



**FOREMOST
PODIATRY**

Helping you get
back on your feet



**DELHI
CHIROPRACTIC**

Feel like yourself
again



DELHI TRAILS EXPAND

Two new sections
expand the township's
vast network of trails

OURTOWN AT A GLANCE >>

Helping Holt businesses survive and thrive

Running your own business can be challenging—whether you're a budding entrepreneur or a fifth generation family-owned shop. Sometimes you may need business advice, or a second opinion.

Biz Buzz is a tool to help independent Delhi businesses grow and thrive. It connects local business owners with expert consultants from the Michigan Small Business Development Center (MI-SBDC).

"Running a business can be a lonely thing sometimes," said Tom Donaldson, the regional director for the MI-SBDC. "You've got a lot of big decisions to make that involve a lot of money—your own money or money you have to borrow."

Whether you need help with crafting a business plan, determining a growth strategy, marketplace research, financial analysis, or other business needs, Biz Buzz can help find the answers you need to make informed choices.



Mark McCloud, owner of Original Okinawan Karate of Holt, used Biz Buzz to find new ways for his dojo to grow. Karate schools have advantages and challenges that are different from other businesses, and McCloud says that Donaldson took the time to listen and understand those differences. Biz Buzz helped him come up with an advertising plan and cost analysis.

"Regardless of what a person's business or financial background might be, they work with you," McCloud said. "You feel like they're part of the team, not like they're just going through the motions. They genuinely care."

Two of McCloud's employees are young instructors looking to start their own dojos one day. He makes sure he steers them toward Donaldson.



"They're just a great resource without any sort of major commitments," he said. "It's just bouncing your ideas off of them and making sure you're on track."

Biz Buzz is free of charge to local business owners. The program is part of a partnership between the Delhi Downtown Development Authority and the MI-SBDC. It's funded through a mixture of federal grants from the Small Business Administration (SBA) and local funds sponsored by Lansing Community College.

The three-person MI-SBDC team works with close to 500 business owners in Ingham, Clinton, and Eaton counties. In addition to their decades of business experience, they are in tune with current business trends of our region and, while maintaining individual client privacy, can provide key insight into what is, and isn't, working for local companies.

"How many of us have had a favorite restaurant or a retail store that we really liked, and then one day they close up?" Donaldson said. "Sometimes you can't prevent it, but other times maybe they just didn't get the help they needed. We're there to help those businesses."

For more information about Biz Buzz and how it can help your business, please contact Tom Donaldson, Regional Director for the MI-SBDC, 517.483.1921, donaltdt2@lcc.edu.



DEDICATED TO HELPING OUR COMMUNITY & ITS BUSINESSES GROW

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Foremost Podiatry – Helping you get back on your feet



“Most of us take our feet for granted. We don’t realize how much we depend on them if we develop an ailment.” — Dr. Matthew Thomson, DPM, FACFAS

ABOVE: Doctors and staff at Foremost Podiatry.

When it comes to living your fullest life, never underestimate the role of your feet.

“Most of us take our feet for granted,” said Dr. Matthew Thomson, DPM, FACFAS. “We don’t realize how much we depend on them if we develop an ailment.”

That’s where Foremost Podiatry steps in. The practice offers podiatric medicine, surgery, sports medicine, diabetic foot care, orthotics, foot ulcer prevention, and wound care.

Foremost Podiatry was founded more than 30 years ago by Dr. John K. Throckmorton, DPM, FACFAS, one of the first podiatrists to serve in Lansing. Today, the practice has three physicians serving in the office and performing foot and ankle surgeries in area hospitals.

The need for high-quality podiatry is on the rise.

“We have an epidemic of diabetes in the United States,” Dr. Thomson said. Diabetes can cause poor circulation, which makes it difficult for the body to heal foot wounds or ailments, putting diabetic patients at a greater risk for serious infections. Dr. Thomson encourages individuals

with diabetes to develop a relationship with a podiatrist.

“Most diabetic foot problems can be taken care of if they’re caught early,” he said. “It certainly does require a little extra diligence, but as long as issues are addressed as they come up, they don’t have to develop into severe problems.”

Another reason podiatry is in high demand is that more and more people are choosing to exercise and participate in triathlons and marathons. The team works hard to make sure that issues like soreness and tendonitis do not keep people from meeting their fitness goals. They will even work to provide same day service, if possible.

No matter what, the patient always comes first. And the Foremost Podiatry team knows patient care is not one size fits all.

“We believe that every patient needs to be assessed as an individual,” Dr. Thomson said. “Our goal [as we grow] is not to lose sight of that.”

Foremost Podiatry is on 3390 East Jolly Road in Lansing, 517.882.8673, foremostpodiatry.com



Palmer, Bush & Jensen Family Funeral Home

Our family serving yours

For Palmer, Bush & Jensen Family Funeral Home, it's all about family.

