



ISSUE NO. 8  
JUNE 2018

# THE DRUM

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## UPCOMING EVENTS

### GENERAL MOTORS RIVER DAYS

Head over to the RiverWalk for live music, food, sand sculptures, jet-ski demos, and more!

June 23 - June 25th

Friday - Sunday, 11am - 10pm

Hart Plaza

Admission to the festival will be free between 11am and 5pm on Friday, June 23. Otherwise, tickets are \$5.

### YOUR BEST LIFE WORKSHOP SERIES: THE

#### EASTERN MARKET

Sunday, June 24

2-4 PM

SADO Office

645 Griswold, Suite 3300

Detroit, MI 48226

Free

### FORD FIREWORKS

A word of advice - get there early. It's a **huge** crowd, and generally a friendly one.

Monday, June 25

Fireworks begin at 9:55 p.m.

Detroit Riverfront

Renaissance Center Drive

Free

### SANDERS CHOCOLATE FACTORY TOURS

Enjoy a tour of the Sanders Chocolate Factory and eat some free samples along the way. Guided tours are available by appointment only so call or email.

23770 Hall Road

Clinton Township, MI 48036

586.464.5411

Free

### CONCERT OF COLORS

The Concert of Colors is metro Detroit's free annual diversity-themed music festival.

July 11 - July 15

5200 Woodward Ave

Detroit, MI, USA

Call 313-209-5205 for schedule.

Free



## ENJOY SUMMER AT THE EASTERN MARKET!

BY CLAIRE NAGEL

TO LEARN MORE, VISIT

[HTTPS://WWW.EASTERNMARKET.ORG](https://www.easternmarket.org)

### WHAT IS THE EASTERN MARKET?

The Eastern Market is an organization that hosts weekly farmer's markets and farm stands. The Eastern Market also offers programming on nutrition, cooking, and food access.

### WHEN IS THE MARKET OPEN, AND WHAT IS AT THE MARKET?

There are three weekly markets hosted at the Eastern Market's main location: The Saturday Market, the Sunday Market, and the Tuesday Market. The Saturday Market, which takes place every Saturday from 6:00 a.m. to 4:00 p.m. throughout the year, is food-focused. It features many vendors offering fresh produce, meat, and baked goods. The Sunday Market, which takes place every Sunday from 10:00 a.m. to 4:00 p.m. from June through September, is artisan-focused. It features art, jewelry, music, and prepared food. The Tuesday Market, which takes place every Tuesday from 9:00 a.m. to 3:00 p.m. from June through September, is food-focused, much like a scaled-back version of the Saturday Market. The Tuesday Market also features Zumba and yoga classes.

### HOW DO I GET TO THE MARKET?

The Welcome Center for the Eastern Market is located at 1445 Adelaide Street in Detroit. You can park for free in the Eastern Market Parking Garage on Riopelle Street or the large lots at the north corners of the Market on Wilkins Street. The City of Detroit's Fresh Wagon Bus Routes also run directly to the Market on Saturdays.

### CAN I USE MY BRIDGE CARD TO BUY GROCERIES AT THE MARKET?

**Yes!** Visit the Welcome Center from 7:00 a.m. to 4:00 p.m. on Saturdays year-round, 10:00 a.m. to 4:00 p.m. on Sundays June through September, or 9:00 a.m. to 3:00 p.m. on Tuesdays June through September to redeem your Bridge Card for tokens. Then, you can use your tokens at a variety of vendors at the Market to buy fresh fruits and vegetables. Using the Double Up Food Bucks program, you can also get double tokens! Ask about the Double Up Food Bucks Program at the Welcome Center.

## JOBS

### RESTAURANT OPPORTUNITIES CENTER OF MICHIGAN: TWELVE WEEK PAID TRAINING

The Restaurant Opportunities Center is currently looking for returning citizens to get involved with their training program, COLORS, in Detroit. The program provides returning citizens with vocational training and customer service skills to work in the restaurant industry. If you have any questions or would like to join the program please contact Allen Lee at 313-962-5020 or meet him at our next workshop, on June 24th from 2pm-3pm at the SADO office (see Upcoming Events above for more details).

