

Community

WEST GRAND
NEIGHBORHOOD
ORGANIZATION

Community Resource and
Emergency Preparedness Guide

2021

Hello West Grand Neighborhood Neighbors!

West Grand Neighborhood Organization staff has created this booklet for neighbors to have at their fingertips. The focus of this guide is to provide information about programs and resources available to West Grand Neighborhood Residents. We hope you will use this guide as a way to be prepared for emergencies, create household plans and learn of programs available to you!

The information in this guide was provided to West Grand Neighborhood Organization through outreach to most of the agencies.

PLEASE NOTE:

If you are looking for food, shelter or bill pay assistance, you should always call 211 first. They can make referrals to agencies based on the most recent information available to them.

MAKE THE RIGHT CALL

<h1>211</h1> <p>COMMUNITY & SOCIAL SERVICES HWMUW.ORG</p>  <p>FOOD & SHELTER</p>  <p>BILL PAY ASSISTANCE</p>  <p>CYBERCRIME SUPPORT</p>	<h1>311</h1> <p>CITY SERVICES GRANDRAPIDSMI.GOV</p>  <p>TRASH, RECYCLING & WATER</p>  <p>CITY BILL PAY</p>  <p>POTHoles & TRAFFIC LIGHTS</p>	<h1>911</h1> <p>EMERGENCY SERVICES</p>  <p>AMBULANCE SERVICES</p>  <p>POLICE</p>  <p>FIRE</p>
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Please take the survey at the link on the back cover!
We would like your feedback on this resource guide.

City of Grand Rapids

Website: <http://grcity.us/>

City Hall
300 Monroe Ave NW
Grand Rapids, MI 49503
Phone: 311 or 616-456-3000
Email: info@grcity.us

Services:

- Find and connect with all things City of Grand Rapids related.

**CITY COMMUNICATIONS****GR Connected**

Website: <https://www.grandrapidsmi.gov/Government/Programs-and-Initiatives/GR-Connected>

City of GR - Office of Communications
Email: dgreen@grcity.us
Phone: 616-456-3608

Services:

- Subscribe to the first ward e-newsletter from the city.

GR 311

Website: <https://www.grandrapidsmi.gov/Government/Programs-and-Initiatives/GR311>

Email: info@grcity.us
Phone: 311 or 616-456-3000
Phone App is also available!

Services:

- A convenient single point of contact for non-emergency government information about City of Grand Rapids services or programs, or to make a request for service.

**GR FlashVote**

Website: <https://www.flashvote.com/grandrapids>

Services:

The City of Grand Rapids wants residents to make their voice heard through responses to quick, anonymous surveys sent directly to their inbox or phone. City officials confirm that all results are anonymous and FlashVote does not share your personal information with anyone. Interested Grand Rapids residents are encouraged to sign up and learn more at [flashvote.com/grandrapids](https://www.flashvote.com/grandrapids).

**ADDITIONAL CITY INFORMATION****Grand Rapids Building Eye**

Website: <https://grandrapids.buildingeye.com/planning>

Email: info@grcity.us
Phone: 311 or 616-456-3000

Services:

Want to know about planning applications or building permits in your area? This website gives you the ability to do just that.

Grand Rapids Commission Meetings

Website: <https://www.grandrapidsmi.gov/Government/City-Commission>

Services:

Commission Meetings and agendas are listed on their website, you can also get info on how to watch them live.

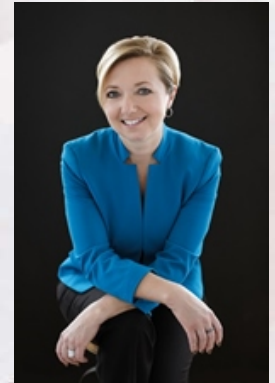
Mayor Rosalynn Bliss

Website: <https://www.grandrapidsmi.gov/Government/Elected-Officials>

City Hall
300 Monroe Ave NW, 6th Floor
Grand Rapids, MI 49503
Phone: 616-456-3168
Email: mayor@grcity.us

Profile:

- Mayor Rosalynn Bliss became the City of Grand Rapids' first female Mayor when she took office on January 1, 2016. She previously served as a Second Ward City Commissioner for 10 years.
- Current term expires December 31, 2024.

**First Ward Commissioner – Jon O'Connor**

Website: <https://www.grandrapidsmi.gov/Government/Elected-Officials>

Email: joconnor@grcity.us
Phone: (616) 456-3856

Profile:

- Current term expires December 31, 2024.

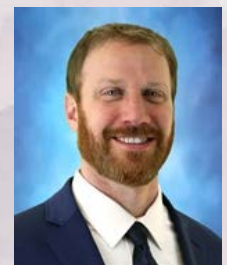
**First Ward Commissioner – Kurt Reppart**

Website: <https://www.grandrapidsmi.gov/Government/Elected-Officials>

Email: kreppart@grcity.us
Phone: 616-456-3578

Profile:

- Current term expires December 31, 2022.



APPOINTED OFFICIALS

City Manager – Mark Washington

Website: <https://www.grandrapidsmi.gov/Government/Appointed-Officials/City-Clerk-Joel-Hondorp>

City Hall
300 Monroe Ave NW, 6th Floor
Grand Rapids, MI 49503
Email: manager@grcity.us
Phone: (616) 456-3166

Profile:

Mark Washington became Grand Rapids City Manager on October 1, 2018. As City Manager, he functions as the municipal corporation's Chief Executive Officer. He oversees a \$540 million budget, a 1,600-person workforce and all city departments, operations, policies and programs related to public safety, economic development, community services, mobility, infrastructure, health, environment, recreation and community engagement.

**City Clerk – Joel Hondorp**

Website: <https://www.grandrapidsmi.gov/Government/Elected-Officials>

Email: jhondorp@grcity.us
Phone: (616) 456-3014

Profile:

Joel Hondorp was selected as the Grand Rapids City Clerk in April 2018. The City Clerk is the official for local elections and City Commission legislation. This position manages City Commission agendas and meeting minutes.



Grand Rapids Police Department

Website: <https://www.grandrapidsmi.gov/Government/Departments/Police-Department>

Facebook: <https://www.facebook.com/GrandRapidsPD>

1 Monroe Center NW
Grand Rapids, MI, 49503
Emergencies: 911
Non-Emergencies: 616-456-3400
Records: 616-456-4177



Services:

- Report a crime.
- Police Metric Dashboard
- Youth, Community and Volunteer Programs

Grand Rapids Fire Department

Website: <https://www.grandrapidsmi.gov/Government/Departments/Fire-Department>

Facebook: <https://www.facebook.com/GrandRapidsFireDepartment>

LaGrave Street Station
38 LaGrave Ave SE
Grand Rapids, MI, 49503
Email: grfd@grcity.us
Recruiter Email: GRFDRcruiter@grcity.us
Phone: 616-456-3900

Services:

- They handle fire inspections and permits, fire investigation, hazardous materials planning, and more. We make sure your home, public events, and other buildings and structures in our community are safe.
- Youth & Community Programs

Michigan Auto Theft Prevention Authority at WGNO

Website: <https://westgrand.org/atpa>

754 Leonard St. NW Suite B
Grand Rapids, Michigan 49504
Email: atpa@westgrand.org
Phone: 616- 451-0150
Hours of Operation:
Monday - Friday 9:00AM - 5:00PM



Services:

- Auto Theft Prevention tips and resources.
- Free VIN Etching Program.

Silent Observer

Website: <https://www.silentobserver.org/>

Facebook: <https://www.facebook.com/silentobserverkentcounty>

PO Box 230321
Grand Rapids, MI, 49523
Phone: 616-774-2345



Services:

- Anonymous tip line offers community members a safe and anonymous way to report information about serious crime.
- Tips can be submitted: Online, via Android and iOS apps or by phone.
- A reward is available for any serious crime solved due to the help of a Silent Observer tip.

