

Congratulations !

Congratulations to every resident who submitted a ballot to vote in the Strong Future Resident Council Board Member election. The resident council is being established to ensure that resident concerns, thoughts, and ideas are being heard. Resident Council is only possible because of resident participation. Participating in this election was the first step in ensuring resident's voices are heard. YHC administration would like to thank all participants for helping us get this far.

National Night Out

Wow! What a fantastic time we had at National Night Out! We want to send a special thank you to all of the volunteers who helped make National Night Out a success.

Also, we want to know what things went well and what we can do better to ensure an even better event next year; please use the QR in the newsletter to leave feedback from National Night Out.

Be on the lookout as we will be passing out flyers with a QR to access all of the photos taken at National Night Out.

Educational Series

Next two Workshops are below:

August 12th @12PM; Financial Literacy

August 26th @12PM; Community Resource Sharing

All Workshops are located at 831 Hilyard Robinson Way (New Parkridge Leasing Office)

Back To School Supplies

Any student in need of back-to-school supplies, including backpacks, notebooks, and writing utensils, please reach out to your FEP Resident Service Coordinator for more information on how to receive the back-to-school supplies.

In addition, please be on the lookout for flyers coming soon with details on back-to-school supply giveaways.

Family Empowerment Program

➔ 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 6 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

***Please note as a reminder that the Family Empowerment Program works to assist residents with their housing needs, crisis situations, and community building. All and any case management is confidential unless the resident has a signed release of information form stating the information discussed may be shared with other parties. If there are concerns regarding program operations, please contact Mark Hammond, Director of the Family Empowerment Program at (734) 787-0290.**

National Night Out

Scan QR code to
submit
National Night Out
Feedback



Food Pantry Calendar

AUGUST 2023

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Towner Food pantry 11:00 am	3 Hollow Creek Food Pantry 1:00 pm	4	5
6	7	8	9	10	11	12
13	14 Sauk Trail Food Pantry 11:00 am	15	16 Towner Food Pantry 1:00 pm	17	18	19
20	21	22	23	24	25	26
27	28 Sauk Trail Food Pantry 11:00 am	29	30	31		

CONGRATULATIONS TO THE
NEWLY ELECTED STRONG FUTURE
RESIDENT COUNCIL BOARD.

STRONG FUTURE RESIDENT COUNCIL MEETING

Calling ALL Strong Future Residents



**MONDAY
AUGUST, 14TH
STARTS AT
▶ 5:00 PM**

Attention!! ALL Strong Future residents are invited to Meet the new Resident Council Board and discuss what's next for our community!



Healthy Foods, Healthy Families

Cooking & Nutrition Class

for adults providing food for children

DATE & TIME:
6 Week Series

August 16th—September 20th
Wednesdays
6—8 pm

LOCATION:
831 Hilyard Robinson Way
Ypsilanti, MI 48197

COST:
Offered at no cost
Pre Registration Required
To Register Call
517-264-5312
Or scan QR code



<https://bit.ly/3CGbkKj>



Topics Include:

- How to prepare simple, healthy family friendly meals
- Reading and using food labels
- Learn key messages about each food group & why we need them
- Meal planning and how to create a food budget
- Keep the foods you buy safe for you and your family
- Physical activity recommendations for adults and children
- Weekly hands on cooking experiences with food tastings

Receive a Certificate upon completion with hours attended.

If you have questions you can email them to Vanessa at armst393@msu.edu



Photo credit (left) @pexels.com PNW Productions (top) @pexels.com Vanessa Loring

This course is funded by the Expanded Food and Nutrition Education Program—EFNEP, in partnership with National Institute of Food and Agriculture Cooking Matters is part of MSU Extension's EFNEP program, which provides nutrition education to low-income Michigan residents. You can find more information about MSU Extension's EFNEP program at <https://www.canr.msu.edu/efnep/>

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