

# CLEMENT KERN GARDENS RESIDENT NEWSLETTER



June 2023



## Summer Fun!

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!

Join the  
**Corktown Summer FUN!**


1. Do you need help finding summer activities for your children?

 **Call YOUR Service Coordinator!**

2. Are you looking for activities for the family?

 **Call YOUR Service Coordinator!**

3. Do you want to know what's NEW right here in YOUR Community?

 **Call YOUR Service Coordinator!**  
\*Look for us outside, because this summer we're bringing the fun to you!

### June Activities - Mark Your Calendars

- 1) **Women Empowerment Series Part VIII - June 8th - 4:30-6pm @ TCB (1842 Michigan Ave.) Self Care - YOU ARE A PRIORITY** Guest speaker **Yolanda Eddins**. Link to register: <https://bit.ly/TCB-WES>
- 2) **Men of CKG - June 14th - 4-5pm @CKG STRENGTHEN YOUR COMMUNITY & JOIN US**, all youth & adult males welcome "Celebrating Fathers."
- 3) **Third Thursday's (Life and Career Exploration) - June 15th - 3:30-5pm @ CKG Management Office - Guest speaker Sherry Brown** - Learn about the many career areas within the Law Enforcement Field.
- 4) **Juneteenth Celebration - June 16th - 4-6 pm @ CKG - All Are Welcome!**
- 5) **Seniors of CKG - June 21st - 1-2pm @ CKG Seniors 55 & up** let's meet and plan some exciting activities!
- 6) **CKG Jazz & Painting - June 21st - 4-6pm @ TCB (1842 Michigan Ave)** Come relax & unwind !
- 7) **Youth Initiative - June 22nd - 3:30-5pm FUN DAY @ CKG** - Join us outside the Management Office for some FUN activities.
- 8) **Tenant/Resident Council Meeting - June 27th - 4-6pm @ CKG** - THIS IS YOUR MEETING! HAVE CONCERNS ABOUT RELOCATION, Resident RIGHTS, or how to become a leader on the council? COME AND ASK YOUR QUESTIONS.
- 9) **Roosevelt Park Grand Opening - June 28th**
- 10) **Focus Hope Distribution for Seniors & Food Distribution - June 30th @ CKG 1-2pm** Come out and receive nutritional food items.



# CKG Health Connections

## June is National Men's Health Month

### Don't Sleep On Your Health!



- 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
- Get your annual check-ups

## Healthy Life Style Classes

### Bingo with HAP!

6/13/23 - Thursday @ 3-4:30pm

Link: <https://us02web.zoom.us/j/81529404488>

### Crim Mindfulness/Mat Yoga

6/15/23 - Thursday @ 11-11:45am

Link: <https://us02web.zoom.us/j/82190916538>

Corktown Health @ 1726 Howard St.  
**Wednesday Walkers n' Wheelers @ 12-1pm**  
*(happens every Wednesday - rain or shine)*

## 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.

**To read more about this topic visit:**

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

### OneSight Vision Clinic

FREE Comprehensive Eye Exams and Prescription Glasses if needed

### Grace Community Church

21001 Moross Rd.  
 Detroit, MI 48236

July 6 – 7 9:00AM – 4:00PM  
 July 8 9:00AM – 2:00PM

- Go to [www.onesightclinics.org](http://www.onesightclinics.org)
- Click on **Registration** at the top then select a language
- Enter an access code: **see below**
- Please fill out the form and sign consent forms
- Once you have finished filling out the forms please hit **Submit**
  - **(PLEASE ONLY HIT SUBMIT ONCE)**
- You should receive an email confirming your appointment

Appointment	Access Code	Appointment	Access Code	Appointment	Access Code
Thursday 7/6 9AM	29798732	Friday 7/7 9AM	96181131	Saturday 7/8 9AM	74487321
Thursday 7/6 10AM	16970321	Friday 7/7 10AM	37416158	Saturday 7/8 10AM	62762304
Thursday 7/6 11AM	72793742	Friday 7/7 11AM	32056128	Saturday 7/8 11AM	36080929
Thursday 7/6 12PM	53733065	Friday 7/7 12PM	24705481	Saturday 7/8 12PM	86124670
Thursday 7/6 1PM	91875301	Friday 7/7 1PM	80963929	Saturday 7/8 1PM	72521476
Thursday 7/6 2PM	77994567	Friday 7/7 2PM	92392050	Saturday 7/8 2PM	36784701
Thursday 7/6 3PM	28859416	Friday 7/7 3PM	45019536		



## 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**

## Healthy Food Resources

Did you know what you eat contributes to how you feel?



**Food Distribution** is held monthly on the last Friday of the month 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. You can also sign up to join the next **Cooking Matters** Session, by texting the Education & Resource Manager @ 313.484.4709.