The Residential Safety Assessment Program by the GRFD

Website: <https://www.grandrapidsmi.gov/Government/Departments/Fire-Department/Residential-Safety-Assessment-Program>

Email: grfd@grcity.us
Phone: 311 or 616-456-3000

Profile:

The Residential Safety Program (RSP) is a voluntary program to prevent fires. The goal is to reduce the number and severity of fires. This FREE program is run by the Grand Rapids Fire Department.

Services:

- Fire safety check
- Free smoke alarm upgrades and installations
- Free carbon monoxide (CO) alarm installations
- One-on-one fire safety consultation
- A connection with our partners to assist with fire safety issues.

Good for: Homeowners in the City of Grand Rapids

West Grand Neighborhood Organization

Website: <https://www.westgrand.org>

Facebook: <https://www.facebook.com/WestGrandNeighborhoodOrganization>

754 Leonard St. NW Suite B
Grand Rapids, MI 49504
Email: mail@westgrand.org
Phone: 616-451-0150
Hours of Operation:
Monday-Friday 9:00AM-5:00PM



Services:

- Neighborhood Information, Events, Programs & Resources
- Block Clubs, Home Security Surveys & Public Safety

Grand Rapids Nixle

Website: <https://www.grandrapidsmi.gov/Services/Grand-Rapids-Community-Alerts-Nixle>

Grand Rapids Public Safety and Emergency Management

1 Monroe Center NW
 Grand Rapids, MI 49503
 Email: afarole@grcity.us
 Phone: 616-456-3400

Services:

- The Grand Rapids Public Safety and Emergency Management has launched a community notification system, Nixle. After you register, Nixle will provide you real-time alerts on localized emergency situations and relevant advisories directly to your cell phone. You can sign up at the link above or by texting "GrandRapids" to 888777.

Crimemapping.com

Website: <https://www.crimemapping.com/home>

Services:

- The GRPD makes information available to crimemapping.com 24 hours after the crime occurred. Approximate locations (not related to specific addresses for security purposes). Future investigations may change a crime classification and other details.

PUBLIC HEALTH SAFETY

Kent County Health Department

Website: <https://www.accesskent.com/Health/>
 Facebook: <https://www.facebook.com/kentcountyhealth>

700 Fuller Ave. NE
 Grand Rapids, MI, 49503
 Phone: 616-632-7100
 Hours of Operation:
 Monday-Friday 8:00AM-5:00PM



Services:

- Covid-19 Information and Resources.
- Public Health Clinics
- Medication Disposal
- Community Mental Health & More

Lead Free Kids GR

Website: <https://www.grandrapidsmi.gov/Government/Programs-and-Initiatives/Lead-Free-Kids-GR>

Services:

- Provides information and tips on Lead in homes.
- Data on Lead
- Links to the Get the Lead Out Program and Don't Play Around

Good for: Homeowners and Landlords

Reimagine Trash

Website: <http://www.reimaginetrash.org/>

Profile:

The Kent County Department of Public Works runs this website to help residents learn about recycling and trash in Kent County, but you can also type in the search engine the type of waste you want to dispose of, learn how to safely do so and where to take it. Go to their website to learn about disposal of items like hazardous waste/chemicals, appliances, medical waste, batteries, etc.

Services:

- SafeChem program.
- SafeMeds
- SafeSharps

Good for: Everyone in Kent County

Cherry HealthWebsite: <https://www.cherryhealth.org/>Facebook: <https://www.facebook.com/CherryHealthMI>

Westside Health Center

669 Stocking Ave. NW

Grand Rapids, MI 49504

Email: newpatient@cherryhealth.com

Phone: 616-235-1480

Central Registration Phone Number: 616-965-8308



Hours of Operation: Family Medicine: M-F 8am-5pm; Dental: M-F 8am-4:30pm; Dental-Emergency Walk In: M-F 8am-4:30pm.

Services:

- Family Medicine
- Dental
- Maternal Infant Health Program
- OB/GYN
- Women's Health
- Behavioral Health
- After school tutoring and Discipleship Group (not running during COVID)

Open to: Our services are available to all, regardless of their ability to pay. We accept most commercial insurances and Medicaid and we also offer a income-based sliding fee scale. We have additional services at other locations.

Oasis of Hope CenterWebsite: <http://ohcgr.org/>Facebook: <https://www.facebook.com/OasisOfHopeGR/>

522 Leonard St. NW

Grand Rapids, MI 49504

Email: info@ohcgr.org (Please do not email appointment requests)

Phone: 616-451-8868



Hours of Operation: Monday 9:00am-5:00pm; Wednesday 1:00pm-6:00pm; Saturday 8:00am-1:00pm.

Services: We provide basic internal medicine services

- Same day sick visits such as strep test, minor orthopedics sprain
- Chronic disease management, such as diabetes, high blood pressure
- Mental and spiritual health counseling

Open to: Oasis of Hope Center provides quality health care at no cost to individuals who do not have health insurance and have a total household income of up to 200% of federal poverty guidelines. Our licensed medical providers are here to provide care in a comfortable and caring environment.

Free Clinics of MichiganWebsite: <http://www.fcomi.org/>

Open to: This website is for referrals only. If you are having an emergency, or if you or someone that you know is contemplating suicide, please call 911 or contact the national suicide hotline: 1-800-273-8255. Free Clinics of Michigan (FCOM) is a network of volunteer-based free clinics that provide health care services to the uninsured or medically underserved within the state of Michigan.

Local Resources for Mental Health

- Network180 Access Center - 616-336-3909 or 1-800-749-7720 (toll free) - 790 Fuller Ave. NE, Grand Rapids
- Mobile Crisis Response Team - 616-333-3909
- Forest View Hospital Assessment & Referral Center - 1-800-949-8439 (toll free) - 1055 Medical Park Dr. SE, Grand Rapids
- Pine Rest Admissions & Psychiatric Urgent Care Center - 616-455-9200 - 300 68th Street SE, Grand Rapids
- United Way's 2-1-1 - Comprehensive information and referral service - Call 2-1-1 or 1-800-887-1107 or TEXT: Your zip code to 898211
- **be nice.** Mental Health Foundation of West Michigan - Mental Health & Suicide Prevention Education - www.benice.org

Helplines: Free and Confidential Support

- **National Suicide Prevention Lifeline** - 1-800-273-8255
 - National Texting Helpline - TEXT: "TALK" to 741741
 - Veterans Texting Helpline - TEXT: 838255
 - En Español - 1-888-628-9454 - Para obtener asistencia en español durante las 24 horas

Addiction Services: Free and Confidential Support

- **Narcotics Anonymous** – See a list of meeting locations for our area [HERE](#) - Phone: 800-230-4085 <http://michigan-na.org/greater-grand-rapids-area/>
- **Families Against Narcotics (FAN)** - grandrapids@familiesagainstnarcotics.org - <https://www.familiesagainstnarcotics.org/grandrapids>
- **Alcoholics Anonymous Grand Rapids** - 616-913-9149 (24 hour helpline) Central Office: 4920 Plainfield Ave NE #19 Grand Rapids, MI 49525 - <https://grandrapidsaa.org/>
- **Al-Anon & Alateen Family Groups - Grand Rapids Area** - 616-222-0632 (phone answering service) Mailing Address: P.O. Box 1428 Grand Rapids, MI 49501 - info@aisgr.org - <https://www.grafq.org/>

The Grand Rapids Red Project

Website: <https://redproject.org/>

Facebook: <https://www.facebook.com/TheRedProjectGR/>

The Grand Rapids Red Project
 401 Hall St. SE
 Grand Rapids, MI 49507
 Email: info@redproject.org
 Phone: 616-456-9063

Services:

- HIV Testing
- Syringe Access
- Overdose Prevention
- Tobacco Reduction Services
- HIV Case Management
- Prep Counseling
- Peer Groups

Open to: It is a basic human right to have access to the tools, information, resources, and support to live a healthy and safe life. We offer an array of free supplies, testing, peer groups, and information in a safe, judgment-free space to help promote health and reduce harm. Services can be accessed anonymously in locations throughout the Grand Rapids, including a mobile health unit!

