

# CLEMENT KERN GARDENS RESIDENT NEWSLETTER

May 2023

## Spring into Fitness

Join Community Life for  
"Walking" 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!

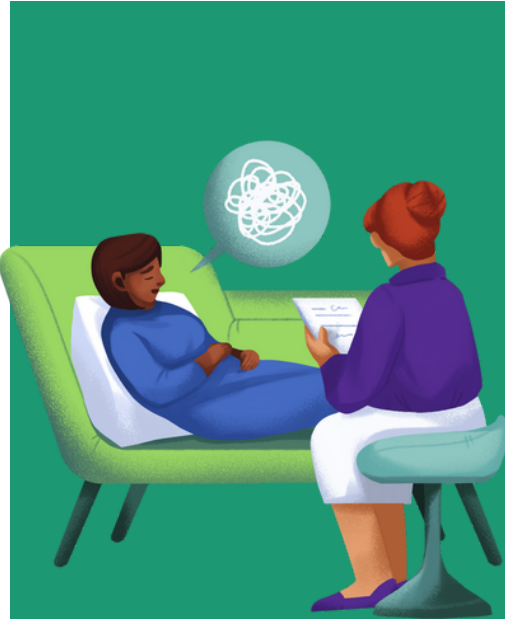
### May Activities - Mark Your Calendars

- 1) **Men of CKG - May 10th - 4-5pm @ CKG** " The best tip I can give you is to be **ACTIVE**. So many people **TALK** about what they want to do and they just love words. Don't be a talker. **"BE A DOER."** Kevin Hart - Men please come out and talk with the men in your community.
- 2) **Talking Is Teaching Parent Session - May 11th - 12:15-1:30 pm @ TCB (1842 Michigan Ave)** Join us and learn how to increase your child's language skills through age-appropriate fun activities where the entire family can participate.
- 3) **Women Empowerment Series Part VII - May 11th - 4:30-6:00 pm @ TCB (1842 Michigan Ave.) Self Care - YOU ARE A PRIORITY** Guest speaker **Kia Nicol** Link to register: <https://bit.ly/TCB-WES>
- 4) **Third Thursday's (Career Exploration) - May 18th - 3:30-5pm @ CKG Management Office** - Come eat, greet and meet Daicia Price a Clinical Assistant Professor of Social Work at the University of Michigan.
- 5) **Youth Initiative - May 18th - 3:30-5:00 pm @ CKG**- Join Matrix Youth Program as they gear towards improving Youth quality of life, build confidence & self-esteem, and much more.
- 6) **Tenant/Resident Council Meeting - May 23rd - 4-6pm @ CKG** - RESIDENTS...THIS IS YOUR MEETING! HAVE CONCERNS ABOUT RELOCATION OR TENANT RIGHTS, COME AND ASK YOUR QUESTIONS.
- 7) **Seniors of CKG - May 24th - 1-2pm @ CKG** Seniors 55 & up let's meet up under the tent and plan some exciting activities!
- 8) **Focus Hope Distribution for Seniors - May 26th @ CKG**
- 9) **Food Distribution - May 26th - 1-3pm @ CKG**



## 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

HAP PRESENTS

Virtual Fitness & Fun Interactive Classes

Crim Chair Yoga  
5/04/23 - Thursday @ 11am-11:30am  
Link: <https://us02web.zoom.us/j/83483198091>

Bingo with HAP!  
5/18/23 - Thursday @ 9-10:30am  
Link: <https://us02web.zoom.us/j/81529404488>

Crim Mindfulness/Mat Yoga  
5/25/23 - Thursday @ 11-11:45am  
Link: <https://us02web.zoom.us/j/83777302384>

## IMPORTANCE NOTICE REGARDING MEDICAID BENEFIT CHANGES

Michigan will soon restart  
Medicaid eligibility renewals.

During the federal COVID-19 Public Health Emergency (PHE), many changes were made to the Medicaid program's eligibility, administration, and policies to ease rules for providers and prevent Medicaid beneficiaries from losing health care coverage. MDHHS is preparing for these changes and will send notifications soon on what this means for beneficiaries.

- **Be sure your address, phone number, and email address are up to date online or in-person by visiting [Michigan.gov/MIBridges](https://www.michigan.gov/MIBridges) or call your local MDHHS office.**
- **Report any changes to your household or income.**
- **If you get a renewal packet, be sure to fill it out, sign the forms, and return it by the due date with any proof needed.**

To read more about this topic visit:

<https://www.michigan.gov/mdhhs/end-phe/medicaid-benefit-changes>

## CKG Management Office - **RECERTIFICATION**

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 - Monday - Friday  
**Office is closed during lunch hour - 12-1pm**

## Resident Resources

Are you going through more food than normal these days?



