

South Side Community
Coalition
NEWSLETTER

March, April, May 2020

HEALTH AND
COMMUNITY



"There is no power
for change greater
than a **community**
discovering what it
cares about." –
Margaret J. ...



MISSION

South Side Community Coalition **MISSION** - We provide educational programs, job training, health programs and recreational opportunities for youth, families and seniors. We promote self-esteem and academic success, and foster the development of positive life skills through one-on-one mentoring, vocational advancement, education and recreation. At the coalition, Lansing residents can find information, enjoy fun, safe and interesting programs and have opportunity to become involved in their neighborhoods.

Community

EVENTS

3rd Annual Spread Goodness Day MARCH 13, 2020.

Location: Allen Neighborhood Center / Allen Market Place

Address: 1611 E. Kalamazoo St. Lansing, MI

Admission: Free

Greater Lansing Baby Fair 2020-Lansing Center

APRIL 25, 2020 -THIS FREE POPULAR EVENT FEATURES DEMONSTRATIONS, SPEAKERS, AND EXHIBIT BOOTHS RANGING FROM CAR SEAT SAFETY TO INFANT ORAL HEALTH. YOU WILL MEET SOME OF THE AREA'S PEDIATRICIANS, MIDWIVES, DOCTORS, DENTISTS, LACTATION CONSULTANTS, PRESCHOOL TEACHERS, NUTRITIONISTS, AND MORE! SHOP AND BROWSE FOR BABY ITEMS! THERE ARE ACTIVITIES FOR THE WHOLE FAMILY!

Recycle Rama 2020 9 am – 2 pm

Mid-Michigan's premiere, regional recycling event will be held on Saturday, April 18, 2020 at the Ingham County Health Department on Cedar Street in Lansing.

Orthopedic Total Joint Replacement Pre-Operative Class

Thursday, May 14, 2020 at 2:00pm -Sparrow Hospital 1215 E Michigan Ave, Lansing, MI 48912

This class is intended for those who are already scheduled for Total Joint Replacement surgery. Please park in the West parking structure. You may also use Valet parking services available in the Sparrow Main Lobby. If you choose to park in the parking structure, we will validate your parking at the end of the session. We are unable to validate Valet parking at this time.

Please sign-up to attend a session as soon as possible as class size is limited and sessions fill quickly!

For more information please call 1.800.sparrow (1.800.772.7769) or www.sparrow.org.

Location: Sparrow Tower, 6 West Conference Room

2020 Mobile Health Clinic Sites and Contacts

Allen Neighborhood Center – April 13th (11am – 2pm)

1629 East Kalamazoo Street

Lansing, 48912

Julia Kramer

Manager, Allen Farmers Market and Breadbasket Food Pantry

juliak@allenneighborhoodcenter.org

517-999-3911

Southside Community Coalition – April 27th (10am – 1pm)

2101 W. Holmes Rd.

Lansing, MI. 48910

Yolanda Williams

(517) 394-7400

ysherrer86@gmail.com

Capitol Commons Senior Apartments – May 8th (1pm – 4pm)

500 S. Pine St

Lansing, 48911

Cassandra

517-482-8880

capitolsenior@1sthousing.com

South Washington Park Apartments – May 20th (1pm – 4pm)

3200 S. Washington Ave

Lansing, 48910

Marcus Hardy

Asset Manager

517-862-0855 (best contact number)

517-393-8464

Marcush@lanshc.org

Advent House – June 5th (1pm – 4pm)

743 N. Martin Luther King Boulevard

Lansing, 48915

Susan Cancro -director

(517) 485-4722

(517) 285-3988

secancro@adventhouse.com

Pinebrook Manor – June 17th (1pm – 4pm)

3618 W. Miller Rd.

Lansing, MI. 48911

Annette Morse

(517) 882-3518

Sparrow

Leslie Batchelor: leslie.batchelor@sparrow.org

Desk: (517) 364-8860

Cell: (517) 505-7173

Ingham County

Contact: Mindy Smith msmith@ingham.org

Cell: (517) 243-5134

Desk: (517) 887-4695

Dean Transportation

Contact: Courtney Bollman-
courtneyb@deantrans.com

517-319-8383

517930-8682



Hello, my name is Lindsey Fagerstrom, the new AmeriCorps member serving at SSCC. I am a Minnesota native who studied Environmental Science at Carthage College in Kenosha, WI. I moved to Lansing, MI for an environmental health research position at MSU in 2018. In my new role at SSCC I will be managing the hoop house as well as holding workshops for the children and community about gardening, nutrition, exercise, and other healthy habits. I have a love for coffee, swimming, getting outside, and exploring Michigan! I am eager for our next season and I cannot wait to share our garden and harvest with the community.

