



COMMUNITY NEWSLETTER NOVEMBER



A Note From The Director

As the holiday season approaches, I want to wish everyone a warm and happy holidays. In addition, I want to reassure all residents that the YHC & Family Empowerment Program is here to support you all. Please review the FEP refresh section on the following page and connect with the FEP staff in your community. Also, this month's newsletter is packed with tons of resources, so I encourage everyone to take a moment to review what's included and take full advantage of everything offered.

In service,
Zac Fosler
Executive Director

COMMUNITY REMINDERS

Afterschool Program

Set your kids up for success this school year and check out the attached flyers for fall afterschool programming at the Parkridge Community Center.

We Want Your Feedback

Comment boxes have been installed at each property office. They are locked and only opened by YHC administration. The YHC wants to hear your comments, questions, concerns, and ideas! However, if you have property concerns, please attempt to resolve them with your property manager before bringing them to the YHC.

Resident Connection

Flyers will be distributed when the next Resident Connection meeting has been set. This is an opportunity to be a leader, advocate for resources for your community, and help your family and neighbors enjoy a higher quality of life.

Tutoring at Hamilton Crossing

Afterschool tutoring has returned to Hamilton Crossing. Tutoring will be held weekly, Monday - Wednesday, from 4 - 5 pm. All grades levels are welcome to participate.

UPCOMING EVENTS

MDHHS Holiday Assistance

The Washtenaw County DHHS Holiday Assistance Program provides holiday help to families with children (under age 18) and senior citizens (over age 65) currently served by Washtenaw County DHHS. More information can be found on the attached flyer.

Humana Ice Cream Social

A Humana representative will be distributing information about senior health care at Hamilton Crossing on Mondays from 3pm - 4pm. Tuesday, November 1st Humana will also be hosting an ice cream social for residents.

Free GED Prep Classes

What: Free GED Preparation classes

Where: Community Room at New Parkridge Office at 831 Hilyard Robinson Way

When: Tuesdays and Thursdays from 4:00 PM to 6:00 PM

Events at Hamilton Crossing

- Hamilton Crossing will host a Financial Literacy workshop on Nov 7th from 3 - 4 pm. Topics of discussion will include credit repair, better financial decisions, and the importance of credit.
- Michigan Works will be distributing various work-related resources at Hamilton Crossing on November 8th at 11am.



FEP REFRESH

➡ **What is the Family Empowerment Program?**

The Family Empowerment program was created to provide individuals and families of the YHC with Individualized Supportive Services, which is done by working with our residents to promote self-sufficiency in three key areas – employment, education, and health/wellness.

➡ **What can the FEP help with?**

FEP staff have varying focus areas, ranging from mental health coordination, education and wellness, senior support, and permanent supportive housing. Available services are quite varied: FEP hosts 3 food pantries a month (Sauk Trail, Hollow Creek, Towner), provides GED courses, afterschool tutoring, transportation, game nights, community events, case management, mental health counseling, financial literacy, and referrals for furniture, home essentials, car repair, assistance with DTE bills, and much more.

➡ **Who should I contact for support?**

Each YHC community has FEP staff present. Listed below are the staff members in each community. In the event of a crisis, we encourage residents to contact any available FEP staff member in addition to appropriate first responders (EMT, fire department, police department, etc...).

New Parkridge:

- Christa Hughbanks, Mental Health Resident Services Coordinator: (734) 787-2412
- Melinda Miller, Permanent Supportive Housing Coordinator, (734) 787-0239

Hamilton Crossing:

- Lamar Thomas, Resident Services Coordinator, (734) 787-2609

Strong Future, Sauk Trail, Hollow Creek, Towner, Scattered Sites:

- Sergio Hernandez, Senior Resident Cares Coordinator, (734)757 -5962
- Yvette Pruitt, Resident Services Coordinator, (734)787-0606

Additional Questions ?

