



ISSUE NO. 11
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THE DRUM

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UPCOMING EVENTS

SAFE AND JUST MICHIGAN: DETROIT COMMUNITY MEETING

Nazarene Baptist Church
901 Melbourne Street
Detroit, MI
Saturday, September 22nd
3pm-5pm
For questions regarding the event, contact Troy
Rienstra, Outreach Director, at (517) 482-7753.
FREE

GIMME SOME TRUTH

*Learn to navigate today's confusing
information environment.*

Southfield Public Library
26300 Evergreen Rd
Southfield, MI
Friday, September 26
6:30pm-8:30pm
FREE

FERNDALDIY STREET FAIR

On the east side of Woodward between
East 9 Mile Road and East Troy Street.
Ferndale, MI
Friday, September 21st, 6pm - 12am
Saturday, September 22nd, 11am - 12am
Sunday, September 23rd, 11am - 11pm
Admission is FREE all weekend.

SADO LIVE YOUR BEST LIFE WORKSHOP SERIES: YOGA AND MINDFULNESS

Sunday, September 23rd.
2pm-4pm.
SADO Detroit
645 Griswold Street, Suite 3300.
Detroit, MI

KNOW YOUR VOTING RIGHTS SESSION FOR RETURNING CITIZENS

Plymouth United Church of Christ
600 E. Warren Ave.
Detroit, MI
Tuesday, October 2nd
6:30pm
FREE

SNYDER BANS THE BOX



BY ANITHA MOHAN

Beginning October 1st, a new directive signed by Governor Rick Snyder will prevent state agencies from including a checkbox on job applications that requires individuals to report whether they have ever been charged with a felony. In remarks at a job fair, Governor Snyder said that he hopes this directive will set an example for the private sector to begin providing more opportunities to returning citizens. However, bills that would ban the use of the criminal background box for private employers have not passed the Michigan Legislature.

While state officials can still consider an applicant's history during the hiring process, this new regulation will ensure that criminal background is not taken into account during the initial screening process.

Governor Snyder also announced that the Michigan Department of Licensing and Regulatory Affairs has removed all questions regarding an individual's criminal background from some licensing applications. Types of state licensing that will adhere to this policy are for plumbers, electricians, barbers and cosmetologists. Many medical licenses will still include questions regarding criminal background, as it is required by existing state or federal laws.

Applicants who need an occupational license will now be asked to attest to their public service ability and provide information on their rehabilitation.

Read the full directive at:
www.michigan.gov/documents/snyder/ED_2018-4_632020_7.pdf.

CITIZEN SPOTLIGHT **WALTER JONES** CAME HOME FEBRUARY 2017



HOMETOWN

Detroit, MI

HOBBIES AND INTERESTS

Football, baseball, roller skating, bowling, horseback riding. Watching movies, entertaining people, smiling, talking, laughing, dancing, picnics. I want to go go-cart racing and I might go with my family soon.

SUCCESS SINCE RELEASE

Getting out and preparing myself back into society, I have met a lot of great people who are willing to help. It's good to meet new people. I like having fun and listening to what they have to say. I might pick something up from it and then use it in a good way. It helps me live life and helps me move on.

STRUGGLES SINCE RELEASE

Staying on track, but I have great people helping me maintain my thoughts.

MESSAGE TO THE COMMUNITY

Try to live life. We can't go back in the past, so try to live for what's happening today.

JOBS

GRILL COOK ARAMARK

Dearborn, Michigan
Salary not specified.
Apply and see more open positions at www.aramark.jobs.

RETAIL SALES CONSULTANT AT&T

Westland, Michigan
Salary: \$47,552
Apply at www.att.jobs.

SALES ASSOCIATE PETSMART

Southfield, Michigan
Salary not specified.
Apply at www.careers.petsmart.com.

PROJECT REENTRY CLIENTS IN THE NEWS

FREED JUVENILE LIFER GETS A SECOND CHANCE AT MOTHERHOOD

This article, published in the Detroit News, tells the story of Kimberly Simmons, from her incarceration at a young age to the moving news about the birth of her second child. It includes an interview with Ms. Simmons, as well as some beautiful pictures of her and her new daughter.

Read the story here: www.detroitnews.com/story/news/local/michigan/2018/07/31/freed-jvenile-lifer-gets-second-chance-motherhood/850352002

PROJECT REENTRY CLIENTS ARE UP TO SOME VERY WONDERFUL THINGS! CHECK OUT A COUPLE OF RECENT ARTICLES THAT FEATURE MEMBERS OF OUR COMMUNITY AND THEIR AWESOME ACHIEVEMENTS POST-RELEASE.

"Right now, I need a village," Simmons said. "For someone who doesn't know you and never met you a day in your life to embrace you and show you genuine love without judgment is priceless. It means everything to me."

"I had hope through a nourishing relationship with my creator," Sanders said. "I looked for ways to serve others. Anytime I felt like there was no hope for me, I looked for ways to give hope to others."

FORMER JUVENILE LIFER REFLECTS ON HIS FIRST YEAR OF FREEDOM

This blog post highlights insights from Edward Sanders from his first year out. It also includes his top three priorities in addressing the criminal justice reform and an essay authored by Mr. Sanders, titled "First Year of Second Chance."

Read the story here: www.safeandjustmi.org/2018/08/02/former-jvenile-lifer-reflects-on-his-first-year-of-freedom

BRIDGE CARD POLICY CHANGE BY ANITHA MOHAN

Starting October 1st, Michigan Department of Health and Human Services (MDHHS), will require able-bodied individuals between 18-49 to work an average of 20 hours a week to be eligible for food assistance benefits.

WHAT DOES THIS MEAN IF I ALREADY HAVE A BRIDGE CARD?

