

CLEMENT KERN GARDENS RESIDENT NEWSLETTER

May/June 2024

Spring into Fitness

Join Corktown Health for "Walkers & Wheelers" on Wednesdays!



Did you know that walking 30 minutes a day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, boost muscle power & build endurance? Let's get moving CKG!



Spruce it up this Spring with a Unit Care Plan!

1. Do you need help with tips to support your Spring Cleaning?

 Call YOUR Service Coordinator!

2. Do you need help developing a Unit Care Plan?

 Call YOUR Service Coordinator!

3. Seniors, do you need essential supplies to Spring into cleaning?

 Call YOUR Service Coordinator!

May Activities - Mark Your Calendars

- Wheelers & Walkers in partnership with Corktown Health - May 15, 22, & 29 @ CKG 12:00-1:00 pm. *ALL ARE WELCOME to cruise the neighborhood, while improving our health.*
- ODTY Financial Empowerment Workshop - May 22nd 5:30-6:30 pm @ Detroit Hispanic Development Corporation (1211 Trumbull St.) - *Need to create a budget, this workshop is for you! This workshop is open to everyone!*
- Seniors of CKG - May 24th - 1:00-2:00 pm @ CKG
- Resident Council Meeting - May 28th - 4:00-6:00 pm @ CKG! *RESIDENTS...THIS IS YOUR MEETING, SO PLEASE COME OUT AND SHARE YOUR THOUGHTS ABOUT YOUR COMMUNITY. WHAT YOU LIKE OR MAYBE WHAT IS MISSING. WE WANT TO HEAR FROM YOU!*
- Focus Hope Distribution for Seniors - May 26th @ CKG
- First Fridays - June 7th - 9:00am -12pm @ CKG Management Office
- PNC Financial Workshop - more to come! Contact Christina @ TCB
- Women Empowerment Series Part 19 - June 13th - 4:30-6:00 pm @ TCB (1842 Michigan Ave). Speaker Raquel Harrison. Speaker series offering motivation, empowerment, & connections to support personal growth.



Mental Health Awareness Month

Tips to support mental wellness

- Eat to live
- Exercise at your own pace
- Rest well (w/o distractions e.g., tv, mobile devices)
- Relax (take time out to do nothing)
- Identify your feelings
- Seek professional help (w/o shame)
- Allow yourself some grace
- Journal to release your thoughts
- It's okay to say when you're not okay



CORKTOWN HEALTH PRESENTS Health, Nutrition & Wellness Classes

Peaches and Greens Produce Truck - Every 3rd Tuesday of the month in our Corktown Lobby (1726 Howard St) from 10- 12pm

Cooking Matters 5/31/24 - 7/5/24 (6-Week Commitment). For information/interest call Ta'ri (313) 832-3300, ext. 29

Plant Based EatZ- Come cook with Chef Nina (Cooking with Love) Next class on May 8th following Wednesday Bi-Weekly classes.



Summer Discovery

Enroll your child for Summer 2024!

Summer Discovery will explore their interests, engage in their communities, and discover their potential through robust enrichment and academic programming. This is a **FREE** program provides fun learning experiences to support the whole child in their educational journey and life beyond the classroom.

Summer Discovery serves students completing grades K-8 in spring 2024 (Rising 1st – Rising 9th graders).

Visit www.summerdiscoverymi.org

CKG Management Office - RELOCATION

We are 90 days from the first relocation phase! Residents residing in buildings 11 & 12 will temporarily relocate to Left Field. To learn more, visit the Management office during office hours or contact Amber at 313-965-5650. Office hours: 8AM - 5PM - Monday - Friday

Office is closed during lunch hour - 12-1pm

CKG Resident Spotlight



Congratulation to these Clement Kern Gardens Residents for having accomplished a new milestone in their lives. We applaud your determination!

