



# Christian Neighbors

Serving Martin, Otsego and Plainwell

HOURS: Monday 10-12 and 4-6pm (food only), Tuesday 10-12 and 1-4pm, Wednesday Closed  
Thursday 3-5pm, and Friday 9:30-11:30am

## In the Neighborhood

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### BEWARE.

Payday borrows usually get pushed into a cycle of debt.

Many payday loan company's use false threats, harassing calls, and intimidation, to bully payday borrowers.

When you take out a loan to cover some expenses be prepared to pay the loan back in full plus the interest the loan accrued. Many times, payday loans pressure overdue borrowers into taking out additional loans, causing a cycle of debt.

**BEST PRACTICE**, use your resources and avoid at all cost payday loans.

**Solution:** Come into Christian Neighbors and brainstorm with a case manager. We may have idea's you have not thought of to solve financial problems.

We are here for you, Just



**Christian Neighbors will be closed for services on: THURSDAY JULY 5th**

## July is...

### Ways to Live Healthier

Healthy Living Step No. 1: Take stock.

Your first step toward healthy living is to get a handle on your health status right now. Here's your to-do list:

**Make appointments with your doctor and dentist.** Catch up on your routine screening and [immunizations](#), and take the opportunity to [ask your doctor](#) any questions you might have. Remember the health department provides immunizations as well.

**Gauge your girth.** Measure your height and weight to [check your BMI](#), and [measure your waist circumference](#) to see if you're [overweight](#) and if your waistline is putting your health at risk.

**Assess your activity.** How much [physical activity](#) do you get in a typical week? How intense is that activity? How much variety do you get in your activity, and how much do you enjoy it? The CDC recommends that adults get at least two and a half hours per week of moderate-intensity aerobic activity or one hour and 15 minutes per week of vigorous-intensity aerobic activity, plus muscle-strengthening activities at least two days per week.

**Keep a food diary.** Write down everything you eat for a day -- and no fair skipping the items you're embarrassed about. The idea is to write it down ... without judgment, "You can't change what you're not aware of or don't acknowledge."

**Check your mood and energy.** Healthy living includes [emotional wellness](#) and adequate rest. How has your mood been lately? Are you experiencing any [symptoms of depression](#) or [anxiety](#)? Do you usually [sleep](#) well for seven to eight hours a night? Be sure to speak with your doctor about any changes.

**Consider your social network.** How strong are your connections with family and friends? Are you plugged in with social or spiritual groups that enrich your life? "People have a fundamental need for positive and lasting [relationships](#)."

www.snapfitness.com



Getting the kids involved in Vacation Bible School is a great way to give yourself a little break and allow for them to have some fun and learn new things. Getting together with children their own ages is healthy and promotes creative play along with great communication skills.

Sometimes a change of scenery is just what is needed to break up the long summer. Take a moment and call nearby churches to see what they have going on this summer.

### Otsego Public Schools



**FREE**  
**breakfast & lunch**  
**Monday - Friday**  
**June 11 - August 24**  
 (kids age 18 & under)

**Alamo Elementary**  
 breakfast: 10-11am  
 lunch: 12:30-1:30pm

**Otsego Northside Park**  
 lunch: 11-11:30am

**Dix Street Elem.**  
 breakfast: 7:30-9am  
 lunch: 11:30am-1:00pm

**Watson Mobile Home Park**  
 lunch: 11:50am-12:20pm

**Washington St. Elem.**  
 breakfast: 7-9am  
 lunch: 11am-1pm

**Lombardini Mobile Home Park**  
 lunch: 12:30-1pm

Meals will not be served July 2-6

### Plainwell Public Schools



**Plainwell Schools**  
**MEET UP & EAT UP**  
**Summer Food Program**

**Summer Break**  
**June 18 – August 24**

This Summer Food Program allows anyone **18 and under** to receive a **Free Freshly Prepared Meal!**

Plainwell High School: Breakfast 9:30-10:30am Lunch 11:30-1pm

Gun River Trailer Park: Lunch 12-1pm

Starr Elementary: July 10-Aug 16 on Tues, Wed, and Thursdays

Breakfast 8-8:30 am Lunch 11-12:30pm



**Have you ever wanted to learn how to play Pickleball?**

**NOW YOU CAN FOR FREE! At Thurl Cook Park in Plainwell**

**Show up with Tennis Shoes. Paddles and balls will be provided.**

**Mon, Wed, & Sat from 9am-11am**

**Tues/Thur 6-8pm**

**Great activity for kids and adults.**



## Know the Difference

Severe Thunderstorm **Watch**—Severe thunderstorms are possible in and near the watch area. Stay informed and be ready to act if a severe thunderstorm warning is issued.

Severe Thunderstorm **Warning**—Severe weather has been reported by spotters or indicated by radar. Warnings indicate imminent danger to life and property. Every year people are killed or seriously injured by severe thunderstorms despite advance warning. While some did not hear the warning, others heard the warning and did not pay attention to it. The following information, combined with timely watches and warnings about severe weather, may help save lives.