

CLEMENT KERN GARDENS RESIDENT NEWSLETTER

November 2023



TCB CL Team Top **Holiday Recipes.**

Try them & tell us your favorite! You can share your favorite recipe using the link below.

- 1. Theresa's 7up Pound Cake** - Cream 2.5 cups of sugar with 2 sticks of butter, 5 eggs (mix after adding each egg), add 3 cups of flour (add 7up between each cup), 3/4 cups. Beat until smooth. Coat cake pan with olive oil spray and add batter. Bake for 1hr at 325 degrees. For Glaze: mix 1 cup powder sugar with 1 teaspoon of lemon extract and 1 tablespoon of 7 up.
- 2. T's Mac & Cheese** - 16 oz. Elbow macaroni (cook do not let it get soggy), 16 oz. of mixed cheese, 1 can of evaporated milk, 1-2 cups of heavy whipping cream, 1/3 cup of flour, 1 egg, 6 tbsp. of unsalted butter, seasonings of your choice, & mix. (Add more milk & cheese if needed). Bake on 350 degrees for 30 minutes.
- 3. LaShanda's Candied Yams** - Cut up yams. Mix 1/2 cup of brown sugar, 1/2 tsp vanilla extract, 1/2 tsp cinnamon, 1/4 tsp nutmeg, 1 stick butter & mix. Cook in the oven at 350 degrees until done.
- 4. Christina's Green Bean Casserole** - 1 can of Cream of Mushroom Soup, 1/2 cup milk, 1 teaspoon of soy sauce, 4 cups of cooked cut green beans, and 1 & 1/3 cups French's French Fried Onions (amount divided in recipe steps below) Directions **Step 1:** Heat the oven to 350°F. Stir the soup, milk, soy sauce, beans and 2/3 cup onions in a 1 1/2-quart casserole. Season the mixture with salt and pepper. **Step 2:** Bake for 25 minutes or until hot. Stir the bean mixture. Sprinkle with the remaining 2/3 cup onions. **Step 3:** Bake for another 5 minutes or until the onions are golden brown.

November Activities - Mark Your Calendars

- 1) Financial Empowerment Series (Financial Success Journey) - November 7th, 14th, & 21st - 6-7pm @** Detroit Hispanic Development Corporation -1211 Trumbull St.
- 2) Health-N-Nutrition Check-Ins - November 8th, 15th & 22nd - 12-1pm @** CKG - *Resident Champion will share resources around health and nutrition to each household.*
- 3) Women Empowerment Series Part XII - Join us for An Evening of REAL TALK with Kiawana Baker "Girl Get Up" November 9th - 4:30-6pm @** TCB - 1842 Michigan Ave.
- 4) CKG Seniors 55 & Up - November 15th- 1-2pm @** CKG - *Hey seniors 55 & up, stop peeking out that window and join us.*
- 5) Men of CKG - November 15th - 4-5pm @** CKG- *STRENGTHEN YOUR COMMUNITY & join us for male bonding & activities.*
- 6) Tenant Council Meeting - November 21st - 4-6pm @** CKG - **THIS IS YOUR MEETING!** *Come share & learn about what's going on in your community.*
- 7) Food Distribution - November 27th - 12:30-1:30pm @** CKG. *Fall is here, let's stock up those cabinets!*
- 8) Focus Hope Distribution for Seniors - 28th @** CKG - *Seniors it is such an honor to serve you. TCB Staff will give you a call to deliver. However, if you are not available, your goods can be picked up from the Management Office.*
- 9) Youth Club - TBD - 3:30-5pm @** CKG Matrix Youth Development Program will visit. All ages are welcome!
- 10) Golden Girls Mentoring - Thurs. November 30th - 4-5:30pm @** TCB Office (Girls ages 5-17)

Click to add recipe:

<https://forms.gle/gnyuxm66KfYQ8JdJ6>



Congrats!

YOU DID IT,

CONGRATULATIONS!



Jacquetta Bourne, Clement Kern Gardens resident, embarked in her most recent educational journey. She decided in 2017 that it wasn't too late to return to school and started attending Wayne County Community College-Detroit (WCCCD) to obtain an Associate of Arts degree in Social Work. This is one of the many careers WCCCD offers. After six years of hard work and resilience, Jacquetta graduated in June 2023, because she never gave up. It was important to obtain a degree and set an example for her family. Her daughter is currently enrolled in WSU in the educational program.

