

Churchill Downs Community Association Newsletter

Personal Safety Tips

- Walk with Confidence – Show that you are aware and in control. Body language sends a message.
- Awareness – Keep your head up and be aware of your surroundings at all times.
- Pair Up – If you enjoy jogging or walking, take someone with you or bring your furry four-legged friend. Take a cell phone with you in case of an emergency.
- Communication – If you are traveling somewhere alone or even with another person, leave your travel route & itinerary with a friend or family member along with contact numbers.
- Operating in darkness – Use well-lit, well-traveled routes. Avoid dark, vacant or deserted areas. If possible, try to avoid traveling at early hours of the morning or late at night.
- Trust your gut – If you feel you are being followed, move to a well-lit and populated area or building, such as a store or restaurant, and call for HELP.
- When approaching your secured home or vehicle, make sure your keys are in hand for a swift entry. Do a quick scan and assess if things are safe before approaching your vehicle or home.



LOCK IT

OR

LOSE IT

Remove Your Valuables

Lock Your Vehicle



CDCA Annual Picnic

June 18, 2019 (6:30-8:00pm)

Wainwright Park

CDCA Community Pledge

I pledge to give a portion of my time, a portion of my energy, and a portion of my resources to the community in which I live. And to set examples, not by token words I say, or by looking the other way, but by contributing whenever I'm able to help enrich the lives of my neighbors. Here, I make all my pledges in unity, reaping in return a great community.

Message from the President:

Spring is here and I'm glad that everyone made it thru the "Polar Vortex". Summer is coming and our big project this summer will be new signs at the entrances to Churchill Downs and repair work to our white brick planters. Also, I am very happy to announce that we have 2 new board members; Heather Daniel and Jimmy Seay. See you at the next meeting.

7 Reasons to Eat Breakfast Every Day

1. Feel More Energized - Your brain & body need a well-balanced breakfast to work efficiently. Breakfast eaters are usually more active & energized during the day.
2. Have Better Focus – It can be hard to concentrate when your stomach is growling. Studies show people who eat breakfast have better cognitive function.
3. Stay Fuller Longer – Enjoy a protein-rich breakfast can help you feel more satisfied and avoid overeating later in the day.
4. Boost Your Mood – Skipping breakfast may impact your mood. Eating a good breakfast could help you feel more like a morning person.
5. Get Your Metabolism Going – After a long night's sleep, your body's fat-burning potential needs a boost. Eating a nutritious breakfast increases your metabolic rate.
6. Pack in More Nutrients – Eating breakfast can help you meet daily nutritional requirements.
7. Protect Your Heart – Research shows that by eating a well-balanced morning meal, you may reduce your risk for diabetes, high cholesterol and high blood pressure – all of which could lead to heart disease.

DID YOU KNOW?

Walking is a good weight-bearing exercise to maintain general health, cardiac health as well as bone health. The benefits gained in muscle strength and balance can reduce the risk of falls, a common cause of fractures.



Are you using the Churchill Downs Neighborhood Walking Path or Waverly Path? You should, it is a good opportunity to benefit your health and to meet some great people in Churchill Downs. Our walking path is marked with signs around Wainwright School and the Waverly Path is located on the eastside of Waverly Rd,



**Thursdays 3-7pm
May 2 - October 24, 2019
800 W. Barnes (St. Casmir)**

Churchill Downs resident Kathy Tobe is the manager at the Farmers Market. Contact South Lansing CDA for more information 374-5700.

Benefits of Fruits and Vegetables

- Cardiovascular health. Eat fruits and vegetables for healthy heart.
- Lower cancer risk. Fruits and vegetables can lower your cancer risk.
- Improved vision. An eye exam can indicate underlying health issues.
- Reduced diabetes risk. Eating your greens can lower your diabetes risk.
- Better digestive health. The fiber content of fruits and vegetables helps keep your digestive system running smoothly.

How important is water to your body?

Water is your body's most important nutrient, is involved in every bodily function, and makes up **70- 75% of your total body weight.**

Water helps you to maintain body temperature, metabolize body fat, aids in digestion, lubricates and cushions organs, transports nutrients, and flushes toxins from your body.