If you have additional questions or you are unsure if FEP can assist you, please contact:

- Mark Hammond, FEP Director, (734) 787-0290



NOVEMBER CALENDER

Tuesday, November 1st

Food Pantry: Hollow Creek 2pm-4pm

GED Prep Class:

New Parkridge 4pm - 6pm

Ice Cream Social:

Hamilton Crossing 1pm

Wednesday, November 2nd

Food Pantry: Towner 2pm - 4pm

Thursday, November 3rd

GED Prep Class:

New Parkridge 4pm - 6pm

Monday, November 7th

-Bingo: Hamilton Crossing

2 pm - 3 pm

-Humana Representative:

Hamilton Crossing 3-4pm

-Financial Literacy Workshop:

Hamilton Crossing: 3 -4pm.

Tuesday, November 8th

-GED Prep Class:

New Parkridge 4pm - 6pm

-Michigan Works

Hamilton Crossing 11am

Thursday, November 10th

GED Prep Class:

New Parkridge 4pm - 6pm

Monday, November 14th

-Bingo: Hamilton Crossing

2pm - 3pm

-Food Pantry:

Sauk Trail Pointe 12pm - 3pm

-Humana Representative:

Hamilton Crossing 3pm - 4 pm

Tuesday, November 15th

GED Prep Class:

New Parkridge 4pm - 6pm

Thursday, November 17th

GED Prep Class:

New Parkridge 4pm - 6pm

Monday, November 21st

-Bingo: Hamilton Crossing

2pm - 3pm

-Humana Representative:

Hamilton Crossing 3- 4 pm

Tuesday, November 22nd

GED Prep Class:

New Parkridge 4pm - 6pm

Thursday, November 24th

GED Prep Class:

New Parkridge 4pm - 6pm

Monday, November 28th

-Bingo: Hamilton Crossing

2pm - 3pm

-Humana Representative:

Hamilton Crossing 3 - 4 pm

Tuesday, November 29th

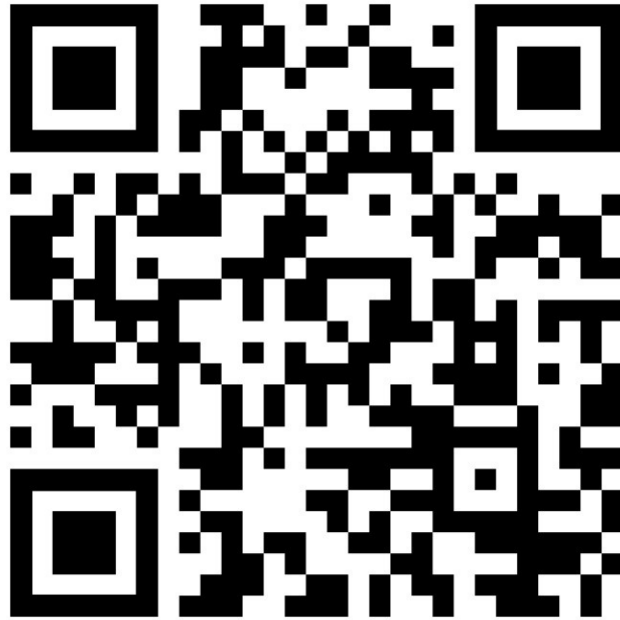
GED Prep Class:

New Parkridge 4pm - 6pm

2022 Washtenaw County DHHS Holiday Assistance Online Application

Open Now! Available until the maximum number of applications is reached.

<https://forms.gle/9RjQZWd9awbi9VQj8>



The Washtenaw County DHHS Holiday Assistance Program provides holiday help to families with children (under age 18) and senior citizens (over age 65) current served by Washtenaw County DHHS.

We will prioritize holiday assistance to customers who fall into one of the following categories:

1. **Families** with an active **CPS or Prevention** case (Foster Care families are eligible for a separate holiday program)
2. **Seniors** (over age 65) receiving **Medicaid** and **Food Assistance**
3. **Families** receiving **FIP (Family Independence Program)** cash assistance
4. **Families of Erickson Elementary** participating in **Pathways 2 Potential** services

*If additional donors are available, we will then match donors with families actively receiving **Food Assistance (FAP)** and/or **Child Day Care (CDC)** benefits

Because this is not a DHHS entitlement program, there is no guarantee an applicant will be served based solely on the submission of an application. If we are not able to match an applicant to a donor, we will work with the applicant to make a referral to another agency or program. The availability of sponsors, type of donations, and the number, type, or value of gifts provided is not guaranteed.

