

JANUARY NEWSLETTER 2022

MI GEAR UP

MY FUTURE MATTERS

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It's been a busy year, but we wouldn't have it any other way.

Don't forget to connect with us on social media!



The Office of College Access Initiatives (CAI) provides academic enrichment programs to high school students in the Lansing area in order to increase the number of youth from disadvantaged backgrounds who complete high school and enroll in post-secondary education.

219 S. Harrison Rd | East Lansing, MI 48824 | (517) 355 - 0177 | gearup@msu.edu

DR. MARTIN LUTHER KING JR. COMMISSION OF MID MICHIGAN

PRESENTS

A Day of Celebration

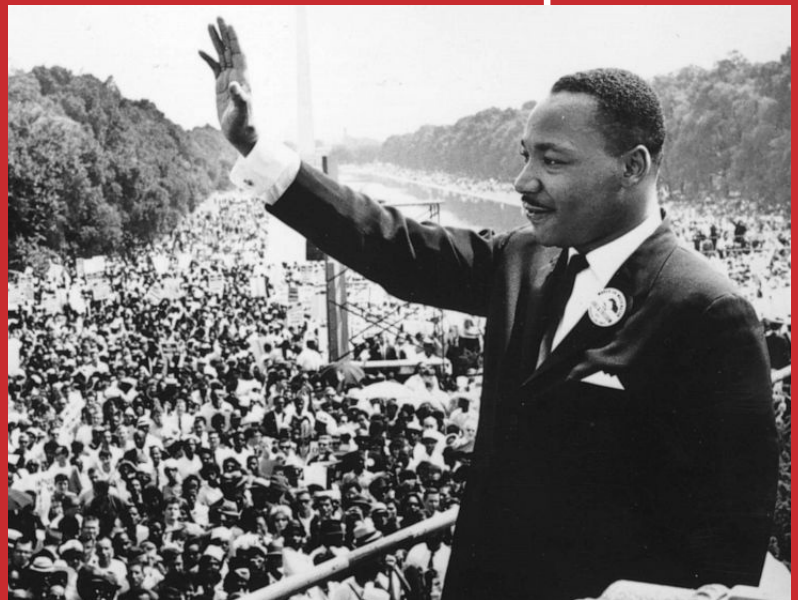
Airs Monday, January 17th at 7 PM ET on WILX TV10

LET US CELEBRATE

MARTIN LUTHER KING JR. DAY

JANUARY 17, 2022

I HAVE A DREAM! (1963)



Check our [Facebook](#) and [Instagram](#) page for local events

NEW YEAR'S RESOLUTION IDEAS

1. Adopt a new workout plan
2. Try an online fitness class
3. Learn a new language
4. Get 8 hours of sleep everyday
5. Read a book a month
6. Reduce your waste
7. Drink more water
- 8. Keep a journal
- 9. Start a new hobby
- 10. Travel to a new place
- 11. Build a better budget
12. Learn to cook a new dish
13. Give back through volunteering
14. Choose environmentally friendly choices
15. Develop a healthy eating routine
16. Listen to a podcast
17. Make self-care a priority
18. Use to-do lists
19. Do a little act of kindness weekly
20. Spend more time with loved-ones

