



Building Community With South Side for 10 years

The South Side Community Coalition began in 2000 with a group of neighbors getting together to improve life in South Lansing. In 2003, the coalition renovated an old parole office to create a positive neighborhood center that focuses on serving youth, families, seniors and neighborhoods in South Lansing. Next year will be our sixth year and we are still going strong while operating on a shoe-string budget. Today, South Side offers a wide variety of programming and services to help support people in Greater Lansing during these difficult economic times. The Coalition aspires to provide the community with activities and programs that will improve self esteem, promote academic success and foster the development of positive life skills. The philosophy of the coalition is that community improvement starts at the grass roots. For more information about us see our website or become a fan on Facebook.

Below: Murals created by youth on the front our building

South Side Hours
School Year Hours
M-F 8:00 a.m. to 6:00 p.m.
Winter Break Hours
December 20,, 21, 22, 29
8:00 a.m. to 4:00 p.m.
Close For the Holidays
Dec 23 to 28, 31 and Jan 1



Poverty to Peace Project with Peace Jam

Poverty to Peace is an innovative initiative begun by the Peace Jam foundation in order to engage AmeriCorps VISTA members in a national effort to help local Peace Jam affiliates and chapters to implement and sustain high quality Peace Jam programming for at-risk youth and communities. The Goal is to help youth, their families, and their communities move “from poverty to peace” through the development of service-learning projects and practices that address the root causes of poverty by promoting sustainable living practices as defined by environmental, social, and economic justice. South Side Community Coalition’s Teen Scene has been participating in Peace Jam for four years and are very excited about this new project. Our next meeting to plan our community service project is January 9 from 2 to 4. This year’s theme is Violence Awareness. Teen Scene will be attending their 4th conference this year with Noble Peace Prize Winner Betty Williams from Northern Ireland.



Left: SSCC teens doing community service. Right: Teens with Noble Peace Prize Winner Roberta Menchu Tum.



Senior Corner

Calling All Seniors! Calling All Seniors!

There are many services available for seniors in our community at South Side. All programs are free of charge and open to the public. For more info: Contact Yolanda Sherrer 394-3138

- **Monthly Senior Luncheon**

Invited guest speakers provide pertinent information in a social atmosphere. Luncheon Every 4th Thursday of the month at 12:30.

- **YMCA**

Seniors may go to the YMCA recreational and physical activities twice a week on Tuesday and Thursday from 1:00-2:00 p.m. for FREE. Please Call Yolanda to enroll 517-394-3138.

- **BINGO**

Come play BINGO twice a Month on the 2nd and 4th Wednesday starting in January 2010

- **Summer**

Specials engagements, e.g. workshops, lectures, trips, etc.



Spend After School With Us!

South Side operates a free after school program during the school year until 6pm on days when school is in session. Students are able to use our computer lab, check out books on bookmobile days, and receive free tutoring from MSU student volunteers. For special tutoring needs in a particular subject, discuss with Ms. Yolanda about special reserved time with subject dedicated tutors. An afterschool

snack is also provide to all youth and volunteers involved. During school breaks like winter break and spring break there are also camp days available on select days from 8:00 to 4:00 for youth enrolled in the after school programs. This year our after school program has been able to take field trips

to see two productions at the Wharton Center through a generous donation program, Donations are still needed to help pay for transportation to MSU for field trips in 2010. Our after school program involves kindergarten to high school. To enroll: Call Yolanda 517-394-3138

*After School at South Side
School Days until 6:00
Call 394-3138 to enroll*

Volunteer with Us!

South Side Community Coalition offers a wide variety of volunteer opportunities for teens, college students, and adults to become more involved with their neighborhoods and to help others.

After School Volunteer Opportunities

M-F 3:00 to 6:00 for Tutoring.

Senior Coffee Hour

4th Thurs of month for help with set up

and clean up.

Community Health Programs

Year- or Semester-long internships available. Opportunities for MSW placement possible or other MSU field experience placement. Call Lisa for more information: 517-394-3217.



Youth working on Mural on the front of our building

4-H Programs

Volunteers needed to chaperon 4-H field trips, lead program activities including arts, crafts, poetry, and a variety of other possible subjects. Great need for a committed youth and community garden coordinator.

Call Lisa at 394-3217 for information.

Nutritious Healthy Lifestyles

The holidays are upon us. This means lots of food and festivities. If you are diabetic or at risk of diabetes, keeping in close contact with your doctor is crucial to maintaining and keeping your diabetes under control. No doubt, you have been instructed on life changes such as eating healthier and keeping physically active.

One way to increase your physical activity is by doing chair exercises to the tune of a video. If you have cable, there are short-length exercises on the "On Demand" channels that you can enjoy.

Additionally, if you are lying on the couch, why not do some leg lifts or exercises using hand weights while you watch your holiday movies. Canned foods can be substituted for hand weights.