One thing she would advise to anyone, is to pursue their educational goals, because "you're never too old," Jacquetta says. She also plans to return to school, to earn her bachelor's and master's degree. The TCB-CL Team wishes her all the best and hopes that, you too, are inspired and motivated by her story.

To get connected to your educational journey, CALL TCB!

COOKING MATTERS

HEALTHY CHOICES START WITH YOU

CORKTOWN HEALTH

PLANT BASED EATZ *With Nina Love*

FREE TO ALL
2PM - 3:30PM
NOV 8 DEC 20
NOV 15
NOV 22

CONTACT "TA"
313-676-0797

DOWNLOAD THE NUDGE APP FOR THE LATEST UPDATES, RECIPES, AND NEWS ON PLANT BASED EATZ WITH NINA LOVE

Healthy Life Style Classes

Crim Chair Yoga

11/2/23 - Thursday @ 11-11:30am

Link: <https://us02web.zoom.us/j/81526603642>

Bingo with HAP!

11/14/23 - Wednesday @ 1-2:30pm

Link: <https://us02web.zoom.us/j/83409572214>

Crim Mindfulness/Mat Yoga

11/16/23 - Thursday @ 11-11:45am

Link: <https://us02web.zoom.us/j/88435372035>

Healthy Food Resources

Food Distribution is held monthly, 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.

Next Distribution: November 27th

Our Doors To Yours (ODTY)

Would you like to explore the Journey to HOME Ownership? Do you want to learn what it takes to buy a home?

TCB has an opportunity you don't want to miss!

Contact Christina at 313.484.4709 to learn more. Classes are in November. Start Your Financial Journey this upcoming year with the right support!

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



Let's Celebrate!!!

HAPPY BIRTHDAY

Deanna Hinton
Violeta Rodriguez
Kevin Jones
Monica Lester
Tania Patton

Ja`Monie Greer
Laila Keith
Bronx Adams
Alinah Dawson
Jabari Williams

Joe Bonney Jr.
Tyrone Tucker Jr.
Da'Mariae Greer
De`Monie Greer

Don't forget to tell your neighbor happy birthday!



Tanisha Burton

CKG Workforce & Engagement Specialist

Over the course of the Choice grant, Tanisha Burton, CNI Education and Workforce Specialist, will serve as support to the TCB Community Life to assist in the day-to-day engagement of Clement Kern Gardens residents, and support in the development of resources and opportunities to improve the broader quality of life of residents as it pertains to workforce opportunities and as available access to business development. Bringing to her role, Tanisha will seek job leads, create opportunities for hiring events, and provide job tips (ie., resume building, cover letter, dress to success, and much more). **Don't miss connecting with Tanisha when you see her around CKG!**

IMPORTANT ANNOUNCEMENT!

Kimberly Cooley 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 her 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.

October Resident Council Meeting Recap!



United Community Housing Coalition (UCHC) hosted the October Tenant Council meeting on October 24th in collaboration with The Community Builders (TCB). The meeting started at 4pm with refreshments and food. Residents also obtained resources about tenant rights and responsibilities at the sign-in table.

Christina (TCB) spoke about many upcoming resources and events for the community. SER Metro-Detroit Jobs for Progress has its Rebuild Detroit program that provides a skilled trades readiness program. They offer OSHA 30 certification, safety education, and career readiness. You can learn more at www.sermetro.org. Corktown Health is also starting its Plant Based Eat with Nina Love. These events are free to all and are on Nov 8th, Nov 15th, Nov 22nd, and Dec 20th. These meetings will happen from 2-3:30pm. For more meetings, you can contact "TA" at (313) 676-0797.

Pablo (UCHC) was the final speaker. Pablo led a group discussion with the tenant council about the different topics and themes from the previous meeting. Residents were asked what they enjoyed from the previous tenant council meetings and wrote their responses on sticky notes and discussed their answers with the group. Residents enjoyed the meetings where we talked about development updates and security. Residents were asked what they want to see covered in future meetings. Residents wrote their ideas down on sticky notes and were discussed with the group. Residents are interested in hearing more development news and updates and a meeting about accessibility and disability.

If you have any ideas or want to get involved in the planning process of the following tenant council meeting, you can reach out to Pablo or Meg.

Meg Marotte 313-261-4709

Pablo Marcos 313-572-1401

Claudia Sanford 313-570-0992