

Eagle's Nest Childcare

REGISTER NOW!

FOR SEPTEMBER 2ND START DATE

CHILD CARE

7:30 am - 5:30 pm

Ages: 33 months (& potty trained) - 5 years old

- **Childcare half day: \$25 A DAY**
- **Childcare full day: \$50 A DAY**

BEFORE / AFTER SCHOOL CARE

7:30-8:00 am / 3:18-5:30 pm

Ages: 33 months (& potty trained) - 13 years old

- **\$6.00 per hour per child (multiple child discount)**

5 REASONS YOUR KIDS WILL LOVE EAGLES NEST!

1. **Dynamic play-based learning centers: dramatic play, art, music, & literacy**
2. **Large outdoor learning environment to explore & learn in God's creation**
3. **A joyful space to learn, worship, & grow in faith**
4. **Brand new room with soft innovative seating**
5. **Team of loving, caring, enthusiastic caregivers**

Calvary

CHRISTIAN SCHOOLS

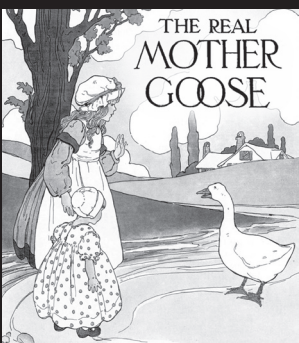
5873 Kendra Rd. Fruitport MI 49415
(2 miles east of US 31 & Sternberg)

☎ **231-865-2141**

✉ **childcare@calvaryeagles.org**

🌐 **www.calvaryeagles.org**

FREE Printable Activities — Fun for the whole family!



Read Books Online FREE!

Check out selected rhymes from **"The Real Mother Goose"** with wonderful illustrations by Blanche Fisher Wright!

ALSO, READ: the well-loved classic by Charles Dickens, **"A Christmas Carol"**

www.cybercrayon.net/readingroom

A Christmas Carol



The fight isn't over...

Your contributions support critical research, education and community programs that help save the lives of tens of thousands of Americans from heart disease and stroke each year. But far too many of us are still dying. Will you help the American Heart Association increase our national effort to defeat these deadly diseases by continuing, or even increasing, your support? We can't win the fight against America's No. 1 killer without a strong, sustained effort. Please send a donation today, so more Americans can live.



American Heart Association®

**Mail contributions to:
3816 Paysphere Circle,
Chicago, IL 60674**

2-1-1

Get Connected. Get Answers.
Community Access Line of the Lakeshore

- A single dad wants to join a parent support group
- A nineteen year old college student seeks HIV testing
- A runaway teen needs a safe place to stay
- A working woman seeks adult day care for her elderly father and a caregiver support group for herself
- A senior citizen wants to volunteer
- A young family in financial crisis searches for budget counseling

Copies & More

One-Stop Small Business Service

We have moved to our home. We still have all the customer records and files and are doing the same work. We pick up & deliver!

- Business Cards
- Carbonless Forms
- Envelopes
- Letterhead
- Laminating
- Rubber Stamps
- Scanning
- Transfers
- Binding
- Typesetting
- Color Copies
- and more...



Phone: (231) 865-6370



Mariann Cooper - Manager

E-mail: info@copiesfruitport.com
FRUITPORT

Helpful Hometown Service

IT'S OK TO ASK

Each year, millions of people face the reality of struggling with mental health concerns. Times of uncertainty and confusion in our world can make us feel lost, overwhelmed, and anxious. It's ok to ask. In fact, it's encouraged. Asking direct questions about suicide can often lead to feelings of connectedness and begin a conversation that may save someone's life. There is help; there is hope. **Confidential and professional mental health support is available 24/7, 365 days a year.**

KNOW THE WARNING SIGNS

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

5 steps you can take to help someone in emotional pain:



1. **ASK:** Asking at-risk individuals if they are suicidal does not increase suicides or suicidal thoughts.



2. **KEEP THEM SAFE:** Reducing a suicidal person's access to lethal items or places is an important part of suicide prevention.



3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling.



4. **HELP THEM CONNECT:** Suicide & crisis number call or text 988.



5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference.

If you need more information call HealthWest 24/7

MOMENTUM
CENTER

231-722-HELP (4357)



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AgeWell

SERVICES

MEALS+MOTION+MORALE

AgeWell Services at Tanglewood Park

560 Seminole Road

Muskegon, MI 49444

231-755-0434

www.agewellservices.org

Since 1973, AgeWell Services of West Michigan has redefined age! Providing programs to those 60 and older in Oceana, Muskegon and, Ottawa counties. Our programs include:

Meals on Wheels: Hot meals delivered to your home.

Lunch & Activity Centers: Congregate meals and activities.

Wellness Center: Fitness classes, exercise room, art classes and activities.

Senior Transportation: Door-to-door transportation to non-emergency medical appointments.

SafeSeniors: Education and prevention of abuse, neglect and financial exploitation of older adults.

Discount Dining at the Driftwood Café: Healthy meals at a discounted price. The Driftwood Café is open to the public.