"We all have families and we've all gone through this process," said Susan Jensen, owner of the funeral home, alongside her husband Allen.

Family-first isn't just their philosophy. It's their identity. The funeral home has been locally owned and family operated for more than 90 years.

"We love to serve the people and we're just all very compassionate, willing-to-listen people," she said.

Palmer, Bush & Jensen Family Funeral Home provides pre-planning options, funeral services, and bereavement resources to help families navigate their way through losing a loved one. It was founded by Thomas R. Palmer in 1926, but in its long tenure has expanded to include more family partners, the Bush and Jensen families, and much of the Greater Lansing area. They have two additional locations in Lansing, on Mount Hope Avenue and West Saginaw Highway.

Their Holt location on Holt Road opened in 2007. The facility is capable of comfortably seating 300 people for a service and offers a reception room for post-service luncheons, a refreshment lounge for families, and a free lending resource library.

But their greatest resource is their highly-trained staff who stand ready to assist families in any way they can. While the team consistently provides high-quality service, Jensen urges families to ask questions and have honest conversations early.

"I wish people would think about funeral planning before they need the services," she said. Funeral planning can be distressing for families who experience unexpected deaths, or who don't know how to best honor the life of their loved one. "Get things written down so your family isn't at a loss when the time comes. When [families] come in to talk about it early, [they] can make decisions based on what [they] know, instead of on an emotional level."

Each family is unique. The caring and professional staff recognize and work to serve the individual needs, traditions, and personal requests of each family.

"Palmer, Bush & Jensen Family Funeral Home is always here for you before, during, and after services."

The Holt location of Palmer, Bush & Jensen Family Funeral Home is on 5035 West Holt Road, 517.268.1000, palmerbush.com



Family Video moves across the street

When Family Video was contacted by an outside source last year who wanted to lease their building, they could not turn the offer down. The video rental chain used to reside on North Aurelius Road, across from the Holt-Delhi Library. They moved right across the street to Holt Plaza, and now reside in a business suite between Orthopaedic Rehab Specialists P.C. and Queen Nails.

According to Store Manager Kristian Bullen, the move has not impacted their regular flow of customers. The store is still thriving, offering personable service and a great selection of films.

In the world of Netflix and Hulu, Family Video offers you experience: face-to-face interaction with a personable, knowledgeable staff who will work to help you pick out the perfect film.

"We've got a really friendly staff," Kristian said. "We pride ourselves on being flexible, making sure customers have a great entertainment visit and that they get exactly what they came in for."

Family Video is at 2040 North Aurelius Rd., Suite 3B, Holt, 517.699.5275, familyvideo.com



Job opportunity with the Delhi DDA

The Delhi Downtown Development Authority and the Holt Non Profit Coalition are searching for an enthusiastic individual to serve as our Volunteer Bureau Coordinator. This contract position will be part time with flexible hours. This individual will be responsible for serving as a liaison between local organizations who need volunteer help and passionate volunteers looking to serve their community.

The ideal candidate will be a resident of Delhi

Township who is familiar with the community. They should be highly personable, independent,

innovative, and able to manage time effectively. This individual should also be proficient in basic computer skills and willing to learn new software. Social media experience is a plus.

Duties will include:

- Meeting with local organization leaders to determine volunteer needs
- Identifying and cultivating relationships with organizations or individuals who could provide volunteer help
- Attending and presenting at local meetings and events to recruit more organizations and volunteers
- Other duties as needed

Send resume and cover letter to Lori Underhill at Lori.Underhill@delhitownship.com.



Open all year:
rain, snow, or shine!

While many other area farmers markets close up for the winter, the Holt Farmers Market still offers Delhi residents tasty treats and locally-made products. This winter, you have the choice between two market times: Fridays between 2:00 p.m. and 6:00 p.m. for the Friday Mini-Market, and Saturdays between 9:00 a.m. and 2:00 p.m. for the full market.

To learn more, to volunteer, or to inquire about becoming a vendor, please call Holt Farmers Market Manager Chuck Grinnell at 517.268.0024.