#### PROGRAM REQUIREMENTS

- Must be a returning citizen or survivor of domestic violence abuse
- Wayne County Resident
- Must demonstrate an interest in OR experience as a restaurant worker

#### PROGRAM BENEFITS

- Pay: \$10.10 per hour
- ServSafe Food Handler Certification
- American Hotel and Lodging Certification

### THE GREENING DETROIT

The Greening Detroit offers an 8-week paid training program to become a landscape technician. The next class will begin on July 31st.

#### • REQUIREMENTS

- Must be at least 18 years old
- Must be a Detroit, Highland Park, or Hamtramack resident
- All education levels welcomed
- Must have 1 barrier to employment
- Felony convictions welcome
- Must pass drug screen

For more information visit the office at W. McNichols Detroit, MI 48235 or contact: Laura Foxworthy, Recruitment Coordinator, at (313)-285-2251

### TEAM SCHOSTAK FAMILY RESTAURANTS ARE HIRING!

The new IHOP/Applebee's combination restaurant at 333 E. Jefferson Ave, Detroit MI is hiring for several positions. To learn more, please call (313) 879-5141, and ask to speak to Mindy or Chew.



#### READ MOTHER JONES

In the era of “fake news” Mother Jones is a magazine and website that reminds us that factual, well-sourced news media does still exist. According to mediabiasfactcheck.com Mother Jones’ reporting has a bias to the left, and notes their factual reporting as high. Mother Jones was started in 1976 and its namesake (Mary Harris “Mother” Jones) was a trade union activist famous for saying “Pray for the dead and fight like hell for the living!”.



#### WATCH NIGHT CATCHES US

Anthony Mackie and Kerry Washington star in the critically acclaimed Night Catches Us, a fictionalized story about love, loss, and mystery. The Roots score the film, which takes place in 1970s Philadelphia. Mackie plays an ex-Black Panther member who returns home for his father’s funeral, and must reckon with the family and community he left behind. Available on Youtube, Amazon Video, Google Play, iTunes and Vudu.



#### LISTEN TO LAURA MVULA

Laura Mvula is a British singer/songwriter, whose sound is influenced by artists ranging from Nina Simone, Erykah Badu, and Lauryn Hill. Her songs have been featured in films like Seven Years a Slave, and her debut album “Sing to the Moon” has been re-released with a full orchestra backing her smooth, yet powerful vocals.

BY KATE YUGO

## CITIZEN SPOTLIGHT:

### KIMBERLY SIMMONS

RELEASED MAY 2017



#### HOBBIES AND INTERESTS:

I love to spend time with kids, especially my nieces! I love helping people, speaking up for others who may be afraid to speak up - it is a passion of mine.

#### SUCCESSES SINCE RELEASE:

Reestablishing a relationship with my family. It's hard to reconnect with people that you feel like you have disappointed and hurt, and to get over self-guilt, and to allow family members to get over their guilt. Reconnecting with family is challenging, but very important. People don't realize how much work it takes to have relationships.

#### STRUGGLES SINCE RELEASE:

Finding successful work that will provide a meaningful life.

#### MESSAGE TO THE COMMUNITY:

Forgiveness. You have to forgive. You must let go of the people that have hurt you. You must forgive yourself.

You must forgive others. Forgiveness is the key to life. It is for yourself, not for the party that hurt you. It is for you to heal.

## MEET THE TEAM: KATE YUGO

#### HOBBIES AND INTERESTS:

Playing with my dog Peanut, cooking with friends, long country drives

#### MESSAGE TO THE COMMUNITY:

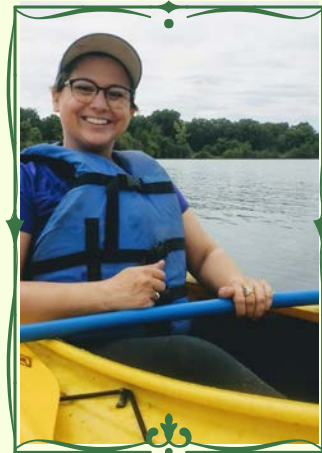
Feel free to reach out to us at the office or by phone if you are having issues you would like assistance with, have found resources you would like to share with the community, and to celebrate with us in your successes.

