intersection of housing, health, food, and energy innovation" might look like.

Watch for the grand opening in early November and come check out the entire complex!

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Allen Farmers Market

Corner of Fairview & Michigan Avenue
Wednesdays 2:30 - 7:00



Allen Farmers Market continues at 2100 E Michigan Avenue through October, then the indoor season will begin in November back at Allen Market Place, 1629 E Kalamazoo. Thank you to Spadafore Distributing for use of their lot. The Market will be open every Wednesday 2:30-7:00 pm through September, then 3:00-6:30 hours begin in October.

Allen Farmers Market continúa en 2100 E Michigan Avenue hasta octubre, luego la temporada bajo techo comenzará en noviembre en Allen Market Place, 1629 E Kalamazoo. El mercado estará abierto todos los miércoles de 2: 30-7: 00 pm hasta septiembre, luego las horas de 3: 00-6: 30 comenzaran en octubre.

Masks and distancing are strongly recommended at the market in order to protect our neighbors, vendors, and 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, and other products.

Grab takeout dinner from Gogi 2 (Korean cuisine) or Picnic Food Truck (vegetarian & non-veg burgers and sandwiches). This season we are featuring several businesses that are part of our Kitchen programs, including Smoothie Queen, Mr. Leslie's Cheesecakes, Michigan Made Treats, 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.



THE FALL GARDEN SCHEDULE HAS BEGUN!

We have shifted to our fall schedule! All garden shifts will occur weekday mornings at the Hunter Park GardenHouse educational farm site (the greenhouse and surrounding area).

Contact Ashley Bellant at 517-999-3919 or ashleyb@allenneighborhoodcenter.org to sign up!

COME HARVEST AT EDIBLE PARK!

Edible Park is our you-pick garden located right outside of the white fences of the Hunter Park Greenhouse. This garden space is offered to as a tool to achieve food sovereignty and security on the Eastside. Neighbors and community members are encouraged to harvest the food growing in our beds!

Check out the map next to greenhouse to see what's ready to harvest!

Here are some of the things ready to harvest in Edible Park!

Okra Kale Vates Collards Cabbage
Tomatoes (Stripped German, Black Prince, Cherry Tomatoes, etc.)
Rainbow Swiss Chard Bell Peppers Snap Peas
Varying Herbs (Basil, Oregano, Thyme, Lemongrass, Cilantro)

Shared Use Kitchens for Food Entrepreneurs

The Maker Kitchen Powered by Lake Trust*, offers affordable kitchen and storage rental along with business development support to entry-level food entrepreneurs. Our Incubator Kitchen allows Makers to run Pop-up to-go dinners as well as a place for production for retail and distribution. A number of the 64 Makers who have participated in our Incubator Program have gone on to establish their own bricks and mortar operations, e.g., Sleepwalker Spirits and Ale, Apple Blossom Kombucha, Joycakes, etc. Of note, 25% of our Makers have opened their own space! Further, 52% are women-owned businesses and 43% are owned by people of color. Please feel free to schedule a tour to find out if this is the right step for your food business!

The Accelerator Kitchen opened in March at 1615 E. Kalamazoo, where graduates of the Incubator Kitchen are taking the next step towards sole-proprietorship. The Accelerator Makers' currently include:

Tantay Wednesday - Friday 5:00-7:30 PM, Saturday 11:00 AM -3:00 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
Gogi 2 - Korean Stir-fry TBA

*Thank you Lake Trust Credit Union for the Naming Sponsorship!

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



ANC Veggie Box, now housed in our brand new **Prep & Pack Kitchen**, **Nourished by AF Group** (Thank you to Naming Sponsor AF Group!), 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, ANC Veggie Box purchases the best in-season produce from an array of local farmers, packs it into a box, and have it available for pick-up at the Allen Market Place on either Tuesdays or Thursdays. We accept cash, card, or weekly SNAP payments! You can register now for the Fall season:

Tuesdays: Sept 14 - Dec 14

Thursdays: Sep 16 - Dec 16

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

Available: Fall Subsidized Box

Are you a member of a low-income family with children? Do you know a neighbor who is? The Subsidized Veggie Box, funded by dozens of sponsors, is a low-cost way to access the Veggie Box program for low-income families in the 48912 zip code! For these families, Veggie Box memberships only cost \$70, made in \$5 weekly payments! To apply for this low-cost option, sign up using the registration link below and send an email to Kat.

Register at: bit.ly/fallveggiebox2021

Questions? Contact Kat Logan at 517.999.3923 or

kat@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 Fall for Youth Service Corps!

