



**Happy New Year! We hope that everyone had an amazing holiday season. A special thank you to all the residents, staff, volunteers and community members who participated in our holiday parties!**

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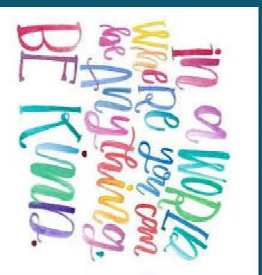


**New Parkridge Door Contest Winners**






# January

## NEW PARKRIDGE EVENTS CALANDER



# 2020


**A red \* means you can enter into January's raffle by attending this event!!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>*Kick-off for Health Cafe Survey- enter into a raffle!</b>	2	3	4
5	6	7	8 <b>*3-5 pm come in to ask any finance questions!</b>	9 <b>*3-5 pm come in to ask any finance questions!</b>	10 <b>*10-12pm Come in to ask any financial</b>	11
12	13 After School Program 3:30-5pm	14 <b>*Open registration for high school diploma classes!</b> 	15 After School Program 3:30-5pm	16 <b>*Family Fun Night</b>  5:30-7pm	17 <b>*10-12pm Come in to ask any financial questions!</b>	18
19	20 <b>*Women's Focus Discussion 11 am</b> <b>**kids welcome for a treat and an activity during focus group**</b> After School Program 3:30-5 NO SCHOOL MLK DAY!	21	22 After School Program 3:30-5pm  Movie Night 5:30pm <i>Inside Out</i> <b>*Women's Focus Discussion 6:30 pm</b>	23 <b>*3-5 pm come in to ask any finance questions!</b>	24 <b>*10-12pm Come in to ask any financial questions!</b>	25
26	27 After School Program 3:30-5pm	28	29 After School Program 3:30-5pm	30 <b>*3-5 pm come in to ask any finance questions!</b>	31 <b>*10-12pm Come in to ask any financial questions!</b> <b>Last day for raffle entry!</b>	

# NEW PARKRIDGE RESIDENTS

Happy New Year! Welcome to A new year and a new Decade!

## HOW TO STEP INTO YOUR POWER IN 2020

- 
1. Learn to be okay with being misunderstood by others
  2. Do things because YOU want to do them not because you want to please others
  3. Let go of the need to manage other people's perceptions of you
  4. Stop doing things that aren't in alignment with who you truly are
  5. Do the things that your envisioned future self would do
  6. Don't waste time trying to convince people of what your true intentions are
  7. Look INWARD for guidance and validation, not from outside sources or people

Now that the holiday season is relaxing a little, I want to let you know what you can look forward to in January, 2020!

The Family Empowerment Program aims to provide a safe and non-judgmental space for residents to seek assistance, guidance, and help with a wide variety of needs and wants!

Now is the perfect time to focus on financial stability, health and wellness, and you and your family's goals.

I will be available on Thursday afternoons and Friday mornings (see calendar) to assist anyone with financial concerns or things they would like to work on including budgeting, credit scores, bank accounts, and saving money!

If you cannot come in during those times please call and we can schedule something! 734-961-7276

## JANUARY'S EVENTS

- **Women's Discussion Group**
  - Registration for your high school diploma classes
  - **Family Fun Night**
  - **Movie Night**
- **Gift card raffle** (the more you engage the more likely you will win!)  
\*\*\*\*WIN UP TO \$100 in 2020!
- **After School program**

*Please see the events calendar, call 734-961-7276, or come in if you would like more information!*

SEE LIA WITH FAMILY EMPOWERMENT PROGRAM TO ADDRESS ANY NEEDS YOU OR YOUR FAMILY MAY HAVE INCLUDING BUT NOT LIMITED TO:

**MENTAL HEALTH, EMPLOYMENT, FOOD ASSISTANCE, CHILD CARE, FINANCES, AND MORE!**



## **EARN YOUR HIGH SCHOOL DIPLOMA!**

**\*CHILDCARE PROVIDED**

**\* CLASSES HELD AT NEW PARKRIDGE**

**\*INTERACTIVE-NOT A LECTURE! \*FREE!**

**\*ALL YOU NEED IS YOUR ID AND SOCIAL SECURITY NUMBER (17 yrs. old and up)**

## **GRADUATION CEREMONY IN JUNE!**

*Show your children, family, and yourself that you are worth it!*

*January 14<sup>th</sup> 2020 @ 3:30pm: open registration will take place in the club house at New Parkridge.*

*Call Lia with Family Empowerment Program (734-961-7276) or Ann Arbor Adult Education (734-997-1250) with any questions!*

*If you sign-up on 1/14/20 or before you'll be entered into January's raffle for a \$20.00 gift card!*

*"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for." -Epicurus*



# Mom Power

Want to better understand your child's needs and behaviors?  
A 10-week program for you and your kids!

