

# MedMates

For Residents, Spouses, Significant Others and Families

September 2013

## Planning Meeting

Our quarterly planning meeting will be held **Wednesday, September 10<sup>th</sup> at 7:00 pm**. We will be planning events for the upcoming months. The meeting will be held at **Angela and Joe Michalsen's house (1503 Homecrest Ave. Kalamazoo)**.

No need to RSVP; everyone is welcome! If you are unable to attend but would like to share your ideas or suggestions for MedMates activities, please send them to [kzoomedmates@gmail.com](mailto:kzoomedmates@gmail.com).

We value your feedback and are looking for new and improved ways to get people involved!  
Snacks and beverages will be provided.

## Girls' Night Out

If you like museums and hanging out with fun people, join the girls at the **Kalamazoo Valley Museum** on **Saturday, September 21 at 11:00 a.m.** In addition to their main exhibits and collections, two special exhibits will be featured: "Decades of Dazzling Dresses" and "The History and Archaeology of Ramptown and the Michigan Underground Railroad." The museum is located at **230 N. Rose St., Kzoo, MI** and we will meet just inside the main entrance. RSVPs are not required, but feel free to do so to ensure we don't get started without you: Angela Michalsen at [angelamsu@gmail.com](mailto:angelamsu@gmail.com), Emily Jonas at [emily.jonas@med.wmich.edu](mailto:emily.jonas@med.wmich.edu), or on the Facebook MedMates events page.

## CONGRATULATIONS!

Congratulations to Kate Redinger and her husband Mike who welcomed Erin Faith into their family!

If you are interested in providing a meal please contact [kzoomedmates@gmail.com](mailto:kzoomedmates@gmail.com).

## Playgroup

Playgroup meets **weekly on Wednesdays** from **10am – 12pm**, unless otherwise noted.

Feel free to come at any time; *don't worry about being late!*

**September 4<sup>th</sup> – Ramona Park**  
(8600 S Sprinkle Rd. Portage)

Since the season is over, there will be no fee!

**September 11<sup>th</sup> – Celery Flats**  
(7335 Garden Lane Portage)

We will take a walk, and let the kids play. If you want to pack a lunch we will have a picnic!

**September 18<sup>th</sup> – Gull Meadow Farms**  
(34448 44<sup>th</sup> Ave, Paw Paw, MI 49079)

Come pick apples, learn about the farm, and grab a pumpkin! Please bring cash to pay for the tour, it will be approximately \$6/person. You will be reimbursed according to how many people come! Meet promptly at 9:55, and RSVP to Anna Judd by September 13th. [anna\\_gatlin@hotmail.com](mailto:anna_gatlin@hotmail.com)

**September 25<sup>th</sup> – Kellogg Bird Sanctuary**  
(12685 E C Ave, Hickory Corners)

Come join us for a self guided tour around the sanctuary! The kids loved this last year! RSVP to Anna Judd by September 23rd. [anna\\_gatlin@hotmail.com](mailto:anna_gatlin@hotmail.com) The cost of the tour is \$1/kids over 2, and \$3/ adults. Most of this will be reimbursed by MedMates.

\*\*\*A map of all Kalamazoo Parks can be found at: <http://www.kalamazoo-city.org/docs/ParksMap2.pdf> and you can view all Portage Parks by visiting the website:

<http://www.portagemi.gov/Departments/ParksRecreation.aspx> and then selecting the "Locate a Park" link on the right side (third down from top).

Catch up with MedMates online! Find us on **Facebook** (search "MedMates") and **Google Calendar** (search by email address – [kzoomedmates@gmail.com](mailto:kzoomedmates@gmail.com))!

# MedMates

For Residents, Spouses, Significant Others and Families

---

**September 2013**

## **Book Club**

Keep an eye out for an email early in the month providing the time, location, and book for Book Club this month. Not getting emails? Contact [kzoomedmates@gmail.com](mailto:kzoomedmates@gmail.com) to be added to the mailing list

## **Fitness Club**

### **Bronson Children's Hospital 5K**

The 5K walk/run is on Sunday, Sept 29, at Bronson Methodist Hospital parking lot at the corner of John and Lovell streets. - See more at:

<http://www.bronsonhealth.com/bronson-health-foundation/bronson-childrens-hospital-walk-and-run>. I thought it could be fun to get people involved. For the next few weeks for one night and one morning a week for running/walking, during which everyone could run/walk at his/her own pace. Run or walk for the amount of time that works for you. The times and meeting places are listed below. Feel free to come to as many or as few as you want. Post training drinks and snacks will be discussed at each training session. Children are welcome to participate so bring the family! If you are interested please contact Emily Hendren at [ecwhendren@gmail.com](mailto:ecwhendren@gmail.com)

## **Guy's Night Out**

Join us for **Guys' Night Out** for bowling at Pinz (4500 Stadium Drive Kalamazoo, MI). Keep an eye out for an email at the beginning of the month confirming the date and time. MedMates will reimburse a portion of the costs. Please RSVP Jon Dewees at [Jonathan.Dewees@wmed.wmich.edu](mailto:Jonathan.Dewees@wmed.wmich.edu) by September 8th to reserve a spot.

## **Craft Club**

Join us September 13th at Anna Judd's house (3010 duke st Kalamazoo) at 7:30 pm. We will be making pinecone flowers to decorate mason jars! If you have any jars/vases or pinecones laying around bring them along! RSVP by September 11th to [anna\\_gatlin@hotmail.com](mailto:anna_gatlin@hotmail.com) so that I have enough supplies!

### **Bronson Children's Hospital 5K Training Times**

Monday, Sept 2: 5:15pm Portage Creek Bicentennial Park (Entrance on SW corner of E. Kilgore and Lovers Lane).

Wednesday, Sept 4: 8am Kal-Haven Trail (Meet in parking lot off 10th Street).

Sunday, Sept 8: 8am Portage Creek Bicentennial Park (Entrance on SW corner of E. Kilgore and Lovers Lane).

Thursday, Sept 12: 5:30pm Kal-Haven Trail (Meet in parking lot off 10th Street). Drinks at Bell's Brewery at 7:15pm.

Monday, Sept 16: 5:15pm Portage Creek Bicentennial Park (Entrance on SW corner of E. Kilgore and Lovers Lane).

Thursday, Sept 18: 8am Kal-Haven Trail (Meet in parking lot off 10th Street).

Tuesday, Sept 24: 9am Kal-Haven Trail (Meet in parking lot off 10th Street).

Friday, Sept 27: 5pm Portage Creek Bicentennial Park (Entrance on SW corner of E. Kilgore and Lovers Lane).

Sunday, Sept 29: RACE DAY!!!

Catch up with MedMates online! Find us on **Facebook** (search "MedMates") and **Google Calendar** (search by email address – [kzoomedmates@gmail.com](mailto:kzoomedmates@gmail.com))!