After a long hiatus due to the pandemic, ANC is excited to bring back Youth Service Corps - one of its longest-running programs. YSC is a lifeskills, entrepreneurial, service-oriented program for youth ages 11-17.

Beginning in October, sessions will be held Mondays and Wednesdays after school. These sessions will focus on basic-intermediate kitchen skills, utilizing ANC's licensed commercial kitchen and featuring ANC entrepreneurs who will not only share their culinary knowledge but their entrepreneurial journeys. Additionally, youth will participate in service to Eastside neighbors, helping with yard tasks for our older or home-bound individuals. As the year progresses, focus will shift towards gardening in Hunter Park



Contact Ashley Bellant at 517-999-3919 or ashleyb@allenneighborhoodcenter.org to sign up!

Senior Discovery Group

The Senior Discovery Group is meeting in person every Wednesday morning, 10 am - noon. New this year we are asking that you **rsvp your attendance** by emailing Denise at denisep@allenneighborhoodcenter.org. We hope you join us for great conversation and pretty good coffee!

We are thrilled to announce our SDG Speaker Schedule for the rest of 2021!

- 9/1: **Poetry** | Ruelaine Stokes
- 9/8: **Music** | Tiffany Toriumi
- 8/15: **Composting** | Mike Dombrowski
- 9/22: **Senior Nutrition** | Tanya Liabenow
- 9/29: **Ethnobotany and Health** | Evelyn Cudel
- 10/6: **Music** | Alan Bloomfield
- 10/13: **Blood Pressure Self-Monitoring and Diabetes Prevention** | Alison Bradow
- 10/20: **Writing/Activity Session about Covid (pt. 1)** | Martha Bloomfield
- 10/27: **Writing/Activity Session about Covid (pt. 2)** | Martha Bloomfield
- 11/3: **History of Lansing as the Capital** | Tobi Voigt
- 11/10: **New Initiatives in Lansing** | Brian McGrain
- 11/17: **Sustainability Initiatives in Lansing** | Lori Welch
- 11/24: TBD
- 12/1: **Poetry and Letters** | Nancy DeJoy
- 12/8: **The Tattoo Industry** | Mike Riine
- 12/15: **New Discoveries in Space** | Shannon Schmoll
- 12/22: TBD

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 \$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 / Lunes - Jueves
9AM-5PM

Walk ins welcome! / Sin cita

Fridays / Viernes

By appointment only / Solo con cita

Sustaining Neighbors



ANC is excited to welcome our new donor group, Sustaining Neighbors! Sustaining Neighbors seeks to engage Eastside Neighbors in monthly 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 involvement in Sustaining Neighbors 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 James Rawlins for more information at VISTA@AllenNeighborhoodCenter.org

THANK YOU TO ALL OF OUR SUMMER INTERNS AND VOLUNTEERS!

Alexa Baughman
Elizabeth Becker
Lauren Bresky
Amelia Byle
Skylr Daczka
Bethany Dunham
Mar Dunstone
Isla Frazier

Sydney Greenway
Cara Hodgins
Hannah Houghton
Matt Hunter
Shelby King
Cia Krall
Julia Lee
Zoe Melton

Idalia Moore
Jennifer Millbauer
Shin Nakamura
Michelle Ratchford
Taryn Riekse
Caitlin Santer
Natalya Swartz

Neighborhood Groups

The **Eastside Neighborhood Organization (ENO)** hosts monthly meetings and the public is welcome to attend! Meetings take place virtually every first Wednesday of the month at 7 pm. ENO's Eastside Summer Festival is Friday, August 27 (4-11 pm) and Saturday, August 28, (10 am - 10 pm). The event will feature music, a car show, arts and crafts, and more. On September 1st we will host a Candidate Forum, 6 - 9 pm, Foster Center, Room 213. On December 1 will be our Holiday Party, 6-8 pm. ENO will supply the main meal and ask that you bring a dish to share. Contact Nancy Mahlow at 517 372 3249 or email: nmahlow2012@gmail.com

Prospect PLACE meetings are on 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=RLJnZmdENSsOTm1VOXUzZVFpd215Zz09>
Meeting ID: 863 0943 0146 **Passcode:** 179492

Potter Walsh Neighborhood Association in partnership with The Dignified Aging Project is hosting a **Save Our City Resource Fair** on September 10 at Walsh Park from 4 - 8 pm. The event will feature access to healthcare and housing resources, basketball games, free food, and raffle prizes. For more information contact: 517 4883311 or dignifiedagingproject@gmail.org. For information about Potter Walsh Neighborhood Association meetings contact LaSandra at 517 267 9775.