If you currently receive food assistance, and are an able-bodied 18 to 49-year-old individual, after you attend the annual case eligibility meeting, you will have three months to find employment.

WHAT DOES THIS MEAN IF I NEED TO GET A BRIDGE CARD?

If you are new to food assistance, you will be subject to the work requirements immediately.

WHAT TYPE OF WORK MEETS THIS REQUIREMENT?

There are three categories of work that count:

- An average of 20 hours a week each month, in a **paid job**.
- An average of 20 hours a week each month, in an **approved job training program**.
- A **community service role** at a non-profit.

CAN I BE EXEMPT FROM THE WORK REQUIREMENT?

You do not have to adhere to the work requirement policy if you meet one of following criteria:

- Physically or mentally unable to work.
- Are pregnant.
- Are a victim of domestic violence.
- Care for a child under 6 or an incapacitated person.
- Live in a household with a child under 18.
- Participate in a drug or alcohol rehab program.
- Attend training or college at least half-time.
- Receive unemployment benefits.
- Receive retirement, disability benefits, Supplemental Security Income (SSI), or State Disability Assistance (SDA).



KROGER APP: FREE FRIDAY DOWNLOAD BY ALLISON GORINE

WHAT IS THE KROGER FREE FRIDAY DOWNLOAD?

Every Friday, you can download a digital coupon for a **free** item at Kroger.

HOW DOES IT WORK?

- 1) Become a member by visiting Kroger.com or signing up via your local Kroger cashier. *You will need your member I.D. number (your phone number) to download the app.*
- 2) Download the Kroger app on your phone (it's free!).
- 3) Every Friday download the "Free Friday Download" coupon. You can view your coupon under the "My Coupons" section of your digital account or the mobile app.
- 4) Redeem your coupon in-store within 2 weeks to receive your free item. Your coupon will automatically be applied at checkout when you use your shopper's card or member number so there is no need to print the coupon. There is also no need to purchase anything to receive your free item!
- 5) You may also use the Kroger app to access other great deals and savings via digital coupons.



**TO LOCATE THE CLOSEST KROGER TO YOU, HEAD OVER TO
WWW.KROGER.COM/STORES/SEARCH AND ENTER YOUR ZIP CODE.**

For questions regarding the new policy, or for referrals to available job training programs, contact an MDHHS specialist. If you need assistance finding your MDHHS office or have any other questions, reach out to Project Reentry.

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

**HAVE QUESTIONS OR
SOMETHING
TO CONTRIBUTE?**

Call:

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

Send your letter to:

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

Email:
REENTRY@SADO.ORG

READ WHAT'S REALLY HAPPENING WITH THE NATIONAL PRISON STRIKE? VIA THE MARSHALL PROJECT

This article, written by Nicole Lewis and published August 24th online at themarshallproject.org, breaks down how the current prison strike was organized, why it is important, and how it is different from strikes in the past. Lewis also cites other major news outlets covering this story as it unfolds, and includes links to prisoner advocacy groups.

WATCH SLAVERY BY ANOTHER NAME (2012)

Narrated by Laurence Fishburne and produced by PBS, this 90-minute documentary (available for free at PBS.org) expounds on Douglas A. Blackmon's book, *Slavery by Another Name: The Re-Enslavement of Black Americans from The Civil War to World War II*. Audiences learn how practices such as convict leasing, peonage, and even slavery were used to exploit the labor of African Americans well after emancipation, and the ways people continued to fight for their right to freedom.

LISTEN IN THE DARK: SEASON TWO (2018)

In the Dark is an investigative podcast hosted by Madeleine Baran and produced by American Public Media. Season Two focuses on the story of Curtis Flowers, a man who was put on trial for the same crime six times in Mississippi, most recently in 2010. The podcast analyzes the evidence used to convict Mr. Flowers, but what is most compelling is

the way they attempt to answer this question: Why does District Attorney Doug Evans—and the systems he represents—continue to go after Mr. Flowers after he wins each appeal? You can find all episodes at apmreports.org/in-the-dark.

Finding time out of your busy schedule to practice yoga or meditation can be a challenge. However, just a few minutes of practicing gentle yoga and meditation each day can have a significant positive impact on your brain and your body. Here are some of the greatest benefits that come from yoga, breathing exercises, and meditation:

- 1) Cope with stress and anxiety.** A study of 131 people found that 10 weeks of practicing yoga helped to reduce levels of stress and anxiety, and improved quality of life and mental health. ¹
- 2) It's good for your heart!** Several studies have found that practicing yoga can play a role in improving cardiovascular risk factors. Yoga has been found to lower blood pressure for individuals who have high blood pressure. It has been found to lower high blood sugar in individuals who have Type 2 diabetes, enhance lung function, and reduce elevated cholesterol levels. ²
- 3) Better your ability to breathe and move.** Improving breathing can help with endurance and heart and lung health. This is particularly beneficial to individuals who suffer from asthma. Additionally, practicing yoga for just 15-30 minutes a day can significantly impact flexibility and balance.
- 4) Clear your mind!** Often, our internal thoughts can impact our mental and physical well-being. Practicing regular yoga, breathing, and meditation ensures that your brain is free from clutter. For some, yoga can provide a calm and relaxing effect that can help soothe a buzzing brain.
- 5) Live your best life.** It has been shown that practicing yoga and mindfulness can have a positive impact on one's quality of life, mood, well-being and quality of sleep. One study of 135 seniors who were assigned to six months of yoga reported an enhanced quality of life, less fatigue, and improved mood. ³

SOURCES

- ¹ www.ncbi.nlm.nih.gov/pubmed/17544857.
- ² www.everydayhealth.com/hs/type-2-diabetes-guide-healthy-habits/how-yoga-can-help/
- ³ www.ncbi.nlm.nih.gov/pubmed/16454146

