

Handbook for Seminary Families

Table of Contents

INTRODUCTION.....	3
NAMES & NUMBERS	4
PURITAN REFORMED SEMINARY.....	4
CHURCHES.....	4
SCHOOLS.....	4
MINISTRY WOMEN’S FELLOWSHIP	5
SUGGESTED READING	6
PASTOR'S WIVES & MISSIONARY AUTHORS.....	6
PERSONAL GROWTH	6
PRACTICAL ISSUES.....	7
USEFUL WEBSITES	8
PURITAN REFORMED RESOURCES	9
BUIST COMMUNITY ASSISTANCE CENTER	9
FURNISHINGS FOR YOUR HOME	9
WILLIAM PERKINS LIBRARY	9
GROCERY & PHARMACY	10
IN THE PURITAN REFORMED NEIGHBORHOOD	10
IN GRAND RAPIDS	10
PHARMACIES WITH LIMITED FOOD SECTIONS	12
OTHER GROCERY OPTIONS	12
THRIFT SHOPPING.....	13
THRIFT STORES	13
THRIFT WEBSITES	16
EVERYDAY LIFE IN GRAND RAPIDS	17
FAMILY ACTIVITIES IN GRAND RAPIDS.....	23
PARKS.....	25
OTHER SITES & ACTIVITIES IN GRAND RAPIDS	25
HOMESCHOOL RESOURCES	26
USA HOLIDAYS.....	27
MISCELLANEOUS	29

INTRODUCTION

Welcome to Grand Rapids! We are thankful that the Lord has made it possible for you to be part of the Puritan Reformed community for a time, and we look forward to getting to know you.

Puritan Reformed is committed to preparing men and women to serve in the Church of Christ. As you live your everyday life here, you may have questions, like “Where is the best grocery store?” or “How can I get my driver’s license?” This Handbook for Seminary Families will provide answers to these questions and many more.

If you have any comments or suggestions for future editions of this handbook, please email them to marybeeke@gmail.com / swbarrett1@comcast.net.

In Christ,

The Ministry Women’s Fellowship Team

NAMES & NUMBERS

Puritan Reformed Seminary

Office: (616) 977-0599

William Perkins Library: (616) 977-0599

Registrar's Office: (616) 432-3408

Bookstore: (616) 855- 5743

2965 Leonard St NE

Grand Rapids, MI 49525

Churches

HERITAGE REFORMED CONGREGATION

Dr. Joel Beeke: (616) 432-3403

Rev. Darryl Dedert: (616) 558-0373

Rev. John Byl: (616) 206-0070

Rev. Simon Yin: (616) 350-6349

Sunday services: 9:15 a.m. and 6:00 p.m.; Mandarin Service at 2:45 p.m.

540 Crescent St. NE

Grand Rapids, MI 49503

FREE REFORMED CHURCH

Dr. Gerald Bilkes: (616) 432-3401

Dr. David Kranendonk: (616) 608- 5464

Sunday services: 9:30 a.m. and 6:00 p.m.

950 Ball Ave. NE

Grand Rapids, MI 49503

Schools

GRACE CHRISTIAN ACADEMY

Office: (616) 290-0422

1000 Ball Ave. NE

Grand Rapids, MI 49505

MINISTRY WOMEN'S FELLOWSHIP

Serving in gospel ministry is a vocation like no other. Being married to a servant of God is also a calling like no other. Scripture teaches that every wife and mother needs training in her calling (Titus 2:4); how much more is this true for a woman married to a man who is dedicated to gospel ministry!

The Ministry Women's Fellowship (MWF) at Puritan Reformed is designed to help you in this calling. Faculty, faculty wives, students' wives, and guest speakers share topics that we pray will equip you to serve as a help meet to your husband. Topics range from introduction to Reformed theology to serving in the church to meeting the demands of the ministry. As a multinational student body, we share our cultural customs with each other. Meetings are held on regular evenings in the seminary building, with presentations and discussions, as well as a social gathering and panel discussion once a semester. We would love to have you join us for enrichment and fellowship.

Whether you are a student, staff, or a student's wife, the Lord has given you (both) this season of seminary life to prepare for your new calling. If you are excited about your future work, please come and share that enthusiasm. But if the thought of you/ your husband in ministry intimidates you, please come and be encouraged and equipped.

In Him,

The Puritan Reformed Faculty Wives

SUGGESTED READING

The books on this list are a selection of works from different centuries and countries. We have chosen them to help you, in your personal study, to develop as a helpmeet suitable to your ministry husband, and to be a counselor to women in your congregation. Many of these books, especially the biographies, are not meant to be read as systematic theologies, creeds, or Reformed confessions. They contain godly examples and much practical, biblical wisdom that will, by grace, prepare and equip you in your particular calling as a woman. If reading is not naturally appealing to you, try to work through a couple of books each year, perhaps reading along with another MWF member to give you a discussion and accountability partner. (*Books are available at the Puritan Reformed library.*)

PASTOR'S WIVES & MISSIONARY AUTHORS

- Christie, Vance. *John and Betty Stam: Missionary Martyrs*
- Dodds, Elizabeth. *Marriage to a Difficult Man*
- Elliot, Elizabeth. *A Chance to Die: The Life and Legacy of Amy Carmichael*
- Gerstner, Edna. *Idelette*
- Good, James I. *Famous Women of the Reformed Church*
- Haykin, Michael. *The Christian Lover James, Sharon. Elizabeth Prentiss James, Sharon. In Trial and in Joy*
- James, Sharon. *My Heart in His Hands: Ann Judson of Burma*
- MacCuish, Dolina. *Luther and His Katie*
- Paton, Maggie. *Letters and Sketches from the New Hebrides*
- Pollock, John. *Hudson and Maria*
- Prentiss, G. L. *Life and Letters of Elizabeth Prentiss*
- Ray, Charles. *Mrs. C. H. Spurgeon*