NOTE: Both Cherry Health and Oasis of Hope Listed on Page 5 also have Mental/Behavioral Health Services. We could not list them all, but there are more options available if you call 2-1-1.

More info about Mental Health Crisis' can be found online [HERE](#).

ELNC

1100 South Division Avenue
Grand Rapids, Michigan 49507



Website: www.elncgr.org

Email: info@elncgr.org

Phone: 616-608-0754

Hours of Operation:

Monday - Friday 8:00AM - 5:00PM

Good for: Vulnerable Children (0-4) and Families

Services:

- Baby Scholars - Home coaching
- Early Head Start (0-3 yrs)
- 3 year old preschool
- 4 year old preschool
- Empowering Parents Impacting Children (EPIC) - Family Coaching
- REAL Dads - fatherhood support program
- Afterschool tutoring
- Flourish at Home - home visiting program (made possible by the Ready by Five Early Childhood Millage)
- Play to Learn - neighborhood playgroups (made possible by the Read by Five Early Childhood Millage)

Bridge Street Ministries

Website: www.bsmgr.org/resurgence

Facebook: <https://www.facebook.com/westsideresurgence>

1034 Bridge St NW
Grand Rapids, MI 49504
Email: sharalle@bsmgr.org
Phone: 616-322-4796



Hours of Operation: 7 am-4 pm

Note: Resurgence (Afterschool programming) requires the completion of an online application. There is no cost to attend. Students must sign up for the program(s) that they want to be a part of. A list of classes, times, and a sign up sheet is attached. Resurgence is open to middle and high school youth on the Westside and beyond.

Services:

- Pavilion (Coffee Shop) 7am-2pm
- Resurgence (Afterschool Programming and Activities) 2:30pm-4pm
- Grand Rapids Bridge Year Program (ages 18-30)

Other Way Ministries

Website: www.theotherway.org

Facebook:

<https://www.facebook.com/theotherwayministries>

839 Sibley St SW
Grand Rapids, MI 49504
Email: contact@theotherway.org
Phone: 616-454-4011

Hours of Operation: Varies by program.

Food pantry: Mondays-Weds-Thurs 10 am to 3 pm, Tuesdays 10 am to 6 pm, Fridays 10 am to 1 pm.

Farm Market: 9 am to 4 pm on Tuesday, Thursday and Friday and 10 am to 2 pm on the first and third Saturday of the month.

Services:

- Food pantry
- Farm Market
- Agape Food Co-op
- Little Lights early childhood education
- Accelerate (In-person virtual learning support)
- Christmas Store
- Afterschool tutoring and Discipleship Group (not running during COVID)



Open to: Some programs limited by neighborhood boundaries. Agape Co-op, Little Lights, Christmas Store must live on West Side (Valley St. to river, Butterworth to 4th St) and fall under 200% of federal poverty line. Farm Market no boundaries or income requirements. Accelerate students must attend Sibley school.

GRPS - Family and Community Engagement Office

Website: <https://parents.grps.org/>

Facebook: <https://www.facebook.com/GRPSparents/>

1331 Franklin Street
Grand Rapids, Michigan 49506
Email: parentengagement@grps.org
Phone: 616-819-1977



Hours of Operation: Monday-Friday 8:00 a.m. - 4:30 p.m.

Note: In order to participate in courses, one must register on <https://parents.grps.org/>.

Services:

- Parent University Webpage (Parents.grps.org)
 - Digital Learning (Support for GRPS instructional platforms.)
 - Community Resources
 - Covid-19
 - Students with Disabilities
 - GRPS School Year Info
 - At-home Activities
 - FAFSA
 - Grab and Go Meal sites and More!

- Power Parent Magazine
 - This publication targets parents and families with timely articles supporting student success. Community Resources
- Parent University Courses
 - Access to free courses and weekly email posts that support parents in becoming educational partners with their children.
 - Parent University courses will be offered throughout the entire 2020-2021 school year.

EDUCATIONAL SUPPORT

Grand Rapids Public Library (GRPL)

Website: <https://www.grpl.org/>

Facebook:

<https://www.facebook.com/GrandRapidsPublicLibrary>

Phone: 616-988-5400 (Main Branch)



Services:

- Free computer training for all levels—novice to advanced. (Sept-May) and cover a wide range of topics.
- Free classes that will help you develop your business. Classes run Sept–May and offer learning opportunities for everyone from those just starting out to seasoned professionals. Business classes take place at the Main Library in the Adult Computer Training Center (Lower Level).
- GRPS Connect – GRPS students can have access to recommended databases for Elementary-High School, ESL Learners and Educators. (requires digital library card or GRPL card)
- Grab and Go activity kits for kids, teens and adults And More!

Note: GRPL has many resources and learning opportunities available for all ages at multiple different locations. Contact GRPL for specifics on classes, dates/times and locations.

ADULT EDUCATION

Steepletown Neighborhood Services

Website: <https://www.steepletown.org/>

827 Bridge Street NW
Grand Rapids, MI 49504

Email: info@steepletown.org

Phone: 616-451-4215

Hours of Operation:

M-F, 8:00a.m.-5:00p.m.



Services:

- WIOA Youth Services:
 - Kitchen Sage Culinary Training: Earn the ServSafe Manager Credential through an extended training providing lots of experience across different areas of the food service industry.
 - Early Childhood Educator Apprenticeship Training: Combines classroom instruction with paid on-the-job training in a preschool or childcare setting.

- JobStart: Work Readiness Training which is based on a paid work experience as part of a JobStart crew.
- PearsonVUE Testing Center: Go to PearsonVUE.com to sign up for an exam to earn one of many professional certifications/credentials offered.
- GED Preparation/Academic Remediation: Students utilize online Learning Management Systems (LMS) to work through various academic materials; in partnership with Sparta Adult Education (see their entry below).

Note: There is an application process and will be determined by income. Eligible candidates must be 18-24 years old.

Sparta Area Schools Adult Education

Website Link: <http://www.spartaschools.org/departments/adult-education/>

Facebook Link: www.facebook.com/SpartaAdultEducation

Office Address: 475 W. Spartan Dr., Sparta, MI 49345

Class Address: 827 Bridge Street NW, Grand Rapids, MI 49504

Email: ann.kober@spartaschools.org

Phone: 616-887-7321

Hours of Operation:

Office Hours Monday-Thursday 8:00am-2:30pm

Class Hours Monday-Thursday 9:00am-8:00pm by appointment only



Services:

- Offers on-site and online individualized instruction by experienced professional teachers in the following areas:
 - High School Equivalency/GED Preparation
 - High School Diploma Completion
 - Workforce Preparation and Job Training
 - Adult Basic Education

Note: All our services are completely free of charge. Open to: Adults 18 age and older

ENGLISH LANGUAGE LEARNERS & MORE

Literacy Center of West Michigan

Website: <http://www.literacycenterwm.org>

Facebook:

<http://www.facebook.com/literacycenterwm>



1120 Monroe Ave. NW Suite 240
Grand Rapids, Michigan 49503

Email: info@literacycenterwm.org

Phone: 616-459-5151

Hours of Operation: Monday-Friday from 9 AM- 5 PM

Services:

- English classes and tutoring
- English classes for parents
- English and reading classes for employees at local companies
- Reading classes and tutoring
- Citizenship ESL classes
- Classes for certifications (like CNA).

Note: All programs are free. To sign up, visit www.literacycenterwm.org/start or call (616) 459-5151. Open to: Adults 18+ years old.

SECTION 8 VOUCHERS

2-1-1

Call 2-1-1 for intake and referrals for housing assistance. The staff at 2-1-1 will talk to you about your current situation and discuss options for assistance and support. Depending on your need, one of these options may be the Housing Assessment Program (HAP) and 2-1-1 will refer you. NOTE: Must be clear about your situation, living in car, age, disability, kids under 5, on assistance, etc.

Services:

Housing Assistance Intake.

Community Rebuilders 1120 Monroe Ave NW Suite 220
Grand Rapids, MI 49503
Phone: 616-458-5102

Services:

- Help to find housing.
- Section 8 vouchers can be applied for.

