

Naturally Connected

Happy Holidays, Albion!

Mental Health Resources

The holidays can be a challenging time for a lot of us. It isn't always a time of joy, and that is important to recognize. If you or someone you know is struggling, please find the help that you need. Whether you are struggling with the holiday blues or seasonal sadness, there are resources and support for you. If you want to learn more about your mental health and wellbeing, being proactive is the best route. Summit Pointe has resources regarding all stages of mental wellbeing. Whether you need support to build healthy boundaries with family, or self harm prevention; there is support for you.

Summit Pointe provides local mental health services, substance abuse services, and more to Calhoun County. *All resources listed are from Summit Pointe*

Summit Pointe - Credible Mind

summitpointe.org/credible-mind/

Take assessments about your mental health profile, what is causing your holiday stress, burnout, meditation style, and more.

You can learn about different topics from anxiety and stress, to emotional health, personal growth, and wellbeing at work.

There is always time to do self-care, and this free resource is a great way to check in and learn more about different parts of your mental and physical state.



Local 24Hr Helpline
1-800-632-5449

Call or Text 988
Suicide & Crisis Line

There's help and there's hope.



Building Community Bonds

Setting Positive Intentions for the New Year



As we approach a new year, it's a great time to reflect on the significance of community and the positive impact we can have as individuals within it. Being a good community member is not only about the actions we take, but also about the intentions we set. Many of us create new year's resolutions and goals as we set forth on a new chapter. This year, let's consider our intentions as community members in Albion.

Embracing the Power of Community

Communities thrive on the collective efforts of their members. A sense of belonging, shared purpose, and mutual support are the cornerstones of a vibrant community. As we step into the new year, let's recognize the role we play in shaping the communities we are a part of.

Active Participation

Being present and engaged in community activities fosters a sense of unity.

Attend local events and actively participate in community projects.

Kindness & Respect

Treat fellow community members with kindness and respect.

A respectful environment encourages open dialogue and collaboration.

Inclusivity

Make an effort to include others and embrace diversity within the community.

Everyone should feel welcome and valued.

Setting Intentions for the New Year

As we contemplate our role within the community, setting positive intentions for the new year can guide our actions and contribute to the collective well-being.

Building Stronger Connections

Attend social gatherings, organize meet-ups, and initiate conversations to strengthen relationships.

Volunteerism

Identify areas where your skills and interests align with community needs.

Continuous Learning

Stay informed to contribute meaningfully to discussions and initiatives.

In this new year, let's lead by example and encourage others to get involved in the Albion community. We have a wealth of knowledge and opportunities all around us, so let's build a better Albion together. Let's be conscious of our efforts to be not only good community members. By setting positive intentions, we create a ripple effect that extends beyond ourselves, shaping a more connected, vibrant, and harmonious community for all.



To submit feedback or information contact ambassador@albionfoundation.org.

Packed Full!

The Chamber's 2023



2023 has revitalized a lot of key components of our community, and the work that the Greater Albion Area Chamber of Commerce is of no exception.



This year, the Chamber hosted five Century Celebrations. These events highlighted Chamber members who were members in 1923 and 2023 including Homestead Savings Bank, Albion College, Cascarelli's of Albion, SEMCO Energy Gas Company, and Consumer Energy. Numerous ribbon cutting were held across the community.

The Chamber held another successful annual 4th of July Firework Celebration with the help of numerous sponsors. There was a full weekend of events for the Festival of the Forks in September. 2023's Festival of the Forks was one of the biggest festivals in the past few years. With more food options than room in your stomach, and countless sponsors making the event possible, participants will remember the 2023 Festival of the Forks for years to come. .



The Albion Chamber of Commerce held successful networking and community events. Eggs & Issues have been hosted by the Courtyard by Marriott, Albion College, Freeway Church, Duke Lake Country Club, Network Family Church, and the Bohm Theatre. Albion After Hours kicked back up with a chance to get to know businesses better and learn from our community. Hosts included Stirling Books & Brew, Yellow Bird Chocolate Shop, Mitchell Golf, and more! Beyond after hours and breakfast time, with the help of a new intern, the Chamber has started up a Lunch Box Series. Once a month the Chamber has started to facilitate meaningful networking at lunch time with discussions on hot topics and insights.