PERSONAL GROWTH

- Barrett, Michael. *How Can We Grow in Holiness through Reading the Old Testament*
- Barrett, Michael. *How Can We Live Our Faith from the Inside Out*
- Beeke, James and Joel Beeke. *Developing a Healthy Prayer Life*
- Beeke, Joel. *Living by God's Promises* Bennett, Arthur. *The Valley of Vision*
- Bonar, Horatius. *God's Way of Holiness*
- Burroughs, Jeremiah. *The Rare Jewel of Christian Contentment*

- Henry, Matthew. *A Method for Prayer*
- Owen, John. *Communion with God*
- Owen, John. *The Mortification of Sin*
- Winslow, Mary. *Heaven Opened*
- Winslow, Octavius. *Help Heavenward*

PRACTICAL ISSUES

- Alexander, James W. *Thoughts on Family Worship*
- Beeke, Joel. *Bringing the Gospel to Covenant Children*
- Beeke, Joel. *The Family at Church*
- Beeke, Joel. *Family Worship*
- Benton, Ann. *If It's Not Too Much Trouble: The Challenge of the Aged Parent*
- Booth, Randy. *Children of the Promise*
- Boston, Thomas. *The Crook in the Lot*
- Burns, Jabez. *Mothers of the Wise and Good*
- Calvin, John. *Sermons on the Ten Commandments*
- Campbell, Iain. *On the First Day of the Week*
- Challies, Tim. *The Discipline of Spiritual Discernment*
- Challies, Tim. *The Next Story*
- Welch, Edward T. *Depression: A Stubborn Darkness*
- Welch, Edward T. *Running Scared: Fear, Anxiety and the God of Rest*
- Welch, Edward T. *When People are Big and God is Small*
- Wolfe, Paul. *My God is True: Lessons Learned on Cancer's Dark Road*
- Welch, Edward T. *Depression: A Stubborn Darkness*
- Welch, Edward T. *Running Scared: Fear, anxiety and the God of Rest*
- Welch, Edward T. *When People are Big and God is Small*
- Wolfe, Paul. *My God is True: Lessons Learned on Cancer's Dark Road*

USEFUL WEBSITES

These are websites that we at MWF recommend. Although we do not endorse everything that is on any of these sites and assume that each person will exercise her own discretion, we hope they will be an encouragement and blessing.

- Pastors' Wives — Surviving in the Fishbowl
www.pastorswives.org
- Adult Class (by Dr. Joel R. Beeke and others)
www.sermonaudio.com/broadcasters/hrcgr/series?q=family+living
- The Parsonage (Focus on the Family)
www.parsonage.org
- Titus2talk—For Discovery and Recovery of Biblical Womanhood (no posts since 2009, but what was put on is very useful)
titus2talk.blogspot.com
- Crosswalk
www.crosswalk.com

ARTICLES

This will be updated on the MWF website as useful articles come up.

- How Could I Ever Be A Pastor's Wife? by Patricia Clawson
www.opc.org/new_horizons/NH05/08b.html

PURITAN REFORMED RESOURCES

BUIST COMMUNITY ASSISTANCE CENTER

(Buist CAC) is an independent, non-profit organization founded in 2008, serving residents of Byron Township south of 68th St. and Byron Center Public School district Buist CAC has partnered with Puritan Reformed to provide food and clothing items to the seminary local students and their families. Client shopping hours are by appointment only. Please contact Mari Flores, Buist CAC Office Manager, at (616) 683- 4080 or director@buistcac.org for more details. The center is located at 870 74th St. SW, Ste. B, Byron Center, MI 49315. More information can be found at www.buistcac.org.

FURNISHINGS FOR YOUR HOME

Our community has a supply of home furnishings that are available for students and their families to use while attending Puritan Reformed, including beds, couches, chairs, tables, kitchen supplies, and more. Contact Mrs. Julie Wielhouwer at (616) 890-5621.

WILLIAM PERKINS LIBRARY

The library at Puritan Reformed has a great section for children as well as several resources for women. Family members of seminary students may also apply for library cards. See Laura Ladwig at the library for more information.

GROCERY & PHARMACY

IN THE PURITAN REFORMED NEIGHBORHOOD

MEIJER

Meijer is a regional grocery store started in Michigan, but it offers much more than food. In addition to groceries, they also have a pharmacy and carry a wide array of housewares, clothing, and just about anything else you may need. They have a great grocery area and run good sales each week. Their store-brand items are also excellent. There are Meijer stores all over Grand Rapids, but the closest to the seminary is at Knapp's Corner at the corner of Knapp and the Beltline (basically north of the seminary).

FAMILY FARE

Family Fare Supermarkets are another option you may want to consider. The Spartan Stores company is based out of Grand Rapids and their store brand, Spartan, is also good quality. They, too, run good weekly sales. The closest one to the seminary is west of Leonard at the corner of Leonard and Fuller.

D&W FRESH MARKET

D&W Fresh Market is another chain of grocery stores owned by Spartan Stores but tends to be more expensive. The closest one is located across the intersection from Meijer at the intersection of Knapp and the Beltline. They have a lovely fresh produce section. They will send out coupons occasionally that offer some good discounts.