Community Action 121 Franklin Street SE Suite 110
Grand Rapids, MI 49507
Phone: 616-632-7950

Services:

- Section 8 vouchers can be applied for.

Housing Commission 2450 – 36th Street SW
Wyoming, MI 49519
Phone: 616-534-5471

Services:

- Section 8 vouchers can be applied for.

HOUSING SEARCH

Michigan Housing Locator (Rentals)

Website: <http://www.Michiganhousinglocator.com>

Home Sales (Home Ownership/Sales)

Reputable sites like Realtor.com or directly at realtor website.

Note: Community Rebuilders above may have a current private landlord list. **Avoid Craigslist** due to scams of rentals & home sales.

HOME REPAIRS & MORE

Home Repair Services

Website: <http://www.homerepairservices.org>

Home Repair Services
1100 South Division Avenue
Grand Rapids, Michigan 49507
Email: info@homerepairservices.org
Phone: 616-241-2601

Services:

- Repairs-leaky roof, broken furnace, leaky toilet.
- Home accessibility- wheelchair ramp, grab bars.
- "Fix-It School"-free training workshops.
- Remodeling- project assistance.
- Home maintenance check-ups.

Note: There is an application process and will be determined by income.

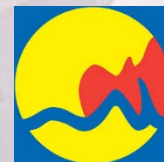
Housing Rehabilitation Program

Website: <https://www.grandrapidsmi.gov>

Email: communitydev@grcity.us
Phone: 616-456-3030

Services:

- Help determining what repairs are needed.
- Help selecting a contractor and getting a fair price.
- Help to ensure the repairs are complete and of good quality.
- Affordable loans for home repairs for those who qualify.

**Habitat for Humanity**

Website: www.habitatkent.org/repair-for-your-home/

425 Pleasant St. SW
Grand Rapids, MI 49503
Phone: 616-774-2431

Services:

- Home Repairs
- Home ownership classes and workshops.

Call for more information.

Low Income Home Weatherization

Website: www.accesskent.com

121 Franklin Street SE Suite 110
Grand Rapids, Michigan 49507
Email: KCCAinfo@kentcountymi.gov
Phone: 616-632-7950

Services:

- Attic & Wall Insulation
- Health & Safety Checks
- Air Sealing Measures
- Other Energy Efficiency Measures.

ENERGY SAVINGS PROGRAMS

Consumers Energy - Energy Efficiency for Renters

Website: <https://www.consumersenergy.com/residential/save-money-and-energy/assessments/multifamily>

Email: CEMultifamilySolutions@FranklinEnergy.com
Phone: 877-813-9617

Services:

- Free assessments for multifamily properties, free energy efficient equipment and rebates for additional upgrades..

Note: Share this program with your landlord or property owner or contact us for more details.

DTE Free Home Energy Consultation

Website: <https://newlook.dteenergy.com/wps/wcm/connect/dte-web/home/save-money-energy/residential/get-started-with/home-energy-checkup>

Email: energy_saving@dteenergy.com
Phone: 866-796-0512

Services:

- Find out where your home uses and loses the most energy.
- Take advantage of energy saving opportunities for every room to save money and increase the comfort of your home.

Free products during a DTE Home Energy Consultation may include: ENERGY STAR®-certified LED Light Bulbs, Energy Efficient Showerhead, Faucet Aerator, Water Heater Pipe Wrap, Nightlights, Programmable Thermostat

Note: You qualify for a free Home Energy Consultation if you live in a single-family home, duplex or condominium (and not a multi-unit or apartment building). There must be a person 18 years or older in the home at the time of your Home Energy Consultation to sign the customer authorization form. You are eligible if you have not had a DTE Home Energy Consultation at your home previously.

Comcast Internet Essentials

Website: <https://www.internetessentials.com/>

Phone: 1-855-846-8376 for English and
1-855-765-6995 for Spanish.

Services:

- Affordable Internet at Home for Eligible Households.

Note: Contact Comcast for Eligibility. Good for Low Income/Seniors

SENIOR PROGRAMS

Senior Neighbors

Website: <https://seniorneighbors.org/>

Note: Call for eligibility.



678 Front Ave. NW Suite 205
Grand Rapids, Michigan 49504
Email: info@seniorneighbors.org
Phone: 616-459-6019

Services:

- Case management
- Home maintenance
- Housing assistance

- Medicare and Medicaid counseling
- Senior centers
- Senior odyssey
- Transportation

Area Agency on Aging of Western Michigan

Website: <http://www.aaawm.org/>

Facebook: <http://www.facebook.com/AreaAgencyOnAging>

Area Agency on Aging of Western Michigan
3215 Eaglecrest Dr NE
Grand Rapids, Michigan 49525
Email: aaainfo@aaawm.org
Phone: 616-456-5664

Hours of Operation: Monday-Thursday; 8:00am–5:00pm, Friday;
8:00am-4:30pm

Services:

- Care management
- Caregiver resources and support
- Choices for independence
- Elder abuse prevention and education
- Healthy aging programs, information & assistance
- Long term care ombudsman
- Medicare/Medicaid assistance and nursing facility transition.
- Network of partners with variety of services



Note: Call for more information. Each program has its own eligibility requirements, some cost sharing required. Open to: Seniors 65+, persons with disabilities, and caregivers.

Steepletown**Neighborhood Services**

Website: <https://steepletown.org/>

827 Bridge Street NW
Grand Rapids, MI 49504
Phone: 616-451-4215
Email: lawncare@steepletown.org

Services:

- Grass cutting, trimming, edging
- Snow removal & more
- Small home repairs

Note: Must apply. For ages 60+ this service is supported by Kent County Senior Millage funding; Seniors are responsible for paying a cost-share amount based on household income.

Disability Advocates of Kent County

Website: <https://www.dakc.us/>

Facebook:

<https://www.facebook.com/disabilityadvocatesofkentcounty>

Note: Contact Disability Advocates of Kent County for eligibility and further information.

3600 Camelot Dr SE
Grand Rapids, MI 49546
Email: contact@dakc.us
Phone: 616-949-1100

Services:

- Accessibility Reviews
- Benefits Planning
- Disability Education
- Employment Navigation

- Family Support
- Nursing Facility Transitions
- Occupational Therapy
- Youth Transition Services (Ages 14-26)
- Veteran Support

OTHER PROGRAMS

Camp Blodgett

Website: <http://www.campblodgett.org>

Facebook:

<https://www.facebook.com/campblodgett1921>

528 Bridge St NW, Suite 6
Grand Rapids, MI, 49504
Email: info@campblodgett.org
Phone: 616-949-0780

Hours of Operation:

Monday – Friday, 9am – 5pm



Services:

- School year STEM Squad program for middle school students brings the fun of camp into the study of science, technology, engineering and math! Takes place on Saturdays January – April, 5th – 8th grade students are welcome. This program is free of charge.

- Summer Camp for 8-13 year old kids! Come out to enjoy a week of summer camp on the shores of Lake Michigan! Camp Blodgett is a very affordable opportunity for an amazing week of overnight summer camp. Most of our campers pay only \$40 to attend a week of camp! Registration begins in March 2021.

- Summer STEM Academy for students entering 6th – 8th grades. Academic support program at our camp on Lake Michigan. Enjoy the summer camp experience and do hands-on STEM learning each day in small groups with other middle school youth! This program is very affordable, and can make a big impact on academic growth during the summer! Applications available Winter 2021.

Note: Contact Camp Blodgett for program dates and registration information. Staff was working remotely, phone and email contact is best.

Mirror Me

Website: <http://www.mirrormeinc.org>

Facebook: <https://www.facebook.com/mirrormeorg>

Email: info@mirrormeinc.org

Hours of Operation: 8:00AM - 5:00PM



Services:

- Mirror Me, Inc is a nonprofit organization that assures identity and inspires destiny in girls globally. Offering courses and programming for girls ages 11-18. Our most popular course is called Crowned--a curriculum that highlights identity and purpose. We provide programming in the Spring called "You Are Enough" that functions as a conference for young ladies and their mothers.

