

THE DRUM

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UPCOMING EVENTS

MENTAL WELLNESS WORKSHOP

April 2, 11:00 am - 1:30 pm

Our goal is to provide information about PTSD and mental wellness to criminal justice impacted individuals, then facilitate a discussion with participants. Facilitation will be led by mental health professionals from UC-Berkeley. Call or text Marilena David-Martin at 313-670-0309 to register.

ONLINE PREVIEW: 25TH ANNUAL EXHIBITION OF ART BY MICHIGAN PRISONERS

Through April 5 visit the website

<https://tinyurl.com/sv4gnpv> to enjoy one of the largest exhibitions of art by incarcerated artists in the country.

TRUTH IN SENTENCING TOWNHALL: VIRTUAL!

April 15, 6 pm

Join the digital meeting at

<https://umich.zoom.us/j/750840563>. The virtual town hall will have a panel of Michigan legislators, including Senator Sylvia Santana and Senator Jeff Irwin, to take questions and comments from their constituents on the issue. Let your voices be heard!

COVID-19 HARDSHIPS AND COMMUNITY RESPONSE

COVID-19 (Coronavirus) is an extremely contagious virus that can lead to serious illness or sometimes death. Each and every one of us has a responsibility to help prevent the spread. The safety of our community and clients is our top priority, and therefore, we stress the importance of following the guidelines provided by the Center for Disease Control found at www.cdc.gov/coronavirus

and the State of Michigan www.michigan.gov/coronavirus.

Meanwhile, tens of thousands of people are held in Michigan jails and prisons leaving them particularly vulnerable to public health crises. The ongoing Coronavirus Disease 2019 (COVID-19) pandemic puts these individuals at heightened risk and jeopardizes the health of the entire state. SADO and the defender community are advocating for the release of incarcerated individuals, especially those who are at high risk for more serious complications for COVID-19.

If you are currently on parole, we encourage you to call your parole officer and ask for a phone or virtual appointment. If you would like assistance contacting your parole officer, reach out to Project Reentry at 313-420-2967. Please visit sado.org to get up to date information on COVID-19 advocacy, MDOC response, and legal tools.



PREVENT THE SPREAD OF COVID-19 IN 7 STEPS



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

01.

Wash your hands frequently



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

02.

Avoid touching your eyes, nose and mouth



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

03.

Cover your cough using the bend of your elbow or a tissue



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

04.

Avoid crowded places and close contact with anyone that has fever or cough



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

05.

Stay at home if you feel unwell



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

06.

If you have a fever, cough and difficulty breathing, seek medical care early — but call first



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

07.

Get information from trusted sources



#StopTheSpread
#COVID19 #Coronavirus
SOURCE: WORLD HEALTH ORGANIZATION

SADO & COVID - 19

In order to prevent the spread, Project Reentry is taking precautions and changing the way we live, work, and communicate. At this time, Project Reentry is not permitted to meet with clients in-person. Our intern team is decreasing their workload and our resources are limited. Project Reentry, however, can still offer other types of non-contact assistance with your reentry needs. As always, if you are in need, please reach out by calling 313-420-2967, emailing reentry@sado.org, or messaging us on social media @SADOreentry.

In response to the virus, many organizations and companies have made special arrangements to accommodate people's changing needs. Read on for some community resources.

HEALTH AND WELLNESS

Mindful Detroit Yoga and Meditation Series
Weekly on Thursdays beginning April 2
12:00-12:45pm
FREE! No mat required
Zoom Meeting
Link: <https://zoom.us/j/387522495>
Meeting ID: 387 522 495

AA Meetings
Online meetings
<http://aa-intergroup.org/directory.php>

SERVICES

Comcast Internet
New Internet Essentials customers will receive two free months of Internet service, which is available to all qualified low-income households for \$9.95/month plus tax. Apply by April 30, 2020 at <https://apply.internetessentials.com>

United Way Hotline and phone number
For resources in your community dial 211 or visit <http://211.org>

PCAP Mutual Aid Financial Assistance
PCAP is donating money to returning citizens. For more information please visit <https://pcapmutualaid.com/>

Michigan COVID-19 Community Response
List of local resources & organizations working to support community – <https://micovidcommunity.com/>

PUBLIC BENEFITS

File for Unemployment. If you find yourself out of work, please contact Michigan's Unemployment Insurance program, www.michigan.gov/uia, which provides temporary income to workers who have lost their job through no fault of their own.