ALDI

Aldi offers good prices, but it is no-frills shopping. Their brands are not the best known but are still of good quality. To get a cart you must deposit a quarter, which you can get back when you are done. There are no grocery bags, but you can pick up boxes there if you need them. They accept credit cards, debit cards, and cash.

IN GRAND RAPIDS

WALMART

Almost everyone knows what Walmart is, but for those of you who don't, Walmart carries just about everything you could want and great prices to go with it. Walmart can be very crowded and almost hectic, but if you are willing to persevere you can get some good deals. The closest Walmart is on Alpine. The quickest way to get there is to get on I-96 West and stay on it until you get to the Alpine exit. Head north and it will be on the left.

SAM'S CLUB

If you like buying groceries in bulk, you could try using Sam's Club. You do have to buy a club card to get in; if you don't use this store regularly it may not be worth the money. There are good deals, but you have to keep a close eye on the amounts you are purchasing. The closest Sam's Club is also on Alpine, right next to Wal-Mart.

COSTCO

Costco is similar to Sam's Club, selling food and household items in bulk. They carry about the same items as Sam's Club and you will need to purchase a club card to get in. The closest Costco is on 28th St. Take I-96 East until you get to the 28th St. exit. Head west on 28th St. and it will be almost immediately on the left near Office Max.

“DOLLAR” STORES (Family Dollar, Dollar Tree)

Dollar stores are popular with everyone. There are so many different types that we are just going to group them all together. Just about everything in them is \$1.25. Most of these stores have limited food sections, but you can get some good deals. Some of their household cleaning supplies are very good deals. *Warning: most of these “Dollar” stores do not accept coupons!*

The closest store to the seminary:

1621 Leonard St. NE
Grand Rapids, MI 49505

(616) 742-2654

BIG LOTS

Big Lots is known as “the nation's largest broad line closeout retailer.” They sell a broad range of high-quality, brand-name products, including consumables (groceries!), seasonal items, furniture, housewares, toys, electronics, home decor, tools, and gifts. Visit www.biglots.com to see the grocery specials for the week.

- 3464 Plainfield Ave. NE
Grand Rapids, MI, 49525

(616) 364-1501

- 4254 28th St. SE
Kentwood, MI, 49512

(616) 940-4568

PHARMACIES WITH LIMITED FOOD SECTIONS

WALGREENS

The closest is at the corner of Knapp and Fuller. Most pharmacies close at either 5:00 or 9:00 but there is a 24-hour Pharmacy at the Walgreens on Plainfield.

CVS

The closest is at the corner of Leonard and Fuller.

OTHER GROCERY OPTIONS

FARMERS' MARKET

(www.fultonstreetmarket.org)

The Fulton Street Farmers Market is open the first Saturday of May through the last Saturday in October on the following days and times Wednesday, Friday, and Saturday, 8:00 a.m.–2:00 p.m.; November–April, Saturday—10:00 a.m.–1:00 p.m.

1145 E. Fulton St.
Grand Rapids, MI 49503

(616) 454-4118

THRIFT SHOPPING

Living in the ministry means (for most of us) that we will not have an unlimited budget with which to feed and clothe our families. We will not have extra money for the “fun things”; there will not be what people call “discretionary money.”

However, that has not stopped many of us from finding ways to be able to acquire what is needed during the many phases of family living. I will be happy to share with you, how, by God’s wonderful provision, just at the right times, we have been able to provide for our family, go camping, extend hospitality to many, and open our homes to strangers, etc., for them to sleep in. Going to a thrift store was always an adventure for us as a family when the children were younger.

As the children grew up, some decided that mission/thrift stores were beneath them, and they would stay in the car. When they had to begin to purchase their own things, “thrifting” didn’t seem so bad. My children drew the line with “dumpster hopping.” For the children to have a little spending money of their own to spend on our “thrifting days,” we would collect bottles and cans by the side of the road for a few afternoons.

There are so many stories to tell about what and how the Lord provided for us! What happy memories we all share from going to find just the right things. I hope that this list is of some help and enjoyment for your families.

Linda Lanning

THRIFT STORES

REGENERATE—A THRIFT SHOP

www.regeneratethrift.com

Regenerate donates all its profits to the Puritan Reformed Scholarship Fund. Clothing and household goods are tastefully presented and reasonably priced. Please volunteer to support this cause (and receive 20 percent off when you are working).

4390 Chicago Dr.
Grandville, MI 49418

(616) 498-2551

GOODWILL

- 1655 4 Mile Road NE
Grand Rapids, MI 49508

(616) 360-6983

- 2345 E. Beltline, NE
Grand Rapids, MI, 49525

(616) 466-7949

- 3270 29th St. SE
Kentwood, MI 49525

(616) 975-4196

- 956 Michigan St.
Grand Rapids, MI, 49503

(616) 885-1485

LOVE INC

(www.loveinthenameofchrist.org)

3300 Van Buren St.
Hudsonville, MI, 49426

(616) 662-3300

MEL TROTTER

(<https://www.meltrotter.org>)

Regular thrift store, plus used cars.