Note: Applications are required and available on our website. No cost for girls to take the classes. Open to: Girls globally ages 11-18.

GVSU PROGRAMMING & SERVICES

Note: Contact individual GVSU programs below for more information, registration, eligibility or cost.

Center for Educational Partnerships – College of Education, Director: David Bair

Website:

<https://www.gvsu.edu/coe/cep/>

- TRIO-Upward Bound, Director: Josh Brandsen (GVSU students)
- Student 2 Steward (schools)
- Groundswell – environmental education programming: Jessica Vander Ark (schools)
- Summer reading program that distributes books
- PBS Learning Media (schools)
- New tutoring program (possibly the K12 connect)

GVSU Regional Math & Science Center – College of Arts and Sciences, Director: Kris Pachla

K12 Connect Website: www.gvsu.edu/k12connect • Online Learning Resources (schools) • Discovering STEM (schools)

Seidman Entrepreneurship and Innovation Center – Shorouq Allmallah

Richard M. and Helen DeVos Center for Entrepreneurship & Innovation

50 Front Ave SW
Grand Rapids, MI 49504
Phone: 616-331-7582
Email: cei@gvsu.edu

Website Link: <http://www.gvsu.edu/cei>

Facebook Link:

<https://www.facebook.com/gvsu.cei>

Technical assistance and consulting for small businesses. Our center runs the LendGR program (<http://www.gvsu.edu/lendgr>) which targets West Michigan small businesses or startups in the early stages of 25 employees or less. Each eligible business will be paired with a qualified GVSU student who will provide up to 25 hours of pro bono services to deliver a tangible solution in areas of marketing, finance, social media development, and more. The program is offered at no charge to businesses that qualify. Applications for service should be submitted through the LendGR website.

College of Computing and Engineering – Assistant Dean community outreach: Casey Thelenwood, Outreach Coordinator: Sara Maas

<p>DOER center Website: https://www.gvsu.edu/engineering/the-doer-center-149.htm STEPS Camp Website: https://www.gvsu.edu/steps/</p>	<p>301 Fulton St W Grand Rapids, MI 49504 Phone: 616-331-6824 Email: doer@gvsu.edu</p> <p>Facebook: https://www.facebook.com/gvsu_steps</p>	<p>The Design, Optimization, Evaluation, and Redesign (DOER) Center was founded in 2006 to draw upon the diverse knowledge of the School of Engineering to benefit local industry and to foster engagement in the community. The DOER Center matches industry partners with expert faculty and students in short-to-medium term contracts in the furtherance of the School of Engineering's educational mission.</p> <p>227 Winter Ave. NW Grand Rapids, MI 49504 Phone: 616-331-6025</p> <p>STEP is a summer day-camp preview of science, engineering and technology for young students between the 6th and 7th grades.</p>
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College of Community and Public Service – Associate Dean: Mark Hoffman

Community Engagement work in practice Website: <https://www.gvsu.edu/ccps/community-engagement-in-practice-100.htm>

College of Health Professions – Assistant Dean - Julie Hall

<p>Shape Camp Website: https://www.gvsu.edu/shape/ Link in Spanish: https://www.gvsu.edu/shape/pgina-principal-8.htm Nutrition / Dietetics at the Family Health Center Website: https://www.gvsu.edu/fhc/ Hours: Monday/Wednesday - 8:00 am - 5:00 pm, Tuesday/Thursday - 7:00 am - 5:00 pm, Friday - 8:00 am - 4:00 pm</p>	<p>301 Michigan Street NE Grand Rapids, MI 49503 Email: ageek@gvsu.edu Phone: 616-331-3031</p> <p>72 Sheldon Blvd SE Grand Rapids, MI 49503 Phone: (616) 331-9830</p>	<p>One-week day camp introduction to the health professions for boys and girls currently in 7th and 8th grades. Students participate in activities that provide hands-on exposure to a variety of health professions including physical therapy, medical lab science, sports medicine, and more! Cost: Free</p> <p>At the GVSU Family Health Center we offer free nutrition counseling with Clinical Dietetics Graduate Students under the direct supervision of a Registered Dietitian (faculty). This is a free service to all patients, GVSU students, and community members with no requirement to be an established patient. There is also no limit on the number of times these services can be utilized.</p>
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Other GVSU Programs

<p>START Project Website Link: https://www.gvsu.edu/autismcenter/about-the-start-project-2.htm</p>	<p>401 W. Fulton St. Grand Rapids, MI 49504 Phone: 616-331-6480 Email: autismed@gvsu.edu</p>	<p>START Project Mission: To work with schools, community partners, and families to support students with ASD to become active, engaged members of their schools and local communities, and successfully move into adulthood as independent individuals with many choices and opportunities.</p>
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Office of Student Life – Alternative Breaks K-12 tutoring – Melissa Baker-Boosamra

<p>Community Service Learning Center (CSLC) – Allendale Website: https://www.gvsu.edu/service/</p>	<p>Services: • The CSLC is only providing virtual volunteering opportunities this semester (and likely the entire academic year)</p>	<ul style="list-style-type: none"> • Democratic Engagement – Voter education; Democracy 101 • And More
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YOUTH ENRICHMENT PROGRAM

<p>First Tee of West Michigan Website: www.firstteewestmichigan.org Hours of Operation: 9AM - 5PM</p>	 <p>west michigan 3450 36th St. SE Grand Rapids, MI 49512 Email: info@thefirstteewestmichigan.org Phone: 616-208-1177</p>	<p>First Tee provides educational programs that build character, instill life enhancing values and promote healthy choices through the game of golf. Pricing:</p> <ul style="list-style-type: none"> • \$5 sessions for students eligible for free/reduced price lunch at School • Full Priced Students: \$70 <p>Six-class golf and life skills sessions are available outdoors at Lincoln CC in the spring, summer, and fall for youth age 7-17. Winter programming is also available for students at Lincoln from Nov - March! You can register for a session for your child at www.firstteewestmichigan.org/register Good For: Students age 7 - 17</p>
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GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

JANUARY: STAY INFORMED and KNOW THE HAZARDS IN YOUR AREA

Disasters happen anytime and anywhere.

When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends that you take the advice of your local Fire, Police, and Health Departments in response to local emergencies or hazards.

COMMUNITY & HOME HAZARDS

- Western Michigan residents endure many weather-related hazards such as thunderstorms, high winds, snow storms, extreme cold, extreme heat, and tornados.
- Other hazards may include fires, chemical accidents occurring at local industries, or environmental situations that affect public health. (for example: *E. coli* or Norovirus contamination)
- Complete a 'Home Hazard Hunt'!
 - Be sure your electric outlets are adequate to handle your appliance loads
 - Keep flammable liquids away from heaters, ovens, pilot lights and outlets
 - Have smoke detectors placed on each floor of your home, with at least one near your bedrooms (test monthly)
 - Keep a multi-purpose fire extinguisher (2-A:10-B:C Rated) in the kitchen and in the garage.
 - Candles and home heaters should never be left unattended.

Smoke detectors and fire extinguishers can be purchased at home improvement stores and stores that sell small appliances.

What should I do during severe weather? Stay in your home unless directed to evacuate by your local fire or police department.

How do I know if it's safe to travel? Tune in to local radio or TV news stations for travel updates.

Tips for success!... Keep emergency kits on hand at home and in your car!

(see September and October Fact Sheets for details on kits)

Most Important Emergency Supplies... Water, blankets, flashlights with extra batteries, a shovel, and a first aid kit; ...and don't forget your cell phone and charger/car charger.

For more information...

