

CLEMENT KERN GARDENS RESIDENT NEWSLETTER

JULY 2023

Corktown Fun!

The Corktown Community has
so much to offer!



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!**

July Activities - Mark Your Calendars

- 1) **Safety Listening Session - July 12th - 12:15-1:15 pm @ CKG;** Please come out voice your concerns and discuss solutions.
- 2) **Veggie Express - July 12th - 1:30-2:30 pm @ CKG;** Join us and learn about the fresh fruits and veggies coming to your door.
- 3) **Men of CKG - July 12th - 4-5pm @ CKG** "Wise men don't do what's popular, they do what's right". STRENGTHEN YOUR COMMUNITY & Join us for male bonding & activities.
- 4) **Women Empowerment Series Part VIII - July 13th - 4:30-6pm @ TCB (1842 Michigan Ave.) Self-Care - YOU ARE A PRIORITY** Guest speaker **Kimie Nailer**. Link to register: <https://bit.ly/TCB-WES>
- 5) **Ice Cream Social - July 14th - 4:30-6:00 pm @ CKG** Come out for some tasty treats, good music and raffles!
- 6) **CKG Seniors 55 & Up - July 19th - 1-2 pm @ CKG** Let's go! Seniors come on out for some GAMES & THANGS, we are looking to have a good time!
- 7) **Third Thursday's (Life and Career Exploration) - July 20th - 3:30-5pm @ CKG Management Office.**
- 8) **Tenant Council Meeting - July 25th - 4:00-6:00 pm @ CKG - THIS IS YOUR MEETING!** Come learn about what's going on in your community.
- 9) **Youth Club - July 27th - 3:30-5pm @ CKG** All ages are welcome!
- 10) **Focus Hope Distribution for Seniors & Food Distribution - July 28th - 1-2pm @ CKG.** Come out and receive nutritional food items.



CKG Health Connections



- In July Let's Practice Gratitude!
We all could use a little more positivity & encouragement...
- Find three things you like about yourself and celebrate YOU!
 - **VOLUNTEER!** Volunteering is good for the soul.
 - Find two ways you can give back.
 - Call or text someone and share three reasons you're grateful for them.
 - If something frustrates you, pause, breathe and focus on what is going your way. Even in a negative you can find a POSITIVE!



Healthy Life Style Classes

Bingo with HAP!
 7/19/23 - Thursday @ 10-11:30am
 Link: <https://us02web.zoom.us/j/81529404488>

Crim Chair Yoga
 7/13/23 - Thursday @ 11-11:30am
 Link: <https://us02web.zoom.us/j/81412776904>

Crim Mindfulness/Mat Yoga
 7/27/23 - 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)

NEED AN EYE EXAM OR FREE GLASSES?

Call Christina | 313-484-4709



OneSight Vision Clinic
 FREE Comprehensive Eye Exams and Prescription Glasses if needed

Grace Community Church
 21001 Moross Rd.
 Detroit, MI 48236

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

Safety Listening Session



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



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 - July 28th

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



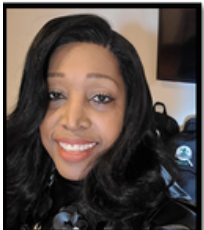


Acura Green
Aris Pines-Johnson
Brialla Adams-Holley
Dionte Patrick
Ebeimenshira Frimpong

Emmily Marshall
Emoni Clerk
Hector Cerda
Jessica Paynes
Khole Hrabowski
Luis Perales

Marco Moore
Markell Moore
Nina Guillot
Yarielis Colon
Yaritzel Quezada

CKG Career Coach's "Team Huddle"



Kimberly Cooley

YOU MISSED IT! Thanks to some last minute Supportive Service funding, we were able to assist some of our employed or in training/school CKG Residents! The funds paid for tickets clearing driver licenses, provided work and interview clothing, laptops for education and training, and down payment assistance on a vehicle. We are looking forward to hear what the next budget will be to help even more employed or at risk drivers in the community!

IMPORTANT ANNOUNCEMENT!

I will be out on Medical for a few weeks. During that time you will not be alone! Your resources are -

- New Workforce Development Consultant, Tanisha Burton. She has Workforce Resources. Connect to learn what!
- Business Services Representative (BSR), Gloria Messenger - Job Placement through one-to-one consults, Job Fairs, etc.
- Community Life Representatives - Christina, Tracey, and Melinda who receive and share job lead information
- SER Metro-Detroit - The Detroit at Work! center offers job and training support. Gloria is CKG's personal BSR

NOTE - Third Thursdays is suspended until my return. When we start again, we have exciting career explorations!

How to find employment or training when help is not around!

1. Network - Neighbor, Family, Friend, Social Media leads
2. Referrals - If company offers bonus, find an employee
3. Job boards - Indeed, LinkedIn, USAJobs.gov, Glassdoor
4. Job Fairs - Listen to news, Search online near you
5. Volunteering - Team leaders note your excellent help
6. Temp Company - Short term jobs open doors
7. One Stops - Detroit at Work! Centers - WIOA Training
8. Free Online Certifications - LinkedIn Learning, Google Certs
9. Michigan Reconnect - Matches you to college and training
10. Future Proud Michigan Educator - Grant and Scholarships
11. Michigan Tuition Grant - Degree at Colleges & Nonprofits
12. Check where you work. Tuition assistance is often available.



CLEMENT KERN GARDENS

CONGRATULATIONS!

SUMMER EMPLOYMENT HIREES

ANIYAH GREEN

(YMCA)

CHRISTIAN PAYNES

ROBIN JOHNSON

(DHDC)

CASSIDY BUTLER

(DETROIT PUBLIC SAFETY ACADEMY)

CHLOE JOHNSON

(UNI)

JUSTIN PICKENS

(HERITAGE WORKS)

JAME'RE DISMUKE

(YWA)