James Lee
Lateasha Wright
Tiarra Carter

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

HAPPY BIRTHDAY

Devon Porter
Jeremiah Legreair
Ebony Johnson
Edna Robinson
La'Mya Clark
Jaiden Paynes-Hebron
Johnita Jackson

Oscar Eston
Kiana Hyche
Maricela Burke
Noreena Thomas
Christopher Ballinger
Tameka Dawkins
Virgil Pullins IV

A'Niya Green
Jacob Dawson
Daryl Bonner Jr.
Arnold Newton
Brittany Adams
Carmen Robles
Melinda Smith - TCB-CL



COMMUNITY SAFETY
IS A SHARED RESPONSIBILITY

HOW WILL YOU CONTRIBUTE?
Safety Summit
Coming Soon!



CKG Career Coach's "Team Huddle"



Tanisha Burton

What's holding you back from employment? It can be nothing! Connect ASAP with your CKG Workforce Consultant to learn about jobs, training, and careers that fit & match your workforce goals.

EMPLOYMENT OPPORTUNITIES! APPLY NOW!

Liberty Security Group
1620 Michigan Ste 127
855-457-4732
www.libertysecurity.us

Eagle Security
500 Griswold Ste 1300
Detroit MI 48226
313-393-3191
info@eagle-securityservices.com

McShane Irish Pub & Whiskey Bar
1460 Michigan Ave
Detroit MI 48216
www.mcshanespub.com

CKG Community Resources



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

Monday 6/24/24 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.



WHEN:

Thursday, June 13th to
Saturday, June 15th 2024

9:00AM - 6:00PM Thurs & Fri
9:00AM - 2:00PM Saturday

WHERE:

Grace Community Church
21001 Moross Road
Detroit, MI 48236

Join OneSight EssilorLuxottica Foundation for this FREE three-day vision clinic to benefit local Detroit community. Our goal is to bring clear sight to up to 450 children and adults giving them the ability to learn and earn to their full potential.

Daily volunteer opportunities are available. Volunteers will provide direct service to patients, who will receive free eye exams and glasses on-site. You will help people experience the gift of clear sight, sometimes for the time ever. It's life-changing! Training will also be provided on-site.

Volunteers can sign up here: TBD

Questions? Contact Trish Nguyen at pnyuen@onesight.org. We hope to SEE you there!

Corporate Partner: HAP

CareSource

Community Partner:

GRACE

Safety is our focus. This clinic will only be held if it is safe to do so. We will abide by all government regulations and guidelines for the health and safety of our patients, partners, volunteers and guests.

HAP CareSource is an industry-leading, multi-state, multi-plan, government-sponsored health care organization that's reimagining health care.

Grace Community Church welcomes people from all stages and walks of life, regardless of where they are on their spiritual journey.

April Resident Council Meeting Recap!

United Community Housing Coalition (UCHC) and The Community Builders (TCB), & Resident Champions Rhonda Ellington & D’Nisha Brannon collaborated in hosting the April Tenant Council meeting on Monday, April 29th to celebrate the Day of the Young Child along with summer program sign-ups for kids. The Day of the Young Child acknowledges the importance of educating young children to set them up for future success. The day hopes to bring public attention on the needs of young children and their families. Pizza, drinks, and cookies were also provided by UCHC for everyone to enjoy.

TCB and UCHC invited community partners to celebrate. Each partner had their own information table with sign ups. The partners were Matrix Human Services, CODE 313, Brilliant Detroit, Motor City Street Dance Academy, Congress of Communities and City of Detroit Recreational Dept. - Roberto Clemente. Families spoke to the groups about programming and learned about the resources they offer. TCB had their own table with coloring activities and free books for families and kids to read. If you have questions on signing up for summer programs, you can contact Christina Mireles of TCB at (313) 484-4709.

If you have any ideas or want to get involved in the planning process of future tenant council meetings you can reach out to Pablo or Meg below.

Meg Marotte: 313-261-4709

Pablo Marcos: 313-572-1401

Claudia Sanford: 313-570-0992