Holt Farmers Market is at 2150 Cedar Street in Holt, 517.268.0024, holtfarmersmarket.org



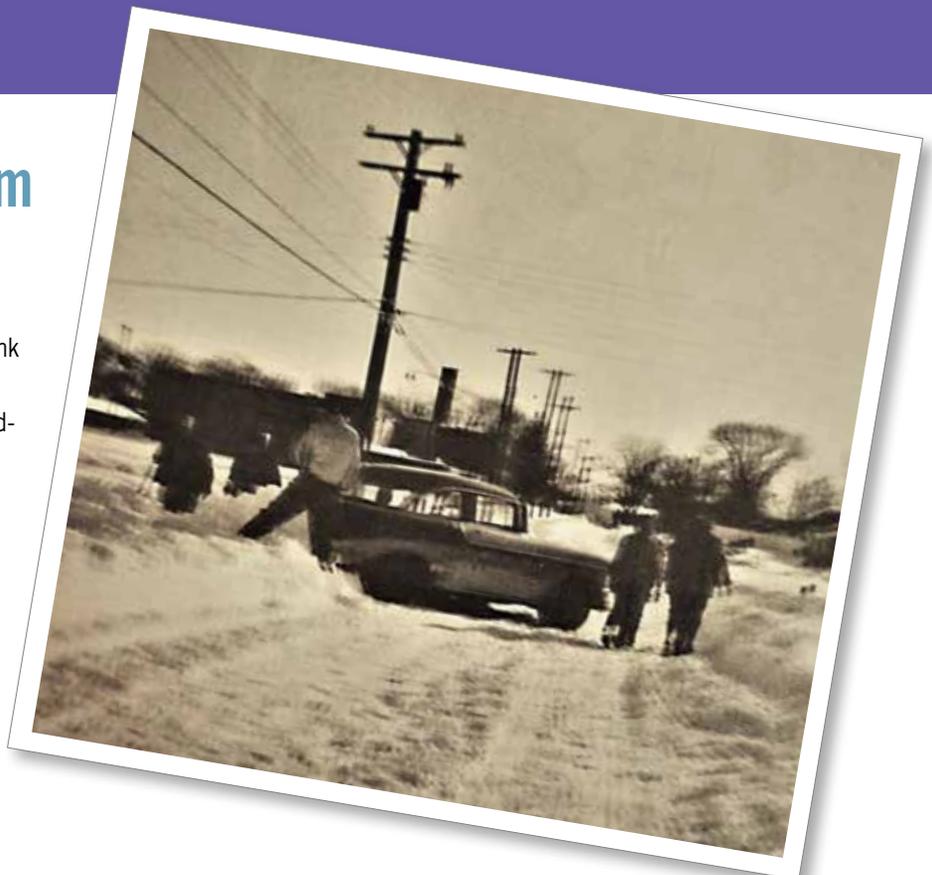
OURTOWN | Then & NOW

Delhi Winter snow storm 51 years ago

This 1967 photo depicts a car stuck in a snowbank on Park Lane behind the old Holt Junior High School. That January, a huge snow storm hit mid-Michigan, and the aftermath left the Greater Lansing area trapped for days.

Hopefully Holt won't see the same winter as we did 51 years ago, but this photo still serves as a reminder for us to stay warm and safe on the roads this winter.

This photo is courtesy of the Holt-Delhi Historical Society. To learn more, check out the [Holt, Michigan: A Slice of History Facebook page](#), or holtdelhihistoricalsociety.webs.com.



Delhi Chiropractic, PLLC

Helping people feel like themselves again

It's been almost 13 years since Delhi Chiropractic, PLLC opened its doors. While the practice has grown substantially in those years, their product has always remained the same: high-quality, no-nonsense chiropractic service.

"Basically, we just like to make people feel better," said Jack Treloar, D.C., co-owner of Delhi Chiropractic, PLLC. "They come in with a lot of pain, so we do anything we can do to help them feel better."

Treloar and co-owner Erik Walley, D.C., were both born and raised in Holt and attended Central Michigan University before heading off to separate chiropractic schools out of state.

When the two started their practice in 2005, they were committed to focusing on the patient's needs, not high-pressure sales. They don't try to sell long-term scheduling packages or supplements. Instead, their focus is on how their patients are feeling today.

No two patients are alike. That means no two treatments are going to be alike either. They use Diversified Chiropractic Manipulative Treatment (CMT) to provide individualized treatment for back pain, neck pain, work or auto injuries, numbness, and more. They adapt their treatment to individual body types and therapy needs.

According to a study by the NIH National Center for Complementary and Integrative Health, only about eight percent of the adult population in the United States used chiropractic therapy in the last year.

Treloar and Walley are working to change that. They strive to provide a relaxing office atmosphere, and, if possible, to see patients the same day they call. It's all a part of their practice's motto: "Changing the way people think about chiropractic."

Delhi Chiropractic, PLLC, is on 2600 Eaton Rapids Road in Lansing, 517.699.0909, delhichiro.com.

When the two started their practice in 2005, they were committed to focusing on the patient's needs, not high-pressure sales. They don't try to sell long-term scheduling packages or supplements.



Co-owner's Jack Treloar, D.C. (left) and Erik Walley, D.C.

