

CLEMENT KERN GARDENS RESIDENT NEWSLETTER



Celebrate with Us!



Christmas

Hanukkah

Kwanzaa

How to Celebrate Without the Pressures of Gifts

1. **Host A Family Gathering** - Give a home cook meal made with **LOVE** & cook your family's favorite dishes.
2. **Volunteer** - Gather your family & volunteer at a neighborhood shelter or visit a nursing home to spread joy with those who may not have families.
3. **Exchange a Fun Silly Gift - Set gift limit to \$10** & everyone randomly chooses a gift. Remember that laughter is the most important factor!
4. **Make Cookies** - Turn on some fun music and turn that kitchen into a bakery! Bake your families favorite cookies together.
5. **Have a Holiday Movie Marathon** - Grab your favorite blanket and pop some popcorn and watch your favorite movies back to back.

Mark Your Calendars

- 1) **ODTY Financial Empowerment Workshop - Dec. 5th, 5:30-7pm @ DHDC** 1211 Trumbull Take charge of your finances & reach your goals.
- 2) **Talking is Teaching Campaign Kick-Off - Dec. 7th, 1-2:30pm @ CKG** Leasing office.
- 3) **80's vs 90's House Party - Dec. 8th @ TCB** (1842 Michigan Ave.) 6-9pm. Let's get It!
- 4) **Kickin' It with Klaus - Dec. 9th** from 12-3pm @ TCB, 1842 Michigan Ave. (photo w/Santa, activities, & refreshments) **Link to Register:** <http://bit.ly/3XGgiQQ>
- 5) **Winter Wonderland 2023 - Dec. 12th @ CKG** 3:30-5:30pm. Come celebrate the holidays & the last Tenant Council event of the year.
- 6) **Men of CKG - Dec. 13th @ 4-5pm** Meet Shandron @ Leasing Office for a nice conversation
- 7) **Women Empowerment Series Part 13 - Dec. 14th from 4:30-6:00 pm @ TCB** (1842 Michigan Ave.) **Ok ladies now it's time to LEVEL UP. Ms. Leslie Pickens - Speaker**
Link to register: <https://bit.ly/3zvBY7Q>
- 8) **Seniors of CKG - Dec. 20th- 1-2pm @ Leasing** office.



Drum Roll, Please... Trenae Richmond



Trenae Richmond was looking for a challenge and an opportunity to become an entrepreneur. She didn't think twice when TCB connected her to the Restaurant Opportunities Centers United (ROC United). ROC's is an organization that seeks to improve the lives of those that participate in their program by educating and providing training. In a couple of weeks, Trenae will receive a certificate for the completion of Bartending training.

This was a 6-week in-person program that met once a week. Her dedication to the program, along with her entrepreneurial goal will pay off soon. Trenae joined the program looking for ways to make extra money. She shared that her biggest challenge was learning and memorizing all the different drink mixes but she didn't let this get in her way of accomplishing her goal. Trenae encourages others in her community to take advantage of programs like ROC that offers a well-structured, quick-paced curriculum, where the staff cares about their participants' success. Trenae has already reached out to The Community Builders to be connected to the next Choice Neighborhoods Initiative (CNI) partner who will equip her with the necessary tools on her journey in becoming a business owner.

**Looking for something to do...
Join HAP and their many virtual programs!**

Virtual Bingo

12/12 - 10:00 - 11:30 AM

<https://us02web.zoom.us/j/85299412099>

Virtual Crim Yoga

12/07 - 11:00-11:30 AM

<https://us02web.zoom.us/j/82368688906>

Corktown Health

If you are having trouble preparing healthy meals YOU don't want to miss this class.



Corktown Health is offering Plant Based cooking classes. The last class of the year is on December 20th from 2-3:30pm. Only 20 slots are available (transportation provided from CKG). Contact Christina at 313.484.4709 to be placed in the next class.

Our Door To Yours

Learn to manage your finances & reach your goals.

Class will be offered by DHDC (1211 Trumbull St.) on Tuesday, December 5th, from 5:30-7pm



COME AND LEARN HOW TO TAKE CHARGE OF YOUR OWN FINANCES AND REACH YOUR FINANCIAL GOALS

NEXT SESSION:

DECEMBER 5TH:

Budgeting & Banking Services

Classes are on Tuesdays Evenings
from 5:30pm - 7:00pm

LOCATION: 1211 Trumbull St., Detroit, MI 48216

For more info, contact Janet Adams at (313) 967-4000 or via Email at janet@dhdc1.com

Youth Spotlight

College Life at Michigan State University



Damarion, a first-year college student at Michigan State, is navigating the challenges and excitement that comes with a full-time class load and a part-time job. TCB eagerly approached him to hear about his college experience thus far, and here's what he had to say: Damarion is studying Sociology (the study of human behavior). His favorite subject is Writing 101 as he likes the independence of the course. His extracurricular activities are SOC Club, Detroit Made and the STEM Program for Minorities in their Majors. He has made international friends from Spain, Africa and Turkey. I have learned about their cultures from speaking with them. Advice for students going to college after high school "look up clubs that would interest you so that you do not feel alone". Damarion you are not alone. Keep reaching for the stars.