FOOD AND NUTRITION

Gleaners Food Bank Food Distribution sites and times:
Roberto Clemente Recreation Center
2631 Bagley
Every other Wednesday starting March 25
2:30pm-5:30pm

Heilmann Recreation Center
19601 Crusade
Every other Thursday starting
March 26
2:30pm-5:30pm

Coleman A. Young Recreation Center
2751 Rober Bradby Dr.
Every other Saturday starting March 29
1:30-4:30pm

All Saints Soup Kitchen and Food Pantry
7824 W Fort St
(855) 882-2736
Soup Kitchen Hours: M, W, Th 11-12:30
Food Pantry Hours: T 10-12 and W 1:30-3.

Core City Neighborhoods Inc.
3301 23rd St
(313) 580 2386
Food distribution is on Tuesdays at 4 pm

Detroit Rescue Mission Ministries
150 Stimson St
(313) 993-4700
Community meals provided at 5pm each day; may have food baskets available upon request

COMPANIES WAIVING FEES

Capital One	Navy Federal	DTE
Ally Financial	Comcast	Chase
Sprint	AT&T	Discover
T-Mobile	Verizon	CitiPNC Bank

FOLLOW US
@SADOreentry



CONTACT US

Email: reentry@sado.org
Phone: 313.256.9833

CITIZEN SPOTLIGHT

STANLEY FOWLE

HOMETOWN:
JACKSON, MI

HOBBIES AND INTERESTS

Right now, I'm focused on work and my family, and doing what I have to do to successfully complete my parole. I love being able to ride my bike and walk wherever I want to and not have to worry about anything. I'd like to go fishing this summer.

SUCCESSSES AFTER INCARCERATION

I'm working fulltime at Industrial Steel Treatment. I like working there because they trust me to know my responsibilities and do my job. I got my driver's license, and I'm paying the bills at my mom's house.

STRUGGLES AFTER INCARCERATION

Parole has been a struggle. It can be hard to communicate with my agent, and I don't always feel like we're interpreting things the same way. That makes me nervous that I'm going to get in trouble for possibly violating a rule due to miscommunication.

MESSAGE TO THE COMMUNITY

Offer help if you can, accept help if you need it. Stay positive and support everybody without being selfish.



MEET THE TEAM



ASHA BURNS

University of Michigan Social Work Student
Graduating December 2020

HOMETOWN: GRAND RAPIDS, MI

HOBBIES AND INTERESTS

I love listening to music, dancing and hanging out with my friends. I am also obsessed with watching scary movies.

MESSAGE TO THE COMMUNITY

Through my work with Project Reentry I hope to connect our clients with as many resources and opportunities as they desire. I especially strive to empower Black and Brown communities and hope to help them navigate the societal systems that were designed to hold us back.

