



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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Taste Testing

Has started, our next testing is Nov 8th our pantry will be providing some exciting taste testing. This will occur during open hours 3-5pm every 2nd Thursday of the month.



Get your benefits electronically. WHY?

A disaster can disrupt mail service for days or weeks. If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account. Federal benefit recipients can sign up by calling (800) 333-1795 or [sign up online](#)
- The **Direct Express**® prepaid debit card is designed as a safe alternative to paper

REMINDER: Anytime you pay with a money order, cash, or check make sure you get a signed receipt from the landlord and save it in your important documents for proof.

Thanksgiving Dinner



EVERYONE IS WELCOME

Otsego United Methodist will be hosting dinner on Nov 19th from 11am-2pm, dinner is FREE donations accepted

REMINDER

CHRISTIAN NEIGHBORS WILL BE CLOSED FOR THE HOLIDAY

November 22nd and 23rd

Don't think you have enough money to start a savings account?

Here's a challenge for you. Begin with a small amount –maybe \$5 dollars a week or \$10 a month. Think short term. The \$5 dollars a week will add up to \$250.00 in a year! People save more successfully when they keep the short-term goal in sight.

If you want to see where you money is going then save all your receipts for one month. Review your receipts at the end of the month to see exactly where your money is going. This is important if you want to someday be financial secure.



REMEMBER WEATHER IS GOING TO START CHANGING.... WAYS YOU CAN START PREPARING FOR THE COLD: START LOOKING FOR BOOTS, COATS, AND HATS THAT ARE ON SALE.

IF YOU FIND YOURSELF IN NEED OF A COAT, CONTACT THE BRIDGE PROGRAM THEY HAVE A PROGRAM CALLED: **COATS FOR KIDS** CONTACT DAWN BUIST @ **616-292-6095**.

ALSO THE **SEVENTH DAY ADVENTIST** COMMUNITY SERVICE CENTER HAS BACK TO SCHOOL CLOTHING AND WINTER GEAR AVAILABLE.. IF YOU ARE IN NEED YOU CAN CONTACT THEM @ **269-694-4775**

Identify Heart Attack Signs/Symptoms?

Signs of a Heart Attack:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these signs, don't wait more than five minutes before calling for help. Call 9-1-1...Get to a hospital right away.

Source: American Heart Association

Recipe of the Month

One-Dish Chicken Bake



INGREDIENTS

- 1 2/3 cups hot water
- 1 1/2 boneless chicken breast
- 1/3 cup sour cream
- 1 pkg. (6oz) stove top stuffing mix
- 1 can condensed cream of Mushroom soup

Heat oven to 400 degrees

Add hot water to stuffing mix; stir just until moistened.

Place chicken in 13X9-inch baking dish. Mix soup and sour cream until blended: pour over chicken. Top with stuffing.

Bake 30 min or until chicken is done.

MODERN ETIQUETTE:

Mastering voicemail etiquette and leaving an appropriate voicemail greeting has become a standard part of every day business. A courteous phone message will get returned. Many times, I hear "you know what to do, then beep" this is not the first impression one should be making. Presenting in a respectful manner will get you much further in your resources.

Cutting Expenses

If you find yourself needing more and more money month after month you can find a way to cut back on your spending. Do you have a budget? If not you need to make one. Here at Christian Neighbors we can help you do this. All you need to do is take the first step and call Shannon Fuller @ 269-685-4166 ext. 103

Just because you're struggling does not mean you are failing! Every great success requires some kind of struggle!



Phone: Apply to get a free cell phone and service at www.obamaphone.com or www.lifewireless.com

Avoiding Fees: Fee's can and will add up. Money orders, check cashing, ATM fees, overdraft fees, etc. You will want to look into opening a checking acct. or use a secured/pre-paid credit card for your expenses to avoid nickel and diming your budget!

Little Splurges Add Up: buying pop, candy bars, and coffee will add up. Take a challenge today to keep track of how much you spend on these items. This is an important way to cut spending.