THE COMMUNITY BUILDERS



ACD

IMS



United Community Housing Coalition

November CKG Tenant Council Recap!



The November Clement Kern Gardens Tenant Council meeting kicked off with tacos and light refreshments under the big, heated tent. In addition to the usual resources, UCHC had winterizing window kits for residents to take home with them. Pablo, Tenant Organizer for UCHC, greeted the council and introduced our guest speaker Ta, from Corktown Health.

Ta gave an informative presentation about health and nutrition during the holiday season with excellent tips such as:

- Substituting some of the less healthy options with more health-conscious ones
- Alternatives to added salt and sugar
- Ways to avoid becoming vitamin D deficient
- Recommending amounts of water intake
- Healthy fats and where to find them

If you'd like more information on Ta's presentation, reach out to UCHC and we will be able to provide you with a copy.

December's Clement Kern Gardens Tenant Council Meeting will be held on Tuesday, December 12th and will be our annual holiday party. Come ready to sing, decorate, and feast with raffle prizes and fun for the whole family. Come celebrate another year with UCHC and TCB, with a special guest Aaron from United Dairy Industry of Michigan bringing the hot beverage bar and sharing nutritional knowledge.

FOR FREE HELP IN PROTECTING THESE AND OTHER HOUSING RIGHTS YOU CAN CALL THE UNITED COMMUNITY HOUSING COALITION AT 313-570-0992.



The Workforce Advice Column



Connect with the Workforce Specialist! Call her at 313.635-4401 or email her at tanisha.burton.tb@gmail.com to schedule an appointment to learn about employment opportunities, apprenticeship programs, & supportive services designed for you!

Tanisha Burton

ChargerHelp! (New Employment Opportunity) Electric Vehicle Supply Equipment Technician (EVSE) Training Program

Detroiters will learn how to become repair technicians for electric vehicle (EV) charging stations and will become a nationally certified Electric Vehicle Supply Equipment (EVSE) Technician. The 4 to 6 week program is designed to accommodate the schedules of working adults. There are just three requirements to enroll: To learn more about this opportunity visit this link <https://michigancentral.com/chargerhelp>

Calling All Residents...Want to learn about upcoming job opportunities?

1. Call Tanisha Burton: 313-635-4401
2. Visit the Career Center: 9301 Michigan Ave.
3. Request information: 313-484-4709



Happy BIRTHDAY



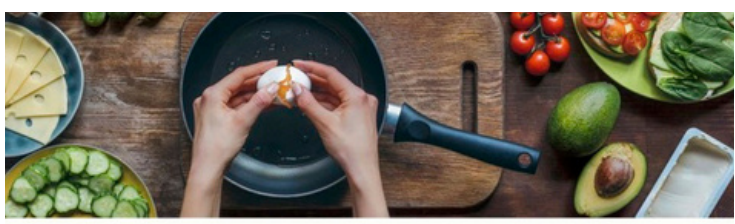
Shandron McClendon
Leonard Jackson
Yukima Loury
Trenae Richmond
Craig Robinson

Keshia Johnson
Tiarra Carter
Jamisha Dismuke
Angel Clements
Ashley Stewart

Grace Horton
Tionna White
Kennedy Hyche
Jame`Re Dismuke
Chloe Johnson-Mcree

Demargio Greer
Kimora Davis
Leia Rhymes
Natalie Cerda
Noah Wright

Upcoming



COOKING MATTERS® SHOPPING ON A BUDGET

Join us for a FREE, interactive class as we discuss:

- Reading nutrition facts labels
- Reading and using unit prices
- The differences between fresh, frozen, and canned produce.
- Identifying whole grains

Wednesday 1/10/24 at 4-5:30PM

Contact Christina Mireles to sign up!
313-484-4709 christina.mireles@tcbinc.org

Get a free \$10 gift card for attending!



This institution is an equal opportunity provider.

CORKTOWN HEALTH

PLANT BASED EATZ *With Mina Love*

FREE TO ALL
2PM - 3:30PM
NOV 8 DEC 20
NOV 15
NOV 22

CONTACT "TA"
313-676-0797

DOWNLOAD THE NUDGE APP FOR THE LATEST UPDATES, RECIPES, AND NEWS ON PLANT BASED EATZ WITH