TRY OUT THESE LOCAL RESTAURANTS

Pablo's Old Town Mexican Restaurant
311 E Grand River Rd, Lansing, MI 48906



Thailand

2220 N Larch St, Lansing, MI 48906

Naing Myanmar Family Restaurant

Parking lot, 3308 S Cedar St #3, Lansing, MI 48910

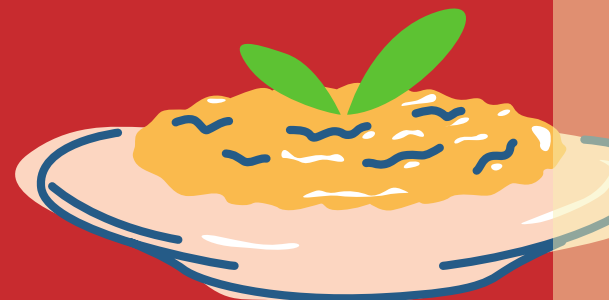


Taquero Mucho

2408 S Cedar St, Lansing, MI 48910

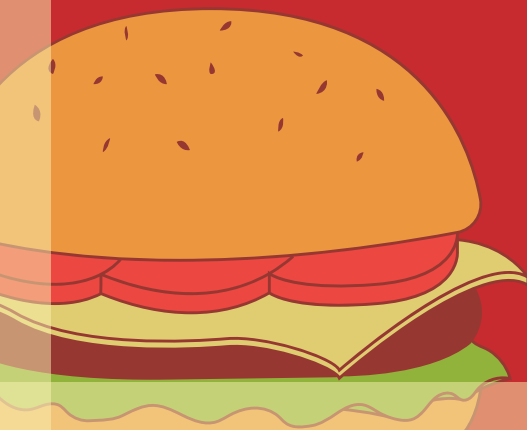
Jerusalem Bakery

1456 E Michigan Ave, Lansing, MI 48912



VEG-N

902 E César E. Chávez Ave, Lansing, MI 48906



FAMILY READING TIME



Amanda Gorman

AMANDA
GORMAN

THE
HILL
WE
CLIMB

AN INAUGURAL POEM
FOR THE COUNTRY

❖ FOREWORD BY OPRAH WINFREY ❖

The Hill We Climb: An Inaugural Poem for the Country Hardcover – March 30, 2021
by Amanda Gorman

The instant #1 New York Times, Wall Street Journal, and USA Today bestseller

The breakout poetry collection by #1 New York Times bestselling author and presidential inaugural poet Amanda Gorman

Formerly titled *The Hill We Climb and Other Poems*, the luminous poetry collection by #1 New York Times bestselling author and presidential inaugural poet Amanda Gorman captures a shipwrecked moment in time and transforms it into a lyric of hope and healing. In *Call Us What We Carry*, Gorman explores history, language, identity, and erasure through an imaginative and intimate collage. Harnessing the collective grief of a global pandemic, this beautifully designed volume features poems in many inventive styles and structures and shines a light on a moment of reckoning. *Call Us What We Carry* reveals that Gorman has become our messenger from the past, our voice for the future.

Resources

Items below are from the Ingham County Assistance Program.

https://www.needhelppayingbills.com/html/ingham_county_assistance_progr.html

Capital Area Community Services offers numerous financial assistance programs. The agency is located in Mason Michigan and it can be reached at (517) 676-1065. The non profit provides direct financial assistance with paying heating and utility bills, mortgage and rent payments.

Ingham County branch of Michigan Department Of Human Services – The local office of the state of Michigan emergency financial assistance programs. The aid is for very low income families in the region. Programs include, but are not limited to emergency assistance for utilities and heating bills if faced with a disconnection, food stamps, Medicaid, TANF, General Expense Assistance, Food, and much more. 5303 South Cedar Street, Lansing, Michigan 48909, Dial (517) 887-9400.

Volunteers of Michigan in Lansing - Some of the resources available are emergency shelters and low income, transitional apartments and homes. Ingham County Michigan families, veterans, the elderly, and low income families can receive access to several additional housing programs. Other resources are free food, coats for children, thrift stores, and other aid.

Cristo Rey Community Center is a Family Health Clinic that is staffed by a full time medical team, including doctors and nurses. The site is open daily from 8-5. The staff is bilingual in Spanish. Services offered by the clinic include, preventative care, treatment for acute and chronic illness, counseling, first aid, flu shots, diagnostic services and education and information. Fees are based on a sliding scale. Dial (517) 372-4700.

Employment websites for job listings:

<https://careers.msu.edu/en-us/listing/>

<https://jobs.lcc.edu/en/listing/>

<https://www.glassdoor.com/>

<https://www.indeed.com/>

https://jobs.mitalent.org/job-seeker/jobsearchresults?job_time_frame=99999