HEALTH

Heart month

Would you recognize the signs and symptoms of a heart attack?

While signs differ between men and women here are the basics to be aware of:

If you have or suspect any of these symptoms call 911 and get to a hospital right away.

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that last for more than a few minutes or goes away and returns
- Pain or discomfort in the jaw neck, stomach
- Shortness of breath with or without chest discomfort.
- Nausea or breaking out in a cold sweat, lightheadedness

Women may experience classic chest pressure, however they're more likely than men to present with vague symptoms like shortness of breath, abdominal pain, dizziness, light-headedness, fainting, upper back pressure, or extreme fatigue.



For more information and to learn how you can reduce your risk of heart attack, visit the American Heart Association:

- <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>
- <https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack/heart-attack-symptoms-in-women>
- <https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack>

Everything You Ever Need to Know About MEDICAID

What most people may think when they hear the word “Medicaid” is healthcare, and they would be generally correct. One important thing to remember is that Medicaid is a federal program implemented by the state of Michigan that specializes in helping low-income adults, children, pregnant women, elderly adults and people with disabilities. Medicaid is the single largest source of health coverage in the United States, enrolling over 65 million people. In Lansing alone, one out of eleven people have Medicaid. Unfortunately, nearly 10 percent of Lansing’s population have no health care coverage at all.

So why is this so important? If you are uninsured and have no health coverage, you may ultimately pay more in taxes as a result. Under current law, if you did not have health insurance in 2018 AND you are still uninsured, you may need to pay a 250 dollars or more in taxes per year.

While you may not want to spend the money on health insurance, there are a wide variety of reasons that you need to get health insurance:

- It can be very expensive to deal with an unexpected medical emergency like a car accident, heart attack, or stroke. If you end up needing surgery or other long-term care, you will likely pay thousands of dollars for the care you need. If you end up needing to stay at the hospital for an extended period of time, the cost can really add up quickly. Even ambulances can cost hundreds of dollars just to rush you to the hospital.
- Medical debt can bankrupt you. Medical debt can negatively affect your quality of life, and having health insurance is one way that you can prevent yourself from facing this type of issue. Many hospitals will work with you to set up a payment plan, but without insurance, the payments may still be more than you can afford and take years to pay off.
- Health insurance makes it easier to go in to get preventive care – like doctor’s appointments and check-ups – so that you do not need more expensive procedures later. Taking care of small things like ear or sinus infections can prevent you from developing more serious health problems, which may result in an emergency room visit or hospital stay. Annual physicals can help you catch things early, and avoid expensive medical bills.

Medicaid can help you afford basic medical services including transportation to and from your doctor’s office and the hospital, home health services, nursing and pregnancy assistance, and in some cases, assistance with prescriptions and physical therapy.

How do you know if you are eligible to receive Medicaid? Low-income families, most pregnant women and children, and individuals receiving Supplemental Security Income (SSI) are all guaranteed eligibility. In many cases, individuals receiving home-care, major community services, and children in foster care are guaranteed eligibility as well. All children in poverty (at or below 133% the federal poverty level) are guaranteed eligibility. Other regulations and standards apply, but Medicaid is designed to help those in need.

Talk to us at South Side Community Coalition if you would like to enroll or get more information.