If that wasn't enough here more. The Chamber began a new community event to support our local businesses during the holidays with downtown Albion, Holiday Block Hops. They began in the middle of November, in which each block downtown Albion will be hosting holiday themed open houses to promote people to come downtown to find their holiday gifts.

Upcoming Events

There is still time to participate with the Chamber this year! The annual holiday parade and festivities of Albion Aglow are Friday December 1st. Remaining Block Hops are December 6th with the 100 Block, and December 13th with the 200 Block. The final Eggs & Issues of 2023 will be December 8th at Smart Strength Conditioning. Join in the last Albion After Hours hosted by Word Journey Publishing at the Courtyard by Marriott.



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To submit feedback or information contact ambassador@albionfoundation.org.

2023 Reflection

Albion Community Foundation



2023 has been a busy year at the Albion Community Foundation. With the addition of the Community & Brand Ambassador position, positive news and marketing of Albion has been on the up swing. Our Executive Director presented at the annual Council of Michigan Foundations Conference, the grant committees have been hard at work.



Over the three grant rounds of 2023, the Albion Community Foundation has granted over \$80,000. That money is going right back into our community as the organizational projects, the non-profits, and the amazing work going on right here in Albion. Grantee projects range from youth robotics teams to fresh food for the food bank. Recipients are in arts and culture to medicine and education. The wide array of movement and impact that the Foundation has does not go unnoticed.

New Endowment Funds

Grace Main

2023 has brought numerous exciting aspects to the Albion Community Foundation. One aspect has been the addition of four new endowment funds in memory of Margaret Grace Main. She moved to Albion in 1955 to begin working for the family of Drs. Harold and Miriam Daly. From that point on, Main remained active in the Daly family.



Main spent most of her life in service to others. She helped raise the Daly children. She earned her GED and then went on to tutor other adult learners at the Albion Public Library's GED program, and she cared for people recovering from illnesses. Main helped at Red Cross blood drives, planted flowers for Citizens to Beautify Albion, and served in other civic organizations.

In honor of her life, the four endowment funds established are Grace Main Albion-Homer United Way Endowment, Grace Main Calhoun County American Red Cross Endowment, Grace Main Citizens to Beautify Albion Endowment, and Grace Main Girl Scouts Endowment. Each endowment was established to support an organization that Main was a passionate about.

Information on Grace Main provided by J. Kevin Tidd Funeral Home Obituaries



Grantees of the Year

With the variety of funds at the Foundation, some grantees are able to receive multiple grants and many organizations have different projects to apply for grants for. Here are the 2023 recipients:

American Red Cross of South West Michigan
 ACT II Community Theatre
 Albion College -
 Earth & Environment Department
 Albion Health Care Alliance
 Battle Creek Community Foundation
 Charitable Union
 City of Albion - Arts Commission
 Friends of the Bohm Theatre

Girl Scouts Heart of Michigan
 Harrington Helpers PCO
 INNOVATE Albion
 Kids 'N' Stuff Children's Museum
 Neighborhoods, Inc
 Play Right Sports Academy
 South Michigan Food Bank
 Substance Abuse Prevention Services
 The Welcome Home Organization



YAC in Full Swing

Youth Advisory Committee 2023 Highlights.



The Youth Advisory Committee (YAC) has had a full 2023. With three complete grant rounds, planning a free summer movie event, having an informational booth at the French Market, helping at the NAACP Back to School Event, and passing out candy for Sweets on Superior Street; it is safe to say that YAC is back in action in Albion.

As the new year approaches, YAC has a full calendar of meetings including grant rounds, guest speakers, and ideas on how to get involved.

If you know of any Albion area students grades 7th-12th interested in making an impact in the Albion community through grant decisions, contact albionyac@gmail.com.



The Bohm Welcomes a New Executive Director

As 2023 is winding down, the Bohm Theatre is winding up as they welcome a new executive director to start December 7th. Shannon Aikins, the new addition, comes to the Bohm with previous experiences in production settings with her background from the Capital City Brass Band and working with the Bohm Theatre.

