



Christian Neighbors

Serving Martin, Otsego and Plainwell

In the Neighborhood

Volume 6, Issue 3

March 2019



HANDS ONLY CPR

Everyone Can Save A Life

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

Lunch is provided for attendees!

Hands Only CPR class

When: March 25th

Time: 11-12pm

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.

Do you have Dental Problems?

There are three locations that have Free Dental Care along with low cost and sliding scale dental plans near us.

#1. Allegan Dental Center-My Community Dental Center Allegan

1535 Lincoln Rd, Allegan MI 49010
Phone # 877-313-6232 hours 8am-5pm

Provides preventive and restorative *dental* services to *low-income/Medicaid* eligible youth and adults, including routine cleaning, fillings, extractions, root canals, dentures, partials bridges, crowns and other dental work. Sliding fee schedule available for those without dental insurance.

#2. InterCare Community Health Network Pullman

5498 109th Ave. Pullman, MI 49450
Phone # 269-236-5027 hours 8am-5pm

Exams, cleanings, fillings, extractions, sealants. Medicaid eligible youth and adults. Sliding fee schedule available for those without dental insurance.

#3. Family Health Center-located in Kalamazoo

117 West Paterson St Kalamazoo, MI 49007 Phone# 269-349-2641 hours 8-5pm

All dental services: preventive care cleaning extractions full and partial dentures, sealants for adults and children. Family Health Center welcomes every person through their doors regardless of that person's ability to pay.



Read Aloud 15 MINUTES

Every child. Every parent. Every day.

March is National Reading Month. I challenge all of you to read with your kids, grandkids, friends, neighbors, relatives! Did you know that reading out loud

- Builds motivation, curiosity and memory
- Helps children cope during times of stress or anxiety
- Take children to places and times they have never been - enlarging and enhancing their worlds
- Creates a positive association with books and reading
- Grab a free book in our

Connections Event

Our next connections event is a MOVIE NIGHT!

Come and enjoy a movie and popcorn with your neighbors. A preview of the container gardening class in May will occur and there will be take home goodies included. Don't miss out!

When: April 11th, 2019

From: 6:30-8:30pm

To register contact S. Fuller @ 269-685-4166ext 103 or email: Sfuller@christianneighbors.org

#4. Dr. Rocco

269-694-2800

Exams, cleanings, fillings, extractions, sealants. Root Canals, crowns, and dentures are our specialties. We take Healthy kids and Medicaid with children age 9 and up.

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
Friday 9:30-11:30

Senior Citizens Take Control Class:

This class will be offered at Emerald Park Senior Community Room on Mondays

Starting April 1,8,15,22nd

Class time: 3-4pm

Address is: 326 Cross Oaks Drive

This class will focus on financial matters and topics will be covered such as cutting spending, consumers skills, scamming, spending plans, goals & values.

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

Baked Potato Bar



A potato bar is an easy way to use up your leftovers and it's delicious and FUN! I love this easy go to dinner.

To bake: Preheat the oven to 400 degrees. For more flavorful skin, rub the potatoes with olive oil and sprinkle them with salt before baking. Place the potatoes directly on the oven rack and bake them for 50 – 60 minutes, or until tender when pierced with a knife, turning them once.

Slow Cooker Directions: Place the potatoes in your slow cooker. Cook them on low for 6 – 8 hours or until potatoes are tender.

Customizing your potato!

1. Classic baked potato: Top it with butter, sour cream salt and pepper (can add scallions for color and flavor)
2. Mexican: Chicken or black beans, Taco Spices, Cheese, Salsa, Hamburger, chives,
3. Greek: Feta cheese, rosemary and Greek seasoning, sautéed mushrooms, onions, and spinach, topped with feta cheese or Greek yogurt
4. Italian: Pesto or tomato sauce, mozzarella, Parmesan or ricotta, chopped tomatoes if desired

Best toppings for baked potatoes: Gorgonzola and buffalo sauce, sour cream, green onions, salsa, cottage cheese chives and freshly ground pepper, leftover BBQ pulled chicken or pork, leftover chili, chickpeas, steamed and chopped Broccoli and Cheddar cheese, fried egg, bacon, and ranch

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	