- 538 S. State St.
Sparta, MI 49345

(616) 797-8200, ext. 106

- 7500 Cottonwood Dr., Suite D
Jenison, MI 49428, ext. 103

(616) 797-8200

NEW 2 YOU

(www.new2youshoppe.com)

2929 29th St. SE
Kentwood, MI

(616) 942-2929

NICE TWICE

2852 28th St. SW
Grandville, MI 49418

(616) 249-2020

ONCE UPON A CHILD

(consignment store, children's clothes and gear)

- 1286 28th St. SW
Wyoming, MI 49509

(616) 531-5715

- 3343 Alpine Ave. NW
Grand Rapids, MI

(616) 784-5004

SALVATION ARMY

www.salvationarmyusa.org

- 4160 Plainfield Ave. NE
Grand Rapids, MI 49525

(800) 728-7825

- 1491 Division Ave. S
Grand Rapids, MI 49503

(616) 452-3133, ext.123

- 4283 28th St. SE
Grand Rapids, MI 49512

(616) 942-1616

SUPER THRIFT / MISSION INDIA

Mon - Fri: 10 a.m.-5 p.m.

Sat: 10 a.m.-2 p.m.

2146 Plainfield Ave NE
Grand Rapids, MI 49505

(616) 361-7411

THRIFT WEBSITES

Groupon

www.groupon.com

Groupon negotiates huge discounts—usually 50–90 percent off—with popular businesses. They send the deals to thousands of subscribers in their free, daily email, and in turn, send the businesses new customers.

Craigslist

www.craigslist.com

This website is an inexpensive way of acquiring items that you need; it advertises mostly used items that people are selling online. Also, it can be a great resource for locating area garage sales.

Money Saving Mom

moneysavingmom.com

This website is run by a Christian wife and mother who has much experience with living on a budget. She gives a broad range of advice from grocery store deals to managing your money.

Facebook Marketplace

www.facebook.com/marketplace

If you are on Facebook, you can access Facebook Marketplace where you can buy and sell items. The advantage of this over Craigslist is that you can view the profile of the seller to see if they are trustworthy.

EVERYDAY LIFE IN GRAND RAPIDS

GRAND RAPIDS PUBLIC LIBRARY

The Grand Rapids Public Library (GRPL) is not only a place to find books and DVDs, but also many other convenient services as well. In the Puritan Reformed area, the nearest branch library (The Yankee Clipper) is at the intersection of Leonard and Perkins, 1.2 miles west of the seminary. To get a free library card all you need to do is present a picture ID and proof of address (a utility bill will do). Children can get a card too, but they will still need your picture and proof of address.

Most books are due in 3 weeks and you can usually renew once. Once you are a cardholder you can access your account online and renew your books from home.

If there is a book you would like to read but is not at the library, you can put in a request for them to acquire it from one of the other branches. Times to acquire a book can vary due to availability. Ask one of the librarians for assistance.

The library offers internet access via their on-site computers (1 hr. per day limit for card holders) and wireless connection if you bring a laptop. You can also use their printer: they charge 15 cents per page for b/w and 50 cents per page for color.

The GRPL also offers some computer classes, but these are usually held at the main branch in downtown Grand Rapids. Occasionally a branch will hold special events for children or teens which might be a petting zoo, a book reading, a craft workshop, etc. If you are a cardholder and give them your email address, they will notify you of these upcoming events.

The Grand Rapids Public Library also offers the opportunity to check out passes to local museums, zoos, botanical gardens, performing arts venues, and sporting events.

Examples are:

- Frederik Meijer Gardens and Sculpture Park
- Gerald R. Ford Presidential Museum
- Grand Rapids Art Museum
- Grand Rapids Children's Museum
- John Ball Zoo
- Public Museum of Grand Rapids
- Grand Rapids Griffins
- Opera Grand Rapids
- West Michigan Whitecaps

There are some restrictions. Check the grpl.org website for further details and restrictions.

OBTAINING A DRIVER'S LICENSE

If you change your permanent residence to Michigan, you will need to change to a Michigan driver's license and register your car in Michigan (which means that you will need to get Michigan license plates).

REGISTERING YOUR CAR

Visit the Secretary of State (SOS) office with these documents:

- Current driver's licenses
- Current auto insurance
- Current title (*Be sure that all owners listed on the title are present at the SOS office for the transfer of title*)

The nearest office to Puritan Reformed is 3472 Plainfield Ave. NE. From Puritan Reformed get onto I-96 North and take the Plainfield exit. Head north on Plainfield and your destination will be on the right-hand side.

Warning: It is difficult to see this building because it is back behind some other buildings. Even the sign on the road is difficult to see. Look for the Payless shoe building...it is close!

BICYCLES

If you need a bicycle for transportation or recreation for you or your family, please email Mary Beeke at marybeeke@gmail.com.

IMPORTANT INFORMATION REGARDING NON-IMMIGRANT APPLICATIONS FOR A DRIVER'S LICENSE / SOCIAL SECURITY NUMBER

Driving in the United States: (<http://studyinthestates.dhs.gov/students/resources/driving>)

Obtaining a Social Security Number (SSN):

(<http://studyinthestates.dhs.gov/students/resources/social-security-number/>)

DMV Fact Sheet:

(http://www.ice.gov/doclib/sevis/pdf/dmv_factsheet.pdf)

THE UNITED STATES POST OFFICE

One place you may need to visit occasionally is the US Post Office. Not only do they sell stamps, but also shipping boxes, greeting cards, and post office boxes for rent. The closest office is: 1765 3 Mile Road NE. Head west on Leonard, turn north on Fuller, turn east on Three Mile Rd., and the post office is on the left at about 2/3 of a mile. Hours: Monday–Friday: 8:00 a.m.–5:30 p.m.; Saturday: 9:00 a.m.–noon; Sunday: closed; Last Daily Collection: Monday–Friday: 5:00 p.m.; Saturday: 3:00 p.m.; Sunday: closed. (*Stamps can also be purchased at Meijer, CVS, and Family Fare.*)

BANKING

There are many financial institutions to choose from. Many students utilize the Lake Michigan Credit Union located at 1820 Leonard Street NE, (616) 242-9790. Also, near PRTS is the branch at 2024 Celebration Ave., NE, at Knapp's Corner.