#### TEAM PICK:

Campus Martius in Detroit is a favorite lunch and people-watching spot of mine. And since it's summer there are food trucks and sand!

#### HOMETOWN:

South Bend, Indiana



To see past versions of The Drum, visit  
[www.sado.org/go/drum](http://www.sado.org/go/drum)  
Follow SADO on Facebook and  
Twitter!  
@sadowich

**HAVE QUESTIONS OR SOMETHING  
TO CONTRIBUTE?**

Send your letter to:

**PROJECT REENTRY  
STATE APPELLATE DEFENDER OFFICE  
645 GRISWOLD, SUITE 3300  
DETROIT, MI 48226**

Call:

**THE STATE APPELLATE  
DEFENDER OFFICE  
(313) 256-9833  
AND ASK FOR A PROJECT  
REENTRY TEAM MEMBER**

Email:

**REENTRY@SADO.ORG**

**CONGRATULATIONS!  
TO ALL OF PROJECT REENTRY'S  
CLIENTS WHO HAVE BEEN  
DISCHARGED FROM PAROLE!  
WE WISH YOU THE BEST.  
REMEMBER, WE'RE HERE FOR  
YOU!**

# BALANCE YOUR BODY AND MIND

BY KATE YUGO

## POISON IVY

BY ELIZABETH STAPLETON

Now that the weather is warm it's time for picnics, parks, and Belle Isle. This year poison ivy seems to be in bloom in all sorts of places. Here are some tips to recognize and avoid this rash causing plant.

- Poison ivy usually has three broad, spoon-shaped leaves, but it can have more. The phrase, "Leaves of three? Let it be." may help you remember what poison ivy looks like.
- The vines may have thorns or "hairs" growing on them.
- Poison ivy can grow up a tree as a climbing vine, grow at the base of a tree, or grow as a shrub. Pets, like cats and dogs, can't have allergic reactions to poison ivy but can carry the oils on their fur and transfer them to humans.
- Check logs for poison ivy before using them in a fire.
- Always look before sitting in the grass or leaning against a tree!

If you do happen to get a rash from poison ivy you can treat it with calamine lotion and take an antihistamine. If you have any questions or your rash doesn't go away, you should contact your doctor.



PICTURED ABOVE: POISON IVY

Often the words "mental health" are associated with delving into past trauma in therapy and medications to treat chronic conditions, but this doesn't have to be the case. Below are some simple, tried-and-true activities people have used to help manage a range of mental and physical health conditions:

### SOAK UP THE SUN



Getting enough vitamin D is all the rage these days, with it being reported to help the body in several ways, including mood. While the research on vitamin D is not yet conclusive, what we do know is that the best way to get it is by spending time in the sun. Safe sun exposure is also linked to increased serotonin and melatonin, which help improve mood and sleep. Make sure you are wearing a protective sunblock with the proper SPF (sun protection factor) when you plan to be under the sun. Whether you enjoy gardening, playing a game of basketball, or sitting on your porch, sunlight can do your body good.



### SHARE A MEAL WITH FRIENDS

While going out to eat can be an enjoyable treat, sharing a home-cooked meal with people you love can have positive impacts on your overall well-being. Cooking meals with friends or family can be an easy way to pool food resources and ensure fresh produce gets used before it goes bad.

Cooking with a loved one can be an occasion to try out new recipes or cooking techniques, and can be a bonding activity.

### KEEP MOVING



For some, exercise is a favorite pastime, while for others it can be a habit that is hard to maintain. Physical activity is linked to—among other things—improved cardiovascular health, improved mood and decreased anxiety. Something as simple as a 20 minute walk can have a positive impact, and if you find yourself getting bored with one exercise remember: Variety is the spice of life!