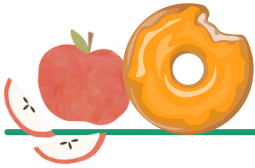
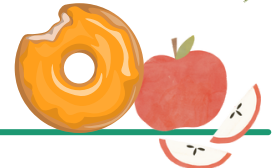


CLEMENT KERN GARDENS RESIDENT NEWSLETTER



October 2023



Top **Five** Things to Do During Fall with Your Family!

1. **Eat Cider and Donuts** - Visit your local cider mill and enjoy a fresh baked donut, hot cider, pick a pumpkin and enjoy a hayride!
2. **Read Fall Favorites** - Take a trip to your local library and check out your favorite books to share with your family.
3. **Cuddle up for a movie night** - Turn the lights down, grab your favorite blanket and pop some popcorn and enjoy a family friendly movie It's the Great Pumpkin, Charlie Brown is a classic.
4. **Neighborhood Stroll** - Put on your favorite sweater and walking shoes and visit Roosevelt Park take in the fresh air taking time to notice how the color of the leaves are changing.
5. **Head to the Detroit Zoo** - The animals are awaiting your arrival and this month you can dress in costumes, take a hayride and receive treats visit the Detroit Zoo website for more information www.detroitzoo.org.

October Activities - Mark Your Calendars

- 1) **Wheeler's & Walkers - October 4, 11, 18 & 25th - 12-1pm @ CKG** Come walk, run or slow stroll. Let's keep moving, moving, moving, while discovering what's in the community along the way! If weather permits!
- 2) **Financial Empowerment Series (Invest in your future)- October 10th - 6-7pm @ Detroit Hispanic Development Corporation 1211 Trumbull St.**
- 3) **Men of CKG - October 11th - 4-5pm @ CKG** "Wise men don't do what's popular, they do what's right." **STRENGTHEN YOUR COMMUNITY** & join us for male bonding & activities.
- 4) **Women Empowerment Series Part XI - You are a Priority join us October 12th- 4:30-6:00pm @ TCB 1842 Michigan Ave.** We look forward to seeing you!
- 5) **CKG Seniors 55 & Up - October 18th - 1-2pm @ CKG** - Hey seniors 55 & up, stop peeking out that window and join us.
- 6) **Food Distribution - October 23rd - 12:30 - 1:30 pm @ CKG.** Fall is here let's stock up those cabinets!
- 7) **Focus Hope Distribution for Seniors - October 24th @ CKG** - Seniors it is such an honor to serve you. TCB Staff will give you a call to deliver. However, if you are not available, your goods can be picked up from the Management Office.
- 8) **Tenant Council Meeting - October 24th - 4-6pm @ CKG - THIS IS YOUR MEETING!** Come learn about what's going on in your community.
- 9) **Youth Club - October 26th - 3:30-5pm @ CKG Matrix Youth Development Program will visit.** All ages are welcome!
- 10) **Golden Girls Mentoring Halloween Pajama DAY Party! - October 27th - 4:30 - 6:30pm @ TCB 4218 Michigan Ave.**



Our Doors To Yours (ODTY)

Where are you in your Home Ownership Journey? Do you want to learn how to build your credit?

TCB has an opportunity you don't want to miss out!



Visit:

https://www.surveymonkey.com/r/Homebuyer_Survey

Contact Christina at 313.484.4709 to learn more. Classes starting on October 10th

Healthy Life Style Classes

Crim Chair Yoga

10/5/23 - Thursday @ 11-11:30am

Link:

<https://us02web.zoom.us/j/89001588829>

Crim Mindfulness/Mat Yoga

10/19/23 - Thursday @ 11-11:45am

Link:

<https://us02web.zoom.us/j/88421109356>

Bingo with HAP!

10/11/23 - Wednesday @ 2-3:30pm

Link: <https://us02web.zoom.us/j/87371417744>

TIPS FOR PREVENTING CANCER & TAKING CONTROL OF YOUR HEALTH:

- Avoid all types of tobacco products
- Protect your skin from the sun
- Limit the amount of alcohol you drink
- Make regular exercise part of your daily routine
- Maintain a healthy weight throughout your lifetime
- Eat a healthy diet with plenty of fruits & vegetables each day
- Limit your consumption of red and processed meats
- Get vaccinated for Hepatitis B and Human Papillomavirus (HPV)
- Know your family medical history and talk to your physician about genetic counseling
- Get regular check-ups and cancer screening tests

FOR MORE INFORMATION

To make an appointment, please call 1-800-KARMANOS (1-800-527-6266) or visit karmanos.org



Healthy Food Resources

Food Distribution is held monthly, in front of the Management Office from 1-2pm. Please text the CL Service Coordinators to be added to the list for pick up @ 313.484.4702.