**Food Distribution** is held monthly on the last Friday of the month in front of the Management Office from 1- 3pm. Please text the CL Service Coordinators to be added to the list for pick up @ 313.484.4702. You can also sign up to join the next **Cooking Matters** Session, by texting the Education & Resource Manager @ 313.484.4709.

**Next Distribution - May 26th**

## 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](https://detroitmi.gov/choiceneighborhoods)

# HAPPY BIRTHDAY

Arnold Newton  
Edna Robinson  
Joannie Hyatt-Mitchell  
Kiana Hyché  
Ebony Johnson  
Brittany Adams  
My-Esha Handberry  
Da`Mauri Carter

Damarion Treadwell  
Jeremiah Legreair  
Marqual Howell-Dupree  
Tre`Von Nichols  
Oscar Eston  
Jacob Dawson  
Journey Johnson

Daryl Bonner Jr.  
Devon Porter  
Kaliya Davis  
Tristan Dupree  
Dakota White  
Austin Loury  
Ja`Mani Greer

& Melinda Smith-TCB-CL



## CKG YOUTH INITIATIVE

AGES 13-18

TCB is partnering with Matrix Youth Programs. If you are looking for a space to relax, socialize, and have fun with other youth your age, then **DON'T MISS** this upcoming gathering. TCB staff will meet you at CKG on Thursday, May 18th @ 3:30-5pm.

**BRING A FRIEND & HAVE FUN!**

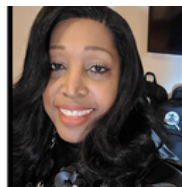


Call Melinda @ 313-484-4702 or Christina @ 313-484-4709

**NEED TO REGISTER:**

<https://form.jotform.com/210355285984059>

## CKG Career Coach's "Team Huddle"



Kimberly Cooley

**GOOD NEWS!** Do you have a need holding you back from employment? We have a **limited budget for May and June to help!** Connect ASAP with your CKG Career Coach for details. Call/Text at 313.586.7495 or email [kcooley@detroitatwork.com](mailto:kcooley@detroitatwork.com) TODAY!

### May's 3rd Thursdays!

Daicia Price



**May 18th from 3:30-5:00 pm** - Come eat, greet, and meet with Daicia Price! Today she is a Clinical Assistant Professor of Social Work at University of Michigan, but her journey to get there is one to hear! She'll share her story of adverse childhood experiences, adult situationships, domestic violence, homelessness, unemployment - you name it. Eventually, she began to follow her passion focusing on strengths instead of deficits. Learn how she changed her life and is now "living her life like it's golden!" **LOCATION - CKG Leasing Office - with Refreshments!**

### Coach's Playbook - "Living Life like it's Golden!"

1. Learn to free your mind & spirit
2. You are #1 so you can help others
3. Earn a living doing what you love
4. Plan for your future
5. Relax by stay or vacation
6. Notice the little things

**Life is not what happens to you. It's how you handle it!**

# Relocation Support

## Choice Neighborhoods Relocation FAQ

### What is relocation, and how does it apply to me?

Relocation is the process that happens when a developer wants to rebuild a property with people already living there. When the project is funded with federal money, regulations like the Uniform Relocation Act (URA) provide certain protections for people being relocated, including paid moving costs and assistance finding them new housing. Detroit was awarded a federal Choice Neighborhoods Grant in 2021 with the goal of rebuilding Clement Kern Gardens to make sure current and future residents have a clean, safe, and affordable community to call home. The existing buildings at Clement Kern Gardens will be demolished and new housing will be built in its place. You and your neighbors will need to temporarily move while the site is being rebuilt.

### Am I being kicked out of Clement Kern Gardens for good?

Absolutely not! The goal of the Choice Neighborhoods Grant is to make sure you and your neighbors have access to clean and safe affordable housing right where you already live. While you may have to relocate temporarily from Clement Kern Gardens, you will have the right to return to the new housing built at Clement Kern when it's completed (or you can choose to live in other new housing built through the Choice grant). In order to maintain that right, you must remain in your unit until you are future notified, stay lease compliant and avoid eviction. The goal is to keep you in your home and your neighborhood, just with an upgrade.