RECYCLING & GARBAGE COLLECTION IN GRAND RAPIDS

If you own or rent a home, you will need to contact the city at:
<https://www.grandrapidsmi.gov/Residents/Services>

Request Trash Service to obtain a garbage bin and to set up an account. There is a cost every time they tip it to empty the bin. You may also reserve a recycle bin for free. For a schedule for garbage pickup (weekly) and recycle pickup (biweekly), see (<https://www.grandrapidsmi.gov/Residents/My-Neighborhood>).

CAR SERVICE/REPAIR

Mr. Chuck Dykstra, a member of the Free Reformed Church, does car repair at his home and is willing to work on students' cars. He charges reasonable prices. If he is not able to fix your car, he will refer you to another shop. His address is 3368 - 3 Mile Rd. NE, Grand Rapids, MI 49525. His phone # is (616) 363-9317.

MEDICAL CARE

In a life-threatening emergency, go to the nearest emergency room, or call 911 (remembering that ambulances are expensive).

(SUGGESTED) HOSPITALS:

- We recommend going to Trinity Health, St. Mary's Campus (200 Jefferson SE, Grand Rapids, MI 49503, [(616) 685- 5000]) Location is closer. Paperwork is completed for a payment plan or benevolence, depending on your circumstances.
- Second choice, but farther away, University of Michigan (UofM) Hospital (5900 Byron Center Ave. SW, Wyoming, MI 49519, [(616) 252-7500])
- Near downtown, Corewell Health Butterworth Hospital (100 Michigan St. NE, Grand Rapids, MI 49503, [(616-391-1774)]).
- On the southeast side, Corewell Health Blodgett Hospital (1840 Wealthy St. SE, Grand Rapids, MI 49506, Phone: [(616) 774-7444]).
- For urgent, but not life-threatening needs, go to Trinity Health Urgent Care Center at 1471 East Beltline NE, Suite 201, Grand Rapids, (616-685-3414). Hours: 7 days a week, 7:00 a.m.-10:00 p.m.

See medical protocol (below) for common problems, and doctor-recommended solutions.

If you have a question, urgent or not urgent, call one of our nurse contact persons. Identify yourself as a Puritan Reformed student and say that you have a medical question.

Lois VanderStel: (616)-540-9950

Sue Mulder: (616) 340-1449

Canadians keep their coverage by maintaining an address back home.

SERVICES AVAILABLE

- Cherry St. Health Clinic (Includes 13 clinics.) <http://www.cherryhealth.org/index.html>

We recommend you become an established patient here as soon as possible.

You need to register first by proving that you are legally here in the U.S. (ID and student visa)

Proving your income (and/or scholarship amount). Bring medical records if you have them. They will put you on a sliding scale. Then you can make appointments and be seen. You will pay according to your income. Dental care offered at some locations. It is not for emergencies, but if you are an established patient, you can usually get in on short notice, especially children.

- Catherine's Health Center (www.catherineshc.org)

A non-profit community-based health facility dedicated to serving low-income, uninsured residents of the northeast sections of Grand Rapids, primarily those who live in the Creston and Belknap neighborhoods. Supporting the center's activities are a governing board and group of volunteers working to make health care available to those in need. Located at 1211 Lafayette NE, Grand Rapids, (616)-336-8800.

- GRAPES (Grand Rapids Area Pediatric Evening Service) An after-hours pediatric urgent care center. If your child's problem cannot wait until regular office hours, you should call your pediatrician's after-hours nurse, and she can authorize a visit to GRAPES, as it is a referral service, if they deem it necessary. GRAPES clinic is always staffed by a pediatrician, which med centers do not generally have. Corewell Health Helen DeVos Children's Hospital, 100 Michigan St. NE, Grand Rapids, MI 49503, (616) 391-9000 (Creston Clinic).

- Health Intervention Services (HIS); www.hisgr.org

A Christian, non-profit health center that serves the uninsured. They offer a broad spectrum of medical care including family medicine, urgent care, dental and visual care, and counseling.

- Michigan Department of Health and Human Services (MDHHS) (<https://www.michigan.gov/mdhhs/404>). This website gives information about health care programs available through the government.
- Dr. Sarah Stewart is a foot doctor and willing to take care of foot and ankle problems for PRTS students. She is located at 3550 Fairlane Ave., SW, Grandville, MI 49418 (616) 423-3920
- Oasis of Hope Center (<http://www.ohcgr.org>)

A Christian clinic that seeks to meet the basic health needs of the uninsured.

- The Cherry Street Health Services offers dental care at various locations. For locations and scheduling details go to (www.cherryhealth.org) or call (616) 776-2120
- Frey Family Dentistry
6220 Jupiter Ave NE, St. B
Belmont, MI 49306 Optical Care
(616) 222-0202

Shop around, or see Eye Glass World (2735 28th St. SE, Grand Rapid, MI 49512

(616) 974-2020. You can get an optical exam and purchase glasses here.

