



**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 10

October 2018

### Taste Testing

Starting October 11th our pantry will be providing some exciting taste testing. This will occur during open hours 3-5pm every 2nd Thursday of the month.



### Free clothing to those in need.

If you or loved ones are in need of free clothing look into:

Seventh Day Adventist: 218  
Farmer St-Otsego-694-4775

AND

Community Closet: 101 N.  
Walnut St-Allegan-269-673-  
2254

## Resource Workshop

Christian Neighbors will offer a Resource Workshop every 3rd Monday of each month from 10am-12pm

We saw a need and we wanted to help, this is how the resource workshop came about. Many of you report that getting out to our local DHHS is a difficult task due to the drive and time it takes. We also heard that individuals had problems but didn't realize in our community many solutions were present.

If you are an individual/family that needs benefits such as food, Medicaid/Medicare question/enrollment, apply for low income internet, utility programs, job resources, WIC, and a number of other resources that are available. This resource workshop is here to help YOU.

We will help brainstorm ideas and provide you with guidance in getting the services that are available. Come check it out and let us help you solve the problems.



**A specialist will be on hand to answer any questions and to help with open enrollment for Medicare/Medicaid.**

**Next workshop is Oct 15th from 10am-12**

**Christian Neighbors Can Help!**

**The following opportunities offered here at Christian Neighbors are:**

- \*Partnering with a Mentor**
- \*Enroll in "Take Control" Class**
- \*Participate in Connections Activities**



## Wondering How to Soak Beans?

Buying dried beans is a cheaper and healthier alternative to buying canned. There are a few different ways to soak beans, but this one is the quickest:

1. Boil beans in water for 1 minute
2. Cover and set aside for 1 hour
3. Drain and rinse beans

Cook according to the recipe you are using - such as the one on this page

Tip: Soak and cook a big batch of beans and freeze the leftovers in portioned sizes so that you can easily toss them in soups and casseroles!



## Low-Cost Recipe of the Month

### Bean Soup

- 1c. Dry beans, soaked and drained
- 4c. Chicken or vegetable broth
- 4c. Water
- 2c. Tomato sauce, juice, or canned crushed tomatoes
- 1-2 onions, chopped
- 1t. Oregano or basil
- 1/4c. Uncooked pasta

Place beans, broth, water, tomato ingredient, onion, and herbs in a large pot. Cover and cook on medium for 2-3 hours. Add pasta and cook until tender. If you like you could add carrots, celery and ham for added flavor and nutrition.

Makes 8 servings. Freeze the leftovers for a quick and hearty meal!



## Allegan General Hospital Offers Saturday Mammogram Parties

Allegan General Hospital (AGH) recognizes mammography as an important tool for detecting breast cancer early on, helping to save lives. According to the Centers for Disease Control and Prevention, screening mammograms can reduce breast cancer deaths by approximately 20 to 35 percent in women 50 to 69 years of age and approximately 20 percent in women 40 to 49 years old.

Mammogram Parties will be offered on the following Saturdays in 2018, from 9:00 a.m. to 2:00 p.m.: September 30, and October 28. A physician referral is not required to sign up; however, mammogram appointments are required.

For more information or to schedule an appointment, call AGH's Radiology department at (269) 686-4210.

OCTOBER is National Breast Cancer Awareness Month.



### 5 Surprisingly Simple Ways For Moms To Get More Done



#### TIPS

- #1: Track your time for one week. = Before you can control your time, you need to know exactly what you're doing with your time.
- #2: Get up earlier. = If you want your life to be different, you have to be willing to do something different first.
- #3: Learn the art of time blocking. = It's simply a block of time you've scheduled to work on one project, this is focused concentration to work on a specific project.
- #4: Develop Habits and Routines. = Spend some time listing out the things you do everyday. Then start creating routines for those activities.
- #5: Keep believing in yourself. = Limiting beliefs about ourselves often prevent us from achieving what we set out to do. Don't limit yourself from even trying.