**Next Distribution - June 30th**

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

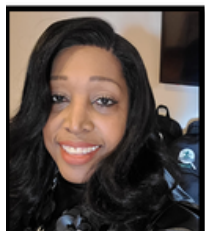




**A`Niya Green  
 Blassaum Brown  
 Carmen Robles  
 Christopher Ballinger  
 Jaiden Paynes-Hebron  
 Jasir Jackson**

**Johnita Jackson  
 La'Mya Clark  
 Maricela Burke  
 Nadiah Furniss  
 Noreena Thomas  
 Nova Norwood**

**Patricia Hubble  
 Ramona Rivers  
 Robin Reese  
 Syaire Davis  
 Tameka Dawkins  
 Virgil Pullins Iv**



**Kimberly Cooley**

### **CKG Career Coach's "Team Huddle"**

**GOOD NEWS!** Do you have a need holding you back from employment? We have a limited budget through June 15th to help. First come, first serve until funds are gone!

A Career Coach is helpful Pre, During, and Post Career. How do you find what you like? How do you prepare? What can you do after you're not actively employed? Let's talk and find out!

Connect with your CKG Career Coach for details on funding or to set an appointment to start your exploration. **Call/Text** at 313.586.7495 or email [kcooley@detroitatwork.com](mailto:kcooley@detroitatwork.com) **TODAY!**

### **June's 3rd Thursdays!**

**June 15th from 3:30-5:00 pm** - Come eat, greet, and meet with Sherry Brown! Learn about the many areas of employment and various positions within the Law Enforcement Field. Sherry retired from the Detroit Police Department after an exciting career. Her last position was as an Executive Assistant to a former Police Chief, the beloved Benny Napoleon.

**LOCATION - CKG Leasing Office - with Refreshments!**

### **Signs you may be a "Fit" for a career in Law Enforcement!**

- |  |   |
|--|---|
| 1. Are you invested in your community?                   | 7. Are you calm during a crisis and in emergency situations?  |
| 2. Do you have natural communication skills?             | 8. Are you organized in an office or field setting?           |
| 3. Do you judge people or are you empathetic?            | 9. Other nationalities/working internationally interest you?  |
| 4. Does unfair treatment urge you to protect and help?   | 10. Can you guide Justice-Involved or Returning Citizens?     |
| 5. Do you have an investigative mind? Put info together? | 11. Go undercover locally or internationally for civic/gov't? |
| 6. Are you scientific? Use facts to draw conclusions?    | 12. Interest in court system in front or behind the scenes?.  |

## May Resident Council Meeting Recap!



The Clement Kern Gardens (CKG) Tenant Council Meeting held on Tuesday, May 23rd, invited Bethany Howard, Project Manager of City Walls, and muralist Jesse Kassel kicked off the meeting by discussing the upcoming mural (see photo above) to be created on the Corktown Substation at Trumbull and Porter. Bethany presented preliminary designs by Jesse and asked for feedback from CKG residents. Suggestions from the audience included: kids and families, diversity, elements of transportation, and messaging about community values. Jesse stated that the designs shared in the presentation were just a small fraction of the space he will need to fill, so he will be working to incorporate residents feedback into the final mural.

LaShanda Kline of The Community Builders, gave a presentation on basic computer skills that residents can use to understand their Chromebooks. LaShanda shared a handout with the residents, with different ways to customize your laptop, keep your computer safe, and how to access programs, like talk to text and virtual meetings like Zoom and Google Meet. Contact LaShanda at [Lashanda.kline@tcbinc.org](mailto:Lashanda.kline@tcbinc.org) or 313-635-4401 if you have any questions regarding your computer. A copy of the "Making the Best of Your Chromebook" handout is also on the Choice Neighborhoods website <https://detroitmi.gov/departments/housing-and-revitalization-department/choice-neighborhoods/people-strategy> under "Resources."

UCHC wants your feedback! What topics would you like to see at future CKG Tenant Council Meetings? Are you interested in planning or presenting a topic? Let us know, reach out to Meg at [mmarotte@uchcdetroit.org](mailto:mmarotte@uchcdetroit.org), 313-261-4709 or Pablo at [jmarcos@uchcdetroit.org](mailto:jmarcos@uchcdetroit.org), 313-572-1401. We can work with you to help you organize and execute your idea to share with your fellow CKG residents.



# CLEMENT KERN GARDENS

## VIRTUAL SCHOLAR WALL

### High School

Joe B.

Damarion T.

### Middle School

Adeeya Mckinley

Yarielis Colon

Kristin Smith

Brialla Adams-Holley

Samaya Mcginnis

### Elementary School

Kameron Caver- Duncan

Jeremiah Layton-Dupree

Syaire Davis

Tyrone Tucker Jr.

Sarai Furniss

Tre'Von Nichols

Damiya Brooks

Lauren Thomas

Ja`Niya Greenlee

Help us celebrate our Elementary, Middle and High School graduates.  
Congratulations to the Graduating Classes of 2023!