Call Yolanda Williams 517-394-3138

PARENTS SPEAK UP



RAFFLE PRIZES
\$25 Gas Cards



BRING A FRIEND
& You Will Be Entered in a
raffle for a Gift Basket



WHEN:
MARCH 31st
6pm-7pm



WHERE:
South Side Community Coalition
2101 W. Holmes Rd. Lansing, MI, 48910

**Parents we need your voice! Come to our
meet & greet and learn about Empowering
Youth Today! & Receive tips to talk with
your teens about the “uncomfortable”
truths!**

CALL: (517)394-7400 OR
EMAIL: OUTREACH.SSCC@GMAIL.COM

FOOD!!
Complementary food to
show our appreciation



NO DAYCARE!!
UNFORTUNATLY
THERE WILL BE
NO CHILDREN
AT THIS EVENT
SORRY FOR ANY
INCONVIENCE

Breast and Cervical Cancer Control Navigation Program

What this program covers:

Eligible women who meet the program income guidelines can receive the following services at no cost, along with transportation assistance gift cards:

- Women ages 21-29: Pap test
- Women ages 21-39: referred to BCCCNP with an abnormal clinical breast exam (CBE) and requires breast diagnostic services
- Women ages 21-64: referred to BCCCNP for cervical follow-up tests for an abnormal finding on a cervical screening test
- Women ages 40-64: breast screening test (mammogram) and/or follow-up tests (if needed) for an abnormal finding on a mammogram
- Women ages 30-65: Pap test and HPV testing as per BCCCNP medical protocol and cervical screening eligibility guidelines.

More info about this program:

The Breast and Cervical Cancer Control Navigation Program or BCCCNP is part of a nationwide effort to decrease breast and cervical cancer deaths by providing breast and cervical cancer screening services for low to moderate income women who have no insurance or are under-insured. Screening services are available to women living in Clinton, Eaton, Genesee, Gratiot, Ingham, Ionia, Jackson, Lapeer, Livingston, Shiawassee and Washtenaw counties. Women who meet the eligibility guidelines may receive a pelvic exam, Pap test, clinical breast exam, mammogram and health education. Further diagnostic testing and treatment services are available to women who are found to have an abnormality through their screening. In addition to screening services, individualized assistance is available to insured clients to help them overcome barriers preventing them from receiving needed services. BCCCNP screening services for Ingham County are provided at the Ingham County Health Department Women's Health Clinic or at the Cristo Rey Health Clinic. Multiple sites are available in the other counties served by this program.

Help support the BCCCNP program

The breast cancer awareness license plate was introduced in 2014 and is available at Michigan Secretary of State offices. The plate promotes awareness of the importance of breast cancer screening. The license plate features the pink ribbon, widely known as the symbol for breast cancer awareness, along with an important screening message at the bottom of the plate that reads "Early Detection Saves Lives." A portion of the proceeds from license plate sales will go toward MDHHS's breast and cervical cancer screening services program to help ensure that eligible women in underserved populations have access to this important, and possibly life-saving, health resource. \$25 will go towards the program when a plate is first bought and \$10 each time it's renewed. To purchase a plate by mail or fax, complete and print the [Breast Cancer Awareness License Plate Order Form](#). Check for the availability of a personalized Breast Cancer Awareness plate using [Plate it Your Way](#). Learn more about MDHHS's breast and cervical cancer screening program.

ICHD BCCCNP:

5303 S. Cedar Street
Lansing, MI 48911

(517) 887-4364 or toll-free (877) 221-6505

Business Hours

Monday - Friday

8a - 5p

Being Your Own, Best, Health Advocate

When you think about it, who really should care the most about your health? The answer is You, of course. Each of us has struggled, from time to time, to advocate for ourselves during medical appointments. These appointments are where we should feel free to ask as many questions as we have, and to inform the physicians of all of our medical/physical complaints.

Getting yourself advocacy into high gear isn't so hard after all. Here are a few tips to get you started:

1. Make a list of concerns, pains, complaints, and/or conditions prior to the appointment and take the list with you to the appointment.
2. Do some research on your conditions if you can, and take notes with you to the appointment.
3. Know your health history, and inform the physician.
4. Ask any and all questions you have/keep asking until you get a better understanding of your situation.
5. Remember your weight may not be the only cause for your ailments...seek explanations that go beyond your need to lose some body weight.
6. Doctors often have handouts regarding stretching, exercise, and good diet practices. Take and read those hand out materials.

We, at the Southside Community Coalition are sincerely concerned about our communities' overall health. So we encourage everyone to seek medical advice from qualified professionals, get testing early, when applicable, and remember it is never too late to re-start exercise and a healthy eating regimen.

Better & Healthier Days Ahead,

Stuart Chavis, Interim Director



Important Dates

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail.

