

CHOICE NEIGHBORHOODS RESIDENT NEWSLETTER

May 2026

Spring into Fitness

Join CNI "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!

Resident Spotlight Semaj Major



We take the time to recognize Semaj for his commitment and determination. He worked diligently with the TCB and Serco teams to enroll in and complete the Medical Assistant Program.

As a caregiver, he is now certified and ready to serve on another level in the medical field. Help us

congratulate him on a job well done and wish him well on the next part of his journey. Congratulations Semaj!

May Activities - Mark Your Calendars

- **First Fridays Conversation - May 1st - hosted by IMS @ CKG & Left Field from 9am-12 pm - Have questions about the new housing developing at CKG ask the experts!**
- **Food Distribution - May 11th - 2 pm @ Clement Kern Gardens - 1601 Bagley in front of the Management Office - receive nutritional food items while supplies last.**
- **Women Empowerment Series - May 13th @ Left Field - 2310 Cochrane - 4:30-6:00pm - "You are Your Greatest Advocate" - LADIES PLEASE JOIN US!**
- **Financial Fade Men's Series - May 16th - STAY TUNED FOR MORE DETAILS - ALL ARE WELCOME!**
- **Seniors of CNI Meet Up - May 20th - 1:00-2:00 pm @ Left Field 2310 Cochrane - Mental Health Month**
- **Project Graduation - May 20th - @ Left Field - 2310 Cochrane St. - 4-5:30pm - ALL YOUTH IN GRADES 7-12 ARE WELCOME TO PARTICIPATE.**
- **Trap & Paint- May 22nd @ Left Field - 2310 Cochrane from 5-7pm. A fun interactive financial literacy experience with music, art, and powerful money strategies!**
- **Resident Council Meeting - May 26th from 4-6pm. Residents...This is your meeting...have any concerns, come and share!**
- **Focus Hope Distribution for Seniors - May 26th Pick up @ CKG Management Office starting @ 1 pm.**



CNI Health Hub

Mental Health



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 the 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

Physical Health

Walking is Good for Your Physical Health!

- **Boosts Immune System:** Walking can help protect against colds and flu
- **Improves Mental Health:** Walking can enhance mood and reduce symptoms of anxiety and depression
- **Supports Weight Management:** Walking aids in weight loss and helps maintain a healthy weight
- **Enhances Cardiovascular Health:** Walking regularly can improve heart health and lower blood pressure
- **Promotes Better Sleep:** Engaging in regular walking can lead to improved sleep quality.

These benefits highlight why incorporating walking into your daily routine is a simple, yet effective way to enhance overall health.

In Your

-Backyard-

Ralph C. Wilson Park
Southwest Greenway
Police Athletic League (PAL)
Roosevelt Park
Planet Fitness

Get fit & have fun right in YOUR community, you can workout, walk, run, play or do them all!

Financial Health

Join SaverLife Get Rewarded for Saving



Join over 600K SaverLife members who have won over \$4.5 million in cash rewards and accelerated their savings to reach their financial goals!

Click here:

https://www.saverlife.org/en/users/?utm_source=detroitthrives&utm_campaign=129&utm_medium=email

In Your Community, For YOU!



Citizens Bank



THE COMMUNITY BUILDERS



ACD

IMS



United Community Housing Coalition

Registration is now open for Summer Discovery Camp! Register your child today...it's 100% free! Visit

<https://summerdiscoverymi.org/summer-site-locations/>

Choice Neighborhoods Website

Visit the Choice Neighborhoods website TODAY!

detroitmi.gov/choiceneighborhoods



May 2026



Clement Kern Gardens - Left Field - The Preserve On Ash I - Community Notes -

CKG Management Office -The Connect-

Residents who are within 30-days of their recertification date, make sure to submit all documents or contact the office to verify your status.

You may visit during office hours or contact Amber at 313-965-5650.
Office hours: 8AM - 5PM - Tuesday & Thursday
Office is closed during lunch hour - 12-1pm



Community Is
A SHARED
Responsibility
Let's build!



Left Field Management Office - The Leak -

The **Resident Council** is looking for **YOU!** Become a member of the resident council to plan activities, push accountability, & partner with your CNI teams for a strong community.
We need your help!

To keep the Community Room in the best condition, please do the following:

1. Clean up spills & throw away your trash.
2. Respect the operation hours: 8am-8pm (unless reserved & approved).
3. Let Amber know if there are any issues, malfunctions, or ill activity immediately.

You may visit during office hours or contact Amber at 313-650-6850.

Office hours: 8AM - 5PM - Monday, Wednesday and Friday
Office is closed during lunch hour - 12-1pm



The Preserve On Ash Management Office - The Push -

Welcome home, we are so excited to have you as residents!
To make this the best experience, please remember the following:

- You have neighbors above, below, & on side of you, get to know them to build community in your building.
- Apartment living can be noisy, but you can help create the culture you want by keeping noise, bumping & jumping to a minimum, especially after 10pm.
- Let us know immediately if something isn't working properly, so we can work to resolve it.

