



**NORTH KENT SERVICE CENTER  
CLIENT NEWSLETTER  
10075 Northland Drive 616-866-3478  
May 2009**



**NEW SUMMER HOURS: June 1st ~ Sept 4th  
MONDAY-THURSDAY 8-6 ~ CLOSED FRIDAY  
Pantry of Choice—Mon & Wed, 9-3:15, Thur. 12-5:30  
Furniture Hours, Thursday, 8:00~11:00  
While Furniture Lasts—Call First to see if furniture area is open!**

***Food Sources Available***

**St Stephen's Mobile Food Pantry**

Start time is 5:00 PM at 6070 Kuttskill Dr. NE  
(corner of Rogue River/Northland Dr./Kuttshill)  
3rd Monday of each month!

May 18	Sept 21
June 15	Oct 19
July 20	Nov 16
Aug 17	Dec 21

**Gleaners Food Truck at**

**North Kent Service Center**

On the following Mondays at 3:00 pm

June 22	Aug 24
June 29	Aug 31
July 13	Sept 28

**NKSC FOOD RESOURCES**

- ~Shop in our Pantry of Choice – 3 times each year. (1 time every 4 months)
- ~Call us and ask for a referral to one of our other 5 support pantries when in need of food. You must be referred!
- ~Receive pre-packed bag(s) of food – up to 3 times per year- ONLY IF YOU DON'T quality for commodities, see your Case Manager.
- ~Ask a Case Manager for information on the commodities program.
- ~Or buy food boxes from Angel Food Ministries - \$30.00/mo – they accept food stamps.
- ~Information on the Mobile Food Trucks & Angel Food Ministries are available on the information table in the front entry area.

***Time to Re-qualify***

You must re-quality every 6 months.

When re-qualifying, all North Kent Service Center clients or households must be prepared to provide the following information.

- (No re-qualifying appointments taken after 5:00 pm, Monday ~ Thursday)
- ~Proof of Household Income- 2008 Income Tax Form, check stub, or other income.
- ~Social Security Card for each person in the household.
- ~Michigan Photo Identification or Michigan Drivers License.
- ~A CURRENT BILL received in the past 30 days showing your current address which matches the address on your picture ID, prefer gas or electric.

**NKSC Rules**

- ~Clients must check in at the front desk and be approved prior to shopping by any member of the household.
- ~Only those listed on your file may shop.
- ~Only 1 cart per file, must register first before getting cart! No carts allowed in restroom!
- ~Household items are in short supply. Please limit these selections to no more than 10 items per household or follow the sign posted.
- ~Shopping time should be limited to 45 minutes.

***Thank you for your consideration in following our rules so we can continue providing services to you and your family!***

***Children's Summer Lunch Packs***

To help out with food for your children once school is out, we will be putting together a summer lunch pack. You will be able to get one pack per month for school age children. Available starting in June!

### ***Blood Pressure Screening***

#### **How do you know if you have high blood pressure?**

Most people with high blood pressure have no symptoms at all. There are no specific warning signs. The only way to find out if you have high blood pressure is to have it checked. We will have a nurse here at NKSC from 9-11, checking blood pressures on the dates listed below. Stop by and stay healthy!

Wednesday~May 13th

Wednesday~June 10th

Thursday~May 28th

Thursday~June 25th

### **Are you in need of Diabetic Shoes?**

Ace Medical will be here senior pantry day, May 14th & May 28th to measure for diabetic shoes. Call Sylvia Murphy to see if you qualify!

**616-901-8949**

### ***Arthritis Foundation Exercise Program***

Has a new location. Now located at:

Rockford Reformed Church

4890 11 Mile Rd. NE, Rockford

Tuesday & Thursday 10:10~11:00

***Check out this new program if you are pregnant and want to deliver a healthy baby!***



### **The Parent-Child Assistance Program (PCAP)**

**&**

### **Center for Substance Abuse Prevention.**

#### ***The Goal:***

- ~to help mothers build and maintain healthy independent family lives;
- ~to assure that children are in safe and stable homes;
- ~to prevent future births of alcohol and drug exposed children.

#### ***Who is Eligible? Women who:***

- ~abuse alcohol during pregnancy;
- ~are pregnant or up to 6 months post partum and;
- ~are ineffectively connected to community services.

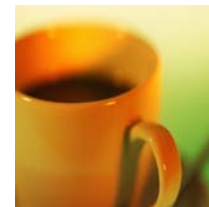
***Talk to a Case Manager for more information.***

### ***COFFEE HOUR!!!***

***Please Join Us***

***Friday, May 8th & May 22nd***

***Come sit and chat a while. See you then!***



### **Are You Eligible for Food Stamps?**

***One call will let you know if you can get Food Stamps And estimate how much you should receive.***

***Call 1-800-481-4989***

***Mon~Fri, 9 am to 5 pm to find out more!***

### **Attn: Women between 40 & 64!!!**

Are you in need of a mammogram? Has it been over a year since your last one? The women of the Rotary will be available for transportation to mammogram appointments on September 12th. Income guidelines apply. Ask a case manager if you qualify. There are a limited number of spaces available.

***First Come, First Serve!***

### **Take Care of Those Teeth!**

***GRCC Dental Hygiene Clinic***

***143 Bostwick Ave. NE***

***301 Cook Hall/616-234-4237***

***Reduced Rates for Cleaning & X-Rays***



### **Swine Flu Information**

Due to the recent outbreak of swine flu, here are some precautions issued by the Kent County Health Dept.  
~wash hands frequently ~stay home if you are sick  
~follow food safety guidelines

### **Humane Society Appointments**

***Tuesday, May 5th***

***You needed to pre-register for this!***

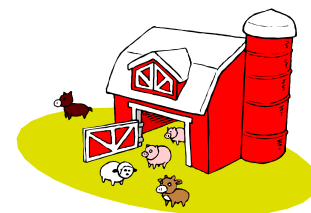
***All appointments are full! If you have an appointment, we will see you on the 5th.***

### ***Double KK Farms Childcare & Learning Facility***

***(Caring for Kritters & Kids)***

***5815 18 Mile Rd, Cedar Springs***

***Cindy Karafa—616-696-2604***



Basic Preschool-plus introduction to Spanish  
Enrichment Programs: Domestic pet care, care of farm animals (rabbits, chickens, goats, sheep), introduction of horses (care, feeding, grooming), gardening/basic farming, ecology education.

Extended daycare available—Call for Info!