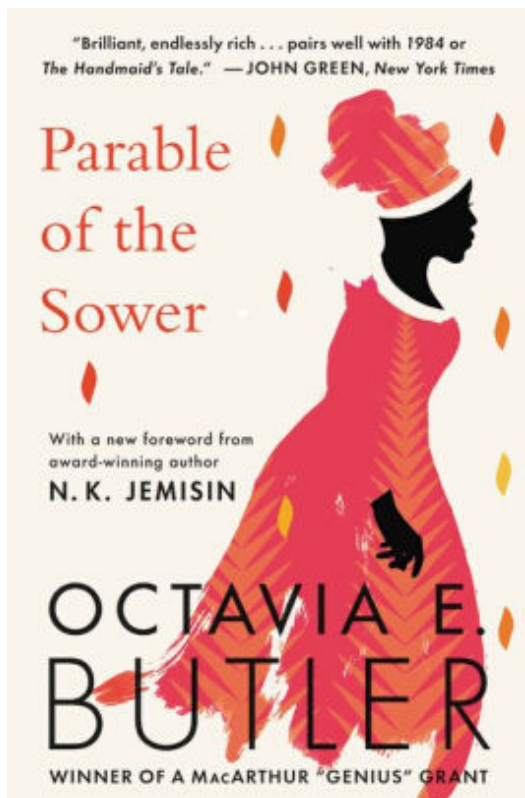
READ



WATCH



LISTEN



READ

Parable of the Sower by Octavia Butler

Butler was truly a prophet, writing cutting-edge science fiction novels in the 1980s and '90s that now can make us feel as if she actually predicted the future. This novel, first in a series of two, follows the story of young Lauren Oya Olamina, who develops a belief system called Earthseed amid a disintegrating society. Her adventure is exciting and moving for people of all walks of life. This book and thousands of others are available for free in ebooks format (available for your phone, tablet, or computer) from the Detroit Public Library.

Go to **detroitpubliclibrary.overdrive.com** to learn more. There are also audio books available!

WATCH

Pluto.TV

This free streaming service has live and on-demand television at that simple web address, **Pluto.TV**. They've got all kinds of TV shows and movies available at the click of a button. From reality TV to sitcoms to classic movies, there's probably something you'll like on the platform.



LISTEN

#dnicehomeschool Presents Quest Lovers Rock

While we are all social distancing in order to reduce the number of new COVID-19 and help hospitals and healthcare workers handle the pandemic, musicians and artists are taking to the internet to share their gifts. Questlove, the drummer for The Roots, spent four hours Sunday night spinning slow jams for the people featuring artists from Prince to Amy Winehouse to Bob Marley. He throws in jokes, anecdotes, and more from his illustrious career.

Google the title above or go to **youtu.be/nZpl3cuEOVE** and just try not to dance while you're listening ☺





JOB HIRING DURING COVID-19

ACE HARDWARE

Location: Various

Apply: <https://storejobs.acehardware.com/>

ALDI

Location: Various

Apply: <https://careers.aldi.us/>

KROGER

Location: Various

Apply: <https://jobs.kroger.com/>

LOWE'S

Location: Various

Apply: <https://jobs.lowes.com/>

AMAZON (LOCKER+ ASSOCIATE)

Location: Plymouth

Apply: <https://search.amazondelivers.jobs/>

MEIJER

Location: Various

Apply: <https://meijer.wd5.myworkdayjobs.com/>

UPS

Location: Various in Metro Detroit (43 available)

Apply: <https://www.jobs-ups.com/>

COSTCO

Location: Various

Apply: <https://www.costco.com/jobs.html>

Please note that
although these
companies hire
felons,
discretion varies
at each store

RECIPES TO MAKE WITH THE FOOD YOU BOUGHT FOR SOCIAL DISTANCING

Put those oats, canned food, and frozen veggies to good use!

Social distancing may just be the excuse you need to brush up on your cooking creativity. Chances are you purchased some variation of beans, rice, oatmeal, flour, and pasta, and your freezer is full of vegetables, fruit, and meat. So how do you put all these things to good use?

These pantry-friendly recipes give you options for lunch and dinner, and will help you create recipes you will actually want to eat.

LUNCH

Mediterranean Tuna Salad

Make use of the canned tuna you have, along with any canned artichokes or olives sitting in your pantry. This lunch salad is packed with protein from the tuna and is chock full of Mediterranean ingredients like cucumbers, onions, tomatoes, feta, artichokes olives, and spices. Serve between bread as a sandwich or over a bed of greens for a salad.

Ingredients

4 (5oz) Canned Albacore Tuna
1 English Cucumber
1/2 Red Onion
3-4 Cup Vine Ripe Tomatoes
1 Cup Marinated Artichoke Hearts
1/2 Green + Kalamata Olives
Handful Fresh Parsley
3 Garlic
1 Tablespoon Dried Italian Seasoning
1/2 Cup Crumbled Feta
1/4 Cup Olive Oil
1 Tablespoon Red or White Wine Vinegar
Salt/Pepper

Directions:

- Drain tuna and prep all other ingredients.
- Combine ingredients in a large bowl and mix until fully blended.
- Salt and pepper to taste.