When it comes to those delicious holiday meals, control your portions by being aware of what and how you are eating. Don't overeat! Experts tell us that by the time we *think* we are full, we were already full five minutes prior to that thought. Practice portion control. And just because it's there doesn't mean you **have** to eat it. Getting your weight under

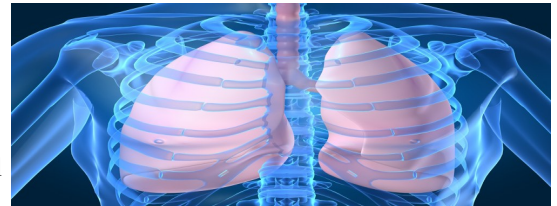
control is imperative to feeling better. You might even find that it minimizes your diabetes to some degree. Instead of using ham to season greens, or for a main meal, try smoked turkey. Make a healthy dessert by skipping the peach cobbler and making a fruit and pear salad with a granola topping instead.

There are many ways you can enrich your life and enjoy the holidays just as much by exploring a few changes. If the end result is better health and longer life, why not give it a try. Be well!

Carol Foster, Nutrition Specialist

Ingham Health Plan: Free Health Coverage

South Side has been an enrollment site for the Ingham Health Plan (IHP) for the past five years. Our Ingham Health Plan program enrolls residents of Ingham County who are without health insurance. In order to be eligible, residents must be below 250% of the federal poverty level. For example, a single person can make a maximum of \$27,075 a year and still qualify for the health plan. A household of four can have an income of \$55,125 and still be eligible for the Ingham Health Plan. These are the only qualifications for the program and even non citizens are able to enroll in the program. In addition to enrolling in Ingham Health Plan, we also offer information on a wide variety of health resources for low income and middle class residents. A few of these programs include: prescription assistance, birth control, breast and cervical cancer screenings and Michild programs.



For more information of health resources, please contact: Lisa Hale 517-394-3217 or Yolanda Sherrer 517-394-3138

**Enroll for the Ingham Health Plan at South Side Community Coalition
2101 West Holmes Lansing MI**

South Side's Wish List

- Toys for toy room, no stuffed animals please.
- Basketballs and other sports equipment for summer and after school programs.
- Art supplies for after school and 4-H projects: paint, markers, craft projects, etc.
- Kids clothing for clothing closet.
- Working computer monitors and pc units.
- ALL DONATIONS ARE TAX DEDUCTIBLE!!!

Help us help others. We rely on generous donations from the community to keep all our services and programs free and open to all.





Bringing Change to the Community

**SOUTH SIDE
COMMUNITY COALITION**

**2101 W. Holmes Rd.
Lansing, MI 48910**

Phone: 517- 394- 7400

Fax: 517- 394-3138

wsouthsidecommunitycoalition.org

Become a Fan on Facebook

***“Bringing Change To
The
Community One Day
At A Time”***

Mon	Tue	Wed	Thu	Fri	Sat
JAN 20 10				1 Happy New Center Closed	2
4 Center Open @ 8 am After School & Tutoring 2:30 - 6:00 pm	5 Center Open @ 8 am After School & Tutoring 2:30 - 6:00	6 Center Open @ 8 am After School & Tutoring 2:30 - 6:00	7 Center Open @ 8 am After School & Tutoring 2:30 - 6:00 pm	8 Center Open @ 8 am Popcorn and Move 2:30 - 6:00 pm	9 Teen Scene 200-400 pm
11 Center Open @ 8 am After School & Tutoring 2:30 - 6:00 pm	12 Center Open @ 8 am After School & Tutoring 2:30 - 6:00	13 Center Open @ 8 am After School & Tutoring 2:30 - 6:00	14 Center Open @ 8 am After School & Tutoring 2:30 - 6:00 pm	15 Center Open @ 8 am Popcorn and Move 2:30 - 6:00 pm	16 Teen Scene 2:00 to 4:00
18 Center Open @ 8 am After School & Tutoring 2:30 - 6:00 pm	19 Open @ 8 am After School & Tutoring 2:30 - 6:00	20 Center Open @ 8 am After School & Tutoring 2:30 - 6:00	21 Center Open @ 8 am After School & Tutoring 2:30 - 6:00 pm	22 Center Open @ 8 am Popcorn and Move 2:30 - 6:00 pm	23
25 After School & Tu- toring 2:30 - 6:00 pm	26 After School & Tutoring 2:30 - 6:00 pm	27 After School & Tutoring 2:30 - 6:00 pm	28 Senior Luncheon 12:30 to 2:30 After School & Tutoring 2:30 - 6:00 pm	29 Popcorn and Move 2:30 - 6:00 pm	30

I am a Stamp

I am an address lable

South Side Community Coalition
2101 West Holmes Road
Lansing, MI 48910

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www.southsidecommunitycoalition.org

Become a Fan on Facebook

Staff Members

Pete Cunningham: Director

Yolanda Sherrer: Afterschool, Youth & summer programs

Lisa Hale, Yolanda Sherrer: Health Resources

Board Members

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