

SECTION 8 HOMEOWNERSHIP PROGRAM ORIENTATIONS

All orientations will be held at Wyoming Public Library
3350 Michael Ave. SW, Wyoming
Orientation Dates/Times:
8/16/16, 2:00 p.m.
12/20/16, 2:00 p.m.

For complete program information: 616/450-4825
grhousing.org/homeowner.html
See reverse for information about home ownership-related classes!

COMPUTER TRAINING & CAREER WORKSHOPS

Goodwill Employment Center, 3777 Sparks Dr. SE, offers computer classes and a wide variety of career workshops on such topics as youth employability, customer service, conflict resolution and career development.

For more information:
Phone: 616/451-8800
Website: www.goodwillgr.org/training-career-services/career-services

RELAX: ALTERNATIVES TO ANGER

MSU Extension is offering a four-part anger management class beginning 9/19 at the Kent County Extension office, 775 Ball Avenue NE. For details or to register: 616/632-7884



GRAND RAPIDS HOUSING COMMISSION
Family Self-Sufficiency Program
1010 Sheldon Ave. SE
Grand Rapids, MI 49507
616.235.2893

Summer Nutrition Resources



Double Up Food Bucks

Get more fruits and vegetables when you spend your SNAP Bridge Card dollars at participating farmers markets—here's how:

1. Bring your SNAP Bridge card to the farmer's market office before you shop and let the staff know you want to earn Double Up Food Bucks.
2. Buy any SNAP-eligible foods at the market with your Bridge Card.
3. The Double Up Food Bucks program will match what you spend with FREE Double Up Food Bucks—up to \$20, every market day. You can use your bucks right away or later to buy **Michigan-grown** fruits and vegetables.

You can also get Double Up Food Bucks at participating grocery stores:

1. Buy **Michigan-grown** fruits and vegetables at a participating grocery store to get FREE matching Double Up dollars, up to \$20 per day.
2. Spend your Double Up dollars on any fresh fruits or vegetables in the same store.

For a list of participating farmers markets and grocery stores, visit the Double-Up Food Bucks website:
www.doubleupfoodbucks.org

Free Summer Meals

Nutritious free meals are available for children ages 18 and younger at many locations throughout our area while school is out of session.

For more information and a list of summer meal locations, please visit:
www.fns.usda.gov/summerfoodrocks

Mobile Food Pantry

Feeding America West Michigan receives food from hundreds of producers and makes this available through mobile food pantries located throughout our area.

The documentation required to obtain food benefits at a mobile pantry varies from site to site—some pantry locations require only a Michigan driver's license or state ID while others require proof of residence, proof of how many people live in your home, proof of income or additional documentation.

For a list of mobile food pantry sites, site documentation requirements and the pantry schedule for this month, call 616/784-3250 or visit the Feeding America West Michigan website:
www.feedwm.org/findfood/

ICCF & MSU Extension Offer Home Ownership Courses

The Inner City Christian Federation (ICCF) offers a variety of classes that help families traverse the journey to home ownership:

INTRODUCTION TO HOME OWNERSHIP

This two-session course explains:

- How to prepare for home ownership
- How to shop for a home
- The advantages of home ownership
- What to expect during the mortgage process
- Low-cost ways to achieve home ownership

The cost of this course is \$5. Classes are held each month at ICCF, 920 Cherry Street SE. For details or to sign up: 616/336-9333.

FINANCIAL CAPABILITIES SERIES

This free eight-part class educates participants on how to become financially responsible home owners. Topics covered include credit, consumer protection, budgeting, debt reduction, insurance and long-term planning, savings/investing and fair housing/healthy homes.

Prerequisite: Participants must complete the Introduction to Home Ownership class above prior to enrolling in this series.

Classes are held at ICCF. For details or to register: 616/336-9333.

HOME BUYING SEMINAR

Michigan State University (MSU) Extension will offer an “Are You Buying a Home” seminar that provides information which can help you navigate the technicalities of the home purchase process and avoid costly mistakes. Topics covered include:

- The advantages of home ownership
- The steps in the home-buying process
- The costs of home ownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment.

The seminar is offered September 8 and 15, 1:00-4:00 p.m., at Kent County MSU Extension, 775 Ball Avenue NE. To register or for more information: 616/632-7874.

MONEY MANAGEMENT SERIES

MSU Extension will offer a FREE three-part “Dollar Works 2” personal financial education program that provides information about:

- Making money decisions
- Creating and managing spending plans
- The importance of saving and investing
- Credit use and paying off debt.

The series begins September 16 at Kent County MI Works!, 121 Franklin St. SE. To register: 616/632-7874.

Agency Spotlight: Disability Advocates

Disability Advocates of Kent County provides individuals with disabilities support related to such needs as transportation, housing, employment and veteran’s assistance. Service highlights include:

EMPLOYMENT READINESS

Workshops and one-on-one coaching are available to individuals with disabilities who are seeking competitive employment. Topics covered include resume preparation, identifying personal strengths, interviewing skills, job hunting and required job site accommodations. For complete information, call 616/949-1100.

FAMILY SUPPORT SERVICES

This service helps families that have an adult dependent with a disability locate available health care, educational and financial resources that are available in our community.

INDEPENDENT LIVING SUPPORTS

Helps individuals with disabilities access safe accessible housing, employment resources and readiness classes, transportation resources, social opportunities and help navigating the process to receive government benefits.

ADAPTIVE HOME SOLUTIONS

Provides in-home assessments that identify barriers to independent living, linking disabled persons with resources for home modifications, adaptive equipment and funding options that can make needed home adaptations affordable.

NURSING FACILITY TRANSITIONS

Assists individuals with Medicaid in the transition from a nursing facility to community-based living.

For more information about the many programs and services offered by Disability Advocates: www.dakc.us

Bicycle Safety Tips from the NHTSA

Make cycling safer by following these tips from the National Highway Traffic Safety Administration:

- Wear a bicycle helmet—for fitting help: www.helmets.org/nhtsafit.pdf
- Adjust your bicycle to fit. With the rider standing over the bike, there should be 1-2 inches between the rider and the top tube (3-4 inches if using a mountain bike).
- Make yourself visible—wear bright colors and reflective clothing; use flashing lights.
- Use bike lanes or paths, if available. When riding on the road, go with the traffic flow—ride on the right in the same direction as other vehicles, and obey traffic laws.