Neighborhood Safety

LOCK IT UP

- Make sure each external door has a strong, well-installed deadbolt lock & reinforce doors with 1 ½ " screws.
- Reinforce sliding glass door by using a stick inside the track or install specifically designed sliding door lock.
- Lock windows & doors when you leave regardless of duration.
- Do not hide key. Give keys to neighbor you trust.
- Keep your garage door closed & all accesses to your residence locked.
- Always secure sheds & keep yard equipment & bikes secure.

SECURITY PERIMETER

- Install exterior lights & keep them on all night or use motion sensors.
- Keep yard clean & visible/Prune shrubbery so it doesn't hide a burglar's access to window or door.
- Cut back or remove tree limbs to prevent climbing access to upper levels.
- Shut your curtains and use them in basement as well.
- Get to know your neighbors – extra set of eyes.
- Consider a Monitored Alarm System and/or cameras.

Neighborhood Watch is a crime prevention program which enlists neighbors in cooperation with the Lansing Police Department to reduce crime, solve problems and improve the quality of life in their areas. Neighbors make a commitment to actively report crimes, disorder and other community concerns to law enforcement and other city departments. JOIN TODAY! The success of Neighborhood Watch depends on alert neighbors who recognize and solve problems in their communities. Call 483-4469 for more information.



Churchill Downs welcomes Jimmy Seay (left) and Heather Daniel (right), who have volunteered to become our newest at-large board members. Jimmy has lived in Churchill Downs for 11 years. Jimmy has 3 kids, is retired from General Motors and loves his neighbors and neighborhood. Heather has lived in Churchill Downs since June 2010. Heather also has been married for 15 years to Tyree and has 3 boys, Ethan, Evan and Ean.

Be sure to congratulate both of them.



Churchill Downs Community Association neighbors enjoying a great baseball game vs. the TinCaps. Thank you to Mayor Schor for the use of Suite. The three oldest kids even got to participate in the 3-legged big underwear race. Bug Lug stopped for autographs and photo ops with everyone.

Thanks to: Glo, Judy, Mike Sr., Ernest, Sherry, Greg, Sharon, Beth, Mike Jr., Weather, Maddoc, Layne, Daphne and Nolan for attending

IMPORTANT NUMBERS

| | | | |
|------------------------|----------|----------------------------|----------|
| POLICE (NON-EMERGENCY) | 483-4600 | LANSING CITY COUNCIL | 483-4177 |
| FIRE (NON-EMERGENCY) | 483-4200 | LPD SPECIAL OPERATIONS | 483-4820 |
| ANIMAL CONTROL | 676-8370 | MAYOR'S OFFICE | 483-4141 |
| CITY ATTORNEY'S OFFICE | 483-4320 | PARKS & RECREATION | 483-4277 |
| CODE COMPLIANCE | 483-4361 | PLANNING DEPARTMENT | 483-4060 |
| FINANCIAL EMPOWERMENT | 211 | POLICE CHIEFS OFFICE | 483-4800 |
| GARBAGE/RECYCLING | 483-4400 | PUBLIC SERVICE: | 483-4161 |
| HEALTH DEPARTMENT | 887-4300 | TRI-COUNTY OFFICE ON AGING | 887-1440 |

Churchill Downs Community AssociationOfficers

Mike Redding, President 449-2980

Vacant, Vice-President

Judy Redding, Treasurer

Veda Dove-Washington, Secretary

Board Members

Heather Daniel

Jean Fangboner

Larry McConnell

Joe Price

Jeanne Sayer

Jimmy Seay

Web: www.churchilldownslansing.info**Facebook:** Churchill Downs Community Association**Meeting:** 3rd Tuesday, 6:30pm at Wainwright School

This Newsletter is a free publication from Churchill Downs Community Association

Donations Accepted

Please pass this to your neighbor

HOW TO REPORT A CRIME**Option 1: PHONE IN**Call 911 in an emergency
or

(517) 483-4600 for non-emergencies

Option 2: DROP INLPD Headquarters - 124 W. Michigan
or
LPD Operations – 5815 Wise Road**Option 3: ONLINE REPORTING**<http://lansingmi.gov/572/online-crime-reporting>