### Where will I have to move to while Clement Kern Gardens is being demolished and rebuilt?

There will be several options depending on where you live in Clement Kern Gardens. The Choice Neighborhoods Grant applies to the whole Greater Corktown area. The redevelopment of Clement Kern Gardens is just one of the housing phases being developed in the neighborhood, and you will be connected to affordable and accessible options within those phases that work for your household. The other new developments are being built in phases just like Clement Kern Gardens. Not every phase will have units available in time for every resident in Clement Kern Gardens to move into, however, your access to decent, safe, and sanitary housing that you can afford in the neighborhood is guaranteed no matter what.

### If Clement Kern Gardens is being rebuilt in phases, can I move to another unit in Clement Kern Gardens instead of moving somewhere else?

This may be a possibility. If you are living in a unit that is scheduled for demolition and there are units in another part of Clement Kern Gardens available, you may be given the opportunity to move into that unit instead we want to make those units available to you instead of moving elsewhere. Again, the focus of this grant is on you and your housing needs.

### How will you decide who goes where? And when?

Each household at Clement Kern Gardens will be interviewed about their preferences for moving. This includes where you would like to live, how many bedrooms your household requires, accessibility needs, transportation and needs. The interview process will begin in early 2023. Interviews will also be done in phases, starting with the East portion of Clement Kern Gardens.

### How much is this going to cost me?

You will be connected to housing options that will be affordable to you using the same qualification and certification process you have now at Clement Kern Gardens. Your rent will continue to be based on your income. Your moving expenses will also be paid. The goal is to make this as easy on you as possible, because at the end of the day, this is about your housing needs.

### Should I be planning to move now?

No. In May of 2022 you received the General Information Notice that tells you specifically not to move yet. If you move now, you may not be eligible for assistance with relocation or paying your moving expenses. Starting in the spring of 2023, residents in the East portion of Clement Kern Gardens will start getting another notice: The Notice of Eligibility (NOE) that will tell you more information about where and when you can expect to move.



**CLEMENT KERN GARDENS**  
**LET'S TALK**  
**ABOUT HOUSING**

**FIRST FRIDAYS**  
Please join us the first Friday of every month at the Clement Kern Gardens management office.

A member of the development team will be on site to talk with you.

**NO APPOINTMENT NEEDED**

We encourage you to stop by the office every first Friday of the month between 9 a.m. and 12 p.m.

**ASK QUESTIONS ABOUT HOUSING**

**SHARE CONCERNS WITH THE DEVELOPMENT TEAM**

**9AM TO 12PM**

**CALL OR EMAIL FOR MORE INFO**

**313-881-8150 X129**

**mike@acdmail.com**

 [www.detroitmi.gov/ChoiceNeighborhoods](http://www.detroitmi.gov/ChoiceNeighborhoods)

## April Resident Council Meeting Recap!



The Clement Kern Gardens (CKG) Tenant Council Meeting on Tuesday, April 25th invited Erin Rogers and Michael Schickler from Independent Management Services (IMS) to update residents about future development at CKG. Claudia Sanford, Ted Phillips, Pablo Marcos, and Meg Marotte from the United Community Housing Coalition (UHC) gave a presentation about tenants' rights. Erin and Michael spoke about how the timeline for temporary relocation depends on the construction schedule happening at CKG. IMS will be keeping residents up to date with all construction news as it unfolds. During May-June 2023, IMS will meet one-on-one with residents in Buildings 11 and 12 to discuss the upcoming construction schedule, housing preferences, and next steps. Be on the lookout for a notice with a list of meeting dates. The second half of the meeting was dedicated to the UHC team to discuss tenants' rights, legal rights, habitability rights and tenant responsibilities. Claudia spoke on the unique protection, residents at CKG have. The Department of Housing and Urban Development (HUD) works directly with CKG. You have the right to protection from eviction except for specific causes stated in your lease, the right to request that your rent be recalculated if your income decreases, and the rent to notice any rent increase. Residents at CKG also have the right to participate freely in their tenant council. Ted spoke in depth about the different eviction cases and processes, gave tenant's reminders about providing accurate documentation during the recertification process, gave advice to always ask for receipts when paying rent, and to never use cash when paying rent. Meg spoke about tenants' right to a habitable living space and to remember to always document repair issues and put in maintenance requests. Keep records of letters, texts, emails, photos of repair issues. Pablo spoke on tenants' responsibilities to always report accurate income information during the annual and/or interim recertification process and to follow the CKG house rules and lease agreements. UHC provided a document with more information on tenants' rights, legal rights, habitability rights, and tenant responsibilities. If you were not able to make it to the tenant council meeting, we strongly encourage you to reach out to the tenant organizers below so that they can deliver you the materials and information on your rights as a tenant living in a HUD assisted property.