TREATMENT OF COMMON MEDICAL ISSUES

PAIN RELIEF

Stick to simple pain relief such as Ibuprofen or Acetaminophen. Avoid the more expensive brand names, such as Tylenol or Motrin. (Cheaper and equally effective are Meijer, Walgreens, etc.) Both of these can be used together, according to the stated dosage directions on packaging for pain, as they work in different ways. DO NOT exceed the stated dosage.

FEVERS

Reducing the fever and avoiding dehydration is a priority, ESPECIALLY in young children. Give plenty fluids. Give Acetaminophen or Ibuprofen, according to the stated dosage directions on the packaging.

Please seek medical advice EARLY in the following associated circumstances: headache and vomiting, the appearance of a rash, associated cough and breathlessness, or abdominal pain and vomiting.

If you or your child have ongoing unexplained fever for more than two days, with no improvement, please seek medical advice.

VOMITING AND/OR DIARRHEA

Most commonly viral infection and often referred to here as “Stomach Flu.” Occasionally food poisoning. Maintaining hydration is essential, especially in children. Infants can become quickly dehydrated. Frequent sips of fluid such as Gatorade (children over 2 years or adults) or Pediatric (child) Electrolyte solution. Both can be purchased at Meijer or Walgreens. Ice chips or ice pops for older children or adults work well until liquid is tolerated. Avoid glassfuls of fluids immediately after vomiting. Avoid fizzy drinks. Do not give food until several hours after tolerating fluids. Crackers, toasted bread, or cereal are good foods to restart eating with. Avoid fruit until symptoms settle. If vomiting persists and unable to retain fluids after several hours, seek medical advice.

In infants, seek medical advice EARLY if diapers are DRY, child refuses fluids, refuses breast milk or bottles, or has persistent vomiting.

SORE THROATS

Most sore throats are viral, NOT Strep. infection. Treat with pain relief and fever reduction. If pain worsens after 48 hours or DIFFICULTY SWALLOWING OR DROOLING seek medical advice.

For ALL medicines, ensure AGE APPROPRIATE & CORRECT DOSAGE. FREQUENT HAND WASHING REDUCES RISK OF SPREAD TO OTHERS. KEEP CHILDREN OFF SCHOOL AND NURSERIES!

These scenarios are GENERAL. They do not cover each individual circumstance. Responsibility for seeking appropriate medical advice, at your discretion, is your responsibility, not MWFs. Please contact the given medical contacts in your handbook for advice if not sure what to do.

MEDICAL INSURANCE

Michigan offers a medical insurance program at little or no cost for children called MI Child or Healthy Kids. Eligibility is generally based on income; however, children with chronic health conditions such as diabetes or asthma do not have eligibility requirements. Forms for enrollment can be picked up at the local YMCA or online (Google: "MI Child"). (Note: this service is only available to US citizens or those in possession of a green card.) Also, for those who have no health insurance but some form of paid work and legal residency (visa): most health insurance companies will not take you on if you are not from the US until a 1-year health record has been established. However, the state requires BLUE CROSS, BLUE SHIELD of MICHIGAN to cover you. Contact their office in the city center: 86 Monroe Center St., Grand Rapids, MI. You may want to consider the various Christian cost-share health care programs as an alternative to medical insurance. Visit the program websites for more information to see if this is a more affordable option for your family.

www.samaritanministries.org; www.chministries.org; www.medishare.org

FAMILY ACTIVITIES IN GRAND RAPIDS

Note: Hours and admission prices for the following parks, museums, and zoo are subject to change; check websites for the most current information.

FREDERIK MEIJER GARDENS & SCULPTURE PARK (www.meijergardens.org)

Grand Rapids is home to this interesting botanical garden and sculpture park. You can walk their extensive grounds and enjoy the lovely park and huge sculptures. It makes a good day trip for a family. They also host special events throughout the year. This is not far from the seminary, just down the Beltline. Check the public library section for checking out day passes.

1000 East Beltline Avenue NE
Grand Rapids, MI 49525

(888) 957-1580

GRAND RAPIDS ART MUSEUM (www.artmuseumgr.org)

If you are interested in art, you may want to visit the Grand Rapids Art Museum (GRAM). Located downtown, they have a nice collection of art and host many special events throughout the year. Check the public library section for checking out day passes.

101 Monroe Center
Grand Rapids, MI 49503

(616) 831-1000

GRAND RAPIDS CHILDREN'S MUSEUM (www.grcm.org)

You may want to consider an outing to the Grand Rapids Children's Museum. Your children can enjoy an interactive learning environment and have lots of fun, too. The museum offers many exhibits and events for children of all ages.

11 Sheldon Ave., NE
Grand Rapids, MI 49503

(616) 235-4726

JOHN BALL ZOO (www.jbzoo.org)

The kids will like a visit to this zoo. You can see chimpanzees, penguins, lions, snakes, and a whole list of other wildlife. The zoo also hosts special events throughout the year. Check the public library section for checking out day passes.

1300 W. Fulton St.
Grand Rapids, MI 49505

(616) 336-4301

GRAND RAPIDS PUBLIC MUSEUM (www.grpm.org)

This museum offers world-class exhibits on history, nature, cultural heritage, and more. Ride a 1928 carousel, walk the old streets of Grand Rapids, catch a show in the planetarium, or eat in the cafe overlooking the Grand River. Visit website for more information on exhibits, becoming a member, directions, and parking.