If you need assistance filling out the application or have any questions, feel free to contact us at MDHHS-Washtenaw-Holiday-Assistance@michigan.gov. Please allow us 48 hours to respond to emails.

FAMILY EMPOWERMENT
PROGRAM

FOOD PANTRY

NOVEMBER 2022

HOLLOW CREEK 11/1/2022

130 S. GORVE ST., YPSILANTI

TOWNER 11/2/2022

713 TOWNER, YPSILANTI

SAUK TRAIL POINTE 11/14/2022

928 W. MICHIGAN AVE, YPSILANTI



FREE GED PREPARATION CLASSES At New Parkridge

ANN ARBOR PUBLIC SCHOOLS

BRINGS GED CLASSES TO NEW PARKRIDGE

TUESDAY AND THURSDAY FROM 4:00 – 6:00 PM BEGINNING SEPTEMBER 20TH.

A REPRESENTATIVE FROM ADULT ED WILL BE ONSITE FOR INPERSON REGISTRATION THE FIRST WEEK OF CLASSES.

IF YOU'RE SERIOUS ABOUT RECEIVING YOUR GED, WE ARE DEDICATED TO MAKING THAT HAPPEN.

NOT SURE WHAT EDUCATIONAL PATH YOU SHOULD TAKE, NO PROBLEM, WE GOT YOU. WE WOULD LOVE TO TALK TO YOU ABOUT YOUR OPTIONS.

OTHER CLASS OFFERINGS:

MALLETTS CREEK LIBRARY: 3090 E. Eisenhower Parkway

Monday & Wednesday. 11:30 – 2:30 p.m.

This is an in-person class

WESTGATE BRANCH LIBRARY: 2503 Jackson Ave.

Tuesday & Thursday 12 – 2:00 p.m.

This is an in-person class

PATHWAYS HIGH SCHOOL: 2800 Stone School Road

Monday & Wednesday 5 – 8:00 p.m.

This is an in-person class

FRESH START GED: 1601 Stamford Rd. Ypsilanti

Tuesday & Thursday 4 – 6:00 p.m.

This is an in-person class with free daycare during class time

VIRTUAL CLASS – GOOGLE CLASSROOM – Computer required

Monday & Wednesday 5 – 7 p.m.

Jacqueline Scott
Career Navigation Specialist

Ann Arbor Public Schools
Adult Education Program

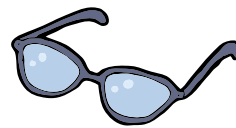
2800 Stone School Rd.
Ann Arbor, MI 48104
Phone: 734-997-1250
www.a2schools.org
Email: scottj@aaps.k12.mi.us

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HEALTH & WELLNESS FAIR



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FINANCIAL HELP • GLASSES • MENTAL HEALTH • CPR • DENTAL SERVICES



NOVEMBER 14TH
2 - 5 P.M.



DELONIS CENTER CAFETERIA

OPEN TO ALL!

SNACKS & REFRESHMENTS PROVIDED

This free community event is designed to encourage healthy life styles, prevent and manage disease and connect to community resources.

Thank you to our sponsors!



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OCT-NOV 2022 SERIES

STAYING WELL

An emotional health workshop for teens



The Michigan Stay Well program presents an online workshop series for teenagers -
Saturdays from 2 to 3 p.m.

Four in 10 teenagers report they feel “persistently sad or hopeless,” according to a recent CDC survey. Our workshop series for teens can help young people struggling with these kinds of feelings.



The online workshops are geared toward helping teens understand the causes and consequences of emotions. Participants will learn how to turn off self-judgement, manage relationships better and regulate their ups and downs—with the goal of finding more meaning and purpose in life.