DINNER

Easy Chicken Fried Rice

If you have chicken and a bag of vegetables in the freezer, along with some rice in the pantry, this meal can feed the whole family. Top the fried rice with sesame seeds and slice green onions if you have them.

Ingredients

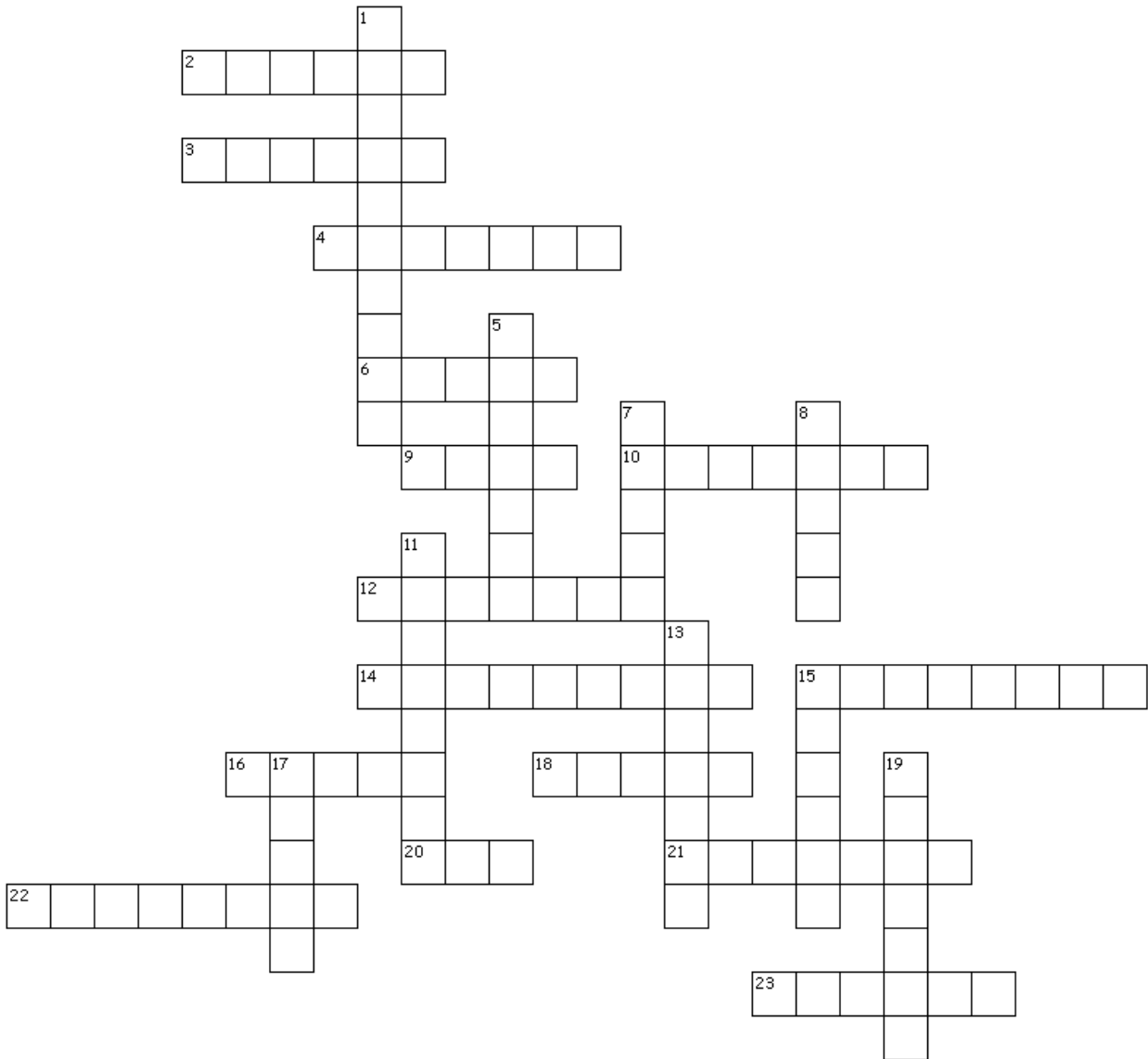
1 tablespoon oil
2 large chicken breasts (diced into bite-sized pieces; pat dry for best results)
2 large onions (peeled and diced)
3 medium carrots (peeled, trimmed and diced)
1 red pepper (cored and diced)
2 cups cooked and chilled rice
3 tablespoons low sodium soy sauce
1 tablespoon maple syrup
2 large eggs (beaten)
1/2 cup frozen peas
Sesame seeds and sliced green onion (to serve optional)