Meg Marotte: 313-261-4709  
Pablo Marcos: 313-572-1401  
John Kistler: 313-774-0391  
Claudia Sanford: 313-570-0992

# CKG Community Resources





**In Observance of Mental Health Awareness Month**

**KEEPING YOUR THINKING IN CHECK!**

*Maintaining good well-being during chaotic times!*

**Thursday**  
May 11, 2023  
10:30 am - 12:00 pm

**Paris Simpson**  
CEO & Founder  
at  
Powerful Leaders Uniting Generations,  
PLUG In



**Facilitated by**  
**Robert Spruce**  
DWHN Engagement Specialist



**Bianca Miles**  
DWHN Youth Involvement Specialist  
Children's Initiative



**Zoom Link**  
<https://dwhn-org.zoom.us/j/87206836691>  
Passcode:1234



SRC PRESENTS...

**CHOOSING YOUR PATH IN LIFE**

May 10, 2023  
10:00 am to 11:30 am EST


By Lakeshore Legal Aid Attorney Tracie Dominique Boyd

**Objectives**

- Living wills (advanced directives)
- Health care or medical power of attorney contracts
- Similarities and differences between the two
- Learn how they can work together to communicate your end-of-life health care choices to your treating medical professionals



\*Use the link or QR code to register  
<https://tinyurl.com/ChooseYourPath1>



## Medicaid Renewals

At the start of the federal COVID-19 Public Health Emergency (PHE) we stopped the Medicaid renewal process. Renewals are restarting. If you have Medicaid, MiChild, or Healthy Michigan Plan you may need to go through the renewal process. This is to find if you are still eligible for free or low-cost Medicaid coverage.

**What to do now:**

- 1** Update your address, phone number, and email address.
- 2** Report any changes to your household or income.
- 3** Check your mail. You may need to fill out a renewal form.

Learn more about what to do now on the next page. ▶

**MI Bridges is here to help**

The MI Bridges website can help you apply for benefits, find resources, and manage your case.

You can access MI Bridges anytime online at [Michigan.gov/MIbridges](https://Michigan.gov/MIbridges) to apply for:

- Healthcare coverage
- Food Assistance Program (FAP)
- Cash Assistance
- Child Development + Care (CDC)
- State Emergency Relief (SER) – including utilities, housing, and burial costs

MI Bridges can also help you search for state and local resources in your community. If you receive benefits, you can manage your case and renew benefits through your MI Bridges account.

**Questions?**  
Call the Beneficiary Help Line toll free at 1-800-642-3195 (TTY: 1-866-501-5656). We are open Monday through Friday, 8 a.m. to 7 p.m.

**2023 Benefit Changes**  
To learn more, go to [Michigan.gov/2023BenefitChanges](https://Michigan.gov/2023BenefitChanges)



MDHHS: MEDICAID RENEWALS



fit for a King & Queen

**HEALTH AND WELLNESS CAMP**

**SATURDAYS**  
APRIL 29, MAY 6, 13, 20 & JUNE 3

9AM - 12PM  
Curtis L. Ivery Health & Wellness Education Center  
971 W. FORT STREET, DOWNTOWN DETROIT, MI

**LIMITED TO 50 BOYS & GIRLS GRADES 5-8 FREE**

**BOYS GOLF · GIRLS VOLLEYBALL  
BOYS & GIRLS BASKETBALL · FIELD TRIP  
FREE LUNCH & SNACKS · GIFTS & MORE  
COMPLIMENTARY USE OF FITNESS CENTER FOR PARENTS**

Sponsored by  general motors

**CALL FOR MORE INFO** (313) 579-6930 **REGISTER ONLINE** [bit.ly/kq2023push](https://bit.ly/kq2023push)





# CLEMENT KERN GARDENS

# VIRTUAL SCHOLAR WALL

## Elementary School

Cleo C.



Ava E.



Patrick E.



## Middle School

Ma'lon C.

Jaiden P.



## High School

Christian P.

A'Niya G.

Damarion T.

Jame'Re D.



Help us congratulate these scholars! If you want to see your child's name added to this wall, send us a copy of their report card so we can highlight their accomplishments!