To participate, all you need is an internet connection to Zoom, paper and pencil and an open mind. All sessions are free. [Click here to register](#) or visit Michigan.gov/StayWell.

Dates and topics

Saturday, Oct. 22 at 2 p.m. — [Give yourself permission to feel](#)

Saturday, Oct. 29 at 2 p.m. — [Emotional Intelligence vs. Emotional Judging](#)

Saturday, Nov 5 at 2 p.m. — [Practical Coping](#)

Saturday, Nov. 12 at 2 p.m. — [Moving Forward](#)



The workshop will be conducted by Zeinab Moussa, M.A., LLPC, a clinical mental health counselor with 11 years of experience teaching special education and art. Zeinab specializes in facilitating dialogue about feelings and emotions through structured, art-based exercises. She has children of her own and understands the negative impact COVID-19 has had on the mental health of children and young adults.

Zeinab Moussa

Stay Well is a crisis counseling program administered by behavioral health professionals at the Michigan Department of Health and Human Services (MDHHS) in partnership with the Michigan Public Health Institute (MPHI) and Gryphon Place. It is supported by state and federal funding.

STAY WELL
Michigan.gov/StayWell

BACK AGAIN FOR OCT. – NOV. 2022!

CREATIVE COPING:

An art-based workshop for kids and parents

Four Wednesday evening sessions from 6 p.m. to 7 p.m.



It takes time for children to develop emotional intelligence—the ability to perceive, understand and manage emotions. Parents can play a key role in this development. These four online workshops pave the way by involving family members in creative art projects centered around identity, self-awareness and emotional expression.

The workshops are led by clinical mental health counselor Zeinab Moussa, who has children of her own and loves to get families talking, especially while making art!

To participate, all you need is an internet connection to Zoom and some white paper, scissors and crayons, markers, or pen/pencil.

[Click here to REGISTER](#) or scan the QR code.



Dates and topics

Wednesday, Oct. 19 at 6 p.m. – **My Bag of Worry and Sadness**

Wednesday, Oct. 26 at 6 p.m. – **Learning Ways to Calm Down and Focus**

Wednesday, Nov. 2 at 6 p.m. – **What Can I Do to Solve My Problem?**

Wednesday, Nov. 9 at 6 p.m. – **Mindful Words: I am _____.**

For more information, visit Michigan.gov/StayWell.

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STAY WELL
Michigan.gov/StayWell

PARKRIDGE **FALL** AFTER SCHOOL PROGRAM

FREE PROGRAMMING

Math, Reading & Writing Instruction by Certified Teachers

Small Group & Individual Tutoring

Homework Help
Science Experiments

Art Projects

Daily Snacks & Fun

**Mondays - Thursdays
4PM-7PM**

**PARKRIDGE COMMUNITY CENTER
591 Armstrong Dr. Ypsilanti 48197**

 **Washtenaw
Community College**

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REGISTER TODAY!

wccnet.edu/parkridge-camp
Ages: 6-11 Maximum Enrollment 48

CONTACT US:

Family Empowerment Program (FEP) Services: Please call a FEP staff member if you need assistance.

Director: Mark Hammond (734) 787-0290

Resident Services Coordinator: Lamar Thomas (734) 787-2609

Resident Cares Coordinator (55+): Sergio Hernandez (734) 757-5962

Resident Services Coordinator (Deborah Strong): Yvette Pruitt (734) 787-0606

Mental Health Resident Services Coordinator: Christa Highbanks (734) 787-2412

Permanent Supportive Housing Coordinator: Melinda Miller (734) 787-0239

For property management questions or concerns, please contact:

Hamilton Crossing : (734) 484-1706

New Parkridge : (734) 961-7453

Deborah Strong Housing (including Sauk Trail Pointe, Hollow Creek, & Towner
Apartments): (734) 547-5117

Ypsilanti Housing

Commission

601 Armstrong Dr.

(734) 482-4300

Questions about this newsletter? Please email Deandre
Webster, YHC Executive & Communications Assistant at
dwebster@ypsilantihc.org