Reaching Out

Years of hard labor, independence, and self-sufficiency have taken their due. Caring for his wife of 71 years, and her in turn caring for him, become a little more difficult each passing year. Each bag of salt carried to his basement by a neighbor ground that fact a little deeper into his stoic demeanor. I discovered much about efforts by family members to make life more comfortable for the couple while retaining their independence. But he still thought about tempting fate and lugging the bags down the slush covered stairwell. It was a simple task I took for granted as we moved the salt for him. I recall hearing him speak of the 100 pound bags of potatoes he carried on the farm growing up. This is only one person in your community.

Take a moment and think of the people in your lives or neighbors living around you. More than ever before, there are people who could use your help, support, and social interaction. We have a unique opportunity during this season to reach out and make contact with someone who, if you take the time, can tell you so much about the person you truly are. They can also tell you extraordinary things about their lives and times.

One unpleasant fact that sticks glaringly out at me during this time of year is crimes against senior citizens. Fraud is especially prominent with our seniors. I went to the FBI website to pull statistics from an article entitled “Fraud Against Seniors.”

- Senior citizens are most likely to have a “nest egg,” to own their home, and/or to have excellent credit—all of which make them attractive to con artists.
- People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone.
- Older Americans are less likely to report fraud because they don’t know who to report it to, are too ashamed at having been scammed, or don’t know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

Thieves prey upon senior citizens and one of the most common ways is through telemarketing. The FBI lists warning signs of

telemarketing fraud. Here’s what a caller may tell you:

- “You must act ‘now’ or the offer won’t be good.”
- “You’ve won a ‘free’ gift, vacation, or prize.” But you have to pay for “postage and handling” or other charges.
- “You must send money, give a credit card or bank account number, or have a check picked up by courier.” You may hear this before you have had a chance to consider the offer carefully.
- “You don’t need to check out the company with anyone.” The callers say you do not need to speak to anyone, including your family, lawyer, accountant, local Better Business Bureau, or consumer protection agency.
- “You don’t need any written information about the company or their references.”
- “You can’t afford to miss this ‘high-profit, no-risk’ offer.” If you receive a call like this, just say “no, thank you” and hang up the phone.

For help handling issues that target seniors, you can reach out to services like Legal Services of South Central Michigan and Sixty Plus, Inc. Elder Law Clinic.

There is no better time to step forward. Start now by reaching out. You will understand a little better about what simple, relatively quick things you can do to make a senior’s life a bit easier today.

Please do not hesitate to contact any Delhi Division Sheriff’s Office deputy with questions or concerns. 2045 North Cedar Street in Holt, 517.695.0045



Deputy James Rowley

Delhi trails continue to expand

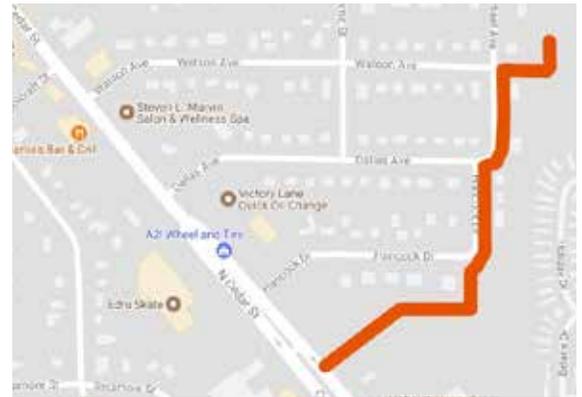
Last year, two new sections of the Delhi trails were built, expanding the vast network of existing trails, and providing new avenues for walkers, bikers, rollerbladers, and more.

The first trail starts on Cedar Street, across the street from Block Imaging, and meanders through a residential neighborhood. It ends at the parking lot of the Holt Road Trailhead Park.

The second new addition is the Ram II trail, which opened last fall. The Ram II trail starts where the Ram I trail ends, at the intersection of Holt and Eifert Roads. It then runs northeast and ends at Jaycee Park, a two-acre neighborhood park located at the end of Wemple Street, south of Tolland Avenue.

These two trails are steps toward a larger plan to connect Delhi's trail system to the trails and non-motorized pathways in surrounding communities.

For more information about the Delhi trails, visit delhitrails.com or contact Lori Underhill at the Delhi DDA at 517.699.3866 or Lori.Underhill@delhitownship.com.



THE DDA – WHO WE ARE AND WHAT WE DO

The Downtown Development Authority (DDA) promotes economic development through business attraction/retention programs and works to foster investment within the DDA district. It strives to increase the township's tax base and strengthen the local economy while maintaining those qualities that make Delhi Township a desirable place to live and work. For more information, visit us at www.DelhiDDA.com.

To contact us: Howard Haas, Executive Director
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