Next Distribution - October 23rd

Join Corktown Health's Programs

Wednesday's Walkers & Wheelers

When: Every Wednesday from 12:00pm- 1:00pm

Where: Across from the Leasing Office

Who: Corktown Health and Resident Champion, Dnisha Brannon

Nutritional Cooking Classes: Plant-Based

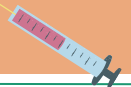
When: Coming in October

Where: 1726 Howard St., Detroit, MI 48216

Who: Corktown Health

What: Bi-weekly Plant Based Cooking w/Chef Nina Love. Learn & be introduced to healthier eating alternatives

Offering Flu & COVID shots



Choice Neighborhoods Website

Have you seen our newly updated website? We redesigned it specifically for you! Find out more information on our People, Housing, Neighborhood & Resident Engagement strategies and even read these newsletters online! Head over to the website:

detroitmi.gov/choiceneighborhoods

THE COMMUNITY BUILDERS



ACD

IMS



United Community Housing Coalition

Let's Celebrate!!!

HAPPY BIRTHDAY

Aminah Dawson
Ana Diaz
Aniyah Samuel
A'Urbre Clerk
Elias Williams
Freddie Thomas

Geroid Johnson
Jane Bonney
Jasce Jackson
Josh Dawson
Karrine Duncan
Lauryn Clerk
Sharee Edwards

Lisa Rodriguez
Ratosha Johnson
Reginald
Moorehead Iii
Rhonda Ellington
Roderick Pickens
Sade Keith



Tanisha Burton

CKG Workforce & Engagement Specialist

Over the course of the Choice grant, Tanisha Burton, CNI Education and Workforce Specialist, will serve as support to the TCB Community Life to assist in the day-to-day engagement of Clement Kern Gardens residents, and support in the development of resources and opportunities to improve the broader quality of life of residents as it pertains to workforce opportunities and as available access to business development. Bringing to her role, Tanisha will seek job leads, create opportunities for hiring events, and provide job tips (ie., resume building, cover letter, dress to success, and much more). **Don't miss connecting with Tanisha when you see her around CKG!**

IMPORTANT ANNOUNCEMENT!

Kimberly Cooley will be out on Medical for a few weeks. During that time you will not be alone! Your resources are -

- New Workforce Development Consultant, Tanisha Burton. She has Workforce Resources. Connect to learn what!
- Business Services Representative (BSR), Gloria Messenger - Job Placement through one-to-one consults, Job Fairs, etc.
- Community Life Representatives - Christina, Tracey, and Melinda who receive and share job lead information
- SER Metro-Detroit - The Detroit at Work! center offers job and training support. Gloria is CKG's personal BSR

NOTE - Third Thursdays is suspended until her return. When we start again, we have exciting career explorations!

How to find employment or training when help is not around!

1. Network - Neighbor, Family, Friend, Social Media leads
2. Referrals - If company offers bonus, find an employee
3. Job boards - Indeed, LinkedIn, USAJobs.gov, Glassdoor
4. Job Fairs - Listen to news, Search online near you
5. Volunteering - Team leaders note your excellent help
6. Temp Company - Short term jobs open doors
7. One Stops - Detroit at Work! Centers - WIOA Training
8. Free Online Certifications - LinkedIn Learning, Google Certs
9. Michigan Reconnect - Matches you to college and training
10. Future Proud Michigan Educator - Grant and Scholarships
11. Michigan Tuition Grant - Degree at Colleges & Nonprofits
12. Check where you work. Tuition assistance is often available.

September Resident Council Meeting Recap!



United Community Housing Coalition (UCHC) hosted the September Tenant Council meeting on September 26th in collaboration with The Community Builders (TCB), and Michigan Legal Services (MLS). The meeting started at 4pm with refreshments and food for residents.

Christina from TCB introduced Noreena, D’Nisha, and Shandron as the Resident Champions living at Clement Kern Garden (CKG) who help lead events for residents. Noreena is the senior representative who has been the longest running resident champion. Noreena encourages residents to complete the surveys TCB hands out so the case workers understand how to address residents’ needs. D’Nisha leads the Health and Wellness Walk on Wednesdays. If residents participate, they get 2 bus tickets from Corktown Clinic. Shandron leads the Men of CKG group. There is also a new program Fannie Mae is offering called, Our Door to Yours (ODTY). ODTY helps residents tap into housing and credit building opportunities. For more information, see Christina.

Nova, a representative from MLS, discussed how to complete the State Emergency Relief (SER) application. Residents can apply online through the MI Bridges website at newmibridges.michigan.gov. There will be new funding available, at the end of October. Residents who receive a shutoff notice or are behind on their DTE bill can apply for SER to see if they qualify for assistance. If you have questions about SER, contact Meg or Pablo for more information.

Meg and Pablo from UCHC, led a group discussion about tenant responsibilities. CKG is a HUD assisted property where tenants have specific rights and responsibilities they should know and follow. The group discussion informed residents on recertification, interim recertification, and housing upkeep. If you have any questions regarding rights and responsibilities, contact Meg or Pablo for more information.

Meg Marotte 313-261-4709

Pablo Marcos 313-572-1401

Claudia Sanford 313-570-0992