



# 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

Volume 5, Issue 8

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### SETTING BOUNDARIES

Setting boundaries doesn't come easily or naturally to a lot of people, but you can learn to set healthy boundaries. If you don't, you will be taken advantage of.

This is also an important parenting technique we need to have with our children. I'm sure you have seen children running in the stores or maybe at the bank. Setting healthy boundaries helps communicate your expectations. A wishy-washy boundary is not

### 10 STEPS TO SETTING HEALTHY BOUNDARIES

1. Clearly identify your boundary.
2. Understand why you need the boundary.
3. Be straight forward.
4. Don't apologize or give long explanations.
5. Use a calm and polite tone.
6. Start with tighter boundaries (and then loosen up if appropriate).
7. Address boundary violations early.
8. Don't make it personal.
9. Use a support system.
10. Trust your intuition.

## Getting Prepared for the upcoming School Year with a Routine!

Back to School is the perfect time to start new routines that will last you throughout the school year. Did you know that getting young children in a routine helps them create self-sufficiency, to know what is next, and it decreases conflict along with stress.

## How to Get into the Back to School Routine



- **Morning and evening routines set the tone for the day.** A smooth morning makes for a much calmer day. The preparation for that smooth morning happens the night before.
- **They'll make you feel super-prepared.** Having your outfit laid out for you in the morning eliminates all kinds of issues. Making lunches the night before, and looking over the task for the next day will make you feel like you've really got it together. And we could all use a little more of that, right?
- **You'll see the results right away.** Changing your routine isn't easy, but it's much easier if you can immediately see the positive results. Morning and evening routines have such an impact on your whole day because they help shape your attitude and mood for the day.

Upcoming Classes you can get involved with for **FREE**.

Christian Neighbors will be offering an Organizational Class on Thursday **September 6th** at two different times; 10-12am and 5:30-7:30pm. If you are serious about getting organized and learning a routine then register for this class.

A Matter of Balance Class will also be provided by Christian Neighbors @ the Otsego United Methodist Church. Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This class will be offered **Sep 10- Oct 4** and will meet **twice a week for four weeks**. To Register call or email Shannon @ 685-4166 ext. 103 or [sfuller@christianneighbors.org](mailto:sfuller@christianneighbors.org)

1 lb(s) fusilli pasta

¼ cup olive oil

1 clove garlic, minced

1 (9-oz) bag fresh spinach, roughly chopped

8 oz (1/2 pint) cherry tomatoes, halved

1 cup (about 3 1/2-oz) grated Asiago

½ cup grated Parmesan

1 tsp salt

¾ tsp freshly ground black pepper

Fusilli with Spinach and Asiago Cheese



1. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta reserving 1/2 cup of the cooking liquid.
2. Meanwhile, warm olive oil in a large, heavy skillet over medium-high heat. Add the garlic and cook until fragrant, about 2 minutes. Add the spinach and tomatoes and cook until the spinach wilts, about 2 more minutes. Add the cooked pasta and toss. Add the cheeses, salt, pepper, and the pasta cooking liquid and stir to combine.
3. Transfer the pasta to a serving plate and serve.

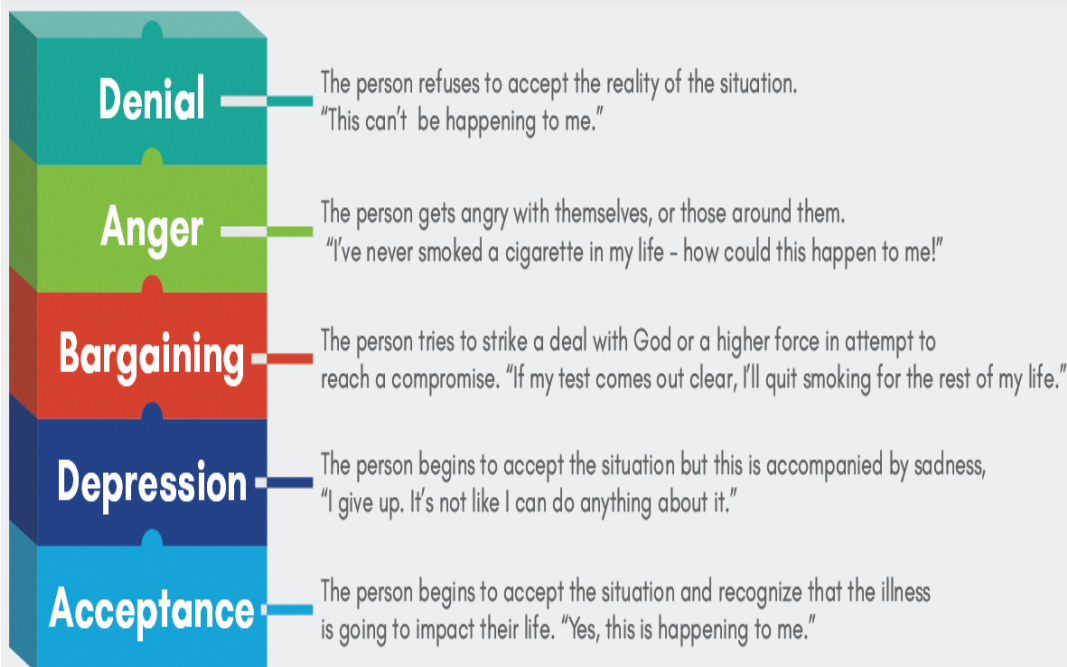
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## STAGES OF GRIEF



### We All Grieve

When we grieve, it means that it was important to us. We can grieve over many things not just a loss of a love one but over many things within our lives.

Here are some supportive words:

**Say** "I can't imagine how you are feeling, I am here to listen"

Instead of "I know how you feel"

**Say** "I'm here to listen for as long as you need"

Instead of "You need to move on"

**You go through stages of grief a lot throughout your life. You can grieve after a loss of a loved one, hearing news that is shocking, after a difficult situation, or an event/disaster takes place.**

Here are the stages of grief, which will help you see as they process. The best action is to be supportive.