**Who:** Moms (ages 14-21) and their kids (ages 0-3)

**What:** A 10 week parenting program

**Where:** Pathways for Success Academic Campus  
2800 Stone School Road, Ann Arbor

**When:** Tuesdays starting January 14, 10:30am-12:30

High School Completion Credit is available

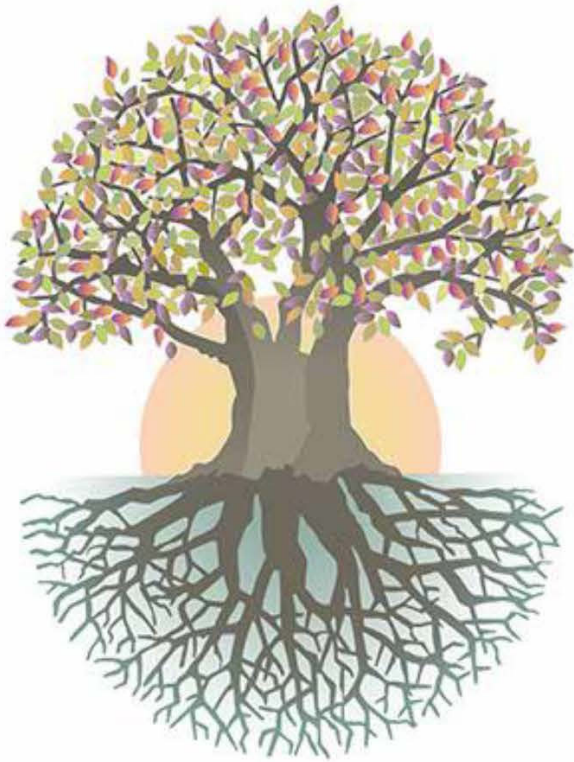
*No out of pocket cost to attend*

Benefits for you include:

- Opportunity to attend parenting group with other moms
- High School Credit available
- Lunch and childcare provided at weekly sessions
- Learning parenting and self-care skills



If interested, please contact Lisa Anderson at [lfattori@med.umich.edu](mailto:lfattori@med.umich.edu) or 734-997-3625



# Parenting is hard!

Want to better understand your young child's needs and behaviors?

## Mom Power

is a 10-week program for you and your kids!



**Who:** Moms and their kids ages 0-6 who live in Washtenaw County

**What:** A free 10-week parenting program

**Where:** Ypsilanti District Library, 5577 Whittaker Rd., Ypsilanti

**When:** Thursdays, January 23 to April 2, 1:15-3:45 p.m. (no group March 5)

\*Mom Power is intended for people who identify as female, are age 18 or older, are pregnant or have children age 6 and under. Immigrants, refugees and all who live in Washtenaw County are welcome to attend. Registration priority is given to individuals who qualify for Medicaid.

### Why Mom Power?

- Have fun with your kids and other moms in a safe, trusting, and nurturing environment
- A meal and childcare provided at every session
- Learn parenting skills and tools to help with stress
- Transportation provided if needed



Interested? Visit [bit.ly/mompowersignup](https://bit.ly/mompowersignup)

Space is limited. Questions? Contact Shannon at [snovara@washtenawisd.org](mailto:snovara@washtenawisd.org)

Funded through a grant from UMHS Community Health Services.

**How much did you pay to file your taxes?**

**Wouldn't FREE be better?**

United Way of Washtenaw County offers free tax preparation to Washtenaw County residents through our Volunteer Income Tax Assistance (VITA) Program and MyFreeTaxes.com

For more information:

Visit [www.uwgive.org/mytaxes](http://www.uwgive.org/mytaxes)

Call 734-677-7235

United Way  
of Washtenaw County



**You earned your money! Keep it All!**

**File your taxes for FREE!**

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For more information:

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United Way  
of Washtenaw County







# BRINGING THE FUN TO YOU!



**Ann Arbor YMCA  
Y on the Fly Winter I 2019-2020  
November 18<sup>th</sup> -February 1<sup>st</sup>**

**The Sport Port Program provides sport sampling and access to equipment to local parks and community centers in Ypsilanti!**

Trained and caring Y staff will be present to encourage safe and free play. Sports include soccer, basketball, flag football, T-ball, parachute games and more!

## Sauk Trail Pointe

### Every Wednesday 3:30-5pm

There will be no Y on the Fly during Winter break.

Register online at: [bit.ly/YSportPort](http://bit.ly/YSportPort)

\*Registration is requested to participate

\*\*Web address is case sensitive

**For more information contact:**

FEP Social Worker at (734) 756-5152 or

Tess Jackson at (734) 255-2300

or [tjackson@annarborymca.org](mailto:tjackson@annarborymca.org)

**ANN ARBOR YMCA**  
400 West Washington Street  
Ann Arbor, MI 48103  
734.996.9622



## OUR COMMUNITIES

**Hamilton Crossing (144 Units)**  
596 South Hamilton St.

**Hollow Creek (24 Units)**  
*A Deborah Strong Property*  
130 S. Grove

**New Parkridge (86 Units)**  
831 Hilyard Robinson Way

**Sauk Trail Pointe (36 Units)**  
*A Deborah Strong Property*  
928 W. Michigan Ave.

**Scattered Sites (29 Units)**

**Towner (23 Units)**  
*A Deborah Strong Property*  
Towner St.

**Ypsilanti Housing Commission**  
**601 Armstrong Dr.**  
**Ypsilanti, MI 48197**  
**Phone: 734-482-4300**

**Family Empowerment Program**  
(734) 340-2411

**Hamilton Crossing**  
596 S. Hamilton Street  
(734)-484-1706

**Hollow Creek**  
130 S. Grove  
(734) 221-5499

**New Parkridge**  
831 Hilyard Robinson Way  
(734) 961-7453

**Sauk Trail Pointe**  
928 W. Michigan Ave.  
(734) 547-5117

**Questions? Suggestions?**  
**Please email Tarah Hearn**  
**[hearnst@ypsilantihc.org](mailto:hearnst@ypsilantihc.org)**  
**Or call (734) 482-4300**



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