Executive Director, Shane Williamson is excited to have her join the team, as the Bohm will get the love it needs with a fresh start in a new debt free era. With hopes of growth and change, 2024 should be an exciting time for the Bohm Theatre.



Explore Albion this holiday season!



Let's play Downtown Albion Bingo! Pick up your game card in select locations across downtown Albion, and visit the businesses to get a bingo. Turn in your card to Foundry Bakehouse & Deli or Pure Albion to be entered into weekly drawings December 6th - January 3rd!



Make your holidays easier this year by picking up a "2023 Holiday Brochure" from a local business or our brochure boxes to explore our downtown businesses and restaurants.



Listen to the Brick by Brick Podcast!

Listen to community members and leaders share their Albion experiences and involvements. Guests have include Hazel Lias, Steve Ferency, Willie Tabb, Malena Solis, and more!

Available on most streaming platforms (Spotify, Apple Podcasts, etc) or on the Downtown Albion website.

Know someone who should be interviewed? Email ambassador@albionfoundation.org.



Scan this QR Code to Read More Stories!

Open your camera app on your phone, point it at the QR Code, and and then tap the link that pops up. Now explore all the downtown Albion articles written weekly. With content like "Love Local: Holiday Edition" and "Flat Top Studios and the Hidden Talents of Albion", this is content you won't want to miss.

Share your holiday memories on social media using

#AlbionHolidays



December 2023 Newsletter

Mark Your Calendars

December

- 1st:** 4PM - 8PM Gingerbread Gallery at Ludington Center
4:30PM - 8PM Albion Aglow Downtown Albion, 6PM Tree lighting Ceremony at Bournelis Park, 6:30PM Parade
7PM - 8:30PM Kids 'N' Stuff After Party
- 2nd:** 9AM - 12PM Cookie Walk at St. James Episcopal Church
1PM - 3PM Blues Workshop at Dickerson Music Co.
2PM - 5PM "Welcome Winter Celebration" at Whitehouse Nature Center
- 3rd:** 7PM - 9PM A Festival of Lessons and Carols at Goodrich Chapel
- 4th:** 7PM - 10PM Blues at the Bohm: Denise Davis and the Motor City Sensations at the Bohm Theatre
- 6th:** 4:30-7PM Holiday Block Hop, 200 Block of Superior Street
- 8th:** 8AM Eggs & Issues at Smart Strength & Conditioning
- 9th:** 9AM - 12PM Santa's Christmas Corner at Pure Albion
11AM - 3PM Calico Cookie Walk with Friends of Albion's Animals at Albion American Legion Post 55
Indoor Jumper Schooling Show at Albion College Equestrian
- 10th:** Indoor Jumper Schooling Show at Albion College Equestrian
- 11th:** 7PM A Christmas Carol presented by ACT II Community Theatre at the Bohm Theatre
- 12th:** 4:30PM - 6PM Albion After Hours with Word Journey Publishing at the Courtyard by Marriott
7PM A Christmas Carol presented by ACT II Community Theatre at the Bohm Theatre
4:30PM - 6PM Albion After Hours at Word Journey Publishing
- 13th:** 4:30-7PM Holiday Block Hop, 200 Block of Superior Street
7PM Capital City Brass Band - A Christmas Night Out in Albion at the Bohm Theatre
- 16th:** Member Mornings: Snowball Fight at Kids 'N' Stuff
10AM - 12PM STEM Saturday with INNOVATE Albion at Marshall Middle School
- 17th:** 11AM - 12PM Sensory Friendly Hours at Kids 'N' Stuff
- 27th-30th:** 11AM - 12PM, 1PM - 2PM Winter Break Programs at Kids 'N' Stuff
- 31st:** 10AM - 12:30PM Noon Years Eve at Kids 'N' Stuff

Reoccurring Events

Mondays:

7PM - 9PM Live Music at Albion Malleable Brewing Co.

Wednesdays:

12PM - 1PM Brown Bag Documentary Series at Albion District Library

Fridays:

7PM - 9PM Trivia Night with Patrick Lopez at Stirling Books & Brew

Saturdays:

7PM Karaoke Saturday! at Stirling Books & Brew

December 2nd through 24th, Classic Holiday Movies Series at 11AM at the Bohm

*We hope you
have a great
new year!*