NOW LEASING OUR MARKET RATE APARTMENT HOMES!
INQUIRE WITHIN FOR IMMEDIATE MOVE IN!

You may visit during office hours or contact Adrian Welch at 313-635-4473.

Office hours: 9AM - 4PM - Monday - Friday
Office is closed during lunch hour - 12-1pm



Mark Your Calendars

- **CKG Happenings** - Food Distribution - 2nd Monday from 2-3pm (happening every month)
- **Left Field Happenings** - Seniors of CNI, WES, & Project Graduation (happening every month)
- **Preserve On Ash (POA)** - Community Life Service Coordinator (CLSC) Outreach

The Community Life Team is now @ 3316 16th Street
Come visit us!



Kids Korner (Ages 5-8yrs)



Lego Legends
4:00 - 5:00 pm
Register TODAY!



Little Putters Golf
Little Kickers Soccer
Ages 5-7

Sign Up Now!

Enroll in a partner program TODAY, let us know if you need help!

Youthville (Grades K-12)

NO FEAR CARE

K-12
Math * Reading * ELA * SAT prep

TUTORING
Student Success Sessions
Join us for a transforming educational experience that will increase grades, inspire confidence, and uncover students' entire potential!

Join the Learning Fun!
Tues & Thurs
4:00 - 6:00 pm

Call/Text
Kimberly Cooley
313.484.4709



Call/Text
LaShand Kline
313.635.7951 x 7951

Project Graduation (Grades 7-12)

Celebrate Mental Health Month!
Fun activities to check-in on you.

How's Your Mental?

You good?
In school?
With your friends?
At home?
Let's check!

Date - Wednesday, May 20, 2026
Time - 4:00 - 5:30 pm

Left Field Apartments Lounge
2310 Cochrane St
Detroit, MI 48216

Call or Text Questions to:
Kimberly Cooley - 313.484.4709
Melinda Smith - 313.484.4702

Tips to Graduate on Time!

Meet w/your Counselor - Check credits to ensure you're on target.
Need help? Get Tutor. Take tests.
ATTENDANCE - It's so important!
Don't start missing when school's almost over. It affects your next!



HAPPY BIRTHDAY

(The Late) Arnold Newton
Brittany Adams
Damarion Treadwell
Devon Porter

Kiana Hyche
Syncere Hutchins
Ebony Johnson
Melinda Smith (TCB)

Jacob Dawson
Ja'Mani Greer
Jeremiah Legreair
Journee Johnson



Career Coach's Corner

Did you know that **70% of employers** look at Social Media?
What does yours say about YOU?

How Social Media Helps ...

Optimize online visibility. 1) Create Profiles on sites that match the type of work you seek - LinkedIn, TikTok, Instagram and post you are seeking work. 2) Post positive life activities, volunteer, group memberships, the fact you're seeking work.
Skill Based - Post pics that highlight work, expertise, talents.
Be consistent. Have same job data and titles on every site.
Google yourself. Request negative/inaccurate info removed.

How Social Media Hurts ...

Photos. No inappropriate/illegal behavior even set on private.
Content. No complaints, politics, or like/share negative posts.

Employment Opportunities!

Our Partner, SER Metro-Detroit is hosting its' largest event of the summer with lots of employers **Annual Career Fair!**

Thursday, June 25, 2026

10:00 am - 2:00 pm

9301 Michigan Avenue, Detroit, MI 48210

It's not too early! Partner with the Career Coach to get resume, interview practice, job fair etiquette, outfit, etc. Contact Gloria if you need transportation. **GET READY!**

Your Employment or Training Contacts

Gloria Messenger 1:1 Job Services, Transpo. **Call or Text** - 313.962.9675 x 4281 **Email**-gmessenger@detroitatwork.com

Maikia McGee for Career Coach and Training. **Call/Test** - 313.962.9675 x 1699 **Email**-mcmcgee@detroitatwork.com

Resident Council Recap

United Community Housing Coalition hosted the tenant council meeting at Left Field on Tuesday, April 27th from 4:00 – 5:30 pm. The event was held in the community room on the first floor. All the residents from Left Field were invited, and UCHC knocked on everyone's doors to invite them.

Tenant Organizer, Pablo, with UCHC continues to speak about the importance of having a reoccurring tenant council meeting with residents. Meetings can be used as a time to get to know your neighbors and community. Residents who attended spoke about the fire alarm and some maintenance concerns. If anyone is interested in learning more, please reach out to UCHC to participate in the planning. Tenants also shared with each other their favorite things to do in the Corktown neighborhood.

United Community Housing Coalition and The Community Builders also canvassed residents at the new Preserve on Ash building. We want to initiate a tenant council there as well, but we first want to gather more input from the community. If you live at Preserve on Ash, please scan the QR code and complete our short survey!

If you have any questions, comments, or concerns about the greater Corktown development plan, please contact UCHC tenant organizers, City and Community Builder staff:

Pablo Marcos (313) 572-1401 jmarcos@uchcdetroit.org

Theresa Mitchell (313) 635-4554 Theresa.mitchell@tcbinc.org

Alexis Alexander Alexis.Alexander@detroitmi.gov