272 Pearl St. NW
Grand Rapids, MI 49504

(616) 456-3977

BLANDFORD NATURE CENTER (www.blandfordnaturecenter.org)

Another great activity to consider is the Blandford Nature Center. This is a wonderful place for families to be educated about nature, ecology, and the outdoors, and have fun doing it. Events and educational programs are held throughout the year. Featured on-site are “Heritage Buildings” which are kept as close to original condition as possible. They have a schoolhouse, cabin, blacksmith shop, and other buildings from long ago. Consider making a day of it!

1715 Hillburn Ave. NW
Grand Rapids, MI 49504

(616) 735-6240

TRIP TO LAKE MICHIGAN/GRAND HAVEN (www.visitgrandhaven.com)

For a fun and low-cost day trip you might want to take the family to Grand Haven, Michigan, about 45 minutes west of Grand Rapids and just 30 minutes northwest of Holland. Located on Lake Michigan, Grand Haven features a pier with two lighthouses. You can take a walk on the pier and check out the lighthouses close.

Right next to the pier is a public beach and occasionally you can watch some surfers. Also running up to the pier along the harbor edge is a 2 ½ mile boardwalk. You can stroll along the boardwalk and watch the boats and waves. During the summer, take heed to the warning flags—yellow and red indicate dangerous swimming conditions!

ICE SKATING:

ROSA PARKS (www.grcity.us/parks/Pages/ice-skating.aspx)

Rosa Parks ice rink has \$2.00 (17 & under) \$4.00 (18 & over) skating, including skates and hot chocolate, over the winter months. It is located at the corner of Monroe Ave. and Pearl St. in downtown Grand Rapids.

135 Monroe Center St. NW
Grand Rapids, MI 49503

(616) 456-3696

PATTERSON ICE CENTER

(www.pattersonicecenter.com)

2550 Patterson Ave. SE
Grand Rapids, MI 49546

(616) 940-1423

PARKS

GRAND RAPIDS TOWNSHIP PARK

Recreation activities are available at the Township Hall Complex on the East Beltline across from Meijer. Comprised of 58 acres, there are three ball fields, a soccer field, sand volleyball, three tennis courts, basketball hoops, a handicap-accessible playground, and nature trails that can be used for cross-country skiing in the winter.

ROSELLE PARK

Roselle Park is in Ada, about a 5-minute drive from Knapp's Corner. There is a beautiful, paved path that takes you right along the river bank. Great for rollerblading, jogging, biking, or just walking. In the beginning, there is a restored farm tower with a climbing wall and access inside up many stairs to the top for a lovely view. Along the way are several good fishing spots and picnic tables.

RIVERSIDE PARK

Riverside Park on 2001 Monroe Ave. has a great walking/biking path as well as nice playgrounds and an 18-hole disc golf course.

CRAHEN VALLEY PARK

This park is two miles east of the seminary at 4355 Leonard St. NE. It has a paved walking/biking path that goes in a large circle. There are also hiking trails through the woods.

OTHER PARKS:

Huff Park

Reed's Lake Park

OTHER SITES & ACTIVITIES IN GRAND RAPIDS

(www.experiencegr.com)

Gerald R. Ford Presidential Museum Hiking Trails

U-Pick Fruit Farms and Orchards Comstock Park Ballgames

Fish Ladder

Walk Around Downtown Bike Paths

HOMESCHOOL RESOURCES

HOMESCHOOL BUILDING

(<http://www.wmhfa.org/>) (<http://www.homeschoolbuilding.org>)

This building is used by many home school groups for various classes and activities. For example, the West Michigan Homeschool Fine Arts Association (WMHFA) utilizes the building on Wednesdays for band, orchestra, and choir.

5625 Burlingame Ave.
SW Wyoming, MI 49509

(616) 532-9422.

KOINONIA HOME SCHOOL

(<http://www.koinoniahomeschool.com>)

Koinonia Home School is a Monday group that meets 32 weeks/year to assist homeschooling parents with classes preschool through high school. All classes are taught from a Christian world view and help foster community.

Meeting at:

West Cannon Baptist Church
5760 Cannonsburg Road, NE
Belmont, MI 49306.

Koinonia Homeschool Group address:

5100 Belding Rd. NE,
Rockford, MI 49341

Contact:

Mrs. Ruth Hoogmoed

(616) 682-0578

koinoniagroup@gmail.com

USA HOLIDAYS

VALENTINE'S DAY (FEBRUARY 14th)

This day is named after an early Christian minister who continued to officiate at Christian marriages in defiance of a Roman law, and was martyred on February 14th. A Roman Catholic feast day for centuries, Americans now “celebrate” it by giving candy, cards, or roses to their wives or girlfriends.

MEMORIAL DAY (LAST MONDAY IN MAY)

This is a day that commemorates the sacrifices made by men and women in the American armed forces, especially in the foreign wars that the US has waged. Many Americans use the day off work as a day to do yard work, picnic, and relax with family and friends. Many also attend a parade and some visit a cemetery to remember those lost in battle.

INDEPENDENCE DAY (JULY 4th)

The 4th is the biggest national holiday in America. It celebrates the anniversary of the signing of the Declaration of Independence in 1776, which made America its own nation, no longer a colony of Great Britain. Fireworks, parades, barbecues, picnics, and family time are hallmarks of this holiday.

LABOR DAY (FIRST MONDAY IN SEPTEMBER)

This federal holiday officially honors the nation's working people, often with parades. But for most Americans, it is the last day of the holidays before the school year begins.

