



Christian Neighbors

Serving Martin, Otsego and Plainwell

In the Neighborhood

Volume 6, Issue 2

February 2019



HANDS ONLY CPR

Everyone Can Save A Life

Christian Neighbors is partnering up with the Red Cross to bring you an important class.

Hands Only CPR class

When: Feb 21st

Time: 3:30pm-4:30pm

Where: Christian Neighbors

Did you know: Hands-Only CPR has been shown to be effective for cardiac arrest. It can double or even triple a victim's chance of survival.

It's Time to Create a household Budget!



Do you regularly find that there's too much month left at the end of your money? Do you need some help to create a household budget? And some tips to help you stick with it? Is it time to get your financial house in order?

If you answered yes to these questions you may want to think about taking part in our one day event to create a household budget.

On Feb 7th and March 7th @ 2:30pm Christian Neighbors invites you to create a household Budget.

This one hour class will teach you how to create a budget for your family.

Shannon Fuller will walk you through an example budget and actually teach you how to create a simple budget.

Making life easier for you and your family.

Getting your financial house in order is not only stress relieving but also keeps you out of debt. If you are already in debt a budget will help you work your way out of the debt. It's a smart choice.

When: Thur. Feb 7th & March 7th @ 2:30-3:30pm

VITA tax preparers are trained and certified by the IRS to help Allegan County residents with incomes of \$53,000 or less file their federal and state returns.

Tax Season Tips—Free Filing

- ◆ **VITA - Volunteer Income Tax Assistance is available at Ransom District Library on February 6th & March 6th from 10-1pm on a first-come, first-served basis. Look up other locations at www.acuw.org/vita**
- ◆ **Getting a big refund? You should consider adjusting your withholdings with your employer to make these funds part of your monthly budget. If you're getting a big refund, those are funds you could be using throughout the year to stay on budget.**
- ◆ **If you do get a large refund, what will you do with it? Paying down debt is a good option. Starting or adding to a savings account will help your future be more secure.**
- ◆ **Stay away from tax refund advance schemes. You don't want to pay a fee to get your own money, just a little bit earlier.**
- ◆ **The long wait for a refund is gone. Most online filers will receive their refund within 21 days, deposited in their bank account.**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

DO YOU HAVE concerns about falling?

We will be offering 2 classes beginning Feb 19—March 14th.

Classes will be held at Royal Estates from 9:30-11:30am and Northbridge Church from 1-3pm every Tuesday and Thursday. Contact S. Fuller @685-4166 ext.103 or fuller@christianneighbors.org

Christian Neighbors

282 12th Street
Plainwell, MI 49080
Phone: 269-685-4166
Fax: 269-685-4178



Monday 10-12 and 4-6 (food only)
Tuesday 10-12 and 1-4
Wednesday Closed
Thursday 3-5



Why Like Us on our Facebook page?

Because we publish all our upcoming classes and anything pertinent that will help benefit your families. To keep updated join our Facebook group.

PANTRY RECIPE OF THE MONTH

Burrito Bowl



You may have had something like this in a restaurant. You won't believe how easy it is to make at home!

Cooked white or brown rice

Warmed black or pinto beans

Cooked slices or chunks of chicken or beef or canned chicken

Any of the following...whatever you like:

Chopped tomatoes, corn, black olives, sautéed peppers and onions, grated cheddar or Monterey jack cheese, sour cream, salsa, taco sauce.

Layer ingredients in a large bowl, starting with the rice, then the beans, then the meat.

Top with any or all of the remaining ingredients.

This is a great one-dish meal that everyone can fix to their liking. Great as leftovers and all ingredients are in our pantry.

Free Smoke Alarms

Did you know that if a fire starts in your home you have just *two minutes* to escape?



As part of the Home Fire Campaign going on February, March, and April we want to help your household. Sign up for **FREE SMOKE ALARMS** installation by American Red Cross.

Having a working smoke alarm reduces the risk of death from a home fire by 50%

Please sign up with Shannon Fuller or email her at sfuller@christianneighbors.org

Home Heating Credit

Look up tax forms at: www.michigan.gov/taxes. Deadline Sept 30th 2019

If your income is within these guideline then you qualify for a home heating credit. Even if you don't file an income tax return you can still file a home heating credit form.

If you need help to get a credit on your heating bill. Ask Kim or Shannon if you qualify at 269-685-4166

Income Guidelines	
Exemptions	Income Ceiling
1	\$13,354
2	\$18,106
3	\$22,858
4	\$27,610
5	\$32,362
6	\$37,114
Add \$4,752 for each additional exemption	