Overall Timeline

Counting every person living in the United States is a massive undertaking, and efforts begin years in advance. Here's a look at some of the key dates along the way:

2020

- *January 21: The U.S. Census Bureau starts counting the population in remote Alaska. The count officially begins in the rural Alaskan village of Toksook Bay.*
- *March 12 - 20: Households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone, or by mail.*
- *March 30 - April 1: The Census Bureau will count people who are experiencing homelessness over these three days. As part of this process, the Census Bureau counts people in shelters, at soup kitchens and mobile food vans, on the streets, and at non-sheltered, outdoor locations such as tent encampments.*
- *April 1: Census Day is observed nationwide. By this date, every home will receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail. When you respond to the census, you'll tell the Census Bureau where you live as of April 1, 2020.*
- *April: Census takers will begin visiting college students who live on campus, people living in senior centers, and others who live among large groups of people. Census takers also begin conducting quality check interviews to help ensure an accurate count.*
- *May - July: Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.*
- *December: The Census Bureau will deliver apportionment counts to the President and Congress as required by law.*

2021

- *March 31: By this date, the Census Bureau will send redistricting counts to states. This information is used to redraw legislative districts based on population changes.*

Delta Side Community & Health Expo

Sat Mar 07 2020 at 10:00 am Lansing Mall, 5330 West Saginaw Highway, Lansing, Michigan 48917

Come on out Saturday March 7th to the Lansing Mall for the Delta Side Business Association Community & Health Expo. Meet local business owners and their staff, health professionals, nonprofit organizations and township offices. This is a family friendly event. All money raised is go towards scholarships to graduating seniors that live in Delta Township.

Healthy Spring Cleaning Pointe West-April 25, 2020 1:00 pm - 4:00 pm

Learn about the benefits of natural spring cleaning at this fun, informative event at Pointe West!

We'll provide a class on how to include more natural cleaning into your routine using essential oils and other products.

Pointe West

Pointe West Blvd

Grand Ledge, MI 48837 United States

Heart-Healthy Cooking - Meals from the Heart

Tuesday, May 12, 2020 at 5:00pm -Sparrow Hospital 1215 E Michigan Ave, Lansing, MI 48912

The Sparrow Demonstration Kitchen, located within The Gathering Place in Sparrow Hospital, will host a 4-class series dedicated to improving knowledge and kitchen skills for eating a heart-healthy diet. This is a FREE class offered to the Lansing community!

Come and learn about heart-healthy nutrition while enjoying delicious, flavorful food. Classes focus on increasing fiber, fruits, vegetables, and whole grains, while decreasing saturated fat and sodium intake.

Class size is limited to the first 24 people. Please note that this is a SERIES and we strongly encourage participation in all 4 classes.

Registration:

You can also contact Abby Richey at 517-364-3231 or email at abby.richey@sparrow.org for more information and registration.

UPCOMING EVENTS

March 2020

Senior Bingo—March 4, 2020 (12:30pm—1:30pm) & March 11, 2020 (12:30-1:30pm)

Senior Luncheon—March 26, 2020 (12:30pm –2:00pm)

Food Distribution— March 9, 2020 (12:00pm) & March 23, 2020 (12:00pm)

April 2020:

Senior Bingo— April 15, 2020 (12:30pm—1:30pm) & April 29, 2020 (12:30-1:30pm)

Senior Luncheon— April 16, 2020 (12:30pm –2:00pm)

Food Distribution—April 13, 2020 (12:00PM) & April 27, 2020 (12:00PM)

May:

Senior Bingo— May 6, 2020 (12:30pm—1:30pm) & May 20, 2020 (12:30-1:30pm)

Senior Luncheon—May 28, 2020 (12:30pm –2:00pm)

Food Distribution—May 4, 2020 (1:00PM) & May 18, 2020 (12:00PM)

Board Members:

Cathy Scott-Lynch – Chair

Courtney Cole – Secretary

Cordell Henderson

Murdock Jemerson

Ann Blair – Vice Chair

David Wiener – Treasurer

Cleveland Henry

Joe Salter

Laurin' Roberts -Thomas

Staff:

Stuart Chavis—Interim SSCC Director

Yolanda Williams – Youth and Senior Program Coordinator & Invest Health Staff

Alex Sovel – Afterschool Assistant

Dezarae Delacruz-Jones— Empowering Youth Today Instructor

Lindsey Fagerstrom – AmeriCorps member