Visit the *Get Ready! Kent County* website, www.accessKent.com/getready, www.michigan.gov, www.redcross.org/mi/grand-rapids, and www.bemittenready.com

STAY INFORMED

- Tune your radio to local media or watch local TV news stations for travel updates, weather forecasts, or site cleanup time lines.
- Do not call 911 unless you have a life-threatening emergency. Dial 211 for information on emergencies affecting the Greater Grand Rapids area.
- Learn about the NOAA Weather Radio and its alerting capabilities through www.noaa.gov. These radios can be purchased at Radio Shack.
- Keep a list of the non-emergency phone numbers of your local Fire and Police. The Kent County Health Department information line is toll free 888-515-1300



www.accessKent.com/getready

GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

FEBRUARY: LIFE WITHOUT POWER

Disasters happen anytime and anywhere.

When disaster strikes, it is easier to cope when you are prepared.

GET READY! Kent County recommends knowing what to do when the power goes out.

ESSENTIAL SUPPLIES TO HAVE WHEN THE POWER GOES OUT

- Flashlight (*due to the risk of fire, do not use candles*)
- Batteries
- Portable Radio
- At least one gallon of water per person
- A small supply of food

ACTION STEPS TO TAKE IN PREPARATION FOR A POWER OUTAGE

- Backup computer files and operating systems regularly.
- If you have an electric garage door opener, locate the manual release lever and learn how to use it.
- Have at least one phone that is not powered by electricity (an old rotary phone, for example). Cordless phones may not work if the main base is electric.
- Keep your car fuel tank at least half full because gas stations rely on electricity to power their pumps.

WHAT TO DO DURING A BLACKOUT

- Turn off or disconnect any appliances, equipment or electronics you were using when the power went out.
- Leave one light turned on so you know when the power returns.
- Leave the doors of the refrigerator and freezer closed to keep your food as fresh as possible.
- Use the phone for emergencies only.
- Listen to a portable radio for the latest information. Do not call 911 for information.
- If it is hot outdoors, take steps to remain cool. Move to the lowest level of your home as cool air falls. Drink plenty of water, even if you do not feel thirsty.
- If it is cool outdoors, put on layers of warm clothing.
- Remember to provide plenty of fresh, cool water for your pets.



GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

MARCH: SHELTER IN PLACE VS. EVACUATION

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends that you have a plan for both sheltering and evacuating and that you take the advice of emergency response personnel.

SHELTER IN PLACE

- Close all doors to the outside and close and lock all windows.
- Turn off all air conditioners and all heating systems and switch inlets to the “closed” position. Seal any gaps around window air conditioners with tape and plastic sheeting, wax paper or aluminum wrap.
- Turn off all exhaust fans in kitchen, bathrooms and other spaces.
- Close all fireplace dampers.
- Go to an above ground room (*not the basement*) with the fewest windows and doors. This is usually a bathroom.
- Use tape and plastic food wrapping, wax paper or aluminum wrap to cover and seal bathroom exhaust fan grilles, range vents, dryer vents and other openings to the outside to the extent possible (*including any obvious gaps around external windows and doors*).
- Tune into the Emergency Broadcast System on your radio or television for further information and guidance.

EVACUATION

If public officials order you to evacuate, take that order seriously and act IMMEDIATELY.

- Bring your Emergency Kit and be sure to include:
 - Prescription medication
 - Disaster supplies (*See October's Fact Sheet for kit information*)
 - Clothing and bedding (*one change of clothes and bed roll for each person*)
 - Car keys and the keys of the place you may be going (*relative's or friend's house*)
- Lock your home.
- Use travel routes specified by local authorities. Do not use shortcuts because some areas may be impassable or dangerous.
- If flooding is a danger avoid flooded roads and washed-out bridges.
- Stay away from downed power lines.
- Listen to local authorities. They will provide the most accurate information and will communicate the location of shelters.

What is the difference between Shelter-In-Place and Evacuation?

Shelter-In-Place generally means that you stay where you are – indoors - and do not go outside until the all-clear is announced by local authorities. The cause for this order may be a hazardous substance that was accidentally released into the air in your community. When the all clear is announced open all the windows in your home to allow the clean air to remove any residual airborne substances in your home. Generally, Shelter-In-Place situations only last for a few hours.

Evacuation means that you must leave your home and go to a safer place away from the danger area. This is usually the result of a larger scale and widespread disaster. Devastating severe weather that causes power outages, downed trees, destruction of homes, and unsafe drinking water is an example of the need to evacuate as directed by local authorities. Evacuation may last for several days to several weeks.



GET READY! Kent County

Twelve Month Citizen Preparedness Program Fact Sheet

APRIL: FAMILY CONTACTS & MEDICAL INFORMATION

Disasters happen anytime and anywhere.

When disaster strikes, it is easier to cope when you are prepared.

GET READY! Kent County recommends listing contacts and medications in your emergency supply kit or another safe place that is easily accessible in the event of a disaster.

EMERGENCY CONTACTS

Local Contact _____
Local Contact _____
Home Phone _____
Cell Phone _____
Address _____
City _____

Out-of-Area Contact _____
Out-of-Area Contact _____
Home Phone _____
Cell Phone _____
Address _____
City _____

Nearest Relative _____
Home Phone _____
Cell Phone _____
Address _____
City _____

Family Work Numbers _____
Parent _____
Parent _____
Other _____

Local Police _____
Local Fire _____
Electric Company _____
Gas Company _____

Call 911 for Emergencies

MEDICAL INFORMATION

Family Physician _____
Phone _____

Family Physician _____
Phone _____

Family Physician _____
Phone _____

Family Allergies - list allergy after name
Name _____
Name _____
Name _____
Name _____

Medications Taken and Reason
Name _____
Med/Dosage _____

Name _____
Med/Dosage _____

Name _____
Med/Dosage _____

Insurance _____
Group # _____ Ph _____
Insurance _____
Group # _____ Ph _____

Call 911 for Emergencies



GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

MAY: Create a Plan

Disasters happen anytime and anywhere.

When disaster strikes, it is easier to cope when you are prepared.

GET READY! Kent County recommends creating a family disaster plan.

Make Your Plan

TALK: Discuss with your family the types of disasters that are most likely to happen where you live. Working as a team, establish responsibilities for each member of the household. Determine alternatives if someone is absent.

PLAN: Pick two places to meet after a disaster.

1. Right outside your home in case of a sudden emergency, like a fire.
2. Outside your neighborhood, in case you can't return home or are asked to evacuate the area.
3. Ask a friend or relative that lives out of the area to be your family contact. After a disaster, it's often easier to call long distance.
4. Discuss how to take care of your pets.

LEARN: Each adult in the household should know how to turn off utilities such as the electricity, water and gas. Learn how to use your home's fire extinguisher.

CHECK SUPPLIES: Make sure your emergency supply kits are in order, checking expiration dates on food and insuring you have ample water.

TELL: Household members should know where the emergency contact information is kept. Make copies for everyone to carry, keeping one copy in the emergency supply kit. Be sure to include an out-of-town contact.

Practice Your Plan

QUIZ: Every six months quiz your family members on what to do in an emergency. Make sure children know how and when to dial 911 for help.

CONDUCT: Conduct fire and emergency evacuation drills.

REPLACE: Check the expiration dates on stored food and water every six months. Make sure clothing in your kit is weather appropriate.

TEST: Test and recharge your fire extinguishers according to manufacturer's instructions.

TEST: Test your smoke detectors monthly and change the batteries at least once a year.

January	<input type="checkbox"/>	July	<input type="checkbox"/>
February	<input type="checkbox"/>	August	<input type="checkbox"/>
March	<input type="checkbox"/>	September	<input type="checkbox"/>
April	<input type="checkbox"/>	October	<input type="checkbox"/>
May	<input type="checkbox"/>	November	<input type="checkbox"/>
June	<input type="checkbox"/>	December	<input type="checkbox"/>

Change batteries _____ (month) each year.

Tips for success...

- Write down your family's disaster plan and post it by the telephone.
- Contact your local fire department for information on holding household fire drills. Ask about the STOP, DROP AND ROLL technique.
- Have everyone in the family create a list of personal items they would take with them if they only had 10 minutes to evacuate.
- Keep a non-electric phone in your home that can be used if the power goes out.

Fill out, copy and distribute to all family members.