Instructions

- Brown the chicken: Heat the oil in a large skillet over medium-high heat. Cook the chicken on all sides, until browned.
- Sauté the vegetables: Add the onions and carrots and cook until the onions turn translucent, about 3 minutes. Add the pepper and cook until softened.
- Cook the rice: Stir in the rice and cook until it's starting to brown. Stir in the soy sauce and maple syrup.
- Cook the egg: Push the fried rice to the side of the pan to make room in the middle. Add the beaten eggs and cook over medium-low heat until just set. Cut into pieces with a spatula and stir into the rice.
- Finish the dish: Add the peas, stir everything well and cook until they're hot.
- Serve: Serve immediately sprinkled with sesame seeds and sliced green onion, if you like.



"CAPITAL CITIES" CROSSWORD

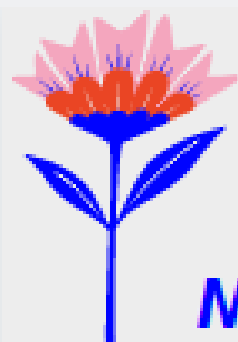


Across

- 2. Berlin
- 3. Rio
- 4. Rabat
- 6. Rome
- 9. Lima
- 10. London
- 12. Kingston
- 14. Singapore
- 15. Bangkok
- 16. Cairo
- 18. Santiago
- 20. Albany
- 21. Lagos
- 22. Annapolis
- 23. Paris

Down

- 1. Sacramento
- 5. Tallahassee
- 7. Nairobi
- 8. Tokyo
- 11. Islamabad
- 13. Dublin
- 15. Ankara
- 17. Accra
- 19. Phoenix



MENTAL WELLNESS WORKSHOP

THIS THURSDAY, APRIL 2ND FROM 11:00AM-1:30PM

***REGISTRATION IS LIMITED TO THE FIRST 15 PEOPLE**

PURPOSE

Our goal is to provide information about PTSD and mental wellness to criminal justice impacted individuals, then facilitate a discussion with participants. Facilitation will be led by mental health professionals from UC-Berkeley.

TOPICS

- Stigma of mental illness
- Individualistic experience of mental health
- Mental illness, and how it affects your body
- Strengths, coping, and ways to integrate wellness into daily practice

About the Facilitators

Sonia Amen, MA

Experience: Trauma, non-suicidal self injury (NSSI), grief, adjustment and transitional processes, anxiety and mood disorders, relaxation/stress reduction/self-compassion/sleep, bicultural identity conflicts, intersecting identities (e.g. race, gender, sexuality, class), racial and sexual identity development, South Asian/AAPI mental health and stigma, international students, undocumented students, marginalized racial minority students, and students who have been incarcerated/family members who have been incarcerated.

Lisa Quach, MSW

Experience: Trauma counseling, couples and family counseling, alcohol and other drugs counseling, intimate partner violence and sexual assault intervention, sexual health risk reduction, navigating intersectional identities and intergenerational healing.

Jason Straussman, MSW

Experience: Families, religion and spirituality, cultural identity, stress management, depression, relationships, and trauma-informed healing.



REGISTRATION REQUIRED: Call or text Marilena David-Martin at 313-670-0309