REFORMATION DAY/HALLOWEEN (OCTOBER 31)

Protestants call this day “Reformation Day,” as they recognize the date as the anniversary of the beginning of Martin Luther's formal protests against the Roman Catholic Church in 1517, and some churches hold worship services.

While people do not get time off work or school for Halloween, this “holiday” has become increasingly popular. Formerly a Roman Catholic feast day, that of All Saints, Halloween is returning to its pre-Catholic, pagan roots as a festival of the dead. Although still associated with children dressing up and going door to door for candy, it is increasingly dark, morbid, and pagan.

THANKSGIVING (FOURTH THURSDAY IN NOVEMBER)

The biggest family holiday of the American year, Thanksgiving commemorates the Pilgrims' first successful harvest in the American colonies in 1621. Roast turkey, pumpkin pie, apple cider, and other traditional foods abound, and Reformed congregations often hold worship services.

CHRISTMAS (DECEMBER 25)

In America, secular society is trying to make Christmas an entirely non-Christian holiday, revolving around lots of gifts, decorations, food, time off work, Santa Claus, and reindeer. Their goal is to remove any reference to the birth and work of Christ from this season, for example,

replacing, “Merry Christmas” with “Happy Holidays.” Christian communities in the States have different approaches to Christmas. A few view it as a Roman Catholic feast day, and treat December 25 like any other day of the year, saving commemoration of Christ’s birth for weekly Lord’s Day worship. Some believers see it as a God-given opportunity to spend time with family and friends (as they would Memorial Day or Labor Day), and also take the opportunity to witness to unbelieving family, as Americans still tend to be open to “spiritual things” at this time of year. Other Christians view it as an opportunity to commemorate Christ’s birth with Christ’s church and proclaim the incarnation from the pulpit not only on the 25th, but also on the Lord’s Days leading up to it. Please speak with your pastor or an elder to better understand how your congregation observes this holiday.

MISCELLANEOUS

CHRISTIAN RADIO

FM 102.9 offers a selection of Christian music all day, with an emphasis on traditional sounds after 8 p.m. weekdays and on Sundays. There is also a select group of Bible teaching programs spread throughout the day and night. FM 91.3 also offers music. FM 89.3 has good Christian content as well. FM 91.7 offers a Christian perspective on current events.

NEWSPAPER

Access local news online at www.mlive.com, or fox17online.com.

WEATHER

Michigan weather varies from an average temperature of 83° F in the summer to 18° F in the winter. Along with varied temperatures there is the possibility of stormy weather ranging from snow and ice in the winter to heavy thunderstorms with the possibility of tornados in spring and summer. It is a good idea to keep candles, flashlights, and a battery radio on hand in case of a power outage. These can occur with snow or ice storms or during thunderstorms with strong winds and lightning. The city of Grand Rapids is also equipped with tornado sirens that will sound when a tornado has been sighted around the area. If you hear it during a storm, go to the lowest level in the building (basement, if possible), to an interior room away from windows and doors. Please note that the city of Grand Rapids tests the sirens at noon on the first Friday of each month from April to October.

Websites for weather prediction:

(www.weather.com; www.weather.gov; www.accuweather.com)

TEMPERATURE

Using a different temperature scale can be very confusing. To convert Celsius to Fahrenheit, multiply by 9, then divide by 5, then add 32. To convert F. to C., deduct 32, then multiply by 5, then divide by 9. But there are some temperature conversions that are easy to memorize that can help you understand what temperature you're dealing with without doing a lot of mental math:

100°C = 212°F (boiling)

40°C = 104°F

37°C = 98.6°F (body temperature)

23°C = 73°F (room temperature)

16°C = 61°F

0°C = 32°F (freezing)

-40°C = -40°F (scales “meet” at -40°).

BIBLE STUDIES

In addition to your local congregation, Bible studies are sometimes available with other groups. Both Heritage Reformed Church and Free Reformed Church offer women’s Bible studies and are open to everyone. Plymouth Manor often has one for the residents, led by a seminary student, and the seminary student wives sometimes get together informally for study. Asking around is the best way to find out about these.

MISSIONS/OUTREACH

Local congregations have their own outreach programs and short-term missions. There are also opportunities for witnessing and ministry in schools, nursing homes, and inner-city missions, such as Mel Trotter.

CHOIR

Heritage Voices invites those with singing abilities to join them September to May. Contact Mary Beeke for information.

ENGLISH AS A SECOND LANGUAGE

The churches/school below offer English as a Second Language classes. You can call them for more details.

CHURCH OF THE SERVANT CRC

3190 Burton Street SE

Grand Rapids, MI 49546

(616) 956-7611

WOODLAWN CRC

3190 Burton Street SE

Grand Rapids, MI 49546

(616) 942-8406

BECKWITH SCHOOL FOR ADULT EDUCATION (through Grand Rapids Public Schools)

2405 Leonard Street NE

Grand Rapids, MI, 49505

(616) 819-2734

(there is a \$20 or \$25 fee to sign up; however, you pay nothing after the sign-up fee)

EMERGENCIES

If you have an emergency (something that requires the *immediate* presence of firefighters, police, or an ambulance), dial 911 on your phone. The person answering will ask what sort of help you need, where you live, and will remain on the line with you (if possible) until the emergency services arrive.

WEDDING PHOTOGRAPHY

Mikayla Bronkema, a local student wife, has a photography business for weddings, corporate, and lifestyle. Her website is <https://imagerybymikaylaj.com>. Mikayla's contact information is 616-298-4547 and hello@mikaylajean.com. She is available Monday and Friday evenings.



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