Pocket Emergency Plan

Emergency Meeting Place: (just outside your home)

Meeting Place: (outside your neighborhood)

Address: _____

City: _____

Phone(s): _____

Family Contact: _____

Phone(s): _____



GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

JUNE: Special Needs - Children, Seniors, Disabled, Pets, etc.

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends having plans in place for family members and pets that may have special needs during an emergency.

Infants and Children

Have a three-day supply of the following items:

- Formula or powdered milk
- Diapers
- Bottles
- Medications
- Moist towelettes
- Diaper rash ointment

Disabled Individuals

Special preparations to consider:

- List of health care agency contacts
- Neighbors that can be contacted for assistance in an emergency
- Familiarity with medical equipment
- Extra wheelchair batteries & oxygen
- Special medication, food or clothing needs

Senior Citizens

Important items may include:

- Prescription medications & doctor info.
- Social security & insurance cards
- Advance medical directive documents
- Hearing-aid batteries
- Denture needs
- Eyeglasses or contact lens supplies
- Special food requirements

Household Pets

Go-Bag items for your pets:

- Food & water (1 gal. of water per day)
- Photos of you with your pet
- Medical & vaccination information
- Toys & treats
- Plastic bags & paper toweling
- Transportable cage with blanket
- Collar, leash & ID tags

Tips for success...

- Contact your daycare provider for information on their emergency response plans.**
- Discuss emergency procedures with home health care workers and adult care facility representatives.**
- Dialysis patients should be aware of servicing locations in other areas of the state.**
- Make copies of prescription and insurance information to store in your Go-Bag.**
- For a small fee, use one of the microchip identification programs at the Humane Society or Animal Shelter. If your pet is lost this system may reunite you much more quickly.**



GET READY! Kent County

Twelve Month Citizen Preparedness Program Fact Sheet

JULY: Saving Personal Items – Keepsakes, Documents, etc.

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends having plans in place for keepsakes and important documents should you need to evacuate your home.

Personal Items to Consider Before an Emergency Occurs

- Family photos – consider storing negatives or memory cards at a location outside your home such as a safe deposit box
- Valuable jewelry – store these items together so they are easy to locate
- Irreplaceable heirlooms and favorite collectibles – can they be moved easily and how much space will they take in your car
- Take your laptop or disconnect your PC if you're leaving home

Important Documents to Keep Secure or Take With You

- Drivers licenses and passports
- Social security cards
- Birth, marriage and death certificates
- Immunization records
- Insurance policies
- Wills, contracts, vehicle titles and property deeds
- One bank statement for each account, including credit cards
- Record of stocks, bonds or retirement accounts

Tips for success...

- If you live in a flood-prone area, make sure you have adequate flood insurance to reduce your risk of loss.
- Take pictures or make a video of your home possessions for insurance purposes. Include both the interior and exterior of your home.
- To protect your computer, always use unusual passwords, install virus protection and an internet firewall, and regularly backup critical data. Regularly install security patches from your software vendors.
- Store important documents in a waterproof, portable container. Consider using a fire-proof, portable safe deposit box.
- Remember to close and lock your windows and doors if you have to evacuate.



GET READY! Kent County

Twelve Month Citizen Preparedness Program Fact Sheet

AUGUST: Recovering After a Disaster

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends having a basic understanding of post-disaster recovery steps.

What Should You Do Within 48 Hours After a Disaster?

- Find your family. The American Red Cross maintains a disaster-based database called the “Safe and Well List” to help find loved ones. Go to www.disastersafe.redcross.org for more information.
- Get food and water. Volunteer agencies will set up stations in and around the disaster area.
- Find a place to stay. Contact friends or relatives outside the area, as well as the Red Cross.
- Take precautions should you want to return home. Heed the warnings of local officials if the area is still too dangerous for traveling.

How Do You Find a Place To Stay?

- The American Red Cross and other volunteer agencies will set up shelters for people that cannot return home. Go to www.greatergrandrapids.redcross.org or call 1-800-482-2411 for shelter information.
- Remember – pets are often not permitted in public emergency shelters for health and space reasons. Contact the Humane Society of Kent County (453-8900) or the Kent County Animal Shelter (336-3210) to find out what locations are sheltering pets.

What Type of Assistance is Available?

- For longer-term housing needs FEMA may have services to assist you. To be eligible, your primary residence must have been destroyed or become uninhabitable as a result of the disaster.
- Please note that these programs are usually in the form of low interest loans and must be repaid. It is wiser to update your homeowner’s insurance to more adequately cover potential losses.
- For detailed information contact FEMA at 1-800-621-3362, or go to their web site www.fema.gov.

How Can You Best Cope With Disaster-Related Stress?

- Disasters affect people in different ways. It is very normal to feel anxious, or have profound sadness, grief or anger after a disaster.
- Accept help from volunteer agencies. Do not feel compelled to handle things alone if help is available. The local Red Cross can connect you with the appropriate agencies. (1-800-482-2411).
- Get as much food, water, exercise and rest as possible.
- Spend time with family and participate in memorials, religious services, and other fellowship activities.

Tips for success...

- Help others. Assist your community in their efforts toward recovery. This will benefit others and may reduce your own post-disaster anxiety.



www.accessKent.com/getready

GET READY! Kent County

Twelve Month Citizen Preparedness Program Fact Sheet

SEPTEMBER: FOOD AND WATER

Disasters happen anytime and anywhere.

When disaster strikes, it is easier to cope when you are prepared. Get Ready! Kent County recommends storing a two-week emergency supply of food and water.

WATER

- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If the weather is warm, you may need more water
- Store commercially bottled water or store tap water in tightly sealed clean plastic containers (such as soft drink bottles)

FOOD

- Store a two-week supply of non-perishable food for each person in the household
- Select foods that require no cooking, refrigeration, or preparation, and little or no water
- Pack a manual can opener and eating utensils (forks, spoons)
- Choose foods your family will eat
- Ready to eat canned meats, fruits and vegetables
- Soups- bullion cubes or dried soups in a cup
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Infant food or food for people with special diets
- Comfort/stress foods- cookies, hard candy, instant coffee, teabags
- Pet food

Where can I find these items?

Local grocery stores will have the items you need to buy to create an emergency food and water supply.

How much will this cost?

The cost of your emergency food and water supply will depend on the number of people in your household and the items that you buy.

Tips for success....

Date your food with a marking pen and rotate your supply every 6 to 12 months.
Be sure to pay attention to "Use By" dates and dispose of any outdated items.

For more information....

Visit www.ready.gov and www.ggr.redcross.org.



GET READY! Kent County

Twelve Month Citizen Preparedness Program Fact Sheet

OCTOBER: EMERGENCY SUPPLIES KIT

Disasters happen anytime and anywhere.

When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends creating an Emergency Supplies Kit.

BASIC SUPPLIES AND TOOLS

- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Cash or traveler's checks, loose change
(if power is out, ATMs will not work)
- A whistle to signal for help
- First aid kit
- Emergency reference material
(such as a first aid book)
- Napkins, paper cups, plates, plastic
utensils, can opener, re-sealing bags
- Paper towels
- Map of the area and key phone numbers
- Fire extinguisher (small ABC canister)
- Signal flare
- Tube tent or tarp
- Pliers, shovel and other useful tools
- Compass
- Matches in a waterproof container
- Dust mask and work gloves
- Paper and pencils
- Shut-off wrench (to turn off household
gas and water)
- Plastic sheeting, duct tape, scissors
- Utility knife

CLOTHING AND BEDDING

- Jackets or coats
- Long pants
- Long sleeved shirts
- Sturdy shoes or work boots
- Hats and gloves
- Sleeping bag or warm blanket for each
person in the household

Note: *Rethink your clothing at least once a year to account for growing children, the change in seasons/temperature, and other conditions.*

SANITATION

- Plastic garbage bags, ties and toilet paper
for personal sanitation
- Feminine hygiene supplies
- Personal hygiene supplies
- Plastic bucket with tight lid
- Disinfectant
- Household bleach to treat drinking water

Where can I find these items?

Local retail stores will have most of these items.

How much will this cost?

The cost will depend on the number of people in your household, the use of items that you already own, and new purchases. You may have many of these items on hand already.

Tips for success....

Store your kit in a convenient place known to everyone in your household.
Keep items in an easy to carry container, such as a plastic storage container, wheeled suitcase, or a duffel bag.
Rethink your kit and household needs at least once a year. Replace batteries, update clothes, etc.

For more information....

Visit www.ready.gov and
www.ggr.redcross.org.



**HEALTH
DEPARTMENT**
Caring today for a healthy tomorrow



GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

NOVEMBER: FIRST AID KITS

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends having a First Aid Kit in your home, at work, and in your car.

SUPPLIES

- 2 pairs of latex gloves (or other sterile gloves if you are allergic to latex)
- Sterile dressings to stop bleeding
- Hypoallergenic adhesive tape
- Cleansing agent/soap
- Antiseptic
- Antibiotic ointment to prevent infection
- Moistened towelettes
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Non-breakable thermometer
- Scissors
- Tweezers
- Safety razor blade
- Tube of petroleum jelly or other lubricant
- Water purification tablets
- Tissues
- Skin lotion
- Sunscreen lotion
- Instant cold packs for sprains and burns
- Ammonia inhalant (smelling salts)
- Splinting materials
- Sling
- Waterproof matches

PRESCRIPTIONS

- Medications you take every day such as insulin, heart medicine, and asthma inhalers (you should rotate medicines to account for expiration dates)
- Medical supplies such as glucose and blood pressure monitoring equipment and supplies

NON-PRESCRIPTION DRUGS

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by Poison Control)

- • • • •
- **Where can I find these items?**
- Local pharmacies will have most of these items, including ready-made First Aid Kits.
-
- **How much will this cost?**
- The cost will depend on the number of items on hand in your home and new purchases. A good First Aid Kit can be purchased for less than \$20.00. Contact the Red Cross for more information.
-
- **Tips for success...**
- Store your kit in a convenient place known to everyone in your household. Keep items in an easy to carry container or duffel bag. Don't forget to keep a kit in your car and at work.
-
- **For more information...**
- visit www.ready.gov and
- www.greatergrandrapids.redcross.org
- • • • •



GET READY! Kent County

Twelve Month Citizen Preparedness Program

Fact Sheet

DECEMBER: FIRST AID / CPR / AED TRAINING

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. GET READY! Kent County recommends getting First Aid / CPR / AED Training.

WHAT YOU WILL LEARN

- How to care for a conscious and unconscious choking person
- Rescue breathing techniques
- How to recognize and provide for cardiac arrest and heart attack
- How to recognize and care for injuries and sudden illnesses, including:
 - Heat and cold emergencies
 - Poisoning
 - Bandaging wounds
 - Caring for bleeding injuries
 - Bone injuries
 - Diabetic emergencies
 - Fainting
 - Seizures
 - Strokes
 - Allergic reactions

WHY YOU NEED TO BE TRAINED

- In an emergency First Responders could be delayed in getting to you
- Training will teach you how to properly use the items in your First Aid Kits and Emergency Supply Kits

WHAT IS AN AED?

An AED, or Automated External Defibrillator, is a device that analyzes the heart's electrical rhythm and, if necessary, prompts you to deliver a shock to a victim of Sudden Cardiac Arrest.

WHEN AND WHERE TRAINING IS AVAILABLE

The American Red Cross of Greater Grand Rapids offers various training opportunities throughout Kent County. Courses are offered in the evenings and on the weekend so they can fit anyone's schedule.

HOW TO ENROLL IN TRAINING

- Visit www.greatergrandrapids.redcross.org to view the course schedule and enroll online.
- Call the American Red Cross of Greater Grand Rapids at (616) 456-8661 to request a course catalog be mailed to you or to enroll in a class.
- Stop by the American Red Cross of Greater Grand Rapids' office at 1050 Fuller Avenue NE in Grand Rapids, to enroll.

WHAT IS THE COST OF THE TRAINING

There are various First Aid / CPR / AED training classes offered. The class fee will vary depending on the class chosen and if the person is being certified or recertified. Typically, the class fees range from \$52 to \$57 for certification and \$38 to \$48 for recertification. Recertification is required every 3 years for First Aid, and every 1 year for CPR / AED.

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● **For more information...**
● Visit the *Get Ready! Kent County* website
● listed below as well as www.ready.gov and
● www.greatergrandrapids.redcross.org
●



257,566

people fully vaccinated

36,644

people partially vaccinated

537,046

total vaccines administered



VACCINATE
WEST MICHIGAN

Register for your vaccine at
vaccinatewestmi.com/register

For additional information about the Coronavirus, you can check out the following sites:

CDC website: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Kent County Health Department: <https://www.accesskent.com/Health/coronavirus.htm>

Stop the Spread of Germs

Accessible version <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>

Help prevent the spread of respiratory diseases like COVID-19.



6 ft

Stay at least 6 feet (about 2 arm lengths) from other people.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.



When in public, wear a mask over your nose and mouth.



Do not touch your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus



***Auto thefts and larcenies from vehicles are on the rise in Grand Rapids.
The statistics are alarming!***

Crime	2018	2019	2020
Auto Thefts	289	561	749
Larcenies from Motor Vehicles	922	1349	1676

Statistics provided by the Grand Rapids Police Department; March 29, 2021

These statistics are concerning as these are personal property crimes that may affect us at our homes or workplaces when we least expect it. Many of these crimes were crimes of opportunity that could have been prevented by simply making it a point to always lock your vehicle and to remove your valuables. Items such as purses, laptops and cell phones are bait to thieves that take advantage of the time you allow these items to be unattended. Even a quick run into a party store for a few minutes is ample time to be victimized.

Prevention is the KEY...

In addition to making it a habit to lock your vehicle when exiting, there are other things you can do to keep your auto and belongings safe.

1. Take your vehicle's key. Do not leave it in your vehicle.
2. Make sure you close and lock all windows and doors when you park your car.
3. Remove valuables. Never leave items such as purses, laptops, cell phones, GPS units or money in your vehicle unattended.
4. Whenever possible, park in well-lit areas.
5. Consider an antitheft system. There are many types available such as audible and visual devices such as horn alarms, immobilizing devices which prevent thieves from hot-wiring your vehicle, and locking steering wheel bars.
6. Deter thieves by getting your vehicle VIN etched. Replacing auto glass in vehicles is prohibitively expensive for thieves.

Free VIN Etching Available!

West Grand Neighborhood Organization offers FREE VIN etching for your vehicle. This program is supported by a grant from the Michigan Automobile Theft Prevention Authority. It is available to all residents of West Michigan.

The entire process takes about 15 minutes. Your VIN number is etched into the glass of your vehicle's windows. It is recommended for all vehicles as thieves steal all types of models, new or old.

Appointments are necessary. Contact our office at 616-451-0150 or by email at ATPA@westgrand.org to schedule an appointment.



616-451-0150

atpa@westgrand.org

www.westgrand.org/atpa

West Grand Neighborhood Organization

754 Leonard St. NW Suite B Grand Rapids, MI 49504
616-451-0150
mail@westgrand.org
www.WestGrand.org
Visit us on Facebook!

**WEST
GRAND**

**NEIGHBORHOOD
ORGANIZATION**

*Welcoming Neighbors and businesses,
Encouraging safety & promoting growth
by empowering the community.*

Take the Survey!

Your feedback is important! Please take a few minutes of your time to take a short online survey at:

<https://form.jotform.com/211336079019150>

You can also use the QR code to the right!

For your time you will be entered to win a gift card at a local business!



Thank you to all of our partners who helped make this guide possible.

Special thanks to the Kent County Emergency Management for permission to use their emergency preparedness fact sheet in this guide for neighbors.

This resource guide is made possible by a Grant from:
COMMUNITY DEVELOPMENT